

New library coming to Ventura, page 6!

FREE

VENTURA BREEZE

Your Hometown Paper

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Will a homeless shelter reduce the amount of homeless in Ventura? Photo by George Robertson.

City Council mulls homeless shelter

by Randal Beeman

Advocates who have spent upwards of two decades lobbying the City of Ventura for a permanent emergency homeless shelter will have to wait another month for a final vote authorizing the project. After making several small changes Council members will reconsider the revised ordinance at their April 20th meeting.

At their Monday, March 20th meeting, Council members heard from a number of local advocates for the homeless, including representatives of the faith community and social service providers who explained that a full time shelter would save the City money in addition to being an ethical imperative. Several audience members related personal testimonies on the plight of our homeless population.

While there is no proposal, site, or operator for the potential shelter, the City has designated a non-residential area - the Arundell neighborhood - for the facility. Council members discussed the language for an Emergency Shelter Zoning Ordinance and Map Amendment to shape the eventual size, scope, and operational guidelines. Councilmember Matt LaVere thanked audience members for their diligence on the issue, which has been a major humanitarian and quality of life concern in the community for many years.

Presently, the proposed law calls for a shelter with a capacity of 55 beds, and any potential operator would have to conform to a number of requirements

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County Ventura St. Patrick's Day Green Pig succumbs to split seam. Photo by Michael Gordon.

Will the pig be replaced with a different mascot?

Sham Hock, a.k.a. Pig O' My Heart, has hogged the spotlight at County Ventura St. Patrick's Day Parade for the last time.

The giant inflatable pig, which

has delighted parade-goers for nearly three decades, abruptly collapsed upon splitting a seam near the end of this year's parade. The parade's organizing

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Athletes and dignitaries kicked-off the 2017 Corporate Games at Ventura Community Park. Photo by Michael Gordon.

Friendly business competition to start on April 1

To kick-off the 2017 Corporate Games, company employees, families and friends attended an opening ceremony at Ventura Community Park on Saturday, March 25.

The festivities included a business

and health fair, music, demonstrations, jolly jumpers and interactive games, arts and crafts, food trucks and more.

To help, the celebration the Aquatics Center was open to the public for free.

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Claire and John Meehan are stars of the Audience Choice Awards film "Drought Wars - The Family Fights Back."

Water: Take 1

by Jennifer Tipton

March 22nd marked the 5th annual Water: Take 1 Online Short Film Awards Ceremony presented by Ventura Water. Presented at The Channel Islands National Park Visitors Center in Ventura Harbor Village, the event draws attention to the challenges facing our water supply on a local, national and global level. More specifically: how we look at it, how we use it and how we share it.

Filmmakers from around the globe were invited to create a short (less than 5 minute) film to address the topic of water, and over 50 films were submitted. Ventura Water previewed them all prior to showing only the best of the best last evening.

Before the films were screened in a movie theater setting, movie-type snacks were provided to the viewers such as popcorn, sodas and candy - very clever indeed!

The films showed tremendous diversity - some were funny, some beautiful and some shocking. Many films were submitted from other countries and it certainly demonstrated that the concerns about our water supply are not limited to home.

The Grand Prize was \$1,500.00 and was awarded to "Place of Sweet Waters". This film addresses water scarcity as a result of social misuse, a very powerful piece of work.

The Audience Choice Award went to "Drought Wars - The Family Fights Back" where the kids provide tips and

Continued on page 7

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I have lived in two other senior communities in Ventura with my wife over the years. When I moved to the Ventura Townehouse I found nothing can compare to the camaradery here. No other communities that I have seen can compare. I give it an A+! I feel like the Ventura Townehouse is home.
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Business



Dr. Sarah Gray and Dr. Nancy Scott have opened a newly established small animal emergency hospital in Ventura.

Emergency Veterinary Care opens in Ventura

Board certified emergency and critical care specialists Dr. Sarah Gray and Dr. Nancy Scott have opened Emergency Veterinary Care, a newly established small animal emergency hospital in Ventura. The practice provides urgent care and veterinary emergency services seven days a week until midnight, with overnight patients receiving 24-hour care.

Emergency Veterinary Care is temporarily operating out of Ohana Pet Hospital at 4547 Telephone Road i while they develop the perfect location to care for the urgent care needs of local pets. They can be reached at 701-7664.

Drs. Gray and Scott are well-respected criticalists in Ventura County and have worked together locally saving pets' lives for more than a decade. They bring a combined 20+ years of specialty veterinary experience to Emergency Veterinary Care.

Dr. Sarah Gray received her Bachelor of Science degree from the University of California, Davis before attending Iowa State University to earn her Doctor of Veterinary Medicine degree. Dr. Gray has completed several emergency and

critical care internships, both locally and in Pennsylvania and completed her residency in Emergency and Critical Care medicine at the University of Minnesota. Dr. Gray has lived and worked in Ventura County for over 10 years and is particularly well versed in the areas of toxicology, fluid resuscitation, respiratory diseases and trauma. In her spare time, Dr. Gray is a veterinary consultant for a nationwide animal poison control center.

Dr. Nancy Scott received her Bachelor of Science degree from Santa Clara University and her Masters of Science in Biology from the University of Michigan. She went on to earn her Doctor of Veterinary Medicine degree from UC Davis. Dr. Scott completed a rotating internship at the University of Minnesota's Veterinary Teaching Hospital before returning to UC Davis to complete her residency in Small Animal Emergency and Critical Care. After completing her residency in 2005, Dr. Scott moved to Ventura where she joined a local veterinary specialty hospital and established a renowned emergency and critical care

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A Smart Garden held an official Chamber of Commerce Ribbon Cutting ceremony on Monday, March 20th, the first day of Spring. Councilmember Mike Tracy was very careful to not cut off his thumb while cutting the ribbon. Their grand opening will take place on Saturday, March 25th from 8am – 5pm.

A Smart Garden is located at 33 S. Palm St. www.asmartgarden.com 667-8585 info@asmartgarden.com.





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City News



Local home-based business, Ex Voto Chocolates and Confections, will be opening their storefront dessert cafe in midtown Ventura.

Home-based businesses: an important part of our local economy

by City staff

Some of the most well-known companies such as Amazon, Disney and Harley Davidson USA all started in a garage. Which goes to show that small businesses don't always stay small, and more importantly those home-based businesses are a critical component to strengthening the local economy.

In the city of Ventura there are nearly 3,000 active, licensed home-based businesses which represent 24 percent of all business licenses in our community. Ventura home-based businesses include everything from contractors and real estate agents to alpaca breeders and cottage bakers. Just think—your neighbor could be a chocolate confec-

tioner or a tutor for local students. On a national level, four industries make up the largest share of home-based businesses: professional, scientific and technical services (19 percent); construction (16 percent); retail trade (11 percent); and other services, such as personal services, repair and maintenance (10 percent), according to the U.S. Census Bureau Survey of Business Owners.

Communities benefit from a healthy supply of local and home-based businesses. Local businesses tend to use local businesses, such as contractors, financial assistance, technical services, cleaning services, etc. The economy gets a boost because more money spent at a local business stays in the local area. Local dollars are re-spent as payroll, goods/services purchased from area businesses and even as donations to community charities. Private research firm Civic Economics has been studying the economic multiplier effect of local independent businesses for many years and has shown that on average “48 percent of each purchase at local independent businesses was recirculated locally, compared to less than 14 percent of purchases at chain stores.”

Entrepreneurs looking to start a company in Ventura have a wide variety of resources available to help launch their business. They can receive assistance with strategic planning, permitting, marketing, employee hiring, and financing. The City's Business Assistance Program (BAP) offers three low-interest loan options designed to assist business owners in overcoming some of the hurdles to successful entrepreneurship. BAP loans can total up to \$100,000 and

Continued on page 4

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City News

Ventura Police Department teaches local teens online safety

The Ventura Police Department is teaching local teens, school administrators and others how to stay safe online by providing tools and information to help them use the Internet safely. According to the Pew Internet & American Life Project study, 95% of teens (ages 12 – 17) are online. With access to almost unlimited information and the ability to connect with people from all over the world, children and teens are exposed to new risks including cyberbullying, exposure to inappropriate material, online predators and revealing too much personal information.

Even innocent use of the Internet can potentially put teens in an unsafe situation because they can become friends with complete strangers. And unfortunately, predators are everywhere.

Early this year, the Ventura Police Department teamed up with the Ventura County Sheriff's Department, Ventura County District Attorney's Office, and the Ventura County Human Trafficking Enforcement Team to conduct a "Sexual Predator Sting" operation in the city of Ventura. During the operation, detectives entered various internet chat rooms primarily designed for teens, and posed as 14 and 15 year old girls. As the investi-

gation unfolded, three adult male sexual predators entered the same chat room and contacted the officers, thinking they were young teenage girls. During the chat room conversations, each of the suspects engaged the officers in sexually explicit conversations. In each case, the suspect agreed to meet and pick up the teenaged girl at or near where they believed the girl resided. When each sexual predator arrived at the agreed-upon-location, they were arrested and booked into Ventura County Jail.

Many teens think what they do online is separate from their "real" lives. "We show students the impacts of their online choices, and how those actions matter offline too," said Civic Engagement Specialist Ashley Bautista with the Ventura Police Department. "We also encourage students to create safe, positive on and offline environments at school and with friends by being careful about what they share, not cyberbullying or encouraging it, not asking or pressuring anyone into sharing inappropriate content and by reporting inappropriate online behavior. Most importantly, teens should communicate with trusted adults about online activity."

Here are some tips for keeping teens safe online:

Begin conversations about Internet safety as soon as you allow your kids on the Internet.

Explain how to communicate appropriately and respectfully online.

Remind your teens that if something can get you in trouble offline, it can probably get you in trouble online too.

Strategize how to monitor and set rules for social networking, instant

messaging, e-mailing, online gaming and using webcams, and consider monitoring cell phones, gaming devices and laptops.

Discuss the dangers of cyberbullying, revealing too much personal information and not knowing who you are really talking to (online predators.)

"With Internet access so readily available, cyber safety awareness is critical for adults as well as children and teens. Parents and guardians can help keep their family safe by making sure children and teens understand how online choices can, and often do, lead to 'real' life problems" said Sergeant Matt Cain, Ventura Police Department.

Home-based businesses

Continued from page 3

may be used for façade and structural improvements, code compliance issues, and working capital needs. The City has issued approximately 90 loans over the last 15 years through the BAP, infusing \$4.5 million into our economy to assist local business owners with starting or growing a business in Ventura.

The City of Ventura Economic Development office should be your first stop. Economic Development Manager Leigh Eisen reminds business owners, "Your success is our success - we know that small businesses contribute greatly to our local economy and that's why we are committed to making you our priority."

The City's Economic Development staff work closely with community partners such as the Economic Development

Collaborative - Ventura County (EDC-VC), Service Corps of Retired Executives (better known as SCORE) and Women's Economic Ventures (WEV) to ensure that our local business owners receive the training and consulting they need to run a successful business at every stage, from start-ups to established businesses ready to expand to the next level. "Our goal is to facilitate connections and provide our business community with the resources they need to succeed, grow, and thrive in our beautiful city."

For more information on how the City can help, please visit the Economic Development website www.venturaventures.org or call 677-3958.

Emergency Beterinary Care

Continued from page 2

department. She is particularly knowledgeable in critical patient anesthesia, post-operative patient management, poly-trauma and management of severe electrolyte disturbances.

When asked about their new practice, Dr. Gray expressed, "Dealing with a beloved pet in crisis can be extremely stressful; Dr. Scott and I are strongly committed to addressing the cat and dog emergency needs of our community." Dr. Scott added, "Yes, we truly want to ensure that we take care of the pets AND their families when it comes to managing family pet emergencies."

Learn more about Emergency Veterinary Care at www.EmergencyVetVC.com.



VENTURA BREEZE

Your Hometown Paper

Member, Ventura Chamber of Commerce

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PUBLISHER-EDITOR

Sheldon (Governor) Brown
publisher@venturabreeze.com

PUBLISHER EMERITUS

Staci Brown

Assistant to the PUBLISHER
Ana Baker

PET EDITOR

Professor Scamp
scampclub@venturabreeze.com

CONTRIBUTING WRITERS

Rebecca Wicks · Richard Lieberman
Carol Leish · Gail Field · Randy Beeman
Veronica Johnson · Shirley Lorraine
Sheli Ellsworth · Jenny Guy
Victoria Usher · Jill Forman
Pam Baumgardner · Elizabeth Rodeno
Mira Reverente · Amber Hanson
Karen Helen Szatkowski · Jennifer Tipton

CONTRIBUTING PHOTOGRAPHERS

John Ferritto · Bernie Goldstein
Richard Lieberman · Michael Gordon

DISTRIBUTION

Jaime Baker · Mary Thompson
Cindy Summers

SENIOR ADVISORS

Suz Montgomery · Lori Harasta

ACCOUNT EXECUTIVES

Breezy Gledhill · Cindy Summers

WEB/ONLINE ADVISOR

Cindy Summers

PRINT PRODUCTION

Alfred J. Lewis/studioNothing

PRINTING

JEJ Print, Inc. (626)281-8989

CONTACT US:

EVENTS & HAPPENINGS
events@venturabreeze.com

OPINIONS

opinions@venturabreeze.com

ARTICLES AND PHOTOS

editor@venturabreeze.com

ADVERTISING

advertising@venturabreeze.com

Ventura Breeze

1575 Spinnaker Drive, 105B, Box 393

Ventura, CA 93001

Phone/Fax 805.653.0791



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

Breeze
Tourism is the best thing that can happen to Ventura! It creates jobs, gives us all more fun restaurants and places to visit, and helps fuel progress. Rather than complain about it (overcrowding, homeless), the most productive thing to do is get involved, show up to City Council and public planning meetings, and ensure it is good, well thought out growth that benefits everyone.

Thanks
Eric Rosenberg from Old Town

Opinion/Editorial



Sheldon (Governor) Brown
Publisher-Editor

■ If you read **Scamp's** column on page 16 you will see that he is a very **sick doggie**. So sick in fact that he has from two weeks to two months to live.

If you have never had a pet you might not realize what an important part of the family they are and how much they are missed. Especially in this case where I have been his alter ego.

■ The City has removed many of their "coffin" **multi-racks** downtown but you can still find the Breeze in the remaining ones and in many of the downtown businesses (plus another 500 locations in Ventura), which still amazes me.

■ Talking about amazing, the **Pierpont Inn** has still not proceeded with obtaining building permits for the illegal construction that they started 15 months ago (they were red-tagged and a portion of the building was closed down). All of the Inn is still open including the reduced size restaurant with a new entrance.

■ Regarding the "firing" (not the word the school board choses to use) of VUSD Superintendent Dr. **Babb**, I have asked several of the school board members why he was let go and I got "for personal reasons." I think if it was for personal matters, it is even more important that we know what they were or we will just let our imaginations run wild.

The board has hired a search firm to help find a superintendent to replace Babb. The Ventura Unified School District will hold public forums and conduct an online survey to hear what Venturan's want in our superintendent. At least this won't be held behind closed doors, said John Walker, Vice President of the district board. The board will get employees' input, as well, Walker said. Joe Richards, who had been Deputy Superintendent, is serving as interim superintendent but has stated that he is not interested in the permanent position.

■ For once I agree with what **Trump** said. He recently stated, "I never said

that I would repeal Obamacare in my first 64 days in office." What he did say when elected that he would repeal Obamacare immediately. So he is correct.

■ Once again the fate of the original **Top Hat Burger** in Downtown Ventura was discussed during a public meeting of the city's Historic Preservation Committee. Built in the late 1940s, it has been vacant since 2010 still waiting for a very long delayed condominium project (what else is new?) to be constructed.

Plans are to build a 25-unit condominium development at the site. I like the idea of it being a condominiums and not apartments. I think ownership is important downtown.

Opinions vary about what to do with the structure, but I do not think that it is an historical building or a significant piece of architecture. It is a plywood non-descript structure, not historical just because it is old. If that was the criteria then I am historical (and also non-descript perhaps). I don't think that it should be made to be part of the project.

There was not a final vote of what to do with the building at the meeting just more of "direct staff to review some options." Whatever the committee decides to do let's get it done already and not have an empty lot sitting there growing weeds and with graffiti.

■ The City might decide to write off \$4.6 million in subsidies to the **golf** operations. Theoretically the money is a loan but it will never be paid back.

Councilmembers once again have spent time discussing how to stop the losses from the golf course operations. The two public courses have consistently lost money, which could up to \$300,000 in the 2017-18 budget.

To add to the loss, one of our recent storms caused significant damage to Buenaventura Golf Course.

Do we really need two golf courses and what else could at least one of them be used for? A future article in the Breeze will deal with this question.

I certainly hope that the half-cent sales tax, approved in November, is not

used to support the courses.

■ The City Council has approved new rules that require **gun stores** in Ventura to install more physical barriers to keep vehicles from ramming stores in order to burglarize them. The new ordinance requires gun retailers to install bollards that would keep vehicle out by striking the bollards before making contact with the structures.

The Ventura City Council approved the increased security measures but decided against taking a closer look at whether the city could use zoning to help direct where the shops can be located. If passed, this would certainly be appealed in court. Councilmembers Christy Weir, Cheryl Heitmann and Mayor Erik Nasarenko questioned whether gun retailers could be banned near schools.

Even though I don't care for guns much I tend to agree with Councilmember **Neal Andrews** who opposed the ordinance stating, "It is an unnecessary waste of time. A narrow, ideological sector of the community that wants stricter gun rules and meanwhile, the city and gun retailers are burdened by the costs."

Councilmember **Mike Tracy** (ex-chief of police who certainly understands gun violence) said he opposes going further. "I doubt there's a more regulated business in the country than gun sales. I understand that people get concerned about a gun shop in their neighborhood. The risk to the average person isn't the sale of that gun at that gun store at the time it's sold."

State voters approved stricter controls with Proposition 63 and elected state officials have passed strict gun legislation.

■ Local CAPSTV has a new low wattage FM station KPPQLP (104.1FM) that I have a show on called the Face Of Ventura. On my first show I interviewed Ventura **Mayor Erik Nasarenko**. It airs on Monday, Wednesday and Saturday at 10am and Wednesday at midnight if you can't sleep. It has a range of about 7-miles so if you are in ear shot of Ventura listen in and let me know what you think.

Mailbox



"Let's keep this parade moving."

Dear Editor,

Yesterday, Saturday, St. Patrick's Day Parade, Main Street was lined with parade watchers, and the parade entries were lined up as far as the eye could see. The parade progressed on a very slow procession toward the Judges Reviewing Stand; most of the time the parade was at a standstill while the entertaining entries stopped at Chestnut Street to perform for the Judges.

When the Judges Reviewing Stand was located at California Street the entertaining entries could perform while crossing California Street. California Street seems to be much more level and wider; thereby allowing the entertainers to slow, but continue up Main Street.

The officials who approve the parade route, timing, and location of reviewing

stands should take all this into consideration during the approval process, and offer solutions to avert avoidable delays. Keep the parades moving in an orderly fashion.

Michael Gordon

PS Google Earth shows the following widths:

California St. 85 feet wide.

Chestnut St. 68 feet wide.



Perhaps the time has come for the Brooks Institute banner on our trolley car to be removed!

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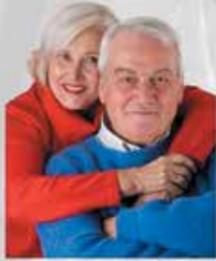
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cities.

Adult Ballet 18 years-adult 4/12-5/31 W 7:30-8:30 pm \$60

Release stress as you tone, strengthen and increase flexibility. Wear comfortable clothes for easy movement.

Flamenco Dance 18 years-adult 4/12-5/3 W 7:30-8:30 pm \$75

Learn Spain's passionate gypsy dance form and its cultural significance as you build up your flexibility, grace, fitness and confidence. Classes held at Namba, 47 S Oak St., in Ventura.



"Do you want rice with your book?"

Library returning to East Ventura

The H.P. Wright Library on the Ventura College campus closed in 2009. Ever since folks living in East Ventura have desired a library closer to their homes. Ventura's other two libraries are Foster in downtown and on Ventura Ave.

A previous Chinese restaurant located at 1050 S. Hill Rd., next to Kaiser will become our latest library.

At only about 5,000 square feet it is relatively small but welcomed by the many residents of East Ventura.

The county will pay around \$9,500 per month in rent and available funding will allow the library to be open 24 hours a week.

City News



Shana Epstein won't be working with Craig Jones for much longer.

Ventura Water's General Manager, Shana Epstein, resigns

Shana Epstein, Ventura Water's general manager for almost six years, is leaving her job to work as the Public Works Director for the City of Beverly Hills. Joe McDermott, currently Ventura Water's assistant general manager, will serve as the interim general manager.

"I have tremendous appreciation and gratitude for Ventura Water's customers and its staff who trusted me as its first general manager to create a sustainable water organization," Epstein said.

"We have worked hard and I know as I move on to other career opportunities that the team at Ventura Water will continue to strive to provide vitality to its customers. So with a bittersweet farewell, I want to thank you - our customers - for being partners with us in achieving these goals."

Under her leadership, Ventura Water promised its customers to be "a trusted life source for generations." To that end, Epstein and her team have launched a number of projects that are underway this year to assist in achieving that promise. They include: State Water Project Interconnect, Potable Reuse, Automated Meter Infrastructure, pipeline replacement programs, and Water Wise 2.0.

"These projects, complimented with the day-to-day quality control and operations of Ventura Water, will create new water supply, promote efficiency for demand side management, and meet or exceed water quality standards. All these accomplishments ensure our customers a reliable water future," Epstein said.

Epstein has been an innovative leader who led Ventura Water to achieve many important accomplishments, rising to the challenge posed by five years of drought.

In 2014, Epstein oversaw the Water Shortage Task Force as this volunteer group of citizens balanced the need to price water fairly, promote conservation and maintain infrastructure reinvestment when Ventura Water overhauled water rates and pricing as a result of the drought.

Under Epstein's leadership, Ventura Water created and led many successful citywide outreach efforts to empower Ventura customers to conserve water. The "Dirty Car" campaign was the subject of a complimentary article in the Wall Street Journal in September 2014 and it was acknowledged by the state Save Our Water campaign. Her success included leading Ventura Water customers to exceed the state's 16 percent conservation mandated in 2015, which led to Ventura Water being featured in a positive Los Angeles Times article in November 2015 on the state's biggest and most creative water savers. In addition, the state and federal government

awarded \$2 million in efficiency grants towards Ventura's efforts. Other public engagement conservation campaigns have included "Hey Ventura, What's Your Shower Song?," to encourage residents to take shorter showers, Capture Conservation, a photo contest encouraging customers to share their photos of saving water on Ventura Water's social media, and the annual Water: Take 1 Online Short Film Festival that uses short films as a medium to promote local and global water conservation awareness.

Another important and successful initiative that Epstein launched is the VenturaWaterPure Potable Reuse Demonstration Facility, which tested potable reuse as a renewable resource that will provide a cost-effective and sustainable supply of high quality water, and allow Ventura to diversify its water supply. As a result, VenturaWaterPure is poised to be one of the first Direct Potable Reuse (DPR) facilities to be implemented in California.

Friendly business competition

Continued from page 1

Nearly 80 businesses throughout Ventura and Santa Barbara Counties are preparing for the five weeks of friendly competition, which begins Saturday, April 1 with beach volleyball, surfing, MB2 Racing, and soccer. Teams compete in four different divisions - based on company size - for gold, silver and bronze medals and a chance to be crowned Overall Team Champion during the Closing Ceremonies at Ventura Harbor on May 6.

Corporate Games is a fun way to develop team-building, plus it provides great health benefits. This year's theme is "Play for the Fun of It!" With a proven track record of building camaraderie through teamwork and lasting relationships among company employees, the games offer a wide variety of events so companies can tailor participation based on staff interests.

Corporate Games is hosted by the City of Ventura and many wonderful sponsors.

Schedule and information is available at www.cityofventura.net/corporategames or call 658-4738.

Will the pig be replaced?

Continued from page 1

committee determined the seam is unrepairable.

"It will need to go to its resting place in Pig Heaven," said Nan Drake, co-chair of the organizing committee said. "Plans are underway for a proper Irish wake."

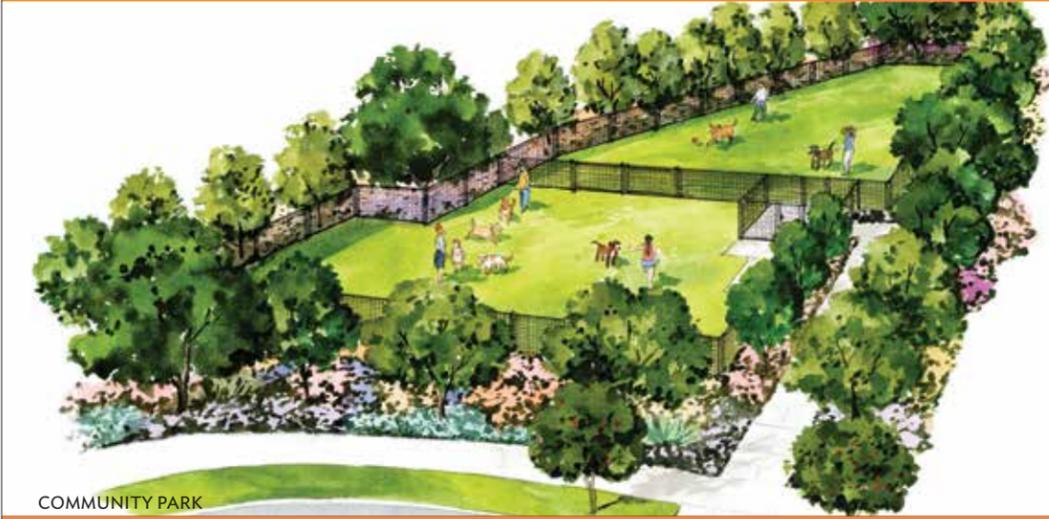
Drake, however, added that plans also are underway to replace the 12-foot high by 20-foot long Sham Hock with a new parade mascot. "It will be a tough job replacing the pig and a fundraiser will have to be held," she said.

It's not the first time Sham Hock, which was created for \$2,500 in 1990 during the parade's early years has made news. It was kidnapped a week before the 2015 parade at a Ventura storage facility but was located by some clever detective work. A \$100 reward was offered and Ventura City Councilman Jim Monahan, who is also a parade committee co-chair, received an anonymous call telling him where Sam Hock could be found. And, luckily, the giant green pig rode in the parade, as usual. The kidnapers were never identified and the reward was never paid.



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Community Events



If you attend cottontail festivities you might just see this Jaime Baker bunny.

Children have a chance to grab a hug with the Cottontail Bunny

Hop on over for family fun at Ventura Harbor's Cottontail Day Festival, Saturday, April 8 featuring egg hunts, a petting zoo, kid's hands on arts and crafts, and children's entertainment; all geared towards families with kids ages 1 – 7 years old.

The Cottontail Day festivities give children a chance to take a photo or

grab a hug with the Cottontail Bunny. Children ages 1 –7 can join in the \$2 Egg Hunt held every 30 minutes from 11am – 2pm. Kids that find a "Golden Egg" will happily hop away with extra prizes. A Village Scavenger Hunt offers clues leading guests to a Hoppy Surprise!

More family fun activities include: pony rides, petting zoo, glitter tattoos, face painting, tumbling fun with MyGym, live children's entertainment by Jamie Shaheen, Village Arcade & Carousel, pedal boats, ice cream, family-oriented vendor booths, jumpies and Bunny! Excite imaginations with a variety of free children's crafts.

Come early and enjoy breakfast or lunch at one of the many harbor-view restaurants, and visit Harbor Village boutiques for unique gift items, spring décor, kites to fly, and spring break style necessities. Stop by the Village Arcade and play a fun family game or explore sea-life on a Harbor cruise or pedal boat rental with the family. Need an extra treat for Easter baskets? Take home delicious homemade fudge, French pastries, or waffle cone gift certificates.

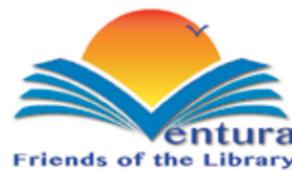
The Ventura Harbor would like to thank the 2017 Cottontail Day sponsors City Corps Ventura, The Greek at the Harbor, Ventura Breeze, and Cumulus Broadcasting.

Let Ventura Harbor Village be your spring break destination, take the day off and immerse yourself seaside with outdoor play, savory fish & chips, clam chowder, unique shops and galleries all while creating seaside memories.

For more information visit www.VenturaHarborVillage.com or call 477.0470.

#LoveVenturaLibraries Celebrate National Library Week April 9 - 15

Sunday, April 9, 1 - 4 pm
Reception & Open House at E.P. Foster
sponsored by Ventura Friends of the Library



Saturday, April 15, 10 am - 2 pm
Stories, Music, Dancing and more
at the Museum of Ventura County
and Mission Park

For details and more ways to love your library,
go to www.venturafriendsofthelibrary.org



First Free Sundays celebrates Earth Day at Museum

The Museum celebrates Earth Day at the next Free First Sunday event Sunday, April 2, 11:00 am to 5:00 pm. The park rangers of the Channel Islands National Park will be on hand with information booths and activities about conservation on the islands. Hear local author, Ken McAlpine, talk about the ocean, marine animals and the ever-changing ecosystems under the sea. Paint your own planet earth, delve into printmaking with vegetable stamp art, and show appreciation of nature through planting seeds! Get your hands dirty while learning about

our earth, the environment, and ecosystems locally and globally. Free admission. First Free Sundays are generously sponsored by Mimi Allin.

Water: Take 1

Continued from page 1

tricks to save water around the house. It is a delightful piece of work submitted by our very own Meehan family!

Ventura Water teams up with several sponsorships, but new this year they forged a promotional partnership with Shorts TV where submitted films were eligible for inclusion in a film showcase that aired throughout the month of March in honor of World Water Day.

All of the film festival's finalists can be viewed at www.watertake1.com.



Are you struggling to feed yourself or your family?

CalFresh benefits help stretch food budgets.

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For CalFresh Event Information:
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Just some of E.P. Foster Library April events

4/18 Tuesday @7-9pm A California Native Plant Society Lecture Rick Burgess "A Flora of Ventura County" a lovely view of Ventura's spring beauties. Presented by the California Native Plant Society, Channel Islands Chapter.

4/1, 8, 15, 22, & 29 Saturdays @ 10:30am in the Rentfrow Room-Spanish Conversation Group Are you learning Spanish but need some practice speaking? Join this informal group to chat and practice your Español! Bring your own coffee!

4/5, 12, 19, & 26 Wednesdays @ 4-6pm Come by the Makerspace to learn, create, and share STEAM (science, technology, engineering, art, and math). We have 3D printers, computer coding, stop motion animation, a laser cutter/engraver, and so much more! Play hard, have fun, explore, discover, connect.

4/6, 13, 20, & 27 Thursdays @ 7:30-9pm Poetry Open Mic Night On these Thursday nights, come join this group of writers as they meet in the Topping Room to share their work.

4/10 & 24 Mondays @ 7-10pm Ukulele Jam Session. Locals gather to play the ukulele on the first and third Monday of the month

4/1, 8, 15, 22, & 29 Saturdays @ 1pm Calling all chess players! Keep your skills sharp with this one-hour, drop-in session of free play. Boards will be set up and ready to go. Bring your best moves!

4/7, 14, 21, & 28 Fridays @ 2pm Children's Events Friday Films with Craft Toy Story (7th), Ratatouille (14th), Lego Movie (21st), The Muppets (2011) (28th)

Join us each Friday for a film screening and a specially themed craft!

4/1, 8, 15, 22, & 29 Saturdays @ 12-1pm Paws for Reading. Read aloud to a registered service dog. (Sign-up required)

4/5 & 19 Wednesdays @ 5pm TAG: Teen Advisory Group. If you want to share ideas, meet new people and have a great time shaping the library teen program join TAG! This is for 13+ and grades 8+ and counts toward community service requirements.

Project Understanding announces Hope Worth Giving Breakfast

Celebrating its 40th Anniversary, Project Understanding at San Buenaventura is pleased to announce the Hope Worth Giving Breakfast at 7:30am Thursday, March 30 at the Pierpont Inn, 550 Sanjon Rd.

County Supervisor Steve Bennett and Ventura Mayor Eric Nasarenko will address the breakfast. Bennett said, "I support Project Understanding because they are committed to people in need."

Kim Pagano of the Kim Pagano Show will emcee the event. Successful clients will share their stories of help and hope. Project Understanding helps needy neighbors with food, housing and education. The programs for giving people a hand up include the Food

Community Events

Pantry, SHORE apartments, Homeless to Home, Tender Life Maternity Home and eleven Tutoring Centers.

Guests will be given an opportunity to make a financial contribution at the event.

This event is generously sponsored by the Oxnard Monday Club, On Q Financial – The Jaffe Team, Bill & Elise Kearney, Trinity Lutheran Church and The Fred Evans Team – ReMax Gold Coast Realtors.

Hope Worth Giving is free to attend; however, a RSVP is suggested. All those who plan to attend may do so by visiting www.hopeworthgiving2017.eventbrite.com.

Founded in 1977, Project Understanding provides hope by developing and directing resources for the purpose of transforming lives and community through justice, mercy and compassion. For 40 years, Project Understanding has been assisting people reach their highest attainable level of independence. For more information, please visit www.projectunderstanding.org.

Ventura events

by Ana Baker

Ventura Poinsettia Dance Club meets every Monday from 7:30 p.m. to 9:45 p.m. at the Poinsettia Pavilion, 3451 Foothill. Ballroom, swing, Latin, mixers and line dancing. Members \$10, non-members \$12. Call Rick at 415-8842 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. Tuesday from 6:30 p.m. to 8 p.m. at Bible Fellowship Church at 6950 Ralston. Email DBSA_Ventura@yahoo.com, visit facebook.com/DBSA. Ventura or call 253-3289 for more information. 1p.m. to 3p.m. at the New Visions Center on the first and third Saturdays of the month. At 1065 E. Main.

Ventura's ACBL Duplicate Bridge Club offers games for all levels of play. Learn the game, play with your peers, and earn master points while you are having fun. There is a game every day of the week. Check out their website at www.vcbridge.org. Life is Better with Bridge.

April 1: You are invited to a Lenten Evensong on Saturday at 5 p.m. Haydn's glorious Harmonie-messe, will be presented. Helen Farson conducts our chamber ensemble and chorus from the keyboard. Admission is always free. Ventura Seventh-day Adventist Church. 6300 Telephone Rd. Please call 641-9646 if more information is desired.

April 1: Ventura Improv Company at NAMBA! 8pm NAMBA Performing Arts Space, 47 South Oak St. Tickets: \$10 | Available at venue the night of the show. Shows are a fast-paced mix of scenes, improv games and music. If you like Whose Line Is It, Anyway?, you'll love improv! Shows last approximately 1 hour, 45 minutes. They welcome the whole family, but generally recommended for 12 and over.

April 2: Old-Time Country Bluegrass Gospel Music Association presents free music concert on the first Sunday of every month at the Poinsettia Pavilion from 2 p.m. to 4 p.m. Next concert session features

the ever popular "Old Grass Band". Call 517-1131 for more information.

April 2: Dudley Historic House Museum. Timeline Photo Display of Ventura's History Beginning in 1866, featuring over 100 period photographs assembled by Dudley docents in celebration of the City's 150th anniversary last year. The museum is located at the corner of Loma Vista and Ashwood. For further information please call 642-3345 or visit the website at www.dudleyhouse.org.

April 4: Mended Hearts of Ventura. Come share if you have had heart surgery or stent implant. Group meets the first Tuesday each month at the Community Memorial Hospital - 8th floor, from 7 p.m. to 9 p.m. They have excellent speakers, leading Cardiologists, Nutritionists, Dietitians, etc. from our area who give excellent information. Contact: Richard Hatcher 644-2733

April 5: The Beach Cities Neighbors and Newcomers Club, (BCNN) is a group of active women of all ages who live in Ventura, Oxnard, or Port Hueneme. Please come to our monthly meeting from 9:30 a.m. to 11 a.m. Meeting will be held at the Knights of Columbus. Enter the parking lot from Santa Clara Street. No charge for meeting and no reservation is required. April is Poetry Month and our BCNN Poetry Group will present their Annual Reading to the membership. For additional information, please visit our Website at: bcnnwomensclub.org or call 988-0795.

April 6: The Ladies Luncheon same great menu and fantastic view at new location the Poinsettia Pavilion. Sit-down Luncheon Buffet (Limited Seating) 11:15 a.m. to 1 p.m. \$27 Pre-register, \$30 at the door. Table space available for vendor products only. Vendor tables are \$5 for 3' of space and \$10 for 6' of space and available for selling products only. Register at www.TheLadiesLuncheon.com.

April 8: San Buenaventura Women's Club will hold the 6th Annual Fashion Show Fundraiser at Poinsettia Pavilion on Saturday, from 11 a.m. to 3 p.m. Come for a chance to win a Door Prize, or bid on Opportunity Baskets, Silent Auction and Wine Pull. Fashions will be provided by The Dress barn. Help support local charities in Ventura County. Tickets are \$35 paid in advance. Contact katherinesfreibergs@gmail.com for more details.

April 8: The Ventura Beginning PC Users Group will meet at Cypress Place, 1220 Cypress Point Lane, on Saturday, April 8 at 9:15-12:00 for "Spring Cleaning the Computer" and "Reliable Medical Web Sites". All beginning and intermediate computer users are welcome. Phone 648-1368 for more information.

April 10: "Relive the Passover Exodus" with Rabbi Yakov & Sarah Latowicz. Few Jewish holidays evoke the same warm sentiments as Passover. Bringing the warmth and tradition of this festival to the Ventura Community, Chabad of Ventura is inviting all residents to participate in community Seders to be held on Monday night at 7:30 pm, at the Pierpont Racquet Club. 500 Sanjon Rd. All are welcome to join the community Seder, regardless of Jewish affiliation or background. Suggested donations are \$54 per adult and \$26 per child. No one will be turned away



Community Events

for lack of finances. For reservations or to sponsor someone in need at the Seder please visit www.ChabadVentura.com

April 12: The Ventura County Camera Club will hold a critique meeting on Wednesday, at 6:30 p.m. at the Poinsettia Pavilion, 3451 Foothill Rd. A professional photographer from the area will critique member's prints and digital images. Each month a special topic is chosen which features some interesting aspect of photography. This month's topic is "Abstracts" and Bill Hendricks will judge. Anyone with an interest in photography is welcome and admission is free. For more information about the club visit www.VenturaCountyCameraClub.com

April 13: The Ventura County Professional Women's Network (VCPWN) monthly dinner meeting. A wonderful way to network with local business owners. Register for dinner online at www.vcpwn.org. Guest speaker Kim Pagano, host of the Kim Pagano Show on 1590 KVTA radio. Founded in 1982, VCPWN has enjoyed a long tenure of promoting the professional and personal growth of Ventura County women through education, mutual support and sharing of resources. For more information about the event www.vcpwn.org.

April 14: Good Friday Service, 7 pm First United Methodist Church, 1338 E. Santa Clara Ave. Easter Cantata, with full choir and chamber music ensemble.

Ojai news and events

Book Signing at Little House – "Dynamic Aging: Simple Exercises for Whole-Body Mobility" by biomechanist Katy Bowman. Her four co-authors, who are local seniors, will be signing books on Wednesday, April 5, 11 a.m. to 1 p.m. at Little House, 111 W. Santa Ana St.

On Sunday April 9th, the Ojai Raptor Center, (ORC) a non-profit 501(c) (3) organization, will open its doors to the public for their annual Spring Open House; a rare opportunity to meet the non-releasable "ambassador" raptors, and tour the Center that is otherwise closed to the public year-round.

Guests will meet a variety of hawks, falcons, and owls. The Spring's Open House theme will be "Baby Shower" as the Center will be preparing for the busiest time of year: Nesting Season. A silent auction will be held along with raffles for a chance to release a successfully rehabilitated raptor with ORC staff. The ORC Store will be open and drinks and snacks will be available for purchase.

The Ojai Raptor Center Open House will have a five dollar entry fee per person with children under ten admitted for free. This is a dog-free event. Visit www.ojairaptorcenter.org for more information.

Ojai native plant educator Lanny Kaufer will lead his annual Nature Hike to Rose Valley Falls on Sunday, April 9, from 9 a.m. to 3 p.m. The day will begin with a plant identification hike along Howard Creek, followed by a lunch break, and

a shaded walk to the Falls.

An optional carpool from the Maricopa Plaza parking lot will be available, at 9:00 a.m. and return there by 3 p.m. The cost is \$25 for adults, \$20 for seniors 62-and-older, and \$15 for students 13-18. Kids 5-12 can go free, one per adult, by prior arrangement. No dogs or smoking, please.

To register or for more information, please visit www.HerbWalks.com or call 646-6281.

Lanny Kaufer will also lead an herb walk on Saturday, April 8, from 9 a.m. to 1 p.m. The location will remain a mystery. As Kaufer explains, "It is a rare and special place where I have been longing to lead a walk for years." A docent also will be present to share some of the rare exotic plants found on the property.

The group will meet at Maricopa Plaza for a carpool to reduce the number of cars on the private road. The travel time to the trailhead will be 15-20 minutes. Walkers can plan on returning to Maricopa Plaza by 1 p.m.

The cost is \$20 for adults, \$15 for seniors 62 years of age and up, and \$10 for students 13-18. An additional \$5/person donation is requested by the nonprofit organization that manages the property to cover the costs associated with having visitors. Kids 5-12 can go free, one per adult, by prior arrangement. No dogs or smoking, please.

To register for the Ojai Herb Walk, visit www.HerbWalks.com, email register@herbwalks.com, or call 646-6281

Ventura County Library will host a series of Community Conversations at the Ojai Library (3/31), the Ojai Valley Museum (4/6), Topa Topa Elementary School (4/13), Meiners Oaks Elementary School (4/20), and the Oak View Park and Resource Center (4/27). Each program will last from 6 to 8 p.m.

Each of these facilitated conversations will include questions designed to help us better understand people's aspirations for their community, the concerns they have, and what they believe might make a difference in strengthening the community.

The Ojai Library is located at 111 East Ojai Ave. Hours of service are 10 a.m. to 8 p.m. Monday through Thursday and 12 p.m. to 5 p.m. Friday through Sunday.

City Council mulls homeless shelter

Continued from page 1

including having a plan to provide security, to offering a variety of social services on site. There seemed to be a consensus among council members that this facility is needed and is long overdue, noting that any operator would be functioning under a conditional permit that would be periodically reviewed by the Council. The shelter is intended for short-term emergencies and will serve as a conduit for social services intended to keep people from returning to the streets.

Audience members who addressed the Council were overwhelmingly supportive of the idea. Stephanie Caldwell, President and CEO of the Ventura Chamber of Commerce and



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member of the Stakeholders Task Force on the homeless, presented a power point on the homeless problem, noting "it is more costly to keep the status quo than to house people."

Other speakers lamented the high rental rates in the City that exacerbate the homelessness problem. John Jones, advocate for farmworker housing, noted that affordable housing had become the biggest issue in the state with some 130 bills on the issue currently being considered in Sacramento.

Other speakers implored the City to consider allowing space for pets. Cappi Patterson, representing Buddy Nation, promised that if pets would be allowed her organization would cover the cost of feeding and caring for the animals, including veterinary care. Patterson enjoined that pet ownership promotes "reliability, responsibility, and dignity."

Another speaker spoke of innovative "Navigation Centers" that focus on getting people into housing first, then addressing issues like substance abuse and a lack of state issued ID cards after getting folks off the street, an idea that has seen success in other cities and countries.

Councilmember Christy Weir ad-

monished that any shelter should offer some sense of privacy and dignity, instead of warehousing people in large rooms full of cots and bunk beds. After making several changes in the language and scope of the ordinance, Council members delayed taking a vote on the ordinance until the April 20th meeting in order for the public to review the changes.

In other Council business, the City accepted a grant from the National Police Dog Foundation, with Police Chief Ken Corney offering thanks to Suzanna Underwood for initiating the process along with assistance from the Wood-Claeyssen Foundation.

There was also a budget workshop presented by City of Ventura Finance and Technology Director Gilbert Garcia and staff. Garcia provided a summary of the City's financial picture and the potential problems with pension costs and maintaining a City-owned golf course. While discussing potential use of Measure O money, (Measure O was passed by voters last November to raise the sales tax in Ventura), Councilmember Mike Tracy suggested that discussion of how that money is budgeted should be guided by the citizens advisory panel, which has yet been appointed.



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Passover

Passover or Pesach is an important, biblically derived Jewish holiday. The Jewish people celebrate Passover as a commemoration of their liberation by God from slavery in Egypt and their freedom as a nation under the leadership of Moses. It commemorates the story of the Exodus in which the Israelites were freed from slavery in Egypt.

Passover commences on the 15th of the Hebrew month of Nisan (Passover 2017 will start the evening of Monday, April 10 and will end the evening of Tuesday, April 18) and lasts for either seven days (in Israel and for Reform Jews and other progressive Jews around the world who adhere to the Biblical commandment) or eight days for Orthodox, Hasidic, and most Conservative Jews.

A day commences at dusk and lasts until the following dusk, thus the first day of Passover begins after dusk. It is one of the most widely observed Jewish holidays.

The rituals unique to the Passover celebrations commence with the Passover Seder.

In the narrative of the Exodus, the Bible tells that God helped the Children of Israel escape from their slavery in Egypt by inflicting ten plagues upon the ancient Egyptians before the Pharaoh would release his Israelite slaves; the tenth and worst of the plagues was the death of the Egyptian first-born.

The Israelites were instructed to mark the doorposts of their homes with the blood of a slaughtered spring lamb and, upon seeing this, the spirit of the Lord knew to pass over the first-born in these homes, hence the English name of the holiday.

When the Pharaoh freed the Israelites, it is said that they left in such a hurry that they could not wait for bread dough to rise (leaven). In commemoration, for the duration of Passover no leavened bread is eaten.

Spring time brings to mind images of baby birds and other cute baby animals

There is certainly a sharp increase in the number of animals being brought

into care during spring and early summer. In 2016 The Santa Barbara Wildlife Care Network received over half of the total number of animals during the months of April, May, June and July. Elaine Ibarra will discuss the trends in species intakes throughout a typical year, and she will also share the ways in which the general public can help animals in distress.

Elaine Ibarra is a graduate from the California State University at Channel Islands with a bachelor's degree in chemistry. Elaine became a full time staff member at SBWCN in 2012 and has previous volunteer experience with the Channel Islands Marine and Wildlife Institute, Ojai Raptor Center and International Bird Rescue Research Center. 7:30 pm Tuesday, April 4 at the Poinsettia Pavilion, 3451 Foothill Rd.

**April 1, 8:00am Work Day
Hedrick Ranch Nature Area.
Sandy Hedrick 340-0478.**

Arrive at 8:00 for self-guided birding which usually yields some interesting birds. Work from 9am – noon. Long pants and boots or closed shoes are required. Bring water, gloves & sun protection.

**April 2, 8:30am Ventura Settling Ponds
Linda Easter 482-7537**

Enjoy a morning of mostly waterfowl birding, we should see ducks herons, egrets, grebes, raptors, sparrows, gnatcatchers and maybe a few warblers. Spotting scopes are always welcome.

**April 8, 8:30am Steckel Park and Camp Bartlett (Santa Paula)
Karen Laing, 907-351-5176 and Adele Fergusson, 415-4304**

Steckel Park and then go to Camp Bartlett and walk through an old oak forest. Meet in the parking lot at Steckel Park and later as a group go on to Camp Bartlett.

**April 9, 8:30 am Camino Real Park
Raeann Koerner 701-1919**

Camino Real is a grassy park surrounded by pines and eucalyptus and is an excellent Target birds will include Red Shouldered Hawk, Pacific-slope Flycatcher, Yellow Warbler and Townsend's Warbler,

**April 18, 8:30am Ormond Beach
Adele Fergusson 415-4304**

Join in at this excellent coastal location. Dress in layers, as the morning may be chilly. Please bring a scope if you have one.

News & Notes



The event was hosted by Kat Merrick who is speaking to the large group.

First Annual Ventura County Ag Weeks Awards Luncheon

by Randal Beeman

Representatives of the Ventura County agricultural community gathered on March 21st at the headquarters of the Limoneira Company in Santa Paula to celebrate the significance of agriculture in the life of Ventura County and the nation. Held in conjunction with National Agriculture Day, the event was hosted by Kat Merrick, founder and president of the Totally Local Ventura County Agricultural Education Foundation.

Merrick and other speakers, including Ventura County Agricultural Commissioner Henry Gonzalez and Limoneira CEO Harold Edwards, addressed the significance of farming and ranching currently and historically in Ventura County. Merrick also spoke of the dynamic nature of the industry, and how the recent "food revolution" emphasizing sustainable agriculture and the "farm to fork" approach has been embraced by local growers like Phil McGrath.

Gonzalez noted Ventura County is one of the leading farm counties in the

United States and has the most expensive row crop land in the country. Deep, rich soil and access to relatively stable water supplies have propelled Ventura County agriculture to new heights, even though farmers face ongoing challenges from intensive regulatory regimes and pest control to urban sprawl and a lack of public understanding of where food originates.

Edwards discussed Limoneira's sustainability program and their recent partnership with the Tesla Corporation to install solar power storage batteries at Limoneira, which will produce about half of its energy needs from renewable sources.

Edwards accepted the Sustainability Award on behalf of Limoneira. Pat Doler won Educator of the Year, and Chef Tim Kilcoyne of Scratch won Chef of the Year. Rich Atmore of RA Atmore and Sons won the Rancher of the Year Award, and Phil McGrath, of McGrath Family Farms (a family farm in Ventura County since the 1870s) was named Farmer of the Year.



Winning the award at the 2017 Community Media West's WAVE Awards in Fresno.

CAPS Media wins WAVE Award

by Elizabeth Rodeno

In March, the Alliance for Community Media West convened in Fresno for their yearly Western Access Video Excellence Award. This year, CAPS Media Center took home the WAVE Award for Best Government

Access program! The winning program, the Ventura County News Channel's "Featuring Ventura County - Channel Islands Harbor Patrol", can be found on the CAPS Media YouTube channel. Congratulations to Bill Nash, the County of Ventura, and Gary Roll for the win. We are producing city, county, educational and other programs to garner more awards next year.

Our Radio KPPQ Membership Training returns! Join us April 4th and 5th and we'll help you find your footing and your radio voice! The first session covers Membership Program Information and Preliminary Training and the second session is a Radio Presentation and Performance Practicum. Classes size is kept small to enhance student learning and ensure a solid foundation. This means classes fill up fast! Get in touch to reserve your spot! Email us at radio@capsmedia.org for more information or to sign up. Listen to 104.1fm and let us know what you think of the new kid on the block.

In other radio news, CAPS Media is
Continued on page 24



Senior Living

Pull Out Section



“Hi grandma, I’m in London and lost my wallet.”

Be concerned about scams targeting seniors

As Congress and the new Trump Administration suggest they might repeal and replace the Affordable Care Act, fraudsters are taking advantage of the confusion it’s creating. They may pose as insurance company representatives or someone from Medicare or another federal agency. They will be on the hunt for personal information and money. Don’t fall for bogus requests to verify patient information, promises of refunds, or requests for payment of future premiums.

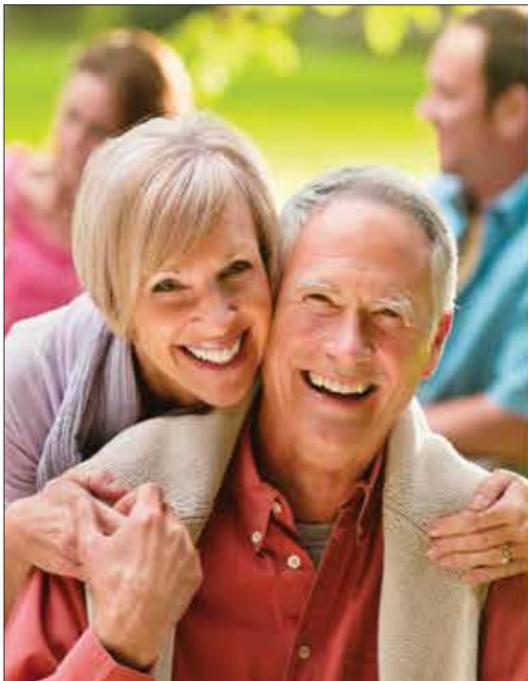
If you buy products on Amazon.com, you are not necessarily buying from Amazon.com. In fact, Amazon.com connects buyers to a wide array of third party sellers. While most of these sellers are legitimate, beware of scam artists lurking in the marketplace. It’s likely a fraud if a seller asks you to make your purchase in a way other than through

the Amazon.com website. Amazon.com guarantees purchases made from third party sellers as long as the purchase is made via the Amazon.com website.

A utility scam is reaching record levels in some parts of the country this season. Fraudsters call homeowners, claiming that their gas or electric account is delinquent and threaten to shut off the service if payment is not immediate. The scammers typically ask for payment with a prepaid debit card. While more consumers are recognizing this as a scam, the callers can be very convincing. Know that your utility company will not call and threaten to shut off your service, and you’ll always receive written notification before your service is cut off.

Be a fraud fighter! If you can spot a scam, you can stop a scam. Don’t

Continued on page 14



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Senior Living



Health champions for 2016.

Fall Prevention Coalition named Health Champ

by Lori Harasta

The Elderly Fall Prevention Coalition of Ventura County earned the “Health Champion Award” for 2016. Annually, the Ventura County Board of Supervisors presents “Health Champion” awards to local community organizations on behalf the Partnership for a Healthy Ventura County. Recipients are recognized for their efforts toward achieving the vision of the Partnership: that Ventura County will be recognized as the healthiest county in California.

Clearly, falls impact health. One-third of adults over the age of 65 and one-half of adults over the age of 80 will fall each year. More than 40% of seniors recovering from fractured hips are unable to ever return home. Ventura County has more seniors over the age of 80 than any other county in California.

Recognizing these facts and observing patients’ pain and suffering far too often, Dr. Thomas Duncan, Chief of Staff and Co-Director of Trauma at Ventura County Medical Center (VCMC) formed the Elderly Fall Prevention Coalition (EFPC) of Ventura County in 2013, partnering with other agencies serving Ventura County. A primary partner is the Ventura County Area Agency on Aging (VCAAA), headed by Director Victoria Jump.

People that have fallen are referred by emergency medical services or hospital staff to a Fall Prevention Coordinator who interviews and refers patients to appropriate programs and services. There is a 90% overall acceptance rate of services offered and participation has significantly reduced secondary falls compared to non-participants.

One of EFPC’s goals is to educate the community and facilitate changes in behavior to prevent initial falls of elderly residents. The education committee plans and presents two fall prevention forums per year. A forum in Spanish (translated to English) is planned for Saturday, April 29th from 9:00 am to 2:00 pm at the Santa Paula Senior Center. For more information, call 477-7300.

In addition, four evidence-based exercise programs are now serving seniors in Ventura County.

A Matter of Balance is a program designed to reduce the fear of falling and increase the activity levels of older adults.

Stepping On offers people information, strategies, and exercises to reduce

falls and increase self-confidence in situations where they are at risk of falling.

Walk with Ease is proven to reduce the pain and discomfort of arthritis; increase balance, strength and walking pace; build confidence in one’s ability to be physically active; and improve overall health.

Tai Ji Quan: Moving for Better Balance is a research-based balance training regimen designed for older adults and people with balance disorders.

To find out more about the evidence-based fall prevention exercise programs listed above, call Dina at VCAAA 477-7300.



Why a tulip?

The Ventura Parkinson’s Disease Support Group

Parkinson’s disease is a chronic, degenerative neurological disorder that affects one in 100 people over age 60. While the average age at onset is 60, people have been diagnosed as young as 18. There is no objective test, or biomarker, for Parkinson’s disease, so the rate of misdiagnosis can be relatively high, especially when the diagnosis is made by a non-specialist. Estimates of the number of people living with the disease therefore vary, but recent research indicates that at least one million people in the United States, and more than five million worldwide, have Parkinson’s disease (stats from Michael J. Fox Foundation for Parkinson’s Research).

As many as one million Americans live with Parkinson’s disease, which is more than the combined number of people diagnosed





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Senior Living

with multiple sclerosis, muscular dystrophy and Lou Gehrig's disease.

Approximately 60,000 Americans are diagnosed with Parkinson's disease each year, and this number does not reflect the thousands of cases that go undetected.

An estimated seven to 10 million people worldwide are living with Parkinson's disease.

Incidence of Parkinson's increases with age, but an estimated four percent of people with PD are diagnosed before the age of 50.

Men are one and a half times more likely to have Parkinson's than women.

As many as one million Americans live with Parkinson's disease, which is more than the combined number of people diagnosed with multiple sclerosis, muscular dystrophy and Lou Gehrig's disease.

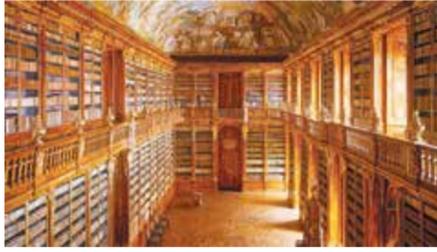
Why A Tulip? On April 11, 2005, the red tulip with a fringe of white was launched as the official symbol of PD at the 9th World Parkinson's disease Day Conference in Luxembourg.

The Ventura Parkinson's Disease Support Group is pleased to announce that Dr. Sarah Kempe-Mehl will be presenting "Beyond the Tremor: Living with the Non-Motor Symptoms of Parkinson's Disease" at their meeting Wednesday, April 12, from 1:00 to 3:00 pm at The Lexington Assisted Living, 5440 Ralston St. Come participate in a brief round table at the beginning of the meeting.

Dr. Sarah Kempe-Mehl will be speaking from 2 to 3pm. She will be focusing on the non-motor symptoms of Parkinson's Disease and also "Why see a movement disorder Specialist" along with the services available from her practice with Dr. Erin Present, "Central Coast Movement Disorders Specialists" which was established in March of 2016 in Santa Barbara. (<http://www.movementdocs.com>).

Dr. Kempe-Mehl is a board-certified neurologist and fellowship-trained in movement disorders. She subsequently completed a one-year fellowship in movement disorders at Stanford University.

Please check in at the front desk for directions to the meeting room. Extra parking is graciously available across the street from the Lexington in the Baptist Church parking lot. Call 766-6070 for further information. Reservations are not required.



Not quite as big as this but well worth the visit.

Grand opening at the M J Block Historical Library

Lexington resident, Merle Block has created his own Historical Library commemorating the children of the greatest generation. His vision is to restore the past through books, videos, photos, music, movies and memorabilia. M J Block Historical Library will have its grand opening on Thursday, April 13th from 9-11 AM and 1-3 PM in room #236. The library is open to the public by appointment during visiting hours - 9 AM to 3 PM Tuesday through Saturday. The Lexington is located at 5440 Ralston St. in Ventura.

Social Security announces new online service for replacement

The Social Security Administration introduced the expansion of online services for residents of California available through its my Social Security portal at www.socialsecurity.gov/myaccount. Nancy A. Berryhill, Acting Commissioner of Social Security, announced that residents of California can use the portal for many replacement Social Security number (SSN) card requests. This will allow people to replace their SSN card from the comfort of their home or office, without the need to travel to a Social Security office.

"I'm pleased to offer the residents of California the added convenience of replacing a Social Security card through the my Social Security portal,"

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Acting Commissioner Berryhill said. "We will continue to work on innovative initiatives to provide people with safe, secure and convenient options for doing business with us online or in person."

The agency is conducting a gradual roll out of this service; California is one of the states, plus the District of Columbia, where this option is available. Throughout 2017, the agency will continue to expand the service option to other states. This service will mean shorter wait times for the public in the more than 1,200 Social Security offices across the country and allows staff more time to work with customers who have extensive service needs.

U.S. citizens age 18 or older and who are residents of California can request a replacement SSN card online by creating a my Social Security account. In addition, they must have a U.S. domestic mailing address, not require a change to their record (such as a name change), and have a valid driver's license, or state identification card in some participating states.

my Social Security is a secure online hub for doing business with Social Security, and more than 29 million people have created an account. In addition to California residents replacing their SSN card through the portal, current Social Security beneficiaries can manage their account—change an address, adjust direct deposit, obtain a benefit verification letter, or request a replacement SSA-1099. Medicare beneficiaries can request a replacement Medicare card without waiting for a replacement form in the mail. Account holders still in the workforce can verify their earnings history and obtain estimates of future benefits by looking at their Social Security Statement online.

For more information about this new online service, visit www.socialsecurity.gov/ssnumber.

Free community education classes and events

Livingston Memorial Visiting Nurse Association supports the total well-being of our community. They host free monthly education classes throughout the county which include the following in Ventura.

Adult Bereavement Support Group Wednesdays, April 5, 12, 19, and 26 from 6:30-8:00 pm These groups are open to individuals who have experienced loss and are free of charge.

Call 642-0239 for more information or email griefinfo@livingstonvna.org.
Newly Bereaved Support Group Thursday, April 13th from 6-7:30 pm. This monthly group is designed for adults who have recently experienced the loss of a loved one and is free. Call 642-0239 for more information or email griefinfo@livingstonvna.org. These groups meet every 2nd Thursday of each month.

Tuesday, April 4th from 1-2:30pm. These meetings are held on 1st Tuesday of each month. General information is provided about Type 2 Diabetes including prediabetes, with emphasis on meal planning, medication, exercise, blood sugar monitoring, and new developments in diabetes.

Thursday, April 6th 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.

Monday, April 10th for both English and Spanish speaking. English 4:00-5:00 pm and Spanish 5:30-6:30. 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.

Classes at Livingston Memorial Visiting Nurse Association office, 1996 Eastman Ave., Suite 109. For information or to RSVP call Dinah Davis at 642-0239 ext. 739.

SCAN Health & Wellness Center offers wonderful classes

SCAN Health & Wellness Center in Ventura is offering new wellness classes to the community (aged 55 and older, or an adult caregiver to someone 55 and older). "Introduction to Knitting," a six-week class starting April 4, from 2:30 - 3:30 p.m. is one of them. The unique part of this class is that it is being taught by an 80-something senior, Marianne Crane, who previously owned three knitting stores. Marianne started knitting at a young age, while she was in elementary school, knitting lap afghans for soldiers during WWII. In the "Introduction to Knitting" classes, participants will learn the basics of knitting and begin a project of their choice. They will supply the basic supplies needed plus a practice skein of yarn.

Looking for a way to de-stress at the end of the day? A new class to help calm the mind and soothe the nervous system starts this spring. "Guided Meditation for Stress Relief" is scheduled for Thursdays from 5:30 - 6:15 p.m. starting April 6. This six-week class features a variety of meditation techniques to improve your mood, sleep, focus and overall general health.

Join a new Better Bones class. Use the latest techniques to build your bones in new and improved ways. Starting Friday, April 7, from 11 a.m. - 12 p.m., this 10-week class focuses on balance, strength and flexibility. Better Bones, taught by Suzi Axtell, is tailored especially for older adults and their caregivers.

These classes are all offered at no cost to participants. To register, and for more information please 658-0365. Address 6633 Telephone Rd.



The City of Ventura Parks and Recreation is offering a Zumba Gold series at the Ventura Avenue Adult Center from 12:00-1:00pm every Monday and Wednesday from April 3 to May 22.

Zumba Gold is perfect for all active adults, 50+, looking for a Zumba class at a lower-intensity level. This easy to follow class focuses on heart rate, balance, range of motion, and coordination. Participants should wear workout shoes, comfortable clothing and bring water to keep hydrated.

For more information call (818)515-8590. Sign up at 658-4726 by requesting Zumba Gold class 7474.



Senior Living

offers medicines at affordable prices. Sometimes they report problems with a Part D plan, ranging from the cost of drugs to difficulty in getting a specific medication their doctor prescribed.

A first step to correcting problems is always to contact your drug plan (contact information is on the back of your drug card). A call to the plan usually will resolve your issue. If that doesn't work, you can file a complaint.

You can do that by calling 1-800-MEDICARE or going online at www.Medicare.gov. Complaints can be made against Part D drug plans as well as Part C health plans, also known as Medicare Advantage plans.

The online Medicare Complaint Form is easy to use. Medicare takes the information you send and directs it to your plan. Then we follow up and monitor how well the plan resolves your complaint.

To find the complaint form, go to www.Medicare.gov and locate the blue box near the top of the page that says "Claims & Appeals." Place your cursor over that box until a dropdown menu appears and click on "file a complaint." When the next page comes up, click on "Your health or drug plan."

You can also lodge a complaint by calling or writing to your plan. Your complaint could involve a problem with customer service, difficulty in getting access to a specialist, being given the wrong drug, or being given drugs that interact in a negative way.

If you file a complaint about your Part D drug plan, certain requirements apply:

You must file your complaint within 60 days from the date of the event that led to the complaint.

You must be notified of the decision generally no later than 30 days after the plan gets the complaint.

If your complaint relates to a plan's refusal to make a fast coverage determination or redetermination and you haven't purchased or gotten the drug, the plan must give you a decision no later than 24 hours after it gets the complaint.

In addition, you can make a complaint if you have a concern about the quality of care or other services you get from a Medicare provider. This includes doctors, hospitals, or other medical providers; your dialysis or kidney transplant care; or a Medicare-certified supplier of durable medical equipment such as wheelchairs, walkers, and oxygen equipment.

How you file a complaint depends on what your complaint is about. For more

information, go to www.medicare.gov/claims-and-appeals/file-a-complaint/complaint.html.

As a Medicare beneficiary, you also have certain appeal rights. What's the difference between a complaint and an appeal?

A complaint is generally about the quality of care you got or are getting. For example, you may file a complaint if you have a problem contacting your plan or if you're unhappy with how a staff person at the plan treated you. However, if you have an issue with a plan's refusal to pay for a service, supply, or prescription, you file an appeal.

For more information on appeals, take a look at your "Medicare & You" handbook, mailed each fall to every Medicare household in the country.

Or go online at www.medicare.gov/claims-and-appeals/file-an-appeal/appeals.html.

You can always get answers to your Medicare questions by calling 1-800-MEDICARE (1-800-633-4227).

Scams targeting seniors

Continued from page 11

fall for the jury duty scam. This is when you get a call, supposedly from the courthouse, claiming you failed to show up for jury duty and you face a fine or immediate arrest. The fraudster will typically demand the victim pay by wire transfer or a prepaid card. These forms of payment should always raise alarm bells. If you have questions about jury duty, contact the court clerk in the county where your service was to take place. The court will never ask jurors for financial information, so never provide such information to someone claiming to be from the court.

As the price of prescription drugs continues to rise, you might find yourself searching online for more affordable medications. Beware of bogus companies that take your money and never send you the product, or worse, send you a product that could cause you harm. Also, be sure to read the fine print on prescription drug coupons you find online. You might discover your purchase won't count toward your deductible, or that the coupon expires after a certain number of refills.

Report scams to local law enforcement. Contact the AARP Fraud Watch Network at www.aarp.org/fraudwatch-network for more information on fraud prevention.



UNDERSTANDING DEMENTIA SEMINAR THURSDAY, APRIL 20TH, 2017 • 6:00 PM

Do you have a loved one with dementia? Please join us as guest speaker Dr. William Rajala gives an informative discussion about dementia, the early warning signs, how to manage behaviors, and treatment options available for family members and loved ones coping with this disease. Refreshments will be provided. We look forward to seeing you - you won't want to miss this valuable event.

For more information or to reserve your seat, please call

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Family Caregiver Resource Center-Catholic Charities/OASIS Program

by **Connie De La Rosa**

Caring for family member while caring for yourself is no easy task. Making calls in seeking resources and services to help with the demands of caregiving can become overwhelming in your daily routine of caring for your loved one. Recognizing the caregiver role in you:

Caregiving can be a stressful job. Most family caregivers say they feel stressed providing care for a loved one. With all of their caregiving responsibilities - from managing medications to arranging doctor appointments to planning meals - caregivers too often put themselves last.

The stress of caregiving impacts your own health. One out of five caregivers admit they have sacrificed their own physical health while caring for a loved one. Due to stress, family caregivers have a disproportionate number of health and emotional problems. They are twice as likely to suffer depression and are at increased risk for many other chronic conditions.

Proper nutrition helps promote good health. Ensuring that you are getting proper nutrition is key to help maintain your strength, energy and stamina, as well as strengthening your immune system. Maintaining a healthy diet is one of the most powerful things you can do to take care of yourself and keep a positive attitude overall.

Ensuring good nutrition for your loved one helps make care easier. As many as half of all older adults are at risk for malnutrition. Good nutrition can help maintain muscle health, support recovery, and reduce risk for re-hospitalization - which may help make your care of a loved one easier.

Remember: "Rest. Recharge. Respite." People think of respite as a luxury, but considering caregivers' higher risk for health issues from chronic stress, those risks can be a lot costlier than some time away to recharge. The chance to take a breather, the opportunity to re-energize, is vital in order for you to be as good a caregiver tomorrow as you were today.

For more information on how our Family Caregiver Center (Catholic Charities/OASIS) can assist you with respite, assistive devices, support groups and much more at no cost to you, please call 420-9608.

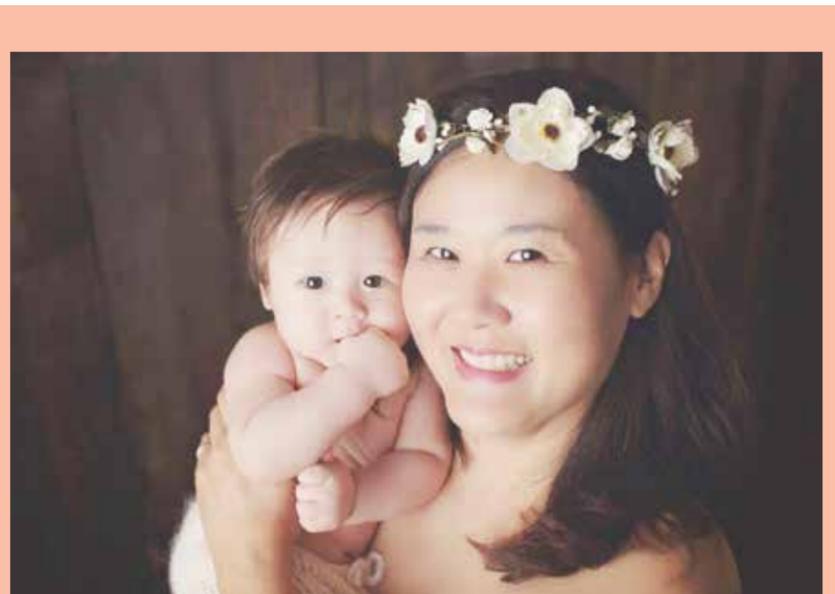
How to file a complaint against your Medicare drug or health plan

by **Greg Dill,**

Medicare's regional administrator for Arizona, California, Hawaii, Nevada, and the Pacific Territories

Having practiced pharmacy for many years, I often find myself talking to people about their Medicare prescription drug, or Part D, plans.

People with Part D usually share their thoughts about a favorite pharmacy or pharmacist, or how their plan



Grandpa Harold Kennedy thinks that his 3-month-old grandson Joshua (and daughter-in-law Caroline) are as cute as they get. Do you have a grandkid that you think is even cuter? If so send their photo to editor@venturabreeze.com.



News & Notes



Front row: Audrey Shinsky, Rebecca Belleville, Madison Jaffe, Carissa Christianson.
Middle row: Tatiana Anderson, Elizabeth Fedde, Sidney Shinsky, Gianna Lo Presti, Sydney Clevenger.
Back row: Julia Cote, Grace Resnik, Samantha Walsh.

Twelve young women are presented at 60th Annual Debutante Ball

Twelve local young women made their debut as debutantes at the 60th Annual Las Patronas Presentation Ball at the Ventura Beach Marriott. The Debutantes were presented by their fathers and celebrated with family and friends at the white-tie fundraiser gala. The guests were welcomed by Las Patronas Chairman, Marila Cook and Ball Chairman, Michele Borchard. Jeff Cook presided as Master of Ceremonies for the evening.

It was a magical evening, the ballroom design filled with exquisite floral arrangements and the use of the Las Patronas fan; a time honored tradition. The Debutantes dressed in traditional white gowns and carried a white lace fan adorned with pastel

flowers. The girls also wore a small gold and pearl fan necklace as a gift from the Las Patronas Auxiliary.

All high school seniors, the 2017 Debutantes represent 5 cities and 8 high schools in Ventura County. In their high school careers, they have distinguished themselves in academics, school government, community service, performing arts, and athletics.

Proceeds from the ball are used to benefit Assistance League philanthropies, including the Assistance League School, the Girls Club/Teen Club, B.U.F.F.Y. Bear Program, and Operation School Bell. The Vision for Assistance League is "A Brighter Tomorrow for Today's Children."

Book review

Exile on Front Street: My Life As A Hells Angel by George Christie

by Randal Beeman

After World War II California became the wealthiest and most populated state in the nation, soaked with Cold War defense money, endowed with a world class educational system, and celebrated as a place where "the new, new thing" seemed to always be happening. Youth enjoyed enviable status and freedom, but they began to reject the conformity of the Eisenhower era by forming a variety of counter-cultures including beatniks, hippies, dopers, surfers, and bikers.

While a few good books have emerged from that period, such as actor Peter Coyote's *Sleeping Where I Fall: A Chronicle of the Counter-Culture*, no definitive history of the California counter-culture has appeared to date, we only have some outstanding topical treatments and memoirs. A welcome addition to the genre of postwar California rebellion is Ventura native George Christie's *Exile on Front Street: My Life as a Hells Angel*.

Christie was in many respects

a typical California kid in the 1950s, enjoying family life, cars, and girls growing up in his working class household in Ventura's Greek community. A shy youth, Christie ended up in the embrace of the Cold War military-industrial complex as both a Marine and an employee of the Defense Department in a period when Ventura was growing from a sleepy beach town to a thriving community with a strong US Navy presence nearby.

As a kid Christie was enamored with the sight and sound of a Harley Davidson one day in the Los Angeles area. He began to learn how to work on bikes and eventually build his own. Christie first began running with "outlaw" motorcycle clubs in LA, but eventually became part of the most notorious one of all - the Hells Angels. In the 1980s the Ventura Chapter of Hells Angels became very visible in town, with Christie even running a leg of the Olympic Torch procession in 1984.

Exile on Front Street details the author's life as a leader in the Hells Angels up to his problems with the group and his falling out with longtime leader Ralph "Sonny" Barger. Even if you don't approve of his lifestyle choices, the book is full of interesting, funny, and sometimes sad and cautionary stories. Christie is generally not a fan of law enforcement, but he did enjoy some levity and

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"Shouldn't we be using a Bobcat?" Photo by Allison Bird.

A groundbreaking ceremony was held for Solana Heights

On March 22 a ground breaking was held for Solana Heights, the master-planned community developed by CalAtlantic Homes that will bring 147 new homes to Ventura's housing market including 116 single-family homes as well as 31 townhomes. Several of the homes will have coastal views.

Solana Heights' family-friendly amenities will also feature three new neighborhood parks totaling 1.5 acres of outdoor gathering spaces with play equipment, picnic tables and barbecues, and a gated dog park.

For more information visit www.calatlantichomes.com.

mutual respect with certain cops, our present Police Chief not included.

Ventura is a fairly tame city today, described in the national press as "quaint," "sleepy," and the "off ramp to paradise." Historically the town was fairly working class in nature and

perhaps more reflective of the Wild Wild West than it is today. George Christie, whether you like him or not, is an outstanding storyteller and he has some very interesting stories to tell. A fascinating read.

Thomas Dunne Books 272 pages.



Professor Scamp, Ph.D (Pretty Happy Dog)



Professor Scamp Ph.D

I think that something bad is happening to me that I want to share. A few weeks ago, I started coughing, lost my appetite (I love eating) and became very lethargic. About a week ago I was in my backyard and collapsed. My family took me in the house and set me on the bed – they seemed very concerned.

They took me to this nice lady that I go to see sometimes. Usually she sits on the floor with me and we play a little bit. This time she set me right onto the table. She poked me all over and even smelled my ears and mouth and put a round metal thing all over me listening to my heart and lungs.

She then told mom and dad that I have a congestive heart failure (I have always has a heart murmur).

As she explained what this meant to them, they looked as if they were going to cry. She told them “no more walks or running, just keep him as comfortable as possible.”

She gave them three pills for me to take. The two little ones are no problem, but the bigger one that I could normally eat with my food is tough because I’m not eating much. So mom has to try to get it in my mouth and get it to go down.

I’ve enjoyed writing to you all these years, and hope I still can for a few more months at least.

By the way, the nice lady is Marianne Regnier, DVM at Ventura Veterinary Hospital.

A dog food product sold nationwide is being recalled due to a potential health risk.

Blue Buffalo Company voluntarily recalled some of its BLUE Wilderness Rocky Mountain Recipe Red Meat Dinner Wet Food for Adult Dogs. The company says the product could have elevated levels of beef thyroid hormones.

Ingesting high levels of beef thyroid hormones could cause weight loss, increase heart rate, restlessness and increased thirst and urination in dogs. Long-term effects include vomiting,

diarrhea and rapid or difficult breathing. The FDA says it has taken one report of a dog showing symptoms. That dog has now fully recovered.

The affected products have the UPC code 840243101153 and a best by date of June 7, 2019. If you have the product at home, the FDA says to stop feeding it to your pet, and contact your veterinarian.

For more information on the recall, visit the Blue Buffalo website.

Even though most everybody loves cute animals (especially dogs) some bosses still don’t understand why they should be in the work place.

Fearing litigation from allergy sufferers, personal injury claims to those that just don’t like animals (hard to believe) are just some of the reasons that company leaders might be skeptical of joining the dog-friendly office trend.

Is there a way to persuade him or her to allow pets to hang out with you at work?

Maybe this will help. New research from Central Michigan University offers a reason for dog-friendly offices.

The study had groups complete short tasks that involve creativity and cooperation, such as coming up with a fictional 15-second ad, and see how having a dog present for the experiment affects outcomes.

It seems that dogs are great for collaboration. Both the participants themselves and outside experts who rated the videotaped tasks said that adding a dog to the mix made people more trusting and more helpful. In short, just having a dog around seems to do wonders for teamwork.

“When people work in teams, the presence of a dog seems to act as a social lubricant,” said lead author Steve Colarelli. “Dogs seem to be beneficial to the social interactions of teams.”

Why do dogs have such wonderful impact on how we treat each other? The answer offered by the researchers will come as no surprise to most pet owners--it seems that having animals nearby just makes us happier, and people who feel better tend to be nicer.

So if your boss is not sold on opening

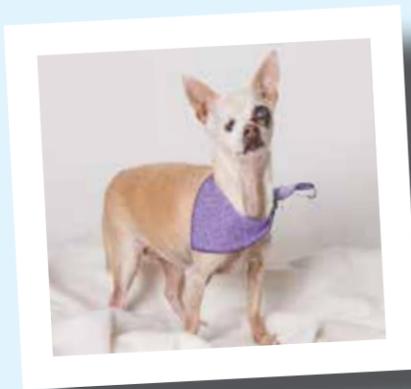
LostCatVentura.com and LostDogVentura.com are free resources for finding lost pets in Ventura County, and where you can post a notice to find your lost pet.

Forever homes wanted

Hi: I’m Cricket, a sweet Pug who would be great for someone looking for companionship and love. I do okay by myself for a few hours, but I prefer to have someone around. My previous owner said I’m not good with cats. I’ve participated in playgroups at the kennel and I’m great with other dogs big and small. I’m good with children, but I’m used to living with an older gentleman. Although volunteers and staff are wonderful at the kennel, it’s not the life for me. I really want to be back in a loving home with my special someone. Canine Adoption and Rescue League C.A.R.L. Please call CARL adoption center at 644-7387.



Hi: Lena is one of the most beautiful dogs we have met. She is sweet, loving and so happy to just get attention from anyone. She was found as a stray. Can you imagine being lost and blind? We think she is about 6-years-old so she has lots of living and loving left. Blind dogs manege surprisingly well. Talk to one of our wonderful medical personnel to find out how. She is about 5 pounds and would love to be your best friend. Ventura County Animal Services – Camarillo location – 600 Aviation Drive. A660614 Lena



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Professor Scamp, Ph.D

Scamp Club

(Scampclub pets are not for adoption.)

Hi: I'm Zedd a 5 year old boy Pomeranian. I like to eat and am always sneaking around looking for food, I usually find some (like Scamp).



Join Scamp Club

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

your office to canine companions, you might want to show him this study. And if you need to apply a little more pressure, earlier research showing that dogs also reduce stress, or this useful post from my Inc.com colleague Christine Lagorio-Chafkin on overcoming objections to dog-friendly offices might also be helpful. My boss even lets me sleep with him.

There are a few new state laws regarding animals that I would like to share with you:

"As long as you call authorities first you won't be held legally liable for breaking into a car with an animal trapped in the car in heat or cold." Not sure what authorities need to be called so this may be more symbolic than anything else. And how the authorities decide if breaking in is warranted?

"Dog kennels and pet hotels (I would like to stay in a hotel if they serve food) must check on animals once each day (is that enough?) and provide elevated

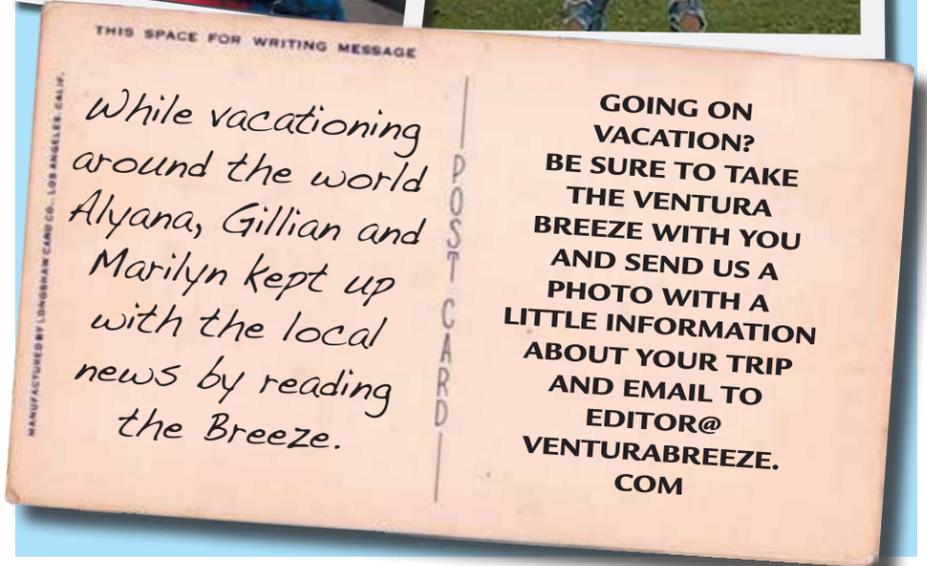
platforms for cat and enclosures." What? Why do cats get such special privileges? Savana never even wags her tail.

"Carbon monoxide gas chambers are banned in animal shelters for killing animals." Shouldn't all forms be banned? Why just this method?

"A dog involved in criminal fighting will no longer automatically be labeled "vicious" which leads to it being killed. These dogs will be evaluated to see whether it can be rehabilitated to safely reenter society or be placed in a facility." I think those who present criminal fighting should automatically be labeled "vicious" which leads to them being killed.

Three-year-old pit bull named Baby, a Buddy Nation homeless dog, is missing. Last seen in the Ventura Harbor area. If you see this wonderful missing red-white lady dog please call Cappi at 766-5920.

On Vacation



News & Notes

Ribbon cutting held at the City Center



The Purple Room has been sponsored by the Laubacher family to bring attention to the scourge of domestic violence.

On Thursday, March 16, The City Center Transitional Living, located at 837 E. Thompson Blvd., hosted a ribbon cutting event for The Purple Room. The Purple Room is dedicated to survivors of domestic violence.

The Purple Room has been sponsored by the Laubacher family in honor of Jane Laut. The family wanted to bring attention to the scourge of domestic violence and its impact on individuals and children in our community. Jane Laut was a victim of domestic violence and is currently in prison for the murder of her husband after years of abuse.

Executive Director Pastor Jim Duran stated, "We are thrilled that we are able to take in two more homeless children and their mother at The City Center. Mother Kaitlyn, Demetri (2), and Sequoia (5 months) have a safe place to call home as they move towards self-sufficiency and wholeness. We cannot thank the Laubacher family enough for their generous contribution.

During their residency, clients find stability so they can focus on getting their life under control and obtaining the help and necessary skills they need to get back on their feet."

Beth Laubacher Baumer told the large gathering, "It is a pleasure being here tonight with our City Center family. You all have made us feel right at home here since day one. Every single one of you has exhibited nothing but love and a sense of community.

My family and I are humbled and honored to be a part of this very special place. We feel like we have been called to action to address this horrible issue and staggering rate of domestic violence in our county. After everything we have gone through with Jane, we are compelled to do all that we can to help people understand

it's very complex and misunderstood issue. Thank you for providing shelter and refuge and support but most of all the love acceptance and understanding."

Stated Councilmember Mike Tracy, "I want to thank the Laubacher family for making this investment in Ventura. It is remarkable that they are using their personal family tragedy to make positive change in the lives of others."

Councilmember Matt LaVeré said "The City Center is unique in that it truly changes lives. The Purple Room will provide shelter and more importantly, opportunity to a young mom and her two children. And none of this would be possible without the generosity of the Laubachers, a family I have known and respected for many years. The Laubachers turned a family tragedy into an a chance to protect other women and children from similar violence."

Speaking on behalf of the Ventura Chamber Becky Haycox, Marketing & Events Director "Now more than ever, we need to pull together and watch out for each other. City Center is the center of all this - the beating heart of Ventura. The City Center's staff, board, volunteers and residents make our Ventura community what it is. We are proud to have them as a member."

Councilmember Cheryl Heitmann was there and stated "The City Center has the philosophy and the program that works and truly gives people a new start in life to help them become self-sustaining members of our community. I want to recognize and thank the dedicated Board of Directors, staff, volunteers and donors for making the success of the City Center possible."

To learn more, volunteer or donate to The City Center, visit www.thecity.org or call 628-9035.



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This 'n' That

Their terms run for two years.

Both physicians will serve on the Board of Trustees as their respective hospital's medical staff representative.

Dr. Bushnell is a cardiovascular surgeon certified by the American Board of Thoracic Surgery. He is a member of the California Cardiovascular and Thoracic Surgeons group. He received his medical degree from the University Of Utah School Of Medicine in 1987, completed his general surgery residency from the University of Utah Affiliated Hospitals in 1992, and his cardiothoracic surgery fellowship in 1995 from the University of Iowa Hospitals and Clinics.

Dr. Petroff has been a family medicine physician at Valley Oak Family Practice in Ojai since 2006.

Community Memorial Health System is a not-for-profit health system, which is comprised of Community Memorial Hospital, Ojai Valley Community Hospital, along with the Centers for Family Health serving various communities within and located in Ventura County, California.

a critical role by helping to make it financially feasible for students who want to participate in this highly-desirable training program, but can't swing it financially on their own," Tan said. "Only Ventura College provides this kind of training at \$46 a unit, along with the opportunity to earn an associate's degree. It's truly a win-win for everyone."

FOOD Share selected to serve special population of seniors in Ventura County

FOOD Share of Ventura County is one of just four California food banks recently selected in a competitive bid process to administer a USDA-funded Commodity Supplemental Food Program (CSFP) for seniors 60 years of age and older. FOOD Share anticipates enrolling a monthly caseload of 3,500 seniors in the CSFP program and serving them through various distribution points across the county.

One in 12 seniors in Ventura County is hungry, a staggering statistic that is consistent with national numbers detailing the challenges faced by the nation's fastest growing demographic group. Seven million seniors age 60 and older are served by the Feeding America network each year (Feeding America Senior Hunger Facts). 63% of this population reports choosing between medical care and food, 60% must sacrifice basic utilities or go hungry, and 58% forego transportation in order to eat (Baby Boomers and Beyond: Facing Hunger After 50, 2013). Perhaps even more poignant is that 77% buy cheap, unhealthy food in an attempt to meet their basic caloric needs (Baby Boomers and Beyond: Facing Hunger After 50, 2013).

FOOD Share's administration of the CSFP nutrition program will address these specific senior challenges on a local level by providing "Senior Kits" on a once-monthly basis to qualifying participants age 60 and older whose income is equal to or less than 130% of the federal poverty level, or \$15,444 per year. Working in collaboration with the Ventura County Area Agency on Aging, the regional food bank currently has five CSFP distribution sites in Ventura, Oxnard, Camarillo, Fillmore, and Thousand Oaks. Additional distribution sites across the county are expected in the coming months.

"Seniors have always been a high priority for FOOD Share because we understand the significant challenges they face accessing the quality food sources and nutrition they need to live healthy lives," said Susan Haverland, FOOD Share's Vice President of Programs and Services.

Seniors can enroll in the program during a distribution event and receive food immediately. Participation in the program requires a simple application, verification of age and residence using a photo ID and utility or other bill, and self-certification of income (no additional documentation required). Seniors who receive food from FOOD Share's CSFP program are still eligible for CalFresh food stamp benefits. For more information on upcoming distribution dates and locations, seniors can contact their local senior center or visit www.foodshare.com.

Upcoming Senior Nutrition Program Monday April 3rd from 9am-11am at the Ventura Salvation Army, 650 S. Petit Ave., Ventura.



Dr. Bushnell is a cardiovascular surgeon.



Dr. Rush was the first president of CSU Channel Islands.

CMHS making news

Dr. Richard R. Rush, former president of California State University Channel Islands, has been named the new chair of the Board for Community Memorial Health System. He succeeds Jeffrey Paul, who has served as board chairman since 2015.

Dr. Rush became the first president of CSU Channel Islands in June 2001. As head of the 23rd and newest campus in the California State University system, he hired the faculty and senior administrative staff and oversaw the creation and development of the university's strategic, academic and physical master plans as well as its budget and financial structure. He retired in 2016.

Before arriving at CSUCI, Dr. Rush spent nine years as president of Minnesota

State University, Mankato where he established public-private partnerships that led to the first buildings in the State University system to be constructed using private financing.

Dr. Rush also played a key role in the founding of CSU San Marcos while serving as Vice President in Charge during site selection and program establishment. Subsequently, he served as Executive Vice President with responsibilities for accreditation, academic programs, student affairs, finance and administration, and fundraising.

Community Memorial Health System welcomes Dr. Lamar Bushnell as Chief of Staff at Community Memorial Hospital in Ventura and Dr. Helen Petroff as Chief of Staff at Ojai Valley Community Hospital.



Keith Barnard brings ag industry experience and insight.

Ventura College expands diesel mechanic advisory committee

The Ventura College Diesel Mechanic program has added Keith Barnard to its Advisory Committee. Barnard is director of global grower relations for Mission Produce which rely heavily on medium- to heavy-duty diesel equipment.

The Ventura College Diesel Mechanic program was created in response to the growing need for qualified diesel technicians. The program was brought to Ventura College in 2016 through Gibbs Truck Centers, which provided funding and an on-site lab facility at the Gibbs center in Oxnard.

A third-generation Ventura County resident, Barnard is a graduate of Cal Poly State University, San Luis Obispo.

"We currently have quite a shortage of local qualified diesel truck technicians. The increasing demands of diesel technology in terms of greater pollution reduction and fuel economy add a new element to the training needed," said Barnard.

"The diesel engine service market is predicted to grow nearly 10 percent over the next decade in Southern California," noted Norbert Tan, executive director of the Ventura College Foundation.

"The Ventura College Foundation plays



On March 20 at a packed City Council meeting scout leaders, scouts and family members were all there to honor the scouts who received the highest rank of Eagle Scout that only a very small percentage of scouts achieve. Mayor Nasarenko and scout leaders honored each Eagle Scout.

Proud mother Ana Baker (Assistant to the Breeze publisher) was there to honor her 2 sons who are Eagle Scouts and stated "I couldn't be prouder of my two boys Devin and Diego for their amazing achievements." Diego was at college and couldn't attend. That's Devin in the front row on the left. Photo by Bernie Goldstein.



Police Reports

by Cindy Summers

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.

For further police reports go to www.venturabreeze.com

Possession of a Loaded Firearm

On March 13, at approximately 4:30pm, a patrol officer was patrolling the area of Olive St. and Center St., and made a traffic stop on a vehicle for a moving violation. The driver of the vehicle was contacted and the suspect, later identified as 19 year old Ventura resident Miguel Ortiz, was found to be a passenger sitting in the rear seat.

During a search of the vehicle, a loaded 45 caliber handgun was found concealed under the front passenger's seat. It was determined that Ortiz had possessed the firearm prior to being pulled over by the officer. He was arrested and booked into the Ventura County Jail for possession of a loaded firearm. The driver was cited for having an open container of alcohol in the vehicle and released.

Stabbing

On March 15, at approximately 4pm, the Ventura Police Department Command Center received several 911 calls of an altercation and injured subject in the area of San Pedro and Pierpont. Officers, along with Ventura City Fire and AMR personnel, responded to the call and found the victim, suffering from more than one non-life threatening stab wounds to both his arms. He was immediately transported to VCMC for treatment of his injuries.

Witnesses reported seeing several people involved in an altercation near the restrooms, and then running from the area. The victim was located in the area, but no suspects have been located. Two unrelated people that were contacted during a search of the area were arrested for outstanding warrants.

The investigation into this incident is ongoing and anyone with information about this crime is asked to contact the Ventura Police Department at 339-4488.

Shooting Suspect Arrested

On March 16, at 8:30pm, the Ventura Police Command Center received a 911 call reference an argument heard, followed by the sound of a gunshot coming from an apartment in the 11000 Block of Citrus Dr. Responding officers located the victim inside the apartment suffering from a single gunshot wound. The suspect fled the scene prior to officer's arrival. The victim was transported to a local hospital where she is currently listed in serious, but stable condition.

During the investigation Detectives identified the suspect as 23 year old Ventura resident Ryan Argabright. Argabright and the victim are in a dating relationship and had been staying together at the apartment on Citrus Drive. Ventura Police Detectives learned that the victim and Argabright got into an argument, which resulted in the victim being shot one time in upper body. As the investigation developed, Detectives learned that Argabright was possibly in a motel room at the La Quinta Inn in Newbury Park. A search warrant was obtained

for the motel room and the Ventura County Sheriff's Department SWAT Team assisted with the execution of the warrant. Argabright was located inside the motel room and was taken into custody. Argabright was transported to Ventura County Jail where he was booked for attempted murder. The victim is expected to recover from her injuries.

Domestic Violence, Assault with a Deadly Weapon

On March 18, at 11:55pm, the Ventura Police Department Command Center received a 911 call from several residents in the 9100 block of Neath St., reporting a male and female physically fighting in the street. While officers were still responding to the call, one of the callers reported the male, later identified as 26 year old Ventura resident Stephen Opferman, was in possession of a gun and shots had been fired. Officers arrived on scene and using the Department's tactical vehicle were able to safely secure the scene. Opferman was taken into custody without further incident.

The investigation revealed that Opferman and the female, who are in a dating relationship, got into a physical altercation during which time Opferman armed himself with a firearm and hit the victim several times in the head. The victim sustained moderate injuries. She was treated at the scene by Ventura City Fire personal and released.

It was determined no shots had been fired, although a loaded firearm was found on the ground in the front yard of the residence.

Opferman was arrested and booked into the Ventura County Jail for domestic violence and assault with a deadly weapon.

Felony Battery, Witness Intimidation, Felony Domestic Violence, PROS Offender

On March 18, at approximately 5:30pm, the Ventura Police Department Command Center received several 911 calls of two males in a physical fight on the corner of Telephone Rd. and Portola Rd. Officers arrived on scene and contacted a 63-year-old male victim of a felony battery. The suspect, later identified as 34 year old Ventura resident Enrique Cardona, fled the scene in a vehicle before officers arrived.

During the investigation, officers learned the victim was walking past a residence in the 1100 block of Portola Rd., when he witnessed Cardona involved in a physical domestic with a female, who was holding a small child. Both were outside of the residence. Cardona followed the victim to the corner of Portola Rd. and Telephone Rd., and confronted him about being a witness to the physical domestic. Cardona then battered the victim, causing him to lose consciousness and sustain other moderate injuries to his face.

After he battered the male victim, Cardona and the female were seen leaving with the child in a vehicle. Officers checked the area, but could not locate them.

At approximately 2000 hrs, the female victim from the earlier domestic incident involving Cardona arrived at Ventura County Medical Center for treatment of injuries she sustained during that altercation. It was also found the 6-month-old child she had with her at the time was suffering from serious, potential life threatening injuries. It was not known how

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the child sustained the injuries. The child was immediately transported to Children's Hospital in Los Angeles for treatment. The current status of the child is not known.

Today at approximately 0900 hrs, the vehicle Cardona was last seen driving during the previous day's incident was located in the 100 block of W. Harrison St. Officers remained in the area and took custody of Cardona without incident as he was attempting to leave in the vehicle.

Cardona was later booked into the Ventura County Jail for battery with serious bodily injury, witness intimidation, felony domestic violence, and for being a post release offender.

Detectives are continuing the child abuse investigation. Child and Family Services is also assisting in the investigation.

Anyone with information about this investigation is asked to contact Major Crimes Detectives at 339-4488.

Harbor Patrol Blotter

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

2-23 9:05pm, received dispatch to an assault victim near the Harbortown point timeshare from FCC. Officers responded and assisted an 35 year old male who sustained facial injuries in a

fight. Ventura fire and AMR assisted also and transported the patient to local hospital.

2-24 6:03pm, received a request to respond to the Ventura Pier for a behavioral subject attempting to jump off the pier. Officers responded with Ventura fire, State Parks Ig's and Ventura PD. The individual was talked off the railing and taken into custody for evaluation.

11:03pm, received dispatch to a traffic collision at Harbor / Spinnaker drives. Officers responded and assisted Ventura fire/PD and AMR with a vehicle vs a bike rider accident. The patient suffered major injuries and was transported to local hospital for further evaluation.

5:10pm, received a report of a Hazard to Navigation in the main channel of the harbor, near the #9 buoy. Officers responded and discovered a large log floating in the channel. The log was towed to the launch ramp and pulled out.

2-26 9:00am, officers assisted State Parks lifeguards with their tryout swim and run-swim-run for new lifeguards. They monitored swimmers from the boat.

2-27 4:05pm, receiving multiple calls in regard to the power outage. Power was eventually restored, but out until the morning from the Ventura boatyard to the National Park service.

2-28 12:32pm, received a request on VHF 16 from a vessel in need of a tow because they have lost power and are adrift in the mid area of the harbor. Officers responded and assisted the vessel return to their slip in Ventura west marina.

Weekly SUDOKU

Answer

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

King Crossword

Answers

Solution time: 27 mins.

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



Scott Belsha, Joshua Moreau, Jon Bon Jovi, Natalie Gelman and Nathan McEuen taken February 28 at Golden 1 Center, Sacramento. Photo by David Bergman.

Ventura Music Scene

Local music and more!

by Pam Baumgardner
VenturaRocks.com

There's something to be said for when you open for Bon Jovi, and that something is "Holy Moly!!" Natalie Gelman and Nathan McEuen opened for Bon Jovi who is out promoting their latest album, "This House is Not for Sale." Nathan also had the opportunity play one of his own songs, "Lately" to the sold-out crowd.

The Tossers, Britrock extravaganza, will be playing three nights in a row with two nights at the Vine in Ojai (March 31 and April 1) playing more of the soft underbelly side of the British music scene especially since they'll have a piano available; then the following day they return for the first Sunday residency at Amigo's in Ventura. Nigel Chisholm of the Vine and John Fincham bass player come from the same music scene in Birmingham, England.

A number of local bands have been invited to perform during the Skull & Roses Festival at the Ventura Fairgrounds including Shaky Feelin', The Deal, Unkle Monkey, Rachel Sedacca's Scarlet-Fire and 9 Mile Skid. Tickets and full music listings can be found at SkullAndRosesFestival.com. The three-day event runs April 7 through April 9.

LA based jazz singer/songwriter, Sandra Booker & Friends will be performing on Thursday, March 30 at Squashed Grapes. After battling kidney cancer, Booker founded the Jazz Musicians Against Cancer Fund and Foundation; all money raised this evening will go the JMAC fund. Also, coming up at the Grape: The Jay Smith Group on March 31; Brad Rabuchin (five years with Ray Charles) & Friends will be there on the 6th; and the Jimmy Calire Trio (Raven, America) on the 7th.

Quick notes: Brian Nicolet returned to Ventura after living abroad and performing with the Phly Boyz based out of Nice, France for the past three years; both Kings Revenge and Honey Owl are about to go back in the studio, Honey Owl's next gig in Ventura will be at Bombay's on April 1st; Four Brix has Fido playing 5:30 - 7:30 on Friday, March 31 for Teacher's Appreciation Night; and Champagne on Main returns to Ventura with DJs and local artists like Joe Hamilton

at the Visitor's Center playing on Saturday, April 8.

And finally, on my radio show, "The Pam Baumgardner Mostly Local Music Hour" on KPPQ-LP 104.1 FM, be sure to tune in April 3rd when I play a cut from the Gentlemen's Blues Club. Mick Tover of Dive Bar Messiahs was producer and founding member of GBC and he sent me a cover of "Whipping Post" featuring Alan "BB" Chung King Mirikitani on guitar. He told me that Dickie Betts was so impressed by the GBC's version that he had his road manager contact them trying to recruit members to play with the Dickie Betts Band.

Do you have any music-related news or upcoming shows you want help publicizing? Or would you like to submit your music for possible inclusion on my radio show? Please 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; 9 pm Musician's Night Out

Tuesdays: Open Mic

Thursdays: Mark Masson and Phriends

Sat 4/1: The Barrelhouse Wailers

Sun 4/2: 5 pm The Tossers; 9 pm Karaoke

Boatyard Café

Ventura Harbor Village

Wednesdays 6-9 pm: Catfish Fry

Bombay Bar & Grill

143 S. California Street

Wednesdays: Jam Night

Fridays: DJs

Saturdays DJs

Sat 4/1: Boyfriend Material, Honey Owl, John Jaun, DJs

Café Fiore

66 S. California Street

(805) 653-1266

Wed 3/29: Rick Jarrett

Thurs 3/30: Rick Whitfield

Fri 3/31: Young Dempsey

Cask Alehouse

5952 Telegraph Road

Music at 8 pm

Thurs 3/30: Lee Koch

Thurs 4/6: Brittney Burchett

Sun 4/9: 4 pm Ventucky String Band

The Cave

4435 McGrath Street

Weds & Saturdays: 5:30 - 8:30 pm

Varon Thomas

Thurs & Fridays: 5:30 - 8:30 pm

Warren Takahashi

Champagne on Main & Street Fair Special Event

Downtown Ventura

Sat 4/8: DJ Cue & DJ Carla Bea; Joe Hamilton

Copa Cubana

Ventura Harbor Village

Week nights 7 pm; Sundays 3 pm

Mondays: Ruben Estrada Band

Tuesdays: The Down Home Trio

Fri 3/31: Brandon Ragan Project

Sat 4/1: Rivera & Sunnarborg

Sun 4/2: 3 pm Karen Eden

Wed 4/5: Toni Jannotta

Thurs 4/6: The Jazz Express

Fri 4/7: Ian Peters

Sat 4/8: Estrada Brothers

Sun 4/9 3 pm Estrada Brothers

Dargan's Irish Pub

593 E. Main Street

Sun 4/2: 4 pm The Sunday Drivers

Discovery

1888 Thompson Blvd

Late Fridays 10 pm: Flashback

Fridays

Late Saturdays 10 pm: Disco Bowl

Thurs 3/30: the Question

Fri 3/31: Live at the Fillmore

Sat 4/1: Lose Your Illusion

Sat 4/8: One More From the Road

El Rey Cantina

294 E. Main Street

Fridays: 4 pm Xoco Moraza and Friends

Saturdays: 9:30 DJ Erock

Four Brix Winery

2290 Eastman Avenue

Fri 3/31: 5:30 pm Fido

Garage

1091 Scandia Ave

Thurs 3/30: Dead Meadow, Matt

Hollywood, The Bad Feelings

Gigi's Cocktails

2493 Grand Avenue

(805) 642-2411

Thurs, Fri & Sat: Karaoke

Golden China

760 S. Seaward

(805) 652-0688

Karaoke seven nights a week 9 pm

Tuesdays 7 pm: Open Mic

Grapes and Hops

454 E. Main Street

Wednesdays: The Swillys

Sat 4/1: TD Lind

Fri 4/7: Ashun

Sat 4/8: Mr. O

Sun 4/9: Jodi Farrell

The Greek Mediterranean

Fri & Sats 7:30 pm

Belly Dancing, Greek music and show

Hong Kong Inn

435 E. Thompson Blvd

Mondays: Karaoke

Thursdays: Gypsy Blues Band

Fri 3/31: Hi Hat Entertainment

presents Flattop Tom & His Jump

Cats

Sat 4/1: The Brian Faith Band

Fri 4/7 Hi Hat Entertainment

presents Mike Eldred Trio

Keynote Lounge

10245 Telephone Road

Tuesday and Wednesday: Karaoke

Thursday: Open Mic

Sunday: Karaoke

Fri 3/31: Sean Wiggins

Sat 4/1: Action Down

Fri 4/7: Tex Pistols

Sat 4/8: Wired

Majestic Ventura Theater

26 S. Chestnut Street

Wed 3/29: Zeke, Nashville Pussy,

Jackass

Fri 3/31: Sean Kingston, Space Cadet

Fri 4/7: Joyce Manor

Sat 4/8: Little Joe y La Familia

O'Leary's

6555 Telephone Road

Tuesdays: Free Jukebox

Wednesdays: Karaoke

Paddy's

2 W. Main Street

Wednesdays: Karaoke

Fri & Sat: DJs

Plan B Wine Cellars

3520 Arundell Circle

Sun 4/2: 2:30 pm Frank Barajas

Sun 4/9: 4:30 pm U.K. Beat

Poinsettia Pavilion

3451 Foothill Road

(805) 648-1143

Sun 4/2: 2 pm Old Grass Band

Prime

2209 E. Thompson Blvd

Tuesdays: Danny D

Fridays: Mike Moody

Saturdays: Jessica Ash

Red Cove

1809 E. Main Street

Thursdays: Music Club Open Jam

Night

Rookees Sports Bar & Grill

419 E. Main Street

(805) 648-6862

Fri and Sat: Rotating DJs

Saloon BBQ Co.

456 E. Main Street

Fri 3/31: Skin & Bones

Sat 4/1: Bad Leaf

Fri 4/7: Sea at Last

Sat 4/8: Rsyboa

Sandbox Coffeehouse

204 E. Thompson Blvd

805-641-1025

Thurs 6 pm, Weekends noon

Thursdays Open Mic

Sans Souci

21 S. Chestnut

Sundays: DJ Darko

Mondays: Karaoke

Tuesdays: Transform Tuesdays w/ DJ

Wednesdays: Open mic

Thursdays: DJ Spinobi

Sat 4/1: DJ Pistolero

Sat 4/8: Stevie Char

Squashed Grapes

2351 E. Main St.

805-643-7300

Live jazz music 7-10 pm

Wed 3/29: Emilo & Friends

Thurs 3/30: Sandra Booker &

Friends

Fri 3/31: Jay Smith Sextet

Thurs 4/1: Tom Etchart & Friends

Thurs 4/6: Brad Rabuchin & Friends

Fri 4/7: Jimmy Calire Trio

Sat 4/8: Adam Clark Quartet

Star Lounge

343 E. Main Street

Tues & Thurs: Karaoke

Fri 3/31: Mini Driver Band

Sat 4/1: Dive Bar Messiahs

Fri 4/7: Crosscut

Sat 4/8: The Automatics w/ RJ

Mischo

The Tavern

211 E. Santa Clara Street

(805) 643-3264

Sundays: DJ Steezy Steve

Metal Wednesdays

Get it Right Thursday DJs

Sat 4/1: Maclovio, Strange Weather

Topa Topa Brewing Co.

104 E. Thompson Blvd

(805) 628-9255

Music 6 pm

Tuesdays: Jeff Uzzel

Wednesdays: Open mic

Ventura Fairgrounds

Skull & Roses Festival: www.skullandrosesfestival.com

Fri 4/7: Grateful Bluegrass boys,

Sheldon & Cunnane, No Simple

Highway...

Sat 4/8: Cubensis, Scott Guberman,

Shaky Feelin', Wake of the Dead...

Sun 4/9: Live Dead '69, Melvin Seals

& JGB, 9 Mile Skid, The Deal...

The Wine Rack (Ventura)

14 S. California Street

(805) 653-9463

Thursday: Keith Cain

Fri 3/31: B&V Acoustics

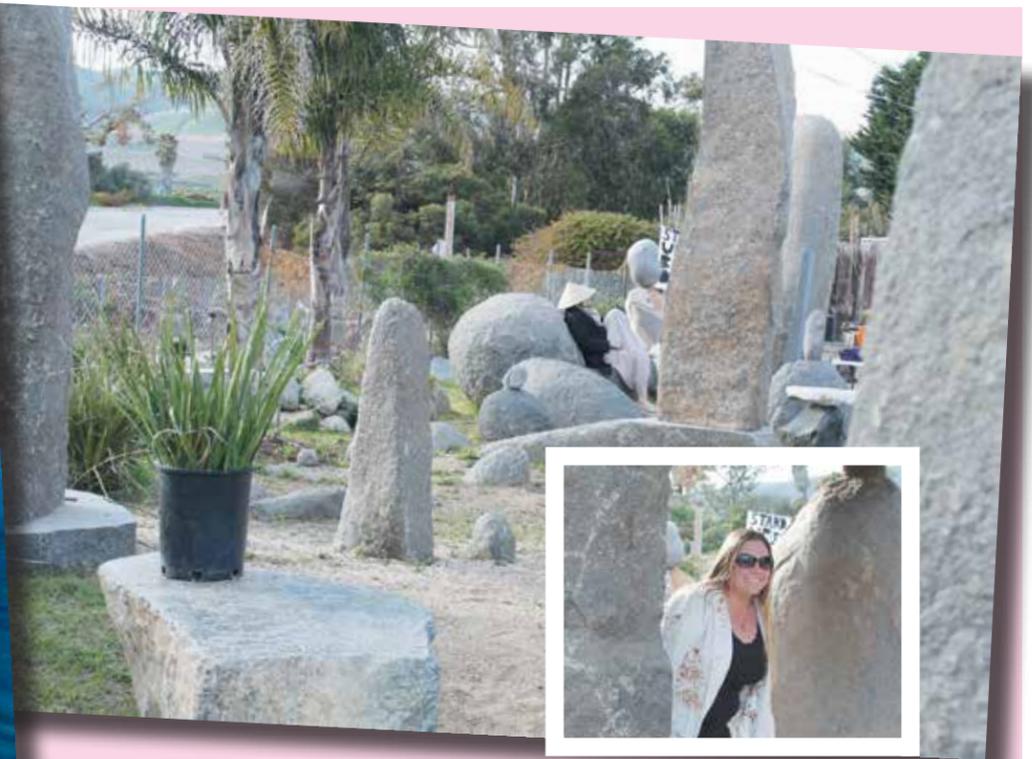
The 805 Bar

Ventura Harbor

Sat & Sun: Noon Kenny DeVoe

Sat 4/1: 8 pm Jason Ho

Sat 4/8: Teresa Russell



Located adjacent to Art City are the Art City Gardens displaying amazing rock sculptures and a wonderful garden. Located at 197 Dubbers (off of Ventura Ave.) both of the locations are well worth a visit. See www.artcitystudios.com for more information. That's our own **Breezy Gledhill** popping out of the stone works.

The Museum of Ventura County features large-scale archival prints by Venice-based artist **Rodger Klein** entitled "Wet" in its contemporary art annex, the Tool Room Gallery, this month. An opening reception and chance to meet the artist will be held on Friday, April 7, from 6:00 pm to 9:00 pm at the gallery at 432 N. Ventura Avenue in Ventura.

Venice artist Rodger Klein focuses on objective and non-objective underwater imagery in his work. For this show, Rod has been creating large archival prints from images shot in his custom designed studio pool.

Rodger (Rod) Klein has had an eclectic career as an artist, video editor, special effects designer, director, scuba instructor, dive guide, and highly published underwater photographer.

According to Klein, "Creativity is allowing yourself to make mistakes. Art is knowing which ones to keep."



Dabster Arts presents classes

Figure Drawing Monthly, 1st Saturday This is a guided instruction figure drawing class. In this life drawing class, students can learn simple and effective drawing figure drawing techniques. Students Composed of short and long poses, each student will be given ample time to study the shapes, values and edges of the figure and explore different techniques. Class is held monthly on the 1st Saturday of every month. Register now, seating is limited!

Instructor Mariana Pierino Rojuela. \$25.00
1793 East Main St. 626 8876 info@dabart.me



In May of 1999, the City Council established the Municipal Art Acquisition Program to document the history of visual art in Ventura through the annual purchase of important works of art created by area artists. The collection can be seen in the corridors of City Hall.

Meredith Brooks Abbott art continues the American Impressionist legacy through her luminous paintings of California landscapes and still life. She studied and learned from several recognized American Impressionist painters. Abbott attended Scripps College in Claremont and the Art Center School in Los Angeles, graduating in 1962. Between classes, she studied with Douglass Parshall (1899-1990) in Santa Barbara, and painted alongside Richard S. Meryman (1891-1963) and Clarence Hinkle (1880-1960).



Watercolor, Acrylic, Mosaic & Pastel Classes




Paint Parties, Paint & Sip Events & Private Parties
NEW Kids Classes & Art Camp!

4601 Telephone Rd #112 Ventura 93003
805-643-6400 - RedBrickArt.com

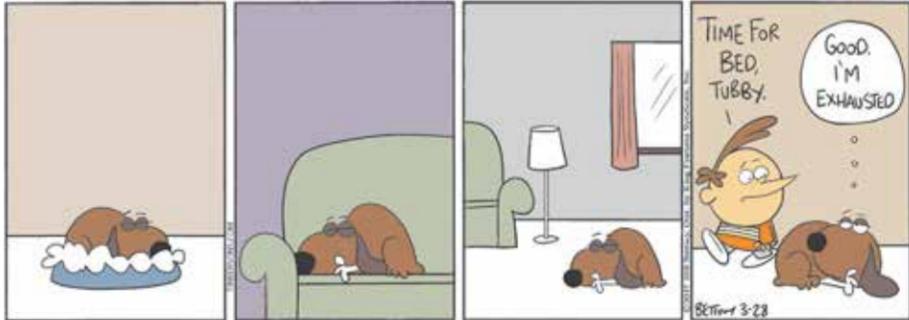


Lighter Breeze

The Brilliant Mind of Edison Lee



Take it from the Tinkersons



Sam and Silo



Hagar the Horrible



Crock



Shoe



Solutions on page 19

(For a beginners guide to playing Sudoku go to [venturabreeze.com](http://www.venturabreeze.com))

		3	4		5			
	6		9			1		
1				7				6
		8			5	4		
	1			7				8
2			4					3
9			8					2
		2		5				9
3	5				1	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 19

King Crossword

ACROSS

- 1 Earth (Lat.)
- 6 Witnessed
- 9 - -relief
- 12 Symbol of slowness
- 13 Inventor Whitney
- 14 Genetic abbr.
- 15 Of punishment
- 16 Burma's capital, once
- 18 Astute
- 20 Took the train
- 21 Oom follower
- 23 Thither
- 24 Xbox enthusiast
- 25 " - a Kick Out of You"
- 27 Worked with rattan
- 29 Circle around the sun
- 31 Conspiracy of silence
- 35 Cardiff's people
- 37 Sunrise
- 38 200 milligrams
- 41 Gear tooth
- 43 Affirmative action?
- 44 Culture medium
- 45 Cringes
- 47 Longtime Klugman

1	2	3	4	5	6	7	8	9	10	11	
12						13			14		
15						16		17			
		18			19			20			
21	22			23			24				
25			26		27		28				
29				30			31		32	33	34
			35			36		37			
38	39	40				41	42		43		
44					45			46			
47				48				49		50	51
52				53				54			
55				56				57			

- 26 In the direction of
 - 28 "Forget it!"
 - 30 Trawler need
 - 32 Rifle
 - 33 Pair
 - 34 Moreover
 - 36 Berates
 - 38 Freight
 - 39 Over
 - 40 Kitchen need
 - 42 Outfit
 - 45 Film sample
 - 46 Nevada city
 - 48 Commotion
 - 50 Regret
 - 51 Pigs' digs
- DOWN**
- 1 Recipe meas.
 - 2 Away from
 - 3 Cowboy,
 - 4 Iranian
 - 5 Dumpster location
 - 6 Venus' sister
 - 7 Winged
 - 8 Victory
 - 9 Witch craft?
 - 10 Battery terminal
 - 11 Less loony
 - 17 Ranked
 - 19 Singer's recording
 - 21 Snapshot
 - 22 Past
 - 24 Jewel

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Go to www.venturabreeze.com for your daily horoscope

ARIES (March 21 to April 19) Be careful about doing someone a favor when you don't know the full story behind the request. Don't rely on someone's unsubstantiated assurances. Insist on all the facts before you act.

TAURUS (April 20 to May 20) That workplace problem still needs your attention before you finally can close the book on it. Meanwhile, a long-anticipated reunion gets closer to becoming a happy reality.

GEMINI (May 21 to June 20) You might be demanding more from others than they can give. Best advice: Have a long and frank talk to determine what the facts are. Tensions should abate as the week winds down.

CANCER (June 21 to July 22) Aspects are favorable throughout this week for making contacts that could be important to your career plans. Meanwhile, an old friend offers the advice you're seeking.

LEO (July 23 to August 22) It's time to stop licking your wounds from past mistakes. Get up and get going toward your future. Loyal friends will be there to help the Lion get back into rip-roaring shape.

VIRGO (August 23 to September 22) Take time out to go over what's expected of you before you begin your

new project. Otherwise, you run the risk of pushing yourself harder than you need to.

LIBRA (September 23 to October 22) An unusual request could put you in an awkward position. Best advice: Deal with it immediately. The longer you delay, the more difficult it will be to get out of it.

SCORPIO (October 23 to November 21) You should feel recharged and ready for whatever your workaday world holds for you. The same positive energy spills over into your personal relationships.

SAGITTARIUS (November 22 to December 21) A prospect might be less than it appears to be. Like the Archer in your sign, you always aim for the truth. And this is no time to settle for less than full disclosure.

CAPRICORN (December 22 to January 19) Start doing some serious thinking about a career move that could entail more than just changing job sites. Some lifestyle changes also might be involved.

AQUARIUS (January 20 to February 18) With tensions easing at the workplace, a more positive environment once again encourages the free flow of ideas so typical of the always-innovative Aquarian.

PISCES (February 19 to March 20) Show some of that usually hidden steel-strong Piscean backbone, and stand up for yourself if you hope to make a case for that promotion you know you deserve.

BORN THIS WEEK: You enjoy doing new things and staying ahead of the crowd. You would make a fine sports coach or military leader.

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Show Time

Logan



Breeze rating from 1 to 4 palm trees, 4 being best.

by Manuel Reynoso

Directed by James Mangold and written by Scott Frank, James Mangold, and Michael Green. Starring Hugh Jackman, Patrick Stewart, Boyd Holbrook, and Dafne Keen.

Sick and retired, James “Logan” Howlett lives day to day as a chauffeur in Texas while caring for Charles Xavier, who is suffering from a severe neurodegenerative disease. But tasked with guiding a young Laura to a mysterious location known only as Eden, Logan finds himself being hunted down by a team of men looking to capture Laura.

It’s my understanding that Hugh Jackman fought hard for the film *Logan* to retain its R rating. As someone who is burnt out on the PG-13, kid friendly, buddy superhero movies, *Logan* reminded me that superheroes can be interesting, nuanced characters. For too long quirky one liners and holier than thou superheroes dominated the silver screen. Violence and more importantly, heavier themes for superheroes to grapple with are finally being embraced, thanks in part to Hugh Jackman’s commitment to the script.

Now while the screenplay for *Logan* was in no way perfect, I have to commend it for what it tried to be. *Logan* was as much about the violence as it was about the man. *Logan* was a gritty and broken shell of his former self, and watching that mess unfold on the screen was engrossing to the end. Seeing the human experience told through the life of a superhero was exactly what these movies needed to feel fresh again. I want to see superheroes that struggle with alcoholism, depression, or a loose sense of morals. Seeing a little humanity in these larger than life characters makes them somehow feel more super to me. However, some of the decisions the characters made seemed a bit out of left field, and at times, dialogue that felt heavy and emotional seemed to end just before strong emotional payoff. But it was a definite move in the right direction in regards to making a mature, adult oriented superhero movie.

And to be honest, as much of a fan of drama, I was definitely in the mood to see some extreme violence, and *Logan* does not disappoint. Not restricted by a PG-13 rating, *Logan* did not have to skirt around showing blood and gore and instead embraced it. Fight choreography was solid and every slash, punch, and tackle had some serious impact behind them. While I was only expecting a mindless action flick, *Logan* was backed up by a compelling plot but more importantly, fully realized characters.

Shot for shot, *Logan* looked great. Some of the CGI was a little weak at times, but the movie was definitely a treat visually. The costume and makeup for each character was great, and combined with Hugh Jackman and Patrick Stewart’s acting prowess, created the foundation for great characters. My main worry was of young Dafne Keen’s portrayal of Laura. I’ve always been very cynical of child actors, but thankfully Dafne Keen’s performance was at the very least convincing. (Thanks in part of a lack of dialogue for the vast majority of the film.)

We’ve been in the post *Iron Man* era for almost ten years now, yet we are still

following that same superhero formula to this day. But *Logan* can be the catalyst to set in motion a different style of superhero movie, a more mature take on the superhero’s tale. *Logan* is the superhero movie for those who hate superhero movies and I for one look forward to seeing the more ugly side of superheroes in the future.

A View from House Seats

Gender bending with the Bard

by Shirley Lorraine

Imagine being given the chance to play what is considered by many to be the greatest role ever written – Hamlet. But what if you are a woman – and too young for the role? These scenarios and others are put under the microscope of thought in Ojai Art Center’s current production of *Women Playing Hamlet* by William Missouri Downs.

A West Coast Premiere performance filled with a cadre of more than capable actresses playing all roles (female as well as male), *Women* will delight Bard fans in its scrutiny, analysis and revelations. One does not have to be a student of Shakespeare or even a fan to understand all the references although the puns are even more amusing if one has at least a passing familiarity.

Billed as a Comedy about a Tragedy, the two-act performance brings forth laughter, questions, answers and a preponderance of ponderings amidst a background of reality colliding with downright absurdity. Instead of men playing all the roles, in *Women*, ladies get to embody all the parts, fully embracing the opportunity to poke fun at the opposite sex. No doubt Sir William would have approved.

Enhancing the action further is the employment of power point presentations to clarify characters, history and specific points of interest. Set in the present and complete with current vernacular and attitudes, things move along swiftly and smoothly. The audience is frequently involved as well, encouraged to contribute comments and responses.

The cast is led by Cecily Hendricks as Jessica, a young actress led into theatrical waters over her head. In her quest to embody the classic role with intellectual understanding, she interacts with characters of all walks of life who offer advice, cautions, introspections and fresh perspectives. Hendricks gives a clear, strong performance with an air of confidence and vulnerability that is endearing throughout.

A delightful ensemble of quirky characters play significant roles in Jessica’s journey. The myriad colorful personalities are portrayed by Peggy Steketee, Shelby Sandefur, Angela DeCicco, Tracy Sutton and Sindy McKay, all to hilarious stereotypical perfection. Part of the enjoyment, for me, was wondering what character, male or female, each would present next. Adding to the merriment is that all the actors appear to be having a marvelous time in their often outrageous (and most probably way out of personal character) portrayals.

Director Larry Swerdlow, set designer Steve Provonost and costumer Tracy Sutton also are fully immersed in the playfulness and intellectual grandeur of the material, presenting fanciful visual accents throughout. Minimal set movement gives the actors even more ways to shine. Ms. Sutton’s creative costuming touches add character definition and dimension as well.

Note the 7:30 curtain time – you will not want to miss the first critical thirty minutes of this production.

Women Playing Hamlet was an excellent

choice for the Art Center’s 2017 season. It offers a new work, a stellar cast, much laughter, thought-provoking material and Ojai in the springtime. Put this one on your must-see list.

Ojai Art Center Theater, 113 S. Montgomery Street, (805) 640-8797 www.OjaiACT.org
All seats \$18, Seniors/Students/Art Center Members \$15 Fridays and Saturdays 7:30 p.m., Sundays 2:00 p.m.

Stress on immune system the Focus of CMHS Seminar

The effects of stress on the immune system and asthma will be the focus of a free seminar that Community Memorial Health System is holding on Wednesday, April 12.

Lewis Kanter, M.D., a board-certified clinical immunologist who also specializes in pediatrics, will lead the discussion during the seminar to be held from 6 to 8 p.m. in the eighth-floor Nichols Auditorium at Community Memorial Hospital, 147 N. Brent St.

How does stress affect developing children? How does the human body react to stress? Can chronic stress cause asthma? Are patients sick because they’re stressed, or are they stressed because they’re sick? Dr. Kanter will address these questions, and more.

Dr. Kanter received his medical degree from Georgetown University School of Medicine. He continued his training in allergy/immunology there, as well as at the National Naval Medical Center in Maryland.

Future Speaker Series events are: Diagnosis and Management of Pituitary Tumors on May 10 at CMH; and What is a Hospitalist? on June 7 at CMH.

Registration is free but reservations are required. Visit cmhshealth.org/rsvp or call Brown Paper Tickets at 1-800/838-3006.

New research assesses human impacts on our ocean

University of California, Santa Barbara (UCSB) Assistant Professor of Ecology, Evolution, and Marine Biology Douglas McCauley will discuss new research on how human activities may be impacting the resilience of our oceans, during the April From Shore to Sea lecture.

McCauley and his colleagues have compiled an unprecedented collection of data, including global comparisons of marine and terrestrial animal extinctions, as part of a study to better identify sources of harm to marine ecosystems, as well as best practices to protect them.

To date, scientific research into animal extinctions has largely been concentrated on terrestrial species, while studies of animal loss in the oceans have often been overlooked. McCauley has found that current marine extinction rates are surprisingly similar to the rates of land-based extinctions prior to the Industrial Revolution. After this period, terrestrial animal loss increased by a large margin.

McCauley is concerned that a similar pattern of increased animal loss may occur in the ocean as a result of changing patterns of use and increased industry. His work is focused on discovering proactive methods to protect the health and resilience of marine species, including responsible fisheries management, the creation of marine protected areas, and the development of marine spatial management plans.

The talk will be held on Thursday, April 13. The From Shore to Sea lecture series is sponsored by Channel Islands National Park to further the understanding of current research on the Channel Islands and surrounding marine waters. The 2017 lecture series takes place at 7:00 pm on the second Thursday of each month, January through December, at the Channel Islands National Park Robert J. Lagomarsino Visitor Center in Ventura Harbor. The programs are free and open to the public.

This lecture can also be viewed live online, at: Shore to Sea lecture series.



On March 17, at 1pm Ventura City Fire was dispatched to a reported vehicle into a structure at Walker and Moon Dr. Upon arrival firefighters discovered a full size pickup truck in inside a two story commercial building well involved in fire. Firefighters treated one adult male who was in the vehicle at the time of the collision; he was transported to a local trauma center for treatment of his injuries. Additional firefighters extinguished the fire which had traveled from the first floor all the way to the roof. The driver was apparently late for an appointment.



Person to Person

by Jennifer Tipton

Do you think Ventura needs more or less development? All of those interviewed opposed most development. If you have a different opinion we would love to hear from you at editor@venturabreeze.com.



Jessica Levenson age 44
Employee at Ventura County Schools Credit Union
“No, I don’t think that Ventura needs to be developed. I think Ventura is beautiful the way it is. Bringing more development, residential or commercial will take away the beauty of the hillsides and the beaches.”



Avery Burns age 31
Nursing Student
“I think Ventura’s at a pretty good place where it’s at right now. I think there are improvements to be made but they should be conscience ones. We have a lot of infrastructure here. We should improve what we have and not turn it into something else like LA.”



Bob Lynn, age 65
Business Owner
“I’ve lived here all my life. I’ve literally watched them pave my childhood. We’ve not brought in any high value, high paying jobs and as a result our sales tax is eroding. City expenditures exceed sales tax. The city council should be stewards of the public trust. In my opinion they’ve failed miserably. We continue to put in low income housing and provide low income jobs. All we’ve got is welfare.”



Josh Hill, age 44
Employee of All Pest & Repair
“I’m biased because I live here, but I’d actually like to see less development until our city can get control of our infrastructure and the budget.”



Kim Strange age 45
Employee of the City of Santa Barbara
“That’s a very tough question. We need more low to mid income housing. I think there’s a need for that.”



Leilani Formica age 76
Retired horticulturist
“I know we are going to need more development for the people who pick our crops and the homeless vets, no more huge homes.”

This 'n' That



Junior rangers can also view the remains of a pygmy mammoth.

Channel Islands National Park celebrates Junior Ranger Day

Channel Islands National Park invites the public to celebrate the annual Junior Ranger Day at an event on April 15, from 10:00 am to 4:00 pm at the park visitor center in the Ventura Harbor. This free event will feature family-friendly activities, ranger-led talks, and the park’s junior ranger programs.

Children will have the opportunity to participate in three different junior ranger programs at the event, allowing them to earn badges as a Channel Islands National Park Junior Ranger, an Underwater Explorer, or a Junior Paleontologist.

The event will also feature family-friendly activities that children of all ages can participate in, including fish prints, buttons, dolphin masks, and more. At 11:00 am and 3:00 pm, a park ranger will discuss marine adaptations and ocean stewardship at the center’s marine life exhibit. At 1:00 pm, there will be an interactive children’s program about adaptations of seals and sea lions and at 2:00 pm, a ranger will lead a children’s program on bird beak adaptations.

Information about the national initiative, Every Kid in a Park, which invites all fourth graders to visit their public lands and waters for free, will also be available for parents and children.

The Every Kid in a Park program was created so that fourth graders and their families could discover our nation’s wildlife, resources, and history, for free. All fourth graders can get their pass online, at Every Kid in a Park, after they complete a fun, educational activity. They can trade the paper pass for a more durable pass at participating federal sites nationwide.

This past year 342,209 people visited Channel Islands National Park. Additional day visitors and overnight campers to Santa Rosa and Santa Cruz Islands

increased island visitation by about 10 percent.

There was a 20 percent increase in visitation to the mainland visitor center in the Ventura Harbor, due in part to the many fourth grade students that participated in the Every Kid in a Park program. The park had a corresponding 75 percent increase in the Junior Ranger program, with over 4,000 kids participating.

“We are particularly excited about the increase in visitation from fourth grade students to the park. This year we expect over 5,000 fourth graders will visit, thanks to the Every Kid in a Park grants we received from the National Park Foundation, National Park Trust, and National Marine Sanctuary Foundation,” said Channel Islands National Park Superintendent Russell Galipeau.

CAPS Media wins WAVE award

Continued from page 10
recruiting for an open intern position at the radio station to help with programming, recording and producing. It’s a great way to earn community service hours, learn and have fun. If you know someone interested in a career in radio, television, or the nonprofit world, send them our way! Interns will get an inside perspective on all aspects of radio production, as well as excellent on-the-job experience.

Coming up in April we have our regularly scheduled media classes. If you become a member this month, you can sign up for our April Orientation Class, happening Thursday, April 6th at 6:00 PM. We will also be offering HD Camera Class on Thursday, April 13th at 6:00 PM and Final Cut X Edit Class on Thursday, April 20th at 6:00 PM. These training classes are for CAPS Media Member/Producers to learn how operate video cameras, edit, run the studio and produce programs are scheduled on the CAPS Media website at <http://www.capsmedia.org/events>. Registration for all classes begins April 1st.

As always, you can watch Channel 6 to hear what the public has to say and watch Channel 15 to experience the city’s vision to provide the best and clearest information for all. And now you can tune into KPPQ at 104.1 FM to hear some great radio! All programs are also available to the public via streaming service on our website. Go to www.capsmedia.org to see what our members are creating for you and sign up to be part of the story. A full year’s membership is just \$25 for a TV membership and \$75 for a TV and Radio membership. For more information, contact us at info@capsmedia.org

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