



VENTURA BREEZE

Your Hometown Paper

Vol. 10, No. 18 Published Every Other Wednesday Established 2007 June 7 - June 20, 2017



2016 Art Tales' winners being honored by Cheryl Heitmann.

City of Ventura's Art Tales contest honors writers of all ages

All participants of the City of Ventura's 9th annual Art Tales "writing contest inspired by art" and the public are invited to attend a special reception and reading with refreshments at E.P. Foster Library, 2nd floor on Thursday, June 8 at 5:30 pm. Community members are invited and encouraged to hear the winners read their entries and receive their prizes.

Youth, high school and adult writers, from around the country, submitted a record 123 works of short fiction and poems inspired by City of Ventura's Municipal Art Collection and public art created by artists Blue McRight & Warren Wagner, Tom McMillin, Leonard Poteshman and Michelle Stevens and team. Contestants ranged in age from kindergarten to over 80 years old. Most entries came from Ventura County: 33 adults (18 & up); 30 teens (13-17); and 60 youth (12 & under). Many teachers from the Ventura Unified School District encouraged their students to enter.

The five contest judges were Ventura County Poet Laureate Phil Taggart, Ventura County Librarian Irma Morales, Ventura Poet Richard Newsham, Ventura Library Advisory Commissioner Debbie Giles and Community Partnerships Manager Denise Sindelar. The judges received all entries "blind" - identified only by (1) a number, (2) the artwork that inspired it, (3) prose or poetry category

Continued on page 8



Christine Voth, Suz Montgomery, Antoinette Olson, Kara Ralston, Carie Salas, Vicky Odle, Kathy Terry, Harry Norkin, Kris Martin, Randy Martin and Richard Lieberman (on behalf of Sheldon Brown of the Ventura Breeze) at the awards ceremony.

Ventura Breeze wins VCAAAA award for Age-Friendly Media

The Ventura Breeze was awarded the 2017 VCAAAA Optimal Aging Champion Awards for the Age Friendly Media Award. The award was presented Wednesday May 10 during the agency's advisory



council meeting at VCAAAA Ventura office.

At the ceremony Suz Montgomery, recipient of the Advocacy and Leadership Award said, "this award is a great opportunity to widen my network and continue educating our community".

Montgomery also added "recognition is relevant and matters. I have been

teaching seniors for 16 years and the teaching aids in keeping seniors minds engaged and healthy".

Richard Lieberman was honored to fill in for Sheldon Brown. He stated "Accepting the award from the Ventura County Area Agency on aging's first Optimal Aging Champion Award was an honor. The Breeze thanks the council and will continue to cover and support Ventura County seniors."

"I want to thank Richard for filling in for me at the presentation. I have heard that he did a great job and he is even better looking than me" stated Publisher Brown. "I also want to thank the folks who recommended the Breeze for this award and VCAAAA for selecting us for this award. We have always been large supporters of the senior community (like me) so being recognized for the hard work of our wonderful staff is very rewarding."

Other winners are: Suz Montgomery, Advocacy and Leadership Award for an Individual Camarillo Health Care District, recipient of Optimal Aging for Organization Award Conejo Valley Senior Concerns, recipient

Continued on page 6



Homeless camps in the Santa Clara riverbed happen overnight.

Family Reconnection Program reunites homeless individuals

by City Councilmember Christy Weir

There are a growing number of camps being constructed in the Santa Clara riverbed behind the city's golf courses. It is very sad to see people living

in these conditions. The City of Ventura and our social service agencies offer help to the homeless who are living there, and

Continued on page 8



Tipps Thai Cuisine has closed.

Evidence pointed to Liampetchakul as having started the fire in April

by Gail field

Tipps Thai Cuisine restaurant has officially closed its doors after serving Thai food to Ventura locals and visitors since

Continued on page 8

VENTURA TOWNEHOUSE

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Happy Fathers Day



Business



Marilyn Hefferen will assist and co-teach with Kaon Isaki.

How did the Spirit of Japan evolve?

The Spirit of Japan weekend takes place June 16,17 & 18 at Yoga Jones, Ventura when international yoga teacher, Kaon Isaki from Tokyo, Japan visits California.

Marilyn Hefferen, a Hatha yoga teacher at Yoga Jones will assist and co-teach.

How did Kaon Isaki find her way to beautiful Ventura and how did the Spirit of Japan evolve?

Kaon and Marilyn met this past March during the Shakti Initiation Yoga Teacher Training that took place in the foothills of Mount Batakaru in Bali, Indonesia. During this 24 day training, set deep in a jungle environment each new day

was greeted by meditating on jungle leaves five feet in size, birds singing mantras and moving to the rhythm of our spirit, breath and body to the sounds of roosters crowing, insects chirping at sunrise.

Here they explored new ways to breathe through the prana vayus or flow of breath and created hand gestures known as mudras in yoga. Awareness to the importance of daily rituals became an important practice of creating self-care and self-awareness. Facial cleansing introduced by Kaon with attention to rhythm, touch and meditation became one of our honored rites of self-care.

Kaon's technique with tuning forks, which are a holistic method of healing that calms the nervous system and raises your inner vibration opening energy pathways within the brain, were used to deepen their experience in Restorative yoga. As a group they practiced and studied yoga asanas, which evolved into yoga dance as an exploration of opening the meridians within the body and honoring the heart center as the source of truth and freedom. Spirit of Japan is the result of both Kaon's years of teaching experience and new directions from training in this program, Shakti Initiation of yoga and self-expression. This weekend is a unique creation from the blended experience they had in Bali and Kaon's Japanese influences.

See page 3 in this edition of the Breeze, for Spirit of Japan sessions and pricing. Yoga Jones, 108 S Oak Street, Ventura, 643-5669, www.yogajones.com

Register online, over the phone or stop by Yoga Jones: 9-10 am or 5-7pm Monday thru Friday. Register before June 14 to guarantee a special lunch.

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Owner, Very Ventura
WEV Graduate



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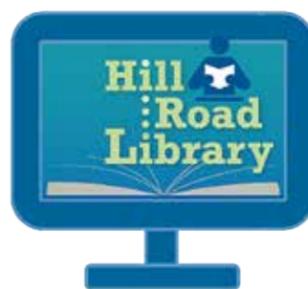


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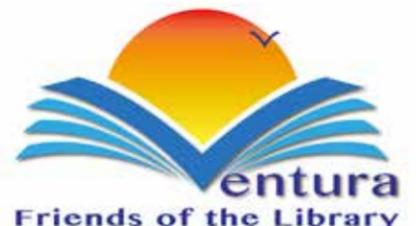
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PRESENTS



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UPCOMING EVENTS

Sat June 10th - The Band That Fell The Earth (Bowie Tribute)
 Thu June 15th - The Question
 Fri June 16th - Metalachi
 Sun June 18th - Father's Day Brunch
 Wed June 21st - The Black Seeds
 Sat June 24th - The Velveten Band
 Thu June 29th - SYNRGY
 Fri June 30th - Roadshow Revival Preparty
 Sat July 1st - Roadshow Revival ft. LOS LOBOS
 Sat July 8th - Roadshow Revival Afterparty ft. The Delta Bombers
 Sat July 8th - UFC213: Nunes vs. Shevchenko

Sat July 8th - Red Not Chill Peppers
 Sat July 22nd - Trevor Hall
 Sat July 29th - UFC214: Corrier vs. Jones 2
 Sat July 29th - The Molly Ringwald Project - 80's Night
 Sun August 6th - The Ataris & The Queers
 Fri August 11th - TATANKA
 Sat August 12th - Through The Roots
 Sat August 26th - Led Zepplia
 Sun August 27th - Agent Orange
 Sat Sept 2nd - Ventura Nationals ft. Three Black Jacks
 Sun Sept 10th - Ana Popovic
 Sat Sept 23rd - Cubensis - The Grateful Dead Experience

ROADSHOW REVIVAL
 SATURDAY, JULY 1ST
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THE BAND THAT FELL TO EARTH
 A DAVID BOWIE ODYSSEY
 SATURDAY, JUNE 10TH

UFC 213
NUNES vs SHEVCHENKO
 JULY 08 SAT

Metalachi
 FRIDAY, JUNE 16TH

REPERSED NOTCHILL PEPPERS
 SATURDAY, JULY 8TH

THE BLACK SEEDS
 NEW ZEALAND REGGAE LEGENDS
 LIVE & DIRECT
 WEDNESDAY, JUNE 21ST

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TREVOR HALL
 SATURDAY, JULY 22ND

SYNRGY
 THURSDAY, JUNE 29TH
 SPECIAL GUESTS: DUBBEST

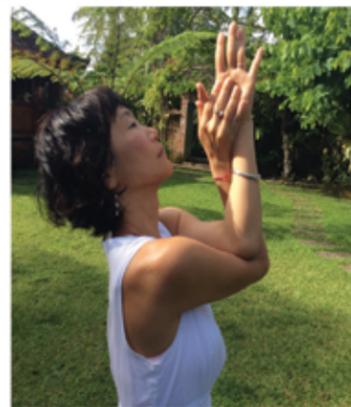
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 June 16, 17 & 18 - A 4 Session Program
 Saturday LUNCH

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FRIDAY
1 Spiritual Practices of Japan 6/16
Meditation with Tuning Forks
 time-5:30-7:30pm

"Hotsuma" The Ancient Calligraphy of Japan
 Raise your inner vibration with the experience of writing and chanting.
 "Katatama" are the spirits contained within the shape of each unique letter.
 "Kototama" are the spirits contained in the sound of each ancient letter.
 Through Shape & Sound, feel how energy flows in your body, raising your inner vibration & overall well-being.

SATURDAY
2 MINDFULNESS FACIAL 6/17
 time-11am-1pm

Washing your Face Meditation How do you care about yourself? Have you ever washed your face for more than 30 minutes? If you haven't, you will be surprised by the results of this special caring. You will feel absolutely beautiful how your face is as your ultimate take-away!

LUNCH: time-1-2pm Lunch box, OBENTO, is sold here!
 Obento is the typical Japanese style for lunch box.
 We will have a wonderful Obento for us to picnic with everyone in Yoga Jones's HeartSpace garden!



SATURDAY
3 YOGA DANCE & PARTNER YOGA 6/17
 time: 2 - 5pm

Shake Your Soul® is not only dance with your body but within your body, your soul, your emotion through music.
Partner Yoga is "Doing" & "Being" supported at its core! Access the brain in your heart center & move away from your rational thinking cerebral brain. Access your wildness!

SUNDAY

4 Restorative Yoga & Tuning Forks during Yoga Nidra 6/18
 time:2-5:30pm



Restorative Yoga with a Guided Visualization, to enhance your overall health and well-being. Followed by the sound waves and vibration of the Tuning Forks during Yoga Nidra/yogic sleep. This will allow you to unite with your true resonance with the universe.

Kaon Iesaki, E-RYT 500, Director and Lead Instructor of Inner Soul Yoga Teacher Training, a 200 hour Teacher Training in Japan. She is author of the book "Yoga for the Five Senses," published in 2016. Kaon has taught yoga for the past twenty years and integrates her study of Japanese ancient wisdom, psychotherapy, diet remedy, dance, and chanting into her classes and workshops.

Kaon teaches Hatha Yoga mixing strength and balance with playful, mindful & deep wisdom interlacing aspects of Japanese culture. Kaon's approach to the inner wisdom of Yoga and Meditation is your awareness as you experience your "Being-ness" as you live your daily life.



Drawings by Kaon IESAKI

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 2 Sessions - \$ 60
 1 Session - \$35
 LUNCH \$20



Marilyn Hefferen, E-RYT 500, as a Certified Yoga Teacher from the Kripalu School of Yoga & Shakti Initiation, and teaches Hatha Yoga and Restorative Yoga classes and workshops. Marilyn received a Certificate for teaching Yoga & Osteoporosis from the Sivananda Yoga Ashram.
 Marilyn welcomes Kaon Iesaki to Yoga Jones & invites you to experience yoga combined with the many cultural practices of Japan that Kaon infuses into her teaching.
 Kaon is a knowledgeable, fun, and wise teacher. NOT TO BE MISSED!

SPRIT OF JAPAN - YOGA & WELLNESS PRACTICES



VENTURA BREEZE

Your Hometown Paper

Member, Ventura Chamber of Commerce

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

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The Ventura Breeze is printed with soy based ink on paper with minimum 40% recycled content.

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

Good morning Sheldon,

I want to let you know that a contribution to Buddy Nation has been made to honor the life and memory of precious Scamp. We were all very saddened to read the news that Scamp had passed. I know he soared very high when he left his earthly body behind, because he was so loved.

Sending love and light for your journey of healing.

For Them

Debi Reeves, President & Founder

Buddy Nation helping the homeless dogs of Ventura

Dear Sheldon Diane and Savana:

We wanted to extend our condo-

Opinion/Editorial



Sheldon (Governor) Brown
Publisher-Editor

Recently, Venturan's were surprised when California St. was closed for the day between Poli and Main, for what appeared to be a private party. They were even more surprised when they found out that it was due to **filming an ad** for Pokemon Go. There was little warning that the streets would be closed for the day. There should be much more warning when this type of thing occurs. Phone calls, emails, use of Nextdoor.com, etc., etc.

From the City - "Commercial for Pokemon Go, talent playing hand held video game in the street. California Street will be a scene of a street type fair with a small stage for background. Production assistants will be a various locations to assist with traffic/pedestrian control while the Drone is in the air. A drone will be tracking shots, camera on sticks and hand held cameras used."

Either the City or Pokemon Go should have done something to show Venturan's that they care about us.

I figured that the saving grace is that the filmmakers were charged a lot of money for this inconvenience. But, turns out, the amount was shockingly low.

The fees were basically about \$410 if you subtract fire, police and parking fees reimbursements.

\$50.00	Film Permit Application
\$300.00	Film Permit
\$496.00	Fire Inspection (4hrs/ x \$124/hr)
\$6204.00	Police (2 officers @ \$94/hr ea. X 13hrs)
\$60.00	Staff Administration
\$4,397.75	Parking
\$11,507.75	Total

■ **The Ventura Auto Center** is in the final stages of their expansion application. The proposed improvements include widening of the freeway frontage road and extending Olivas Park Drive to connect to Johnson Drive - plus enhanced signage and many other improvements.

There is some concern about proposals for a **new large sign** as part of the Ventura

Auto Center Specific Plan that will be appearing before the Planning Commission on June 14. The meeting will start at 6pm in the City Hall Council Chambers. You can attend the meeting and express your thoughts, good or bad.

The new illuminated "freeway sign" will stand 82' high. The large sign will also need to have the approval of the Design Review Committee, so there will be several opportunities to express concerns if you have any. The design of the smaller dealer signs are dictated by the auto manufacturers.

After the Planning Commission approves the Specific Plan it will go to the City Council for final adoption - possibly in July.

Debbie Fox, owner of Fox Fine Jewelry stated, "the Auto Center is getting a long overdue makeover and Venturans will benefit with increased sales tax dollars.



Pokemon Should Go. Photo by George Robertson.

This is a great opportunity, but there needs to be a balance between increased taxes, and sight and light pollution from the signage."

If you are interested in seeing what changes are in the plan, visit www.city-ofventura.ca.gov "Public Meetings," scroll down to Planning Commission and select June 14 Item 3.

The City Council has set the Auto Center's future as a high priority. Let's face it, the Auto Center is looking rather old and worn out. I agree that the Center really needs sprucing up and it is important to Ventura because of the large amount of taxes it pays and the amount of people it brings into Ventura from other cities. I also think the extension of

Olivas to Johnson is a wonderful idea.

Part of the approval is that there cannot be car lots that just sell used cars, used cars must be part of the selling of new autos.

■ Congratulations to our former Superintendent of Ventura schools, **Dr. Trudy Tuttle Arriaga**, who has been selected as Professor of Education of the year at California Lutheran University. She will receive the honor from the Association of California School Administrators. Trudy has been teaching at CLU for almost 10 years and became a full time teacher after she retired from Ventura in 2015. Recently, her replacement as Superintendent, Dr. Babb, was "dismissed" by the school board. ■ Another proposed project that has been many years in the making has come to an end. Anastasi Development Co. LLC is in the process of selling the large property that it owns at **Seaward and Harbor Blvd.**

After years of public input and city review, officials approved plans in 2010 for 138 condominiums with some retail space. Later on Anastasi reduced the units to 86 town homes.

As usual in such cases, Anastasi is blaming the City for delays in their decision to sell the property. City says that they just never listened to its concerns so Anastasi never submitted plans that would obtain approvals.

It's unfortunate that once again a piece of property that has been vacant for many years will sit for many, many more.

Hopefully, the future property owner's will want to develop condominiums there. I think that there is a great need for more condominiums in Ventura as the cost of single family residences just keep rising.

■ It's sad that Ventura keeps losing some of its iconic businesses due to various factors. Included are Tipps Thai, TLC and Avenue Hardware.

■ I want to thank the Ventura County Area Agency on Aging for giving the Ventura Breeze their 2017 Optimal Aging Champion Award **Age-Friendly Media Award**. (see article in this issue). It means a lot to all of us at the Breeze to be recognized for all of the effort that we put in celebrating and educating our senior population (people like me).

Mailbox

lences to you upon learning the Ventura Pooch Parade, that professor Scamp has crossed over the rainbow bridge. We have enjoyed reading his column for several years and appreciated his insightful perspective on things.

In addition to his illustrious career Scamp was also a member of your family and you must miss His presence very much .

We've recently had to say goodbye our first dog Rosie, and had to make difficult quality of life decisions regarding how and when to say goodbye so we can empathize with your loss .

Our deepest sympathies go out to you and your family.

Katherine Warren and Pete Dibble

Sheldon:

Les asked me what I wanted for wedding present.

"A dog." I answered. "I want two things I never had growing up: a dog and a Christmas tree.

She moved house to house with us from Berkeley to El Cerrito to Richmond to Altadena to Los Angeles. She lived to be 12 years old. In old age she developed painful arthritis and heart problems. We opted to put her to sleep. It seemed the

humane thing to do, yet I still feel guilty about that decision.

For months after she was gone, I swear I could hear the tinkle of her license hanging on her neck. I'd look around, call her name.

Es Cole

Dear Sheldon and Diane:

As a dog owner myself I share in understanding your deep sadness upon losing Scamp. Your article of looking for him and he not being there tore at my heart for you . Scamp was the lucky one to have you two as his loving parents.

Our sincerest condolences.

Teryn & Bart Bonime

Publisher:

As a 30 yr. resident and avid reader of the Breeze I am shocked at this article about (name withheld). Yes sadly this is about my son. It was a rental car and not

Continued on page 22

The Ventura Breeze is looking for account executives to sell advertising space to businesses and professionals in Ventura. Part or full time. Contact editor@venturabreeze.com for more details.



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— William S. Burroughs



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Business



Budding entrepreneurs at the WEV SET graduation ceremony.

SET course graduates recognized during graduation ceremony

On Thursday, May 25, Women's Economic Ventures (WEV) celebrated the accomplishments of 71 budding entrepreneurs at the WEVSET graduation ceremony held at the Earl Warren Showgrounds in Santa Barbara. The graduates from Ventura and Santa Barbara counties all successfully completed WEV's intense 14-week program designed for small business owners or those considering starting a new business.

A highlight of the ceremony featured the graduates each taking a turn in front of their classmates, family, and friends to present their 20-second business pitch created to succinctly communicate the essence of their business to potential customers and investors.

The SET program teaches entrepreneurs

business fundamentals covering a variety of topics such as finances, marketing, sales, public relations, advertising, recording keeping, legal and insurance issues and goal setting. In addition to gaining the confidence necessary to overcome the inevitable challenges business owners face, the majority of graduates finished the course with a complete business plan designed to help them successfully launch or expand their business.

"Taking a SET class is similar to attending a mini-MBA program," said Marsha Bailey, CEO and Founder of WEV.

The next SET course begins the week of August 28th. Participants are required to attend a free orientation to apply to the program.

For more information, dates or to register for the free orientation, call 965-6073 or visit <http://wevonline.org/orientations>.

A pioneer in the field, WEV was founded by Marsha Bailey, a nationally recognized advocate for women business owners. Marsha is the board president of the National Association of Women's Business Centers, and sits on the National Women's Business Council.

Ventura Breeze wins award

Continued from page 1

of Dementia Friendly Organization Award

Long Term Care Services of Ventura County, recipient of Advocacy & Leadership for Organization Award

Harry Norkin, recipient of Optimal Aging Award for an Individual

Homewatch CareGivers Kris & Randy

Martin recipient of Shining Star Award for Innovation



City News

Ventura-based arts non-profits are invited to apply for the 2017-18 Cultural Funding Program

Applications and guidelines are now available online for the City of Ventura 2017-2018 Cultural Funding Program Grants at <https://www.cityofventura.ca.gov/documentcenter/view/6384>. Applications are due by Thursday, June 22. The program is open to any Ventura-based arts non-profit. All organizations will be required to provide proof of their 501(c) (3) status or that of their Ventura County based fiscal agents. \$90,000 will be awarded on a competitive basis to non-profit arts organizations, with grants ranging in size from \$1,000-\$20,000.

Grants range in size from \$1,000-\$20,000. Organizations whose annual budgets are less than \$10,000 are only eligible to request \$1,000 and do not have to submit California DataArts information. Applicants are asked to make a specific grant request. The request may NOT exceed 10% of annual budget.

The City of Ventura Cultural Funding Program, first developed in 1993, supports the following cultural goals of the community as stated in the 2005 Ventura Cultural Plan and in the "Our Creative Community" section of the 2005 Ventura General Plan:

To support Ventura's cultural infrastructure of arts organizations and artists

To ensure comprehensive access to and involvement in cultural opportunities by all segments of the community

To support economic development and increase tourism

To enhance lifelong learning opportunities in the arts for all ages

Organizations are required to submit financial information via the California DataArts Arts Project at <http://culturaldata.org/> (unless their annual budget is less than \$10,000). In addition to the DataArts information, applicants will submit a projected year end (2017/18) operating budget on a supplied form, and the last completed fiscal year-end budget. Artistic samples will be required and the artistic samples form must be submitted. Past applicants must have submitted a Final Report from the previous year to be eligible for future funding.

Ventura Water presents 95 Ways to Save during the days of summer

Ventura Water has partnered with 95.1 KBBY and 100.7 KHAY to deliver the message that saving water still matters. While most of California has been relieved of "drought status," Ventura remains in a Stage 3 Water Shortage event. Ventura residents have demonstrated extraordinary efforts in water conservation reducing consumption by over 20 percent in 2016. Ventura Water wants to showcase the community's hard work and thriftiness by asking the question, how do you save water?

Ventura Water's annual summer awareness campaigns are designed to be a fun and engaging opportunity to highlight the community's conservation efforts. During the 95 days of summer, Ventura Water, 95.1 KBBY and 100.7 KHAY will be raffling prizes on the air and on Facebook to those willing to share their water saving practices. The public is encouraged to tune in and find out how to win theme park tickets or they can look for 95 Ways to Save on Ventura Water's Facebook page where they can enter to win prizes by posting their water saving tip. Ventura Water's Outreach booth will be at Summerfest, Saturday June 3rd so families can share their water savings tips with the camera crew.

"The continued support and commitment from our community is crucial to protecting our local resources," said Acting General Manager Joe McDermott. "We have to be mindful that the best source of available water is the one we conserve today."

This summer also marks the launch of Ventura Water's new Free Smart Sprinkler Controller Program. Eligible residents can replace their old analog controller with a new smart irrigation controller that uses local weather data, soil, and plant types to create a customized watering schedule. Apply today by visiting www.removeyourturf.com. Ventura Water offers customers many ways to save water during the dry summer months ahead, including: the Recycled Water Mobile Reuse Program, Water Wise 2.0 Turf Replacement Program, and free water conservation surveys.

Visit www.venturawater.net or <https://www.facebook.com/venturawater> for more information.

Community Events

Audubon events

June 17: 8:30 am Pine Mountain -Tevin Schmitt 661-904-1563 - If you have never birded Pine Mountain now is time! To carpool from Ventura meet at 7:15 a.m. at the Casitas Vista exit under the bridge. If you wish, you may meet the group at Pine Mountain Inn at 8:30 a.m. If for some reason weather makes Pine Mountain impassable, we will bird Wheeler Gorge as an alternate.

June 12: 8:30 am Emma Woods - Linda Easter 482-7537 - We will begin at the entrance to Emma Wood State

Beach, searching the scrub for sparrows and warblers. The estuary is always an exciting place to bird. There will be a fair amount of walking, so please dress appropriately in layers and comfortable shoes.

June 20: 8:30 am Ojai Meadows - Adele Fergusson 415-4304 - This beautiful preserve is a birding hotspot and includes a restored wetland and native plantings. Target birds will include: Western Bluebirds, Sora, Belted Kingfisher, Western Meadowlark, Merlin, Cedar Waxwing, Lark Sparrow, Lincoln's Sparrow and White-



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For CalFresh Event Information:
foodshare.com/calfreshmonth



crowned Sparrows.

June 26: 8:30 am Wheeler Canyon - Gary Tuttle 525-2327 - This canyon provides good birding opportunities. We will be looking for raptors, ground doves, Western Bluebirds and maybe a Hairy Woodpecker.

July 11: 8:30 am Canada Larga - Adele Fergusson 415-4304 - Meet near the beginning of the road off Hwy 33. We will carpool from that location as we walk and drive this long county road.

July 17: 8:30 am Carpinteria Salt Marsh - Linda Easter 482-7537 - To car pool meet behind Carrows (on Harbor) at 8:00. Take HWY 101 North to Carpinteria, exit Casitas Pass Rd., rt. on Carpinteria Ave. left on Linden & rt. on Sandylane Rd. to Ash. Park along Ash.

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.

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.

The Ventura Retired Men's Group welcomes interested men to their semi-monthly Tuesday lunch (\$15) meetings at the Ventura Elks lodge. This regular congenial social event, besides a healthy, satisfying meal, supplies a welcome atmosphere to talk

and joke, hear a speaker on a variety of relevant topics and brighten your week. Hear more from Steve at 642-1359

Country Western Line Dancing every Tuesday 7 p.m. to 9 p.m. Instruction every night. Located at the Mooselodge, 10269 Telephone Road. More information at countrylovers.com.

Do you know what the present administration's foreign policy is? Are we taxed too much, causing businesses to suffer and move to lower tax regions and individuals to lose incentive to work? Find out the answers to these and other tantalizing questions at the Ventura Discussion Group at the Main Street Restaurant 3159 Main St. Wednesday's from 4 p.m. to 5:45 p.m.

June 7: Vista Real Charter High School will be celebrating the graduates for 2017 at 6 p.m. at the Oxnard Performing Arts Center. Student speakers will be sharing the obstacles that they had to overcome to get to graduation and the dream of completing high school. Keynote speaker for the evening will be Santa Paula's Chief of Police Steve McLean. Graduation commencement is open to community members that would like to share in the celebration or simply learn more about Vista Real.

June 9: The General George S. Patton, Jr. Chapter, Sons of the American Revolution June luncheon meeting will include a special program presentation "Privateers, Pirates, Frigates & Politics: The Beginning of the United States Navy," presented by Jim Kosinski, Channel Islands Maritime Museum. 11:30 a.m., Friday, in the Garden Room, Marie Callender's Restaurant. All SAR & DAR Compatriots, friends, fans of the Museum, and visitors are welcome.

Continued on page 8



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Ventura events

Continued from page 7

Lunch is \$20 per person. For additional information call Bill Bays 650-3036 or Robert Taylor 216-7992. Please visit the chapter website at <http://pattonpatriots.org>.

June 9, 10: Rummage sale at First United Methodist Church 1338 E. Santa Clara on Friday 9 a.m. to 3 p.m. and Saturday June 10th 9 a.m. to 12 p.m. Saturday is \$5 a bag day.

June 10: Three organizations have united to give Cabrillo Village parents and their kids a field of options for a transformative summer. Best Summer Ever Fair, Cabrillo Village soccer field, 1515 S. Saticoy Ave, 11 a.m. to 2 pm.

June 10: The Ventura Beginners PC Users Group will meet Saturday at Cypress Place, 1220 Cypress Place, from 9:15 a.m. to noon. The 9:15 workshop topic will focus on what can be created in Microsoft Word. At 11 a.m. Michelle Rogers, will discuss Facebook Basics. There will also be an opportunity to ask questions about computer problems for beginners and intermediates. Everyone who would like to know more about their computer is welcome to attend. For more information call 648-1368.

June 11, 9-11am Guided nature hike Ormond beach at Arnold Rd. The Nature Conservancy offers a free, guided walk on the beach to learn about the coast, the Channel Islands and how the area is teeming with life. For more information, contact Amy Davis at guideamy@gmail.com or 770-853-4715.

June 11: The Ventura International Folk Dancers are having a folk dance party at the Ventura YMCA Sunday afternoon from 3 p.m. to 5:30 p.m. Come dance and bring your requests. Will have light refreshments. Unless you are a member of the Y, bring a photo ID and a \$5 donation to the Y's community building scholarship fund.

June 14: The Ventura County Camera Club will hold a critique meeting on Wednesday, at 6:30 p.m. at the Poinsettia Pavilion. Donna Granata, from FOTM will critique member's prints. Each month a special topic is chosen. June is a prints only meeting.

Anyone with an interest in photography is welcome and admission is free. Only members may submit images for critique. For more information www.VenturaCountyCameraClub.com or call 908-5663.

June 19: CA Zeta Chi parliamentarians will meet at 7 p.m. and will feature a lesson by Registered Parliamentarian Gerry Olsen entitled "Ethics and the Parliamentarian." The Main Street Restaurant and Steakhouse, 3159 E. Main St. Those wishing to eat should arrive at 6 p.m. Non-members are welcome. Membership is \$25 per year. For information, contact Sharon Hillbrant, 479-6738, or zetachi.webstarts.com.

July 21 & 22: Buena High Class of 1967, will hold its 50 year reunion at the Pierpont Racquet Club. Saturday, from 6 p.m. to 10 p.m. Casual dress and Beach Boy Theme. DJ and catered food will be provided. Photo op at 7:30 p.m. \$67 for individuals and \$100 per couple. Friday night July 21st, meet and greet at The Discovery Bowling Alley, 1888 E Thompson. For more information please contact Bonnie (Wolever) Long at beachydayz4@gmail.com, or Facebook Page "Buena Class of '67 50th Reunion"

Ojai news and events

The Ojai Studio Artists awarded \$13,650 in scholarships to 13 Ventura County high school and college art students this year. The winning students were honored and awarded their scholarships at a special reception at Ojai City Hall on Saturday, June 3. This marks a new high in scholarship fundraising in OSA's 24 year-old scholarship program.

Selected works by the scholarship winners will be shown at a month-long exhibition at City Gallery at Ojai City Hall. Each year OSA raises money to support young artists in their pursuit of further art education. To date, the artists' organization has funded over \$220,300 in scholarships and other ArtReach programs. Further informa-

Community Events

tion about the artist organization and those who wish to contribute to the scholarship fund go to www.ojaistudio-artists.org and click "donate".

Local author J.J. Brown will visit the Ojai Library at 1 p.m. on Saturday, June 17 to deliver a talk on her book, Secrets & Howls. Brown will read an excerpt and will discuss how she got started with writing. There will be time for a Q&A session, and Brown will also share a short excerpt from the novel she is working on right now.

J.J. Brown grew up in Ojai and obtained a BA in theater at CSU Long Beach. She is passionate about art and has returned to drawing and painting, is learning tap dance from a local instructor, and hopes to soon pick up her violin lessons again. She believes that sometimes you just need to cram all the art and creativity into your life that you can get!

This event is free and open to the public. For additional information, contact Ron Solórzano, Regional Librarian, at 218-9146.

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.

The public is invited to join Rev. Karen for a half-day retreat at Meditation Mount, on Saturday, June 17, from 9:30 a.m. to 12:30 p.m. The morning will be devoted to "Waking up!" to the answers to all our questions and the fulfillment of all our needs—always already present inside us.

"We spend all our time looking outside ourselves for that which we think will make us whole and happy," Rev. Karen says. "The truth is that what you are looking for is within you, and has always been within you."

The morning will offer an opportunity for inner reflection, along with wisdom talks, sacred music, and quiet walks on the beautiful grounds of Meditation Mount. Randee Vasilakos, registered Science of Mind Practitioner, will be available to assist with prayers for personal healing and reconciliation. People of all faiths and traditions, or no tradition, are welcome to attend.

The retreat is by donation; \$10 is suggested. Meditation Mount is located at 10340 Reeves Road. For more information, contact Rev. Karen at 310-968-8928, or register online at www.karenslylie.com.

Ventura nature photographer David N. Lee will present a workshop on the basics of nature photography at a private ranch near Ojai, June 15, 8:30am - 12:30pm.

"This workshop will present an overview of the types of nature photography," says Lee. "Students will learn basic techniques for landscape, macro and wildlife photography."

Enrollment is limited to the first eight participants. The suggested donation is \$25. Please visit <https://davidnlephoto.com/workshops> for more information. Workshop directions and other details provided with registration.

our beaches.

Last week we ran into several people. The people were known by the VPD as chronically homeless who have been offered help many times over the years, including today. One man is a veteran from Santa Clarita and has declined services and housing. Another woman came to the river bottom after being in jail. She is a meth user, who has refused all help, including transportation to her family in SF. She told us she didn't like taking "charity" and supports herself by panhandling. The man with her had previously turned down help because he had a dog-- but he doesn't have a dog now and today was not open to receiving services. This is our biggest dilemma with entrenched homeless individuals- how do you give a "hand up" to people who won't accept it? We need to keep trying. Giving cash to panhandlers is not helpful--it only prolongs their unhealthy lifestyle by enabling them to live on the streets or in the riverbeds, rather than accepting services that permanently improve their lives.

On a positive note, just last week, a chronically homeless woman who has been living on the streets accepted help for her alcoholism, after it being offered to her many times over the past few years. She is now receiving treatment. And our Family Reconnection Program has reunited over 100 homeless individuals with loved ones who are now helping to care for them.

Tips Thai Cuisine

Continued from page 1

1983. Owner Chang Liampetchakul and his family have made this decision.

Chang has been known throughout Ventura as a kind and generous person, often providing trays of food to families in need.

In February, Liampetchakul was hospitalized after suffering a stroke, but returned later to work at the restaurant.

On April 17, a fire erupted in the two story building on Main St. which housed Tipps on the ground floor and a meeting place for the Odd Fellows on the top floor.

Ventura Fire and Ventura Police investigated and found evidence that pointed to Liampetchakul as having started the fire. He was arrested on May 10 and booked into the Ventura County jail for arson. The case is set for a hearing in Superior Court on June 7.

A motive has not been determined, according to Sergeant Matt Cain of the Ventura Police Department.

City of Ventura Art Tales

Continued from page 1

and (4) age group of the writer.

The 2017 winners of Art Tales are:
Youth Poetry: 1st Rachel Patrykus; 2nd Gianne Garman; 3rd Katie Trevisan.
Youth Fiction: 1st Sidney Crutz; 2nd Amy Baumgardner; 3rd Sienna Mody.
Teen Poetry: 1st Penelope Duran; 2nd Jolee Niberding-Swanberg; 3rd Sophie Stimer.
Teen Fiction: 1st Nadia Connelly; 2nd Calista Marsh; 3rd Anna Berezovskiy.
Adult Poetry: 1st Melissa Waters; 2nd Andres Rodriguez; 3rd Anabelle Warren.
Adult Fiction: 1st Patty Vickers; 2nd Juan David Cure; 3rd Rick Garcia.

"We thank all participants for sending in such beautiful poems or stories," said Art Tales Curator Tobie Roach. "It is amazing to read the many ways the artworks in our Municipal Art Collection inspire more creativity than anyone could imagine."

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Family Reconnection Program

Continued from page 1

we periodically clean up the encampments for environmental reasons. The trash and human waste that accumulate are a source of pollution that cannot be ignored. It is essential that we continue to clean up our river areas so they are free from the pollution that impacts water quality at



News & Notes



Co-chairs Ana Maria Enke and Christine Burke lead members of the Race, Ethnicity, and Cultural Equity task force through a series of “perspective” activities.

Local activists promote diversity, equality at Sunset Coffee event

by Jared Brewer

What began on a single day with a single march has since evolved into a full-fledged coalition consisting of nine distinct task forces, each with a particular issue at its focal point. The grassroots organization Justice for All was formed after the resounding success of January’s March for Justice, which assembled an estimated 2,500 people to coincide with the Women’s March on Washington. As a whole, the organization aims to “mobilize a positive and peaceful movement in West Ventura County that supports an inclusive America that upholds human rights and equality for all.” For more information, including ways to get involved, visit Facebook.com/justiceforallventura.

On Wednesday, May 17th, the Race, Ethnicity, and Cultural Equity task force convened at A Secret Garden Florist Café to celebrate diversity and equality through communal discussion, poetry, and music. The event, which lasted from 6:00 until 8:00 p.m., included original performance art provided by members of the task force and inspired by personal experiences or encounters with discrimination and inequality.

Tino Garcia, professor of English at Antelope Valley College, kicked off the festivities with his song, “Sankofa.” The title, an African word from the Akan tribe in Ghana, literally translates as “it is not taboo to fetch what is at risk of being left behind.” Garcia, who is originally from Santa Fe, New Mexico, said he was drawn to the Race, Ethnicity, and Cultural Equity task force largely because of his personal background and celebration of diversity as an educator.

Ana Maria Enke, co-chair of the task force, recited a poem from her native Colombia, which she translated to English. For her, activism was not always a viable option. “Growing up in Colombia we were told to be quiet because it was too dangerous to speak,” she said. “There were so many people that were killed when they were just trying to defend what was right. So we were always told to just be safe and to not ruffle any feathers. But now that I’m older I’ve decided that I’m not going to let anyone else tell me to not ruffle the feathers. This matters to me and it matters to my daughter, and I just couldn’t stand by

and be quiet.” She and her family immigrated to the United States in 1989.

The evening drew to a close with a series of activities designed to identify implicit biases and help group members empathize with those from unique backgrounds and perspectives. In one activity, co-chair Christine Burke invited participants to count the number of “f’s” in a portion of text. Many failed to detect those in the word “of,” which Burke described as “just one example of how our brains go in the direction they are taught.”

Kathleen Shore, co-founder of Justice for All and doctor at Ventura County Medical Center, underscored the importance of unity in times of increasing division and intolerance. “The mission of Justice for All is really to bring people together and to stand up for one another,” she said. “People are being put down and attacked, and we want to empower people to stand up for whoever and whatever is being attacked. And that’s our grand vision of this organization, to create avenues for people to do that. I think this movement is critical for learning to make more bridges between each other rather than walls. As a doctor, I believe that all humans are created equal, and that’s a big part of why I’m a doctor and part of how I live out that vision.”

Rockhounds host “Super Bowl” of gem shows at Ventura Fairgrounds

Ventura Mayor Erik Nasarenko will cut the ribbon to welcome 3,000 rockhounds converging on the Ventura County Fairgrounds June 9-11 for Ventura Rocks the Nation!, the national

Continued on page 12



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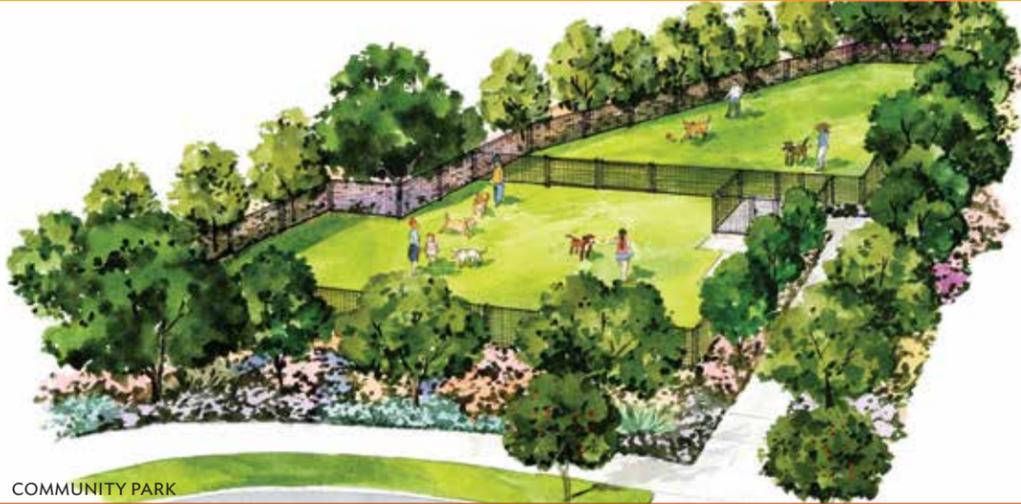




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News & Notes



Photographer took "little camera box" with him everywhere.

A dream in the making

by Jennifer Tipton

Stuart Goldman's love of photography was greatly influenced by his grandfather when he was still quite young. Stuart's grandfather spent greater than 20 years teaching in China and Japan pre-war era and was later taken prisoner of war in Japan during the war, he was in the first exchange of prisoners.

The stories and paintings done by Stuart's grandfather to tell his story greatly inspired young Stuart to capture memories as well by taking his very own "little camera box" with him everywhere, that is when he could mow enough lawns to buy the film he says. Stuart accounts this for awakening his love for photography, video and writing as well, he sees it as a technique to communicate these stories and goes on to say that "communication is so vital to understanding and growth."

Initially hired as one of the Directors of Admissions in 2003, Stuart Goldman was promoted to the first Dean (Director of Academic Affairs) at The Brooks Institute, Ventura Campus (since shuttered). During his tenure as Dean, he would constantly receive calls from students from other colleges, professionals in the industry, and from amateurs interested in short courses, seminars and workshops. With each call, he would have to tell them no, Brooks didn't offer these types of courses. This started the process of Stuart creating a school designed to fill the void.

Stuart left Brooks in 2006, and in 2007 after much research, developing a business plan, establishing a faculty base and formulating financial projections, he created the beginnings of his own school. He says he knows that much has changed in the field of technology since that time.

Stuart believes that now the best way to reach a large volume of potential students is through an online approach and has amassed over 1,200 contributing faculty from around the world in the media arts to include photography, film, visual journalism, networking, employment, competitive festivals and psychology of communication.

The business model is a subscription based online program and he reports he's working with a network that has the capability of streaming to over 2 billion mobile devices around the world at any one time.

He's calling it "Masters Institute of Media Arts" and he's seeking those "who understand the benefits of knowledge and the ability of creating the opportunity to bring cultures together by communicating and understanding more effectively through knowledge, and creating a more global vision."

For more information contact Stuart at Sticksman@earthlink.net.



News & Notes



The Ventura Port District has contracted with State Parks for lifeguard services. Photo by George Robertson.

Lifeguards return to Ventura Harbor Beaches for summer

Keeping its commitment to public safety, the Ventura Port District will once again fund lifeguard services from Memorial Day weekend through Labor Day at Ventura Harbor beaches off Spinnaker Drive. Ventura Port District commissioners have decided to contract again with California State Parks for lifeguards to cover Harbor Cove and Surfer's Knoll beaches.

Harbor Cove will have a daily lifeguard from 10 a.m. until 6 p.m. and the South Beach/Surfer's Knoll area will have a lifeguard from 11 a.m. to 7:45 p.m. daily. Visit www.venturaharbor.com for updates or time changes throughout the summer. Lifeguard coverage is subject to change due to crowd and environmental conditions.

Parking is free at both beach parking lots and free street parking is also available on Spinnaker Drive.

"I'm glad the board has allocated money to make our harbor beaches safer by having state lifeguards present from Surfs Knoll to Harbor Cove beaches through the summer season. Public safety is a priority to the Port District," said Port District General Manager Oscar Peña.

Ventura Harbor beaches are a unique summertime destination for walking, basking in the sun, playing beach volleyball and wading at Harbor Cove Beach.

Visit Venturaharbor.com for more information on Ventura Harbor beaches as well as seaside amenities.



The Ventura Chamber of Commerce held its Spring Carnival Business Expo on May 25 at the Four Points by Sheraton Ventura Harbor Resort. The Expo presented over 75 exhibitors, including restaurants, businesses, services and the Ventura Breeze. The "crowd favorite" Breeze booth featured balloons with toys inside and homemade treats by Ana Jaime and Ana Baker designed the booth and were there to greet the huge crowd who attended.

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AGENDA & PRESENTERS

Continental Breakfast & Exhibit Tables

Opening Remarks
Susan Slater, M.D. – Moderator

Breast Mammography: TOMO & Whole Breast Ultrasound
Rita Krane, M.D.

Women's Heart Health
Omid Fatemi, M.D.

Hormone Replacement
Kameron Poole, M.D.

Pelvic Prolapse
Miki Takase-Sanchez, M.D.

Panel Discussion

Break & Exhibit Tables

Mindfulness
Mitchelle Manalo, Specialty RN
Mental Health/Psychiatry

Lung Cancer
Robert Bernstein, M.D.

OsteoArthritis
Susan Slater, M.D.

Panel Discussion

News & Notes



Golf and beautiful scenery all in one.

Olivas Links & Buenaventura Golf Courses celebrate Fourth Annual Player Development Month

Olivas Links, Buenaventura Golf Course, and KemperSports announced today that they will host their fourth annual Player Development Month during the month of June. The month-long celebration of golf is built to introduce and re-introduce golfers as they share their passion for the sport. To commemorate the month-long celebration, Olivas Links will offer free 15-minute lessons from staff instructors to all new golfers. In addition to the free lessons, both Olivas Links & Buenaventura Golf Course will offer a complimentary junior green fee with a paid adult green fee any day after 2pm throughout the month of June.

"As avid golfers ourselves, we are passionate about the game of golf," said general manager Carl-Van Vallier. Player Development Month gives us the opportunity to share our love of the game and hopefully introduce the game to a generation of non-golfers."

Olivas Links & Buenaventura Golf Course take personal pride in their mission to help grow the game and share their love of the sport with new and former golfers. Guests at Olivas Links & Buenaventura Golf Course are encouraged to use the hashtag #PDMonth to show their support of the program and their love of the game of golf.

Super Bowl of gem shows

Continued from page 9

show and convention of the American Federation of Mineralogical Societies, a nonprofit, educational organization. The show is hosted by the local Ventura Gem & Mineral Society, and proceeds go toward educational endeavors, such as scholarship funds for college students.

Ventura Rocks the Nation! will highlight gems, minerals, and fossils from across the U.S. A beautiful gold specimen will be one of the featured displays. It will be on display at the show, alongside samples of our state gemstone (sapphire-blue benitoite), our state rock (satiny green serpentine), and our state

fossil (the saber-toothed cat).

Event organizers invite the general public to come enjoy 100 educational displays, 50 dealers and demonstrators, 9 exciting speakers, silent auctions, and raffles. The first 50 kids at the Kids Booth on Friday, Saturday, and on Sunday will be awarded free backpacks with school supplies! Also, certified teachers will find free educational packets and other materials for classroom use.

Adults, \$7.00 (3-day pass, \$18.00)
Seniors 60+ & Military, \$6.00 (3-day pass, \$15.00)

Juniors (13-17), \$4.00 (3-day pass, \$9.00)

Kids 12 & under, free with paid adult



Southern California Edison awarded Ventura High School graduating senior Michael Hanson-Morrissey \$40,000 to help pay for 4 years of college. He will be attending San Diego State. The scholarship is for students who are planning to study in the field of mathematics, engineering, computer and information systems, natural resources and conservation of physical sciences (STEM) and prove financial need. Mike Powers, Jeannie Morrissey, Michael Hanson-Morrissey, Joan Dodge, Supervisor Steve Bennett, Carlos Cohen and John Zaragoza attended the awards.



Senior Living

Pull Out Section



Josef Martinez, Steve Spira, executive director of Cypress Place Senior Living and Summer Khouvilay posing with their Legacy Scholarship aWARDS. Courtesy Photo.

Cypress Place awards scholarships, will honor veterans

When the owners of Cypress Place Senior Living in Ventura decided to create a scholarship fund for local high school students wanting to pursue a college degree, the Cypress Place Senior Living "Senior to Senior" Legacy Scholarship was created.

By awarding two \$2500 scholarships to local high school seniors, residents at Cypress Place are attempting to pass on opportunities for young people in the community, according to Steve Spira, executive director at Cypress Place.

Applicants needed to have a verified 3.2 or higher GPA and to have applied for fall 2017 admission to a college or university with the intention of obtaining a degree. Applicants were also asked to submit an essay about their reason for pursuing higher education along with a personal account of how a senior or seniors has affected their life.

The members of the Resident Scholarship Committee at Cypress Place read the essays, then held oral interviews with the semi-finalists to determine the two award winners.

On June 1, the awards were presented to Summer Khouvilay of Foothill Technology High School, and Josef Martinez of St. Bonaventure High School. Khouvilay plans on studying molecular cell and developmental biology at UC Santa Cruz, while Martinez plans on pursuing a career in professional sports management.

Ventura Unified Interim Superintendent of Schools, Joseph Richards, Foothill Technology High School principal, Joe Bova, and St. Bonaventure High School principal, Marc Groff,

were in attendance, along with family members of the recipients, and many seniors from Cypress Place.

"Tonight we watched two wonderful high school seniors go confidently in the direction of their dreams," said Irv Wasserberg, a resident at Cypress Place, and the Scholarship Committee Chair

While enjoying coffee and dessert with the award winners, residents on the Scholarship Committee expressed a true sense of pride and accomplishment in their involvement in the selection process. But reaching out to help others is nothing new to the residents at Cypress Place. They'll be busy volunteering again on June 28th, when the senior community hosts its annual "Salute to Our Veterans" celebration with a ceremony recognizing residents of Cypress Place, as well as members of the public, who served their country.

A military Color Guard presentation will lead the tribute, followed by a special Veteran recognition and recognition of widows of Veterans with a keynote presentation by Captain Chris Janke, Commanding Officer of Naval Base Ventura County, a special Veterans memorabilia display, and live musical entertainment.

A free BBQ lunch will follow this powerful tribute. Residents, families, and friends of the community are welcome to attend. The event is free and open to the public and begins promptly at 11am.

As the scholarship awards evening wound down, Khouvilay and Martinez both expressed their appreciation for their awards once again.

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Senior Living



Jane Stow is holding a photo of her late husband.

Military spouses honored at Ventura Townehouse

by Lori Harasta

Sacrifice. Few people know the meaning more than the spouses of military warriors, waiting, worrying, and praying for a safe return home. More than 40 spouses were honored at a ceremony at the Ventura Townehouse on May 12.

The Friday before Mother's Day was officially designated by President Ronald Reagan as "National Military Spouse Recognition Day" in 1999. This is the second year Livingston Memorial Visiting Nurse Association has honored military spouses in a ceremony.

Diana (Dinah) Davis, Branch Manager for Livingston, knows first-hand about sacrifice. Her father was a 30-year Army veteran, her Father-in-law is a retired Air Force Lt. Colonel, and several other family members including nephews and niece have served. She also has twin Air Force officers who are both currently deployed.

It was Dinah who initiated Livingston into the "We Honor Veterans" program several years ago. Since then she has planned and participated in two to three veteran-honoring events each year.

Mike McManus, Ventura County Veteran Services Officer and Air Force Veteran, gave opening remarks. He read

a letter entitled "A Soldier's Promise", followed by a reading of "An Army Wife's Promise" by Teresa (Tree) Pavan, Vice-President/COO of Livingston. The letters were written by Megan Williams while her husband was serving his second tour in the heart of Kandahar for eleven months.

Guitarist Dave Haynes accompanied April Davis as she sang the sweet and sentimental song, "The Locket" and eyes in the audience were dabbed. A video presentation, followed which included military spouse testimonials.

The pinning ceremony involved military spouses being honored one-by-one with a certificate of appreciation, an American flag pinned close to their hearts, and single red rose.

A new element was added this year, as wives of active duty servicemen were honored. Jazmine Dominguez, Concierge at the Ventura Townehouse, is one currently experiencing the sacrifice of service as her Navy husband of two years, Miguel Dominguez, is away from home being trained for deployment in October.

"You don't sleep. You go stir-crazy!" They were moved 8 months ago to the Port Hueneme Base, away from family and friends. "The other wives are helpful and supportive, and I'm grateful for them. It's like having another family."

Jazmine's sacrifice means a lifetime of uncertainty. "It's about missing him and trying to get used to not having him there, then trying to get used to having him back in my life and will he be the same as when he left?" And doing this over and over again. "If civilians could understand the sacrifices made, what they go through to keep us safe, I think they'd be more appreciative of what it means to serve our country."

Songmakers

June 13 (2nd Tues. of each month), 1:30 - 4 p.m., June 22 (4th Tues. of each month), at SCAN Health and Wellness Center, 6633 Telephone Rd. led by Marty Capsuto. Center is for those 55+ and guests, so Marty will guest sponsor all Songmakers under 55. Plenty of parking behind building. For more information contact Marty at (805) 658-0365 or mcapsuto@scanhealthplan.com.

June 23 (4th Friday of each month), 7:00 - 10:00 p.m. Like to play acoustic music? Songmakers.org welcomes all lovers of acoustic music—instrumentalists, singers, and singer/songwriters of all levels—to join in a free song circle at the Bell Arts Factory Community Room, 432 N. Ventura Ave. Listeners welcome! Information Mike Wittlin, 750-8281.



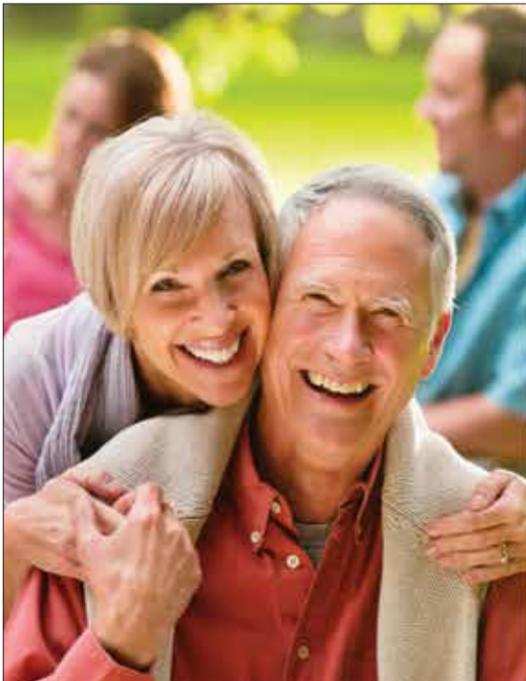
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Senior Living



Seniors and high school students fought it out in a "Battle of the Ages."

Knowledge Bowl 2017

Can youthful vigor and budding brains overcome the life experience of their elders in a match of wits, wisdom, memory and just plain common sense in a Jeopardy-like contest?

The Knowledge Bowl is a true "Battle of the Ages," now in its eighth year. This time, four teens from Ventura's Blue-Ribbon Award winning school, Foothill Technology High, face off against four experienced elders from two Ventura-area senior nursing facilities, the Ventura Townhouse and Coastal View.

The free public contest was held on Monday, June 5 at the Ventura Townhouse's Vista Room.

"The Knowledge Bowl is an extension of my idea to unite our community by building bridges between the ages," said Suz Montgomery. She is the founder of the Knowledge Bowl, arising from her work with the school district's Ventura Adult and Continuing Education (VACE).

The event draws many dignitaries

along with the public, most of whom can't help themselves by answering the questions to each other; in a whisper, of course. It was filmed by CAPS-TV so you may watch it there.

The team of elders included three retired teachers Ethel Johnduff, Clint Jacobs, Mary Ayres and Al Siegel.

The Foothill team is coached by Linda Kapala, the school's Career/Media Specialist who also crafted most of the questions. She has gathered a team consisting of one senior, Chris Clark; two juniors, Simon Reyes and Angela Zablocki, and Sophomore Mason King.

Cabrillo Middle School Principal Lorelle Dawes is back as the Bowl's long-time moderator who asks alternating questions to each team. If the team can't answer or answers incorrectly, it is asked of the other team.

As usual this year's contest was a squeaker with the seniors barely outwitting the students.



Troy and Molla join the team for the preleasing efforts for the independent living community.

Laurel Riverpark announces management team

Laurel Riverpark, a new, refined senior community under development in Oxnard, is pleased to announce the appointment of two key members of its executive team. Troy Byington has been hired as the community's Executive Director and Molla Rosenberg as its Director of Sales and

Marketing. Both Troy and Molla join the team as the preleasing efforts for the independent living community, which is being developed by The Wolff Company and managed by Integral Senior Living.

Troy Byington brings over 20 years' experience in the senior living and hospitality industry to his new position. Most recently, he was the Executive Director for Brookdale Sunwest senior living community in Hemet, CA. Prior to which, he was the Director of Operations for the Edgewater Hotel in Seattle, the Hotel Manager for Hotel Andaluz in Albuquerque and the Hotel Manager for Hotel Sax in Chicago. Earlier in his career, he held management positions with Millenium Knickerbocker Hotel, Starwood Hotels and Resorts, Wyndham International and ITT Sheraton. He has a BS in Hotel/Restaurant Management from BYU, Hawaii and he has many affiliations, including being a CALA member and a volunteer for West Seattle Senior Center. He is also fluent in Japanese.

Molla Rosenberg is a seasoned sales and marketing hospitality professional with over 15 years' experience. Most recently she was the Group Sales Manager at the Crowne Plaza Ventura Beach Hotel. Before that, she was the Director of Sales and Marketing for Hotel Oceana Santa Barbara and

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the National Sales Manager for Ojai Valley Inn and Spa. Earlier in her career, she held management positions at Embassy Suites, Oxnard Hilton and Doubletree Hotels.

When open, Laurel Riverpark will offer 136 one- and two-bedroom independent living residences designed for quality and style. The garden-style development will be located within the Riverpark master planned

community and will feature coastal Southern California architecture. It will be directly adjacent to prominent dining, shopping and entertainment at The Collection.

Laurel Riverpark is currently preleasing from a temporary office located at 1000 Town Center Dr., #300, Oxnard. For more information, visit <http://www.laurelriverpark.com> or call 852-1996.



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Family Caregiver Resource Center-Catholic Charities-OASIS Program

by **Connie De La Rosa**

Many people who reach the age of retirement, find ways of enjoying their new life. Whether it is traveling, joining new clubs or spending more time at home gardening, projects or watching grandchildren. There are many who chose to donate their time

in volunteering for different programs which provide many benefits for both the program and the person volunteering.

Volunteers are an integral part of OASIS and in recognition of the generous time each gives our program, OASIS holds an annual Volunteer Recognition dinner in which each volunteer is given several raffle tickets for prizes, speaker recognizing volunteers and an elegant gourmet meal which was generously provided this year by Atria in Camarillo. Our volunteers offer free services in transportation, grocery shopping and errands, produce delivery, friendly visitors and office volunteers.

For more information on how you can make in difference, please call 420-9608.



On Thursday, May 25, The Palms At Bonaventure presented A Taste of Italy. A special culinary event prepared by Chef Michael Callahan and enjoyed by residents and guests. The Palms is located at 111 N. Wells Rd. in Ventura. Photo by Michael Gordon.

Senior Living

What? I'm not going to live forever?!

by **Patty Jenkins**

What is that new California law all about anyway and how does it work? What exactly are our end-of-life choices? What other options are there to help keep me and my loved ones comfortable before I go?

The Ventura Parkinson's Disease Support Group is having a special meeting to enlighten us all about a subject we mostly avoid because after all, we are all going to live forever, right? Come to our meeting Wednesday, June 14, from 1:00 to 3:00 pm at The Lexington Assisted Living, 5440 Ralston St. for answers and information about all of the choices available to us in California. Then we can all go back to not talking about it because we'll have some peace of mind.

We are pleased to have Erika Ruiz, California Outreach Manager for Compassion & Choices, give us a presentation at the beginning of our meeting to explain the California End of Life Option Act that authorizes medical aid in dying and how to access the Act. Erika's interest in advocating for and educating on end of life care options stems from her personal experience trying to help a beloved family member during his final days.

Although we mostly don't want to have these conversations it is important to have them and understand our priorities and options to help overcome our fears. Which is why we are also pleased to have the Director of Community Memorial Health Care's Palliative Care/Ventura Care Partners, Diana Jaquez, RN and Cathy Dorsey, LCSW along with Bruce Bednar, MAG and Director of Managed Care, Roze Room Hospice of Ventura, joining us to help us understand the differences between Palliative and Hospice Care and how they all work to help us and our loved ones when it turns out apparently we aren't going to live forever, at least probably not on this planet.

Thanks to the generosity of the Lexington Assisted for donating space for us, the Ventura Parkinson's Disease Support Group is able to have meetings every second Wednesday of each month from 1-3pm at the Lexington. Please check in at the front desk for directions and sign-in at the meeting. Extra parking is graciously available across the street from the Lexington in the Baptist Church parking lot. Call me at 766-6070 for further information. Reservations are not required. We are an independent and volunteer-organized group not affiliated with or a part of any other organization or group

A quick look at Medicare

by **Jayson Cohen**
American Legacy Solutions

In today's world we constantly see things changes and it has come to the point that the only thing that is constant in our life is change. Our organization is constantly asked to explain Medicare in its simplest form. You will find as you read through this article that we are breaking down the four main parts of Medicare into a basic chart*.

Before we get into the parts let first discuss what Medicare is. Medicare is health insurance for the following: People

age 65 or older, People under age 65 with certain disabilities, and people of any age with End-Stage Renal Disease (ESRD) (permanent kidney failure requiring dialysis or a kidney transplant.

Not that we have the basic understanding of what Medicare is and who it is for, let's go through the four main parts. Medicare Part A (Hospital Insurance) helps cover:

- Impatient Care in Hospitals
- Skilled Nursing Facility Care
- Hospice Care
- Home Health Care

Medicare Part B (Medical Insurance) helps cover:

- Services from Doctors and other health care providers
- Outpatient Care
- Home Health Care
- Durable Medicare Equipment
- Some Preventative Services

Medicare Part C (Medicare Advantage): Includes all benefits and services covered under Part A and Part B

Run by Medicare-approved private insurance companies

Usually includes Medicare Prescription drug coverage (Part D) as part of the plan

May include extra benefits and services for an extra cost

Medicare Part D (Medicare prescription drug coverage):

Helps cover the cost of prescription drugs

Run by Medicare-approved private insurance company

May help lower your prescription drug costs and help protect against higher costs in the future

Now having the basic information of what the four parts of Medicare cover, make sure that as you look into your options, make sure you company a number of companies in your area. This will allow you to compare the plans and find the right one for you. At the end of the day wouldn't you agree that it is all about you? Please check back regularly as we will be addressing different questions and concerns in this section.

*all information has been pulled from CMS Product number 11514, revised October 2016.

VCAAA offers free memory screenings

The Ventura County Area Agency on Aging is continuing to offer 15-minute memory screenings to all Ventura County residents. Screenings are offered on the fourth Thursday of every month from 10 a.m. - 1 p.m. at the VCAAA's Ventura office located at 646 County Square Drive. The service is free and confidential.

In conjunction with the Alzheimer's Foundation of America, which initiated a National Memory Screening Program in 2015 to promote optimal care throughout the United States, the VCAAA is dedicating resources to provide assistance in early detection of dementia and/or Alzheimer's Disease.

The memory screening is not used to diagnose any particular illness and does not replace consultation with a qualified physician or other healthcare professional. Screenings are by appointment only. For more information, or to make any appointment, please contact the Ventura County Area Agency on Aging at 477-7300.



Ventura Dining



Food is fresh and flavorful at sushi restaurant.

Kibo Sushi – Who knew?

by Jennifer Tipton

Located in midtown on Thompson Blvd. lies a modest little sushi restaurant called Kibo Sushi whose appearance is not especially extraordinary, so it would be easy to drive by without giving it a second thought.

However, once you walk into Kibo Sushi this humble little establishment becomes quite impressive with a very clean and charming interior. There are booths, tables or you can sit at the bar and watch the sushi chef work his craft. There is also outdoor patio seating (dogs are welcome), plenty of parking and the dress is very casual.

The menu is quite extensive, offering much more than sushi. There are appetizers hot or cold, salads, soups and noodles, sushi and sashimi (of course), a large variety of rolls, tempura, specialty bowls and even vegetarian entrees... whew! The problem lies in making a selection, but the server was kind enough

to give us his personal recommendation which narrowed it down somewhat.

Amidst this vast menu lies lunch and dinner specials which for the price are an unbelievable deal with the lunch special running around \$10, and it includes soup and salad with your choice of entrée. Dinner specials are slightly more, but again offering so much more than just the fishy stuff with entrees like chicken, steak or ribs prepared several different ways – too many to mention.

Kibo also offers a free VIP members card where a percent of every tab is tallied until it results in the amount taken off a future dining experience, and they deliver through 805TOGO.COM.

With food that fresh and flavorful, service that is outstanding, late hours and even a Happy Hour Monday through Saturday – Kibo has everybody covered! My only concern is that they don't offer left handed chopsticks...



On Friday, June 2, the 20th Annual PAL (Police Activity League) Golf Tournament was held at the Olivias Links Golf Course which included a lovely lunch. Presented by Aera Energy the proceeds from this tournament help support our city youth programs including the Westpark Community Center, the REC mobile, climbing wall, PAL and the PEAK/ASES after-school programs. The best part is all money raised stays local and helps support our youth with positive after school activities to counteract the risk factors often present in their daily lives. Photos by Richard Lieberman.



News & Notes



July fireworks returning to Ventura. Photo by Dan Holmes.

The Fireworks Show is the Rotary Club's largest fundraising

The Rotary Club of Downtown Ventura is bringing back the 4th of July Fireworks Show and Family Picnic to Ventura College's athletic field this coming Independence Day.

In tradition, the gates at the Ventura College athletic field will open at 5 p.m. on July 4 and the choreographed fireworks show will begin at 9 p.m. The fireworks display is the longest display in the county lasting more than 20 minutes designed and orchestrated by a renowned fireworks vendor with an impeccable safety record. Families are encouraged to make a picnic of the event and enjoy the Kid's Zone where a \$5 wristband allows a child to enjoy 8 different attractions all night long as many times as they like. The main stage

will entertain families from start to finish with live local bands.

The Fireworks Show is the local Rotary Club's largest fundraising event of the year.

Pre-sale tickets will go live on the EventBrite app in mid-June and at Vons stores in Ventura for a reduced pre-sale price of \$6 per adult and \$4 per child (4-12 years old, 3 and under are free), but can also be purchased the day of the event for \$8/\$6 online or at the gate.

Updates and insight can be accessed at venturafireworks.com or on the event's Facebook page at facebook.com/venturafireworks. Businesses interested in helping sponsor the event should contact Ken Leandro at ken@805insider.com.



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The Pet Page



Dedicated to Scamp

On June 10 there will be a wonderful event by the Herman Bennett Foundation to raise funds for our K9 officers in the Harbor. Please see the ad in this issue and plan to attend.

The Breeze will be there so stop by to say hello and pick up a tennis ball for your pet.

by Victoria Usher

In a case study of one 10-year-old boy with cerebral palsy and his family's dog, researchers found an intervention program led to a wide range of improvements for the child, including physical activity as well as motor skills, and quality of life. The researchers detailed the child's experience in the adapted physical activity intervention program in a case study just published in the journal *Animals*.

Co-authors are Monique Udell of the OSU College of Agricultural Sciences; Craig Ruaux of the OSU College of Veterinary Medicine; Samantha Ross of the OSU College of Public Health and Human Sciences; Amanda Tepfer of Norwich University and Wendy Baltzer of Massey University in New Zealand.

Children with physical disabilities such as cerebral palsy spend less time participating in physical activity compared to their peers. Researchers designed an intervention where the family dog would help improve the child's overall physical activity, motor skills and quality of life. After researchers and a veterinarian did separate assessments of the child and a year-old Pomeranian for participation, they began the eight-week intervention, which included a supervised physical activity program once a week for 60 minutes and participation such as brushing the dog with each hand; playing fetch and alternating hands; balancing on a wobble board; and

marching on a balancing disc.

The child also wore an accelerometer to measure physical activity levels at home. Researchers re-assessed the child after the intervention and found that his quality of life had increased in several areas such as emotional, social, and physical health. Based on the initial positive results, researchers hope to pursue additional studies involving children with disabilities and their family dogs.

From Dogtime.com

Pet owners searching for an apartment know it can sometimes be difficult finding a landlord willing to rent to you and your dog or cat. But once you find the perfect place, there are certain precautions you should take before signing your name to a lease and moving in.

Landlords are not necessarily skeptical of people with dogs or cats. Responsible pet owners are usually responsible tenants, and landlords who permit pets know they have a larger pool of prospective tenants to draw from — especially ones who are likely to stay longer if they feel their pets are welcomed.

But renters have their own burden. If a landlord is reluctant to rent for any reason, you may have to prove that you and your pet can live within set guidelines and be good tenants.

You should also read and understand the fine print regarding pets — size and weight restrictions, policies about barking, the number of dogs or cats you're permitted to own — plus security and cleaning deposits you'll have to pay. In recent years, some landlords have even begun charging pet rent; it's possible you may be charged \$30 a month for your pet, in addition to deposits.

Your ability to prove that you care for your dog may be what gets you through the front door — and it could be what keeps you there.

First, read the lease thoroughly, especially the parts that relate to your pet.

Make sure your dog or cat (or parakeet or snake, for that matter) fits within the limits established in the lease. If the apartment only allows small dogs and you own a Golden Retriever or a larger mixed breed, ask for an allowance — and then make sure it's written into the lease and initialed by you and the landlord. But negotiating might not always work. For instance, if a landlord does not allow a specific breed of dog because it can be known to be dangerous, don't expect him to stretch the rules.

Be sure that you understand any required deposits. Before moving in, do a walk-through with the landlord to identify existing marks on carpeting or walls. Take photos and attach those to the lease. When you leave, they may help you get back your deposit if you have kept your apartment clean.

The best way to convince your prospective landlord that you and your dog will make good tenants is to bring your dog for a visit when you find the right apartment. Bring along vet records

showing that your pet has been spayed or neutered, is in good health, and is up to date on all vaccinations. Show proof that you apply flea medication on a monthly basis. Be willing to put in writing that you'll keep your dog on a leash when he's on property and that you'll pick up and dispose of his droppings; also, that you'll prevent him from relieving himself in flower beds.

Some of these suggestions come from the San Francisco SPCA, which has had an Open Door Program in place for several years promoting policies and agreements between landlords and tenants. Prospective renters are shown how to write a pet resume and show their dog in the best light. Apartment owners are provided sample pet policies and checklists for screening and recognizing responsible pet people.

"It benefits people who have pets because it means they don't have to give them up, which benefits shelters, too," says Christine Rosenblat, a spokeswoman for the San Francisco SPCA.

Scamp Club

(Scampclub pets are not for adoption.)

Livi is a five-year-old Bearded Collie who was rescued when she was almost two. Wally was abandoned in Anaheim picked up as a stray and taken to the Orange County Shelter. Livi is an amazing therapy dog and Wally will be too.



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.

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 Poker an exuberant 1 year old Labrador Retriever. I'm great with other large dogs and children too, but I might do best in a home with older children as I'm very active and may accidentally knock over a smaller child. I have learned some basics - come, sit and I walk well on a leash. I'm super friendly and love to play. I'd make a great addition to an active family that has time for me too. I need daily exercise and playtime otherwise I'll find things to amuse myself with which might not be what you had in mind. If you have room in your home and heart for wonderful me, stop by and meet me! I'm sure you'll be glad that you did! Canine Adoption and Rescue League C.A.R.L.



Abby is a brown and white tabby domestic short hair. She is about 5 years old so has plenty of purrrrrfect years to be your best friend. Abby can be found in kennel #237 or just ask the friendly staff to introduce you. Ventura County Animal Services - Camarillo location - 600 Aviation Drive-Abby A648229



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

SPAN Thrift Store
SPAY/NEUTER ANIMAL NETWORK
 We are an all volunteer, nonprofit organization
 More Spays - Less Strays
 Volunteers Needed!
 Donations Always Appreciated!
 Spay and Neuter for Low & No Income Families in Ventura County
805.641.1170 110 A & B N. Olive St., Ventura CA 93001 www.spanonline.org

\$10 Low/No Income Spay & Neuter Friday, July 14th in SPAN parking lot. Must call for appointment (805) 584-3823



News & Notes



Employees competed in friendly competition in the Corporate Games. Photo by Cathy O'Brien.

Ventura Corporate Games

From March 25 to May 6, 79 businesses and over 10,000 employees throughout Ventura County, competed in 26 different sporting events, as part of a friendly competition the Corporate Games.

Employees were able to choose from a diverse array of activities including a 5K run, soccer, miniature golf, Texas Hold'em and bowling.

Participants gave countless hours of their time to projects and programs such as: The Ventura Pier Revitalization Project, Beach Clean-up, Harbor Wetlands Restoration and the Ventura County Rescue Mission, to name just a few.

Even though they "Played for the fun of it" they also played for bragging rights! The following were the overall and team unity winners.

- Overall Winners
- Team Unity Winners
- Division A: County of Ventura
- Division A: Amgen
- Division B: Oxnard Police Department
- Division B: Child Development Resources (CDR)
- Division C: Northrup Grumman
- Division C: Advanced Motion Controls (AMC)
- Division D: AECOM & Aerotek (tied)
- Division D: Chiquita Fresh



Answer in a Breeze

If you have a question you would like answered send it to editor@venturabreeze.com and we will try to get an answer for you.

Q. What happened to the cute trolley?
Evin Brown

A. Don't get alarmed the old trolley finally broke down. This bus is temporary, a brand new trolley is on the horizon.

Providing After-Hours Emergency and Critical Care Service for Your Pet

EMERGENCY



VETERINARY CARE



Dr. Nancy Scott
MS, DVM, DACVECC



Dr. Sarah Gray
DVM, DACVECC

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4547 Telephone Road Suite A, Ventura

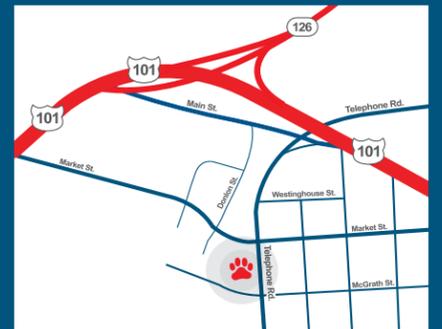


Open 7 Days a Week

Mondays - Fridays
5:00 pm to midnight

Saturdays
2:00 pm to midnight

Sundays
6:00 am to midnight



A HERMAN BENNETT FOUNDATION FUNDRAISER
HOSTED BY HARBOR COVE CAFE

WHERE: Harbor Cove Cafe 1867 Spinnaker Dr. Ventura, CA 93001

DATE: Saturday, June 10, 2017

TIME: 12 noon to 4pm

WHAT TO EXPECT! Food, Local libations of beer and wine.

LIVE MUSIC by Tom Weaver, games, vendors, and more!

VPD K9 Training Demonstration!

Meet Ventura Police Officers and their amazing K9 Partners!

Family fun! All ages! And, of course, your amazing Dogs are welcome!!

If you can not attend this event and want to support ROVER with a donation:

Contact: Amber Adam, Marketing Director, Herman Bennett Foundation

email: animalslivesmatter2@gmail.com **website:** hermanbennettfoundation.org



Sunday, June 18, is

Fathers Day!

Does Dad *really* need another tie? Bring him to the Vagabond to enjoy any of these home-cooked meals instead!

Grilled Halibut
with tarter sauce and cole slaw

Roast Turkey
with ALL the trimmings

Roast Pork
with cornbread dressing
and applesauce

**Golden Brown Fried
Chicken half**
with choice of potato

Roast Beef
with Au-Jus and choice of potato

Each served with soup or salad,
whipped or baked potato and choice
of Vagabond's own special dinner
dessert, made in our kitchen
by Chef Christopher!!



One of Ventura
County's most
long-lasting
privately
owned
restaurants!

**Established
1966!**



Vagabond

COFFEE SHOP and RESTAURANT

760 E. Thompson Boulevard, Ventura, California

(805) 643-1390

Open Daily 6am to 9pm Breakfast Lunch Dinner

News & Notes



Sal Cisneros, Sherry Gutsch, Health and Wellness Director and Claudia Steele-Major receiving Community Collaboration Award at 2017 YMCA annual meeting.

The Channel Islands YMCA celebrated the accomplishments of its 130th year

"The Community Collaboration Award is the highest tribute and recognizes a partner for their dedication and outstanding contribution to the mission of the Y - to strengthen the community. Over and above a provision of service, the recipient exemplifies a true partnership, offering participation and a joint interest in our cause. It is an honor to partner with Community Memorial Health System and recognize them this evening," said Sal Cisneros, President and CEO of the Channel Islands YMCA.

When LiveSTRONG™ at the YMCA was launched at the Ventura Family YMCA, we reached out to Community Memorial Health System's Coastal Communities Cancer Resource Center for referrals. They referred participants who had finished their cancer treatment and were ready to begin rebuilding their strength. Our LiveSTRONG program members are able to attend community events hosted by CMHS for free. The Y has been able to increase the number of cancer survivors in LiveSTRONG from 18 participants per year to 48 participants and growing.

This year's award was accepted by

Claudia Steele-Major, a representative from the Coastal Communities Cancer Resource Center at Community Memorial Health System and Sherry Gutsch, Health and Wellness Director, Ventura Family YMCA.

There will be a One-Mile Survivor Walk at the 18th Annual 5K Walk taking place on Saturday, July 29 at 8am. Visit ciymca.org/ventura5k to register. For more information about the LiveSTRONG Program at the Ventura Family YMCA, visit <http://www.ciymca.org/ventura/> or contact Sherry Gutsch at Sherry.Gutsch@ciymca.org or 642-2131.

The Y is the nation's leading nonprofit committed to strengthening communities through youth development, healthy living and social responsibility. The Channel Islands YMCA serves over 46,000 individuals and provides over \$1.3 million in financial assistance to families in need for child care, YMCA memberships, away and day camps, youth sports, and teen after-school programs.

For more information at the Ventura Family YMCA, visit <http://www.ciymca.org/ventura/> or call 642-2131.



Attend the City of Ventura's Parks Recreation and Community Partnerships (PRCP) Department, Leo Robbins Sailing Center summer Sailing and Kayaking Camp. Each day holds a new adventure and different water activities: sailing, kayaking, SUP, beach trips, swimming and much more. Returning campers improve skill levels and take on more advanced sailing challenges. The Leo Robbins Sailing Center is located at Marina Park. Children must be between the ages of 9 - 13 years old (volunteer opportunities for 14 - 17 YO). \$165 per one week session/per child.

From June 19 until August 14. For more information and to register, go to www.cityofventura.ca.gov/sail or call 658-4726.



Ventura County Bird Club presents, with the Havasi Wilderness Foundation "Birds and Wildlife Around the World." Join in this exciting adventure as they explore plants, birds, mammals, and environmental "breaking news" from 11 countries and visits to 10 World Heritage sites.

Thursday, June 29 at 7pm at the Ventura Moose Lodge 1394 at 10269 Telephone Rd. visit www.venturacountybirdclub.org and www.havasiwf.org for more information.

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.

Crime Spree with Attempted Armed Robbery Arrest

On May 24, at approximately 12:30am, the Ventura Police Department received a call of a theft of a large amount of alcohol from the CVS store at 5900 Telegraph Rd. The suspect reportedly left in a vehicle. As officers were responding to that call, a second 9-1-1 caller reported a woman screaming from a vehicle in the McDonald's drive-thru in the same shopping center. Officers arrived and contacted that female, who said that a man had run up to her open driver's window at the drive-thru, leaned in, produced a knife, and demanded her money. A witness rode up on a bicycle and the suspect was distracted, allowing the victim to escape by rapidly driving away. A witness saw the same suspect shatter the window of a nearby parked vehicle just prior to approaching the female at the drive-thru. Video surveillance footage captured images of the suspect.

Officers canvassed the area and located the suspect, who was identified as 19 year old Ventura resident Xavier Servin, in the 5600 block of Telephone Rd. Servin was in possession of the property that had been stolen from CVS, as well as the knife used in the robbery. Servin resisted arrest and sustained a minor injury. He is being treated at VCMC for his injury and will be booked at the Ventura County Jail for Attempted Robbery, Shoplifting, and Resisting Arrest.

The investigation into these crimes is on-going. Please call 805-650-8010 if you have any further information.

Residential Burglary / Possession of a Firearm & Dagger

On May 28, at approximately 12:45am, the Ventura Police Department Command Center received a 911 call reference a residential burglary that was in progress. The victim said the suspect was currently hiding in her garage. While officers were responding the victim reported that her husband was speaking with the suspect outside the garage and was attempting to detain him.

Officers arrived and were told the suspect had just fled on foot down the street. Officers began to attempt to locate the suspect but were unsuccessful. Officers at the scene located a backpack that contained a .22 cal revolver handgun inside it with a bag full of .22 cal ammo.

K9 Rover and his handler were requested in order to start a hard surface track for the suspect. K9 Rover very quickly was on the track and headed westbound on Stanford St. K9 Rover led officers into a yard approximately 6 residences from the victim's residence and began to alert on several bushes to the side of this residence. This area was very dark and officers could not see into the bushes even with their flashlights. K9 Rover's handler began to yell out to the suspect and the suspect, 37 year old Ventura resident Steven Bohannan, slowly crawled out from under the bushes.

Bohannan was taken into custody without incident. During the search of Bohannan he was found to be in possession of a dagger that was concealed on his person.

Vandalism Arrests

On May 29, at approximately 5pm, two officers were on patrol in the area of Ventura Blvd. and Victoria Ave., when a citizen stopped them and reported seeing two subjects in the process of vandalizing an electrical box near the intersection of

Ventura Blvd. and Seahawk St. The officers responded to that location and saw the two subjects, later identified as 26 year old Ventura resident Jorge Magallanes and 25 year old Ventura resident Ernesto Orozco, still tagging the electrical box. Officers detained them both and determined both were conspiring to commit the act of vandalism.

During the investigation, officers determined Magallanes and Orozco were vandalizing for the benefit of a gang.

Both were arrested and booked into the Ventura County Jail for conspiracy, vandalism and a gang enhancement. Orozco was also arrested for several outstanding warrants.

The public can report damage from graffiti by leaving a message on the City of Ventura's Graffiti Removal Hotline number at 654-7805.

Felony Child Endangerment

On May 30, at 1:30pm, officers responded to the Ventura County Medical Center reference a call of an infant child testing positive for amphetamines. The 1-year-old child had been brought to the hospital by his father, after the father suspected the child had ingested water from his mother's illegal smoking device. The smoking device was left in the reach of the child and when the father found the child acting strange, he concluded the child had gained access to the smoking device.

At the time the child ingested the water, he was in the care of his mother, later identified as 29 year old Ventura resident Ashley Cargnino. Officers later conducted a follow up at the residence and arrested Cargnino. She was booked into the Ventura County Jail for felony child endangerment.

The child was transported to Cottage Hospital in Santa Barbara. At this time, the condition of the child is not known.

Attempt Commercial Burglary Arrest

On May 31, at approximately 4:15am, the Ventura Police Command Center received a 911 call of a burglary in progress at Roger's Pharmacy on Loma Vista Rd. As the suspects were attempting to gain entry into the business with the use of a pry bar the alarm sounded and the suspects fled in a vehicle. The reporting party reported to the Command Center the description of the vehicle.

Officers responding to the call observed the vehicle and began to follow it as the front passenger discarded gloves and masks out of the window. The vehicle was stopped and the two occupants were detained.

The resulting investigation determined that the two suspects were attempting to pry open the window to the business to gain access to the pharmaceuticals when they were interrupted by the sounding alarm.

The suspects, 40 year old Signal Hill resident Thomas Dedmon and 20 year old Palmdale resident Jeffrey Phillips, were taken into custody without incident and booked into the Ventura County jail for attempted burglary and conspiracy to commit burglary.

Possession for sales & felon in possession of tear gas arrest

On May 31, at 7:30am, Ventura Police Department Street Crimes Unit Detectives concluded an investigation into the sales of methamphetamine by a suspect identified as 47 year old Ventura resident Scott Hughey in the 8600 block of Tahoe Drive.

This morning VPD detectives served a search warrant at Hughey's residence. During the search warrant detectives located over an ounce of methamphetamine and other items of evidence indicating Hughey was actively involved in the sales of methamphetamine. All of this was found in the garage area where Hughey was

living. Detectives searched Hughey's truck and found a canister of tear gas. Due to Hughey being a convicted felon, he is prohibited from possessing tear gas.

Hughey was later transported to the Ventura County Main Jail where he was booked on felony possession for sales of narcotics and the misdemeanor charge of convicted felon in possession of tear gas.

The investigation is ongoing. Anyone with information about this crime can contact the Ventura Police Department Street Crimes Unit Narc Hotline at (805) 339-4331.



A possible suicide on May 31 stopped through traffic on Vista Del Mar for 2 hours.

Suicidal Subject

On May 31, at approximately 6pm, the Ventura Police Department Command Center received a 911 call from a caller reporting a subject sitting on the railing of the overpass on Vista Del Mar Rd. at Seaward Ave. The caller said that the subject, later identified as a 19-year-old female, appeared as though she was preparing to jump. Officers arrived on scene and found the subject still sitting on the railing, approximately 30-35 feet above the roadway and passing vehicles. Officers immediately made verbal contact with the subject and began attempts to negotiate with her, while additional officers closed Seaward Ave. in both directions to vehicle traffic. At first, the subject was uncooperative with officers and refused to speak to them.

Officers, who are trained in crisis intervention, continued attempts to negotiate with the subject for approximately 2 hours. Several times while officers were speaking to the subject, she would move from sitting on the railing to actually climbing onto the outside of the ledge and making movements as she was preparing to jump.

The subject finally started to verbalize with officers, and ultimately agreed to climb off the railing. Once she was safely away from the ledge, officers detained the subject. She was later transported to Ventura County Mental Health for an evaluation.

Members of the Ventura County Behavioral Health Crisis Team also

responded to assist in negotiations.

All of the roadways were reopened after the incident.

Harbor Patrol Blotter

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

5-24 8:55am, received a report of a boating accident near Ventura West Marina. Officers responded and investigated the incident of a vessel colliding with a trimaran vessel moored at an end tie of Ventura Isle Marina.

5-25 2:45pm, officers observed the U.S. coast guard cutter "George Cobb," a buoy tender, cleaning and painting the "V2" navigation buoy off the Harbor.

5-26 11:40am, received a report of an injured pelican at the Ventura Yacht Club. Officers responded, captured the injured bird and contacted CI Marine Wildlife Institute volunteer to assist and pick up the bird for treatment.

5-27 8:20am, received a report of a dog fight at Ventura Harbor Village from Dockmaster. Officers responded, found the owner with his dog on a leash, and issued a warning for dog off the leash, which was the original report. The injured dog and owner were not located; left the scene before officers arrived.

11:55pm, received a "Mayday" call on VHF 16 from a commercial fishing vessel. The captain was confused and believed he was in Santa Monica Bay. Officers responded in the fireboat and discovered the 36ft vessel aground upcoast of the Santa Clara Rivermouth. Unable to tow the vessel because it was literally on the beach, officers returned and re-responded in the truck to assist. The captain did not cooperate and officers were unable to ascertain what had happened. He was eventually transported to local hospital and the vessel was towed off the beach the following day. The matter is still under investigation by U.S. coast guard.

5-28 2:17pm, received a report of a 90ft fishing seiner taking on water. Officers responded to VHV docks and found the vessel low in the water. The crew was aboard and had mitigated the problem: a faulty bilge pump and were dewatering the vessel when officers arrived.

10:30pm, officers observed TowBoat US salvage the fishing vessel that went aground late Friday night near the Santa Clara Rivermouth.

5-29 6:15am, received order from the commander-in-chief to lower flags to half-mast in honor of those who have served our country.

7:27pm, received a dispatch to an unknown medical at the intersection of Spinnaker / Harbor. Officers responded and discovered a local female transient intoxicated no medical.

Weekly SUDOKU

Answer

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

King Crossword

Answers

Solution time: 25 mins.

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



Youth

The best summer ever starts at Ventura Family YMCA

Ventura Family YMCA is offering day/sleepaway camp to make sure kids and teens in Ventura are adventurous, active and healthy this summer. YMCA camp programs offer youth fun and unique experiences with an opportunity to explore the outdoors, meet new friends, discover new interests and create memories that last a lifetime.

Summer is the ideal time for kids to get up, get out and explore. But, for some kids summer means no access to recreational and educational activities to help them learn, grow and thrive during out-of-school time. As a result, some kids can experience learning loss and gain weight twice as fast than during the school year. Attending Ventura Family YMCA summer camp is a wonderful opportunity for kids to keep their minds and bodies active.

Summer camp is all about a wide variety of new experiences and exploring the outdoors. YMCA camps have a new adventure for every child and teen.

Day and sleepaway camps offer fun, stimulating activities that engage the body and mind, and also help children and teens learn the im-

portance of nutrition to help improve their healthy eating habits.

While in the welcoming environment of camp, youth have a chance to learn new skills, and develop confidence and independence by taking on new responsibilities and challenges. Camps offer cognitive learning and social-emotional development opportunities for achievement.

Summer camp is an unforgettable experience that will give each camper memories (and camp traditions) that will last a lifetime. Youth return to school with plenty of camp stories to share!

The Ventura Family YMCA offers a wide variety of camps. And, to ensure that all youth have the chance to experience camp, the Ventura Family YMCA offers financial assistance to those in need. If you're interested in helping send kids to camp this summer, you can donate to the Y at www.ciyymca.org/give

For more information, visit www.ciyymca.org/ventura or contact Julie Obrien, Youth Programs Director at 642.2131 or Julie.obrien@ciymca.org.

Ventura County Medical Center's newest volunteers

Starting May 22, the Ventura County Medical Center's (VCMC) Emergency Room, operated by Seaside Emergency

Associates, Inc. will be accompanied by new, caring faces as high school and college student volunteers begin their positions as Emergency Room Greeters.

Volunteers from various schools throughout Ventura County, including Foothill Technology High School, Ventura High School, Camarillo High School, and Ventura College, will be guiding and assisting patients, family members, and visitors while they are waiting in the department. Not only will they be interacting with patients and their families, but will be in direct communication with nurses and staff regarding inquiries of patient conditions for visitors.

This volunteer position provides not only training and knowledge to our future nurses and doctors of a Level II Trauma Emergency Room activity, but also continued involvement and efforts as a Ventura County community member.

For more information or to join the volunteer team please contact: Margarida Eidson, Operation Manager, Seaside Emergency Associates, 216-7277 or margarida@live.com.

Fun on the farm-summer opportunity for youth ages 9-12

Imagine spending a week on the farm learning how to take care of our natural environment! Learn what it means to be sustainable through fun, hands-on activities based around five major themes: Land, Water, Food, Air, and Energy...bake a snack in a solar oven, use people power to make a smoothie on a blender bike, create a worm compost bin and much more.

4-H Sustainable You! Summer Camp 2017 is a collaboration between the Youth Development Programs at the University of California Hansen Agricultural Research & Extension (UC HAREC) and the City of Ventura Environmental Sustainability Division and Ventura Water Department. Camp will be held at UC HAREC located at 14292 W. Telegraph Rd. in Santa Paula.

June 19-23 from 9 a.m. to 12 p.m. \$45 includes five days of camp and a T-shirt. Provisions available to reduce/cover program fees. Space is limited, online registrations is required: <http://harec.ucanr.edu/?calitem=357388&g=72546>

More information at 525-9293 ext. 206.

Cabrillo plans affordable housing tour

To provide awareness of the critical need for affordable housing in Ventura County, Cabrillo Economic

Development Corporation is hosting its first-ever Affordable Housing Bus Tour as part of its 35th Anniversary Celebration and NeighborWorks Week activities.

The tour, which will take place from 10 a.m. to 3 p.m. June 8, will make stops at four diverse Cabrillo properties, including an innovative LEED certified property, a transformed farmworker property, family housing and a senior property.

In regions like Ventura County, housing costs are among the highest in the nation. The latest median income figure for Ventura County is \$88,300 with an average rent of just more than \$1,800 per month. Cost-burdened residents struggle to make ends meet, and as a community leader, Cabrillo is doing its best to make people aware of this plight.

Tour attendees will include elected and city officials, business professionals, Cabrillo community partners and media.

Check-in will be at 10 a.m. at Snapdragon Place Apartments, 11094 Snapdragon St., Ventura (parking available). At each stop, attendees will be able to tour the properties and hear about the various aspects of Cabrillo's mission.

At 12:30 p.m. you will be at the Azahar Place Apartments, 111370 Mimosa St., Ventura.

Lunch and refreshments will be provided. For more information or to RSVP, please contact Jeanette Villanueva, Organizational Advancement Manager, 672-2597 or jvillanueva@cabrilloedc.org. Bus seats are limited, and reservations are made on a first-come, first-served basis.

Mailbox

Continued from page 4

a car stolen and all this will be resolved by him and the courts. I am writing because with so very many daily awe full confirmed crimes/stories reported why you would choose to report a "non incident" as news worthy? Not what I have enjoyed or known of and about the Breeze to report?

I would rather see the names and faces of people I should truly be looking out for in our neighborhoods, albeit the Ventura star helps with that.

Respectfully,
(name withheld)
Name withheld

Why are you calling a police report an article? We write articles and just report police reports. Do you really expect us to somehow play jury and decide who in each police report is innocent or guilty? That is for a judge or jury to decide.

If this was indeed a rental car (name withheld) will be eventually found innocent or the case won't even go to court. When this happens please let us know and we will be happy to report that to our readers.

We have police reports in every issue that you have enjoyed.

The following is at the beginning of our police reports. "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."

Thank you

A Contest



What business is now located in this building in Downtown Ventura?
The first correct entry will receive two tickets to the Ronald Reagan Library (value \$58.00).

Send your answer to editor@venturabreeze.com.

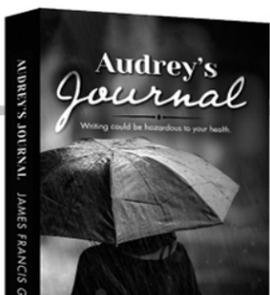
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JAMES FRANCIS GRAY Audrey's Journal

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This 'n' That

Elks install new officers

The Ventura Elks Lodge #1430 has installed new officers to assume leadership for the year 2017-18. Installed were Kathy Pendergest, Exalted Ruler; Stacey Gilbert, Leading Knight; Mike Pendergest, Loyal Knight Lou Garcia, Lecturing Knight. Susan West will continue as Secretary; Sheryl Holloway assumes Treasurer Duties; Grace Vega, PER will serve as Esquire.

Honored as Elk of the Year was Ron Reischel; Officer of the Year, Carl Ivey (posthumously); and Boy Scout Leader, Troop 101, Craig R. Carey as Citizen of the year. Dinner and dancing followed the ceremony catered and served by members of the Thousand Oaks Elks Lodge.

"The Ventura Elks have recently re-decorated our Club Room and plans are being drawn up for inner and exterior renovation. We are striving to make are Lodge more inclusive and to provide our community with an attractive and affordable venue for events and new membership," said Pendergest. Ventura Elks is located at 2126 Knoll Drive. Phone 639-0303 or www.venturaElks@gmail.com

Make a difference with CMH

Are you looking for a way to get involved and make a difference in your community? If you are, then a wonderful

opportunity awaits you at Community Memorial Hospital.

For decades the CMH Auxiliary has been a vibrant organization that provides comfort and assistance to patients and their families as well as assistance to the hospital staff. With the opening of the new Ocean Tower of Community Memorial Hospital by the end of this year, it is a great time to join our family of volunteers.

The Auxiliary is organized by services which represent various functions throughout the hospital. Whether you assist in the Gift Shop, greet and provide information for visitors at the front desk, or help out in the pharmacy or emergency departments, to name just a few, there is a place for you. You can begin the application process by simply requesting an application from any volunteer at the CMH reception desk.

Being a CMH Auxiliary volunteer is a fulfilling experience at any age as it provides an opportunity to share your talents and life experiences while serving others.

"A Brighter Tomorrow for Today's Children"

June 15 will be the regular monthly meeting of Assistance League of Ventura County at the Chapter House, 913 East Santa Clara St. Doors open at 9:30 am., meeting begins at 10:00, with guests and new members welcome. Assistance League is creating "A Brighter Tomorrow for Today's

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Children" through several philanthropic programs: B.U.F.F.Y. Bear, Operation School Bell®, Girls Club/Teen Club, and Assistance League School for young children with learning disabilities. The Bargain Box Thrift Shop 3351 Telegraph Road helps fund these programs.

Assistance league meets monthly on the 3rd Thursday of each month. Find more information at assistanceleagueventuracounty.org or Email alvconline@hotmail.com.

Telephone Monday - Friday 8am - 2pm at 643-2458.

Tee-Off Golf Tournament

Saint Bonaventure High School will host its 1st Summer Tee-Off Golf Tournament on Thursday, June 22 at Moorpark Country Club. All proceeds from the event

will support efforts to renovate and upgrade classrooms and educational facilities.

Check-in will begin at 11 a.m. with a Texas Scramble shotgun start at noon. Individual entry fee is \$125 which includes green fees, box lunch and entry into the Putting Contest, Longest Drive and Closest to the Pin events. Entry fee for SBHS alumni is \$110.

Sponsorship packages ranging from \$100 - \$5,000 are available. Individuals or businesses interested in being a sponsor, donating or playing in the tournament may contact Dawn Norkewicz at 648-6836 x114.

As a community of faith founded in 1963, inspired by Christian values and celebrated in Catholic tradition, Saint Bonaventure High School fosters a shared dedication of personal excellence. We are a college preparatory co-educational institution committed to the education of the whole person, entrusting to each student the values, knowledge, and wisdom to witness the call to serve and transform the world.

Patricia Fasen - Finding Your Perfect Home!
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Person to Person

by Jennifer Tipton

I asked 6 Ventura resident dads: What's your favorite way to spend Father's Day?



Scott Brown, age 59, Navy engineer.
"Hanging with my son Adam, we'll probably go fly Adam's drone."
Scott is dad to 17-year-old Adam.



Alan Nelson, age 43, Environmental consultant.
"I love starting off with breakfast with my wife Marie and the kids, and then hopefully a barbeque in the afternoon."
Alan is dad to 10-year-old son Tyler



Bret Klopfenstein, age 35, Teacher with the VUSD.
"Hopefully be at the beach with friends. I also enjoy playing with my son, his favorite is Legos and he's really good."
Bret is dad to 2-year-old son Bo and he and his wife are expecting!



Phil Youker, age 73, Retired computer systems analyst.
"I like to spend it with my grandkids, but I also like to watch the U.S. Open - that's golf you know. The final round is always on Father's Day, so I record it and watch it later."
Phil is dad to 2 and granddad to 5.



David Potter, age 43, Operations Manager for FedEx.
"I like to go out to eat, probably Wood Ranch - food and drink, relax and NOT work! With all the family, of course!"
David is dad to 21-year-old twin boys Nathan and Collin.



Jim McCurdy, age 66, works for Terry Berries.
"I'll spend the day with my grandson doing whatever he wants to do. He's 2, he likes playing with trains and he loves to swim!"
Jim is dad to 1 son, 1 daughter and 1 (very lucky) grandson.

Wine in the Pines
In The Pine Mountain Village Center
Saturday June 10, 2017
1pm to 4pm - VIP Entry @ Noon
Tickets \$55 in Advance \$70 @ The Gate \$80 VIP Tickets
Fine Wineries ~ Specialty Beers
Gourmet Food ~ Live Music
Wine Related Vendors
Tickets & Information
www.wineinthepines.com
info@wineinthepines.com
Proceeds benefit Relay for Life of The American Cancer Society
Follow us on Facebook
Presented by the Pine Mountain Club Commercial Property Owner's Association, Inc.
You Must Be 21 Years of Age to Drink Alcoholic Beverages at this Event



by Pam Baumgardner
VenturaRocks.com

The Ojai Music Festival is underway taking over several venues and running June 8 – June 11. You'll need tickets for most events, but there are several free concerts throughout the week. You can get information at OjaiFestival.org.

Rene Ponce gave me the lowdown on Goodnight Kiss when they recently played at Ollie's Duck and Dive in Malibu. He told me they've played there several times, but this last time Kid Rock was in the crowd and accepted the band's invitation to join them for a couple of tunes. How cool is that? The guys return to Ventura on June 17th when they open for Brothers Fortune at Bombay's

The Ventura Beach Club has been booked on Saturday, June 17th by Stay True and ideal Music Collective hoping to alleviate those "No-Warped-Tour-Again-This-Year-Blues" by lining up bands and DJs indoors and out. On the bill includes Split Second, Love Thing, Yearbooks, No Advisory, Two Brothers and Pretty Well. If you love punk, ska, emo & pop, you won't want to miss this one.

Ones to Watch Productions (O2W) have announced that Grammy Award winning artist Lucinda Williams will be headlining this year's Topa Topa Folk Fest at the Libbey Bowl in October. Leading up to the event, O2W will be hosting a folk fest showcase on June 17 at Topa Mountain Winery featuring Justine Bennett, Tim Curran, The Brambles and Shane Alexander. Get more information on all their events at TopaTopaFolkFest.com.

Quick notes: You can get your tickets for Roadshow Revival with Los Lobos headlining on Saturday, July 1 at Discovery at RoadShowRevival.com; The Wine Rack is rebranding itself as Vintura Tasting Room & Wine Rack; the Boatyard Café is undergoing some upgrades and I understand renaming itself as the Boatyard Pub; Alastair Greene is heading out to jam at the Chicago Blues Fest on June 10; Shawn Jones returns from Europe and will be at Grapes and Hops on Saturday, June 17; and finally don't miss Alex Nestor when she plays at Café Fiore, on Friday, June 16, she opened Sunday (May 28) at the Simi Valley Cajun and Blues fest.

And finally, I've officially made a name change for my radio show on CAPS Media's KPPQ-LP, 104.1 FM. I seriously thought about calling it Pam on the Rocks, but out of respect to Rodney Bingenheimer (Rodney on the Roq), I opted against it; and because I can't use Ventura Rocks, my third chose, and apparent final choice is: The 805 Music Scene with Pam Baumgardner. The name alone encompasses more than Ventura, even more than Ventura County which is good. I still play indie artists from outside our area who have caught my ear, and I spin tunes from bands who have come here to play. Tune in and support local music Tuesdays and

Fridays 5-6 pm.

Do you have any music-related news or upcoming shows you want help publicizing? 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

Sundays: 9 pm Karaoke
Mondays: 6 pm Karen Eden & Bill Macpherson; 9 pm Musician's Night Out
Tuesdays: Open Mic
Wednesdays: Locals Showcase
Fri 6/16: The Inside Break, Nucklehead
Sun 6/18: 5 pm Corsican Brothers; 9 pm Karaoke

Bombay Bar & Grill

143 S. California Street

Wednesdays: Jam Night
Fridays: DJs
Saturdays: DJs
Fri 6/9: Ash Aria, Cooper & Queen, We Govern We
Sun 6/11: 5 pm The Barn Burners, The Tenderloin, Serena
Sat 6/17: Brothers Fortune, Goodnight Kiss

Café Fiore

66 S. California Street
(805) 653-1266

Wed 6/7: Bryan McCann
Thurs 6/8: Coso Live
Fri 6/9: Young Dempsey
Sat 6/10: Red Muffs
Sun 6/11: NIS Roots
Tues 6/13: Fabulous Hangovers
Wed 6/14: Big Adventure
Thurs 6/15: Amber & Smoke
Fri 6/16: Alex Nestor
Sat 6/17: Otis Hayes
Tues 6/20: Bernie Meisinger

Cask Alehouse

5952 Telegraph Road

Music Thurs 8 pm; Sun 4 pm
Thurs 6/8: Sarah Lightman
Sun 6/11: Kentucky String Band
Thurs 6/15: Hot Cuppa Three
Sun 6/18: Soul 4 II

Copa Cubana

Ventura Harbor Village

Week nights 7 pm; Sundays 3 pm
Fri 6/9: Brandon Ragan Project
Sat 6/10: Hot Roux
Sun 6/11: Brandon Ragan Project
Fri 6/16: Havana Cinco
Sat 6/17: Havana Cinco
Sun 6/18: Hot Roux

Discovery

1888 Thompson Blvd

Late Fridays 10 pm: Flashback Fridays
Late Saturdays 10 pm: Disco Bowl
Thurs 6/8: Gonzo, aloha Radio, Dubbest, Shams
Sat 6/10: The Band that Fell to Earth
Thurs 6/15: The Question, Truezion
Fri 6/16: Metalachi

Duke's

1124 S. Seaward

Sat 6/10: 1-4 pm Rin-Kon-Tiki

El Rey Cantina

294 E. Main Street

Fridays: 4 pm Xoco Moraza and Friends
Saturdays: 9:30 DJ Erook

Four Brix Winery

2290 Eastman Avenue

Fri 6/9: Fido

Garage

1091 Scandia Ave

Thurs 6/8: Break the Tides, Noogy, Chill Child, Species Unknown

Golden China

760 S. Seaward

(805) 652-0688

Karaoke seven nights a week 9 pm

Tuesdays 7 pm: Open Mic

Sat 6/17: As Empires Fall, Wonton Soup, Gravity Layne

Grapes and Hops

454 E. Main Street

Wed 6/7: Phil Salazar Bluegrass Jam

Sat 6/10: Brandon Ragan Project

Wed 6/14: The Swillys

Sat 6/17: Shawn Jones Trio

Hong Kong Inn

435 E. Thompson Blvd

Mondays: Karaoke

Thursdays: Gypsy Blues Band

Fri 6/9: Hi Hat Entertainment presents

Teresa James & the Rhythm Tramps

Sun 6/11: 4 pm Del Franklin

Fri 6/16: Hi Hat Entertainment presents John Nemeth

Sat 6/17: The Brian Faith Band

Keynote Lounge

10245 Telephone Road

Tuesday and Wednesday: Karaoke

Thursday: Open Mic

Sunday: Karaoke

Fri 6/9: Stranglehold

Sat 6/10: Unusual Suspects

Fri 6/16: Whiskey Stone

Sat 6/17: Fasha & the Flapjacks

Made West Brewing

1744 Donlon Street

Thurs 6/8: Shea Salisbury

Sat 6/10: Erisy Watt

Sun 6/11: Skin and Bones

Thurs 6/15: Jeff Uzzel

Sat 6/17: Sea at Last

Majestic Ventura Theater

26 S. Chestnut Street

Tues 6/10: Phora

Margarita Villa

Ventura Harbor Village

Tuesdays: Dave Rae

Fri 6/9: Firestick

Sat 6/10: Cross cut

Sun 6/11: Greasy Kid Stuff

Fri 6/16: James Bros

Sat 6/17: Vertigo Blend

Sun 6/18: Vanise & John Band

Patio at The Players Casino

Auto Center Drive

Fri 6/9: Instone

Sat 6/10: Natalie Gelman

Plan B Wine Cellars

3520 Arundell Circle

Sun 6/11: 4:30 pm Midlife Crisis

Poinsettia Pavilion

3451 Foothill Road

(805) 648-1143

Music 7:30 pm

Fri 6/9: Ventura Jazz Orchestra

Mon 6/12: Teddy & Betty, DJ Dennis

Mon 6/19: Dick Parent Band

Red Cove

1809 E. Main Street

Thursdays: Music Club Open Jam Night

Sandbox Coffeehouse

204 E. Thompson Blvd

805-641-1025

Thurs 6 pm, Weekends noon

Thursdays Open Mic

Sat 6/10: Herbal Rootz

Sun 6/11: Patrick Gillham

Sat 6/17: Grant Dougharty

Sun 6/18: Patrick Gillham

Sans Souci

21 S. Chestnut

Sundays: DJ Darko

Mondays: Karaoke

Tuesdays: Transform Tuesdays w/ DJ

Wednesdays: Open mic

Thursdays: DJ Spinobi

Fri 6/9: Blues Bullet

Sat 6/10: Flames of Durga, Strange Weather

Fri 6/16: DJ Pistolero

Sat 6/17: Porcelain Hill

Social Tap

1105 S Seaward Avenue

Sun 6/11: 2 pm Sin Chonies

Squashed Grapes

2351 E. Main St.

805-643-7300

Live jazz music 7-10 pm

Wed 6/7: Meridian Trio

Thurs 6/8: Lett, Mancini & Dutz

Sat 6/10: Equinox

Wed 6/14: Bevan Manson & Friends

Thurs 6/15: Native Vibe

Fri 6/16: Hans Ottsen Trio

Sat 6/17: Rachel Flowers Trio

Star Lounge

343 E. Main Street

Tues: Karaoke

Fri 6/9: Big Adventure

Sat 6/10: Time Bomb

Sun 6/11: 3 pm Bomba Fiya

Fri 6/16: Action Down

Sat 6/17: Inna Rude Mood

Sun 6/18: 3 pm Rising Son

Surf Brewery

4561 Market Street

Music 6-8 pm

Sat 6/10: Moss Man

Sat 6/17: Southside Richie

The Tavern

211 E. Santa Clara Street

(805) 643-3264

Sundays: DJ Steezy Steve

Metal Wednesdays

Get it Right Thursdays DJs

Fri 6/16: Soul Infusion

Fri 6/9: DJ Ayce

Sat 6/10: Rich Sheldon

Topa Topa Brewing Co.

104 E. Thompson Blvd

(805) 628-9255

Music 6 pm

Tuesdays: Jeff Uzzel

Wed 6/7: Open Mic

Ventura Beach Club

281 W. Main Street

Sat 6/17: Split Second, Yearbooks, Love

Nothing, No Advisory, Two Brothers,

Pretty Well

Ventura High School

2 N. Catalina Street

Thurs 6/8: 6:30 pm Songfest w/

Noteables, Crescendo

Sun 6/11: 3 pm Ventura County Concert Band

The Wine Rack (Ventura)

14 S. California Street

(805) 653-9463

Thurs 6/8: Jason Ho

Fri 6/9: 805 Allstarz

Sat 6/10: Paul Mars Black

Sun 6/11: Juanita

Thurs 6/15: Alfred Morales

Fri 6/16: Paul Mars Black

Sat 6/17: Déjà vu Too

Sun 6/18: Alfred Morales

The 805 Bar

Ventura Harbor

Music at noon

Sun 6/9: Frank Barajas

Sat 6/10: Noon Kenny Devoe; 8 pm

Teresa Russell

Sun 6/11: Noon Kenny Devoe

Thurs 6/15: Carlo Fontane

Fri 6/16: Carlo Fontane

Sat 6/17: Noon Kenny Devoe; 8 pm Jason Ho

Sun 6/18: Noon Kenny Devoe; 7 pm

Carlo Fontane



Student artists at Cabrillo Middle School are “going big” for their first-ever chalk festival June 7-9, by welcoming the artist who holds the Guinness World Record for the largest chalk painting by an individual.

Tracy Lee Stum will teach art classes on campus Wednesday, June 7, and support students the following two days as they “amplify” well-known paintings into large designs on the asphalt around campus.

In 2006 Tracy added the Guinness World Record for the largest street painting by an individual. In 2013 she was honored to be a contributor on the Cannes Gold Lion award-winning team for their work in the now iconic Honda CRV commercial.

The student work will take place June 7 and 8 as students create works of art directly on the asphalt. Cabrillo art instructor **Teri Willison** of Ventura will oversee the work and guide students, along with Stum.

The public is welcome visit campus June 9 to view the works. At the lunch break on Friday, between 11:40 – 12:15 p.m., Cabrillo’s wood shop students will showcase their pieces, including cabinets, benches, skateboards, turned bowls and more. Cabrillo’s award-winning Jazz Band also will perform. Photo courtesy of Tracy Stum.



Discover the hand-made ceramic work of over 25 clay artists as they showcase their work during the Ojai Music Festival. In addition, several artists will be demonstrating their fine art and craft skills including **Scott Semple**, internationally known for large pots. Learn many secrets of working in clay as you meet the artists and see samples of different techniques. All of the artists will have

work for sale. Saturday, June 10 and Sunday, June 11, 10 AM – 5 PM both days. Libby Park in Ojai.

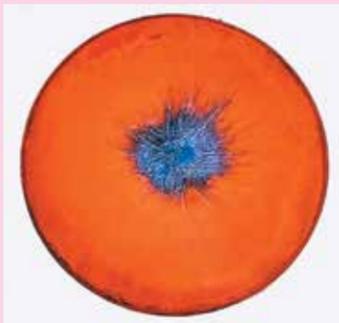
The Ventura County Potters Guild is a non-profit organization. This is their major annual fundraiser and supports ceramic education and venues for local artists. Work can also be seen year round at their gallery store in Ventura Harbor.

More information about the show or Guild membership can be found at venturapottersguild.org.

Dab Art is pleased to present *Departure Theory* at H Gallery in Midtown Ventura. This multidisciplinary collection of abstract work features 22 artists hailing from the United States to Australia, each selected for their deliberate deviation from conventional art principles. These artist’s theoretical compositions though dissimilar, reflect the social, emotional and intellectual preoccupations in all areas of modern culture.

An ambitious and unexpected exhibit, *Departure Theory* is a diverse medley of contemporary abstracts. Including a large scale hanging installation, geometric sculpture and conceptual art. Not confounded by generic limits, the visual comprehension of each piece in this exhibition introduces a sense of infinite possibility in highly controlled compositions. Opening Reception | Saturday, June 17 7-10pm.

626 8876 | www.dabart.me
1793 East Main Street



Natural Pigment Still Life, Brennan, Meiners Oaks Elementary, Grade 5

FOTM Learning To See Outreach Art Showcase

Come to this celebration of vibrant expression, and see how the rich creativity of artists of the Ojai Valley nurtures and inspires our youth, connecting them to community, nature and the world in which they live. This exhibit features artwork created with Learning To See Outreach in the 4th, 5th and 6th grades at Meiners Oaks Elementary. This unique 8-week program and exhibition was made possible by a grant from the City of Ojai.

Contact Aimee French for more information 653-2501 Aimee@FocusontheMasters.com

June 8 – 30, 2017 at Meiners Oaks Library
114 N Padre Juan Ave, Ojai

Mon. & Tues. 10am - 1pm & 2pm - 6pm

Wed. & Thurs. 1pm - 6pm

Fri., Sat. & Sun. Closed

July 6 – August 3, 2017 at Downtown Ojai Library

Mon. – Thurs. 10am - 8pm

Fri. 12pm - 5pm

Sat. & Sun. 12pm - 5pm



In a previous Breeze issue we featured the wonderful pencil drawings of **Andrew James Rodriguez** featuring Ventura’s homeless population. Several of his pieces are on display at The River Community located at 859 E. Santa Clara. Just ask where you can find them

Go to www.facebook.com/AndrewRodriguezArt to see more of his wonderful art.



The VC Arts Collective Studio in the Pacific View Mall.

Paint and Sip class with **Lorrie Morgan**. Come create your painting, have fun and sip on wine. Date 6/17 at 5:30pm to 8pm Cost is \$40.00

Pastel Class with **Tasia Erickson**. 3 Mini Abstracts are on the menu! All Supplies provided. 3 hour class Cost \$57.00 Date: 6/25 1pm

Saturdays 11am Kids’ class for 5 to 8 years old. 1 hour classes. Study different artists and different modalities. Cost is \$20. For more information 676-1540.



Felt sculpture by Julia Ford

Fiber Arts Exhibit at Vita Art Center | 432 N. Ventura Ave. Studio 30 644-9214 Vita Art Center is excited to exhibit the work of 4 exceptional contemporary fiber artists each showing a unique use of material, form and technique. Fiber art is defined as fine art which consists of materials that are natural or synthetic fiber and other components. It focuses on the materials and on the manual labor on the part of the artist as part of the works’ significance, and prioritizes aesthetic value over utility until June 30.



Lighter Breeze

Mother Goose and Grimm



Rhymes With Orange



Shoe



Crock



Hagar the Horrible



Barney Google and Snuffy Smith



Solutions on page 21

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

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

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!

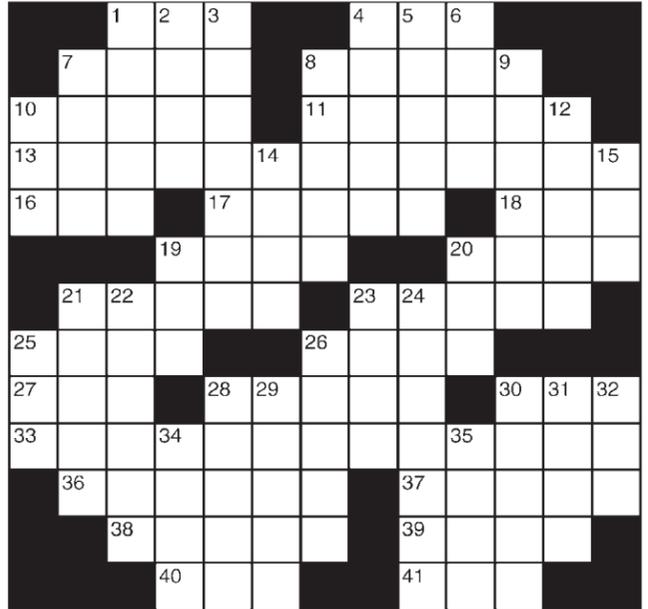
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Solutions on page 21

King Crossword

ACROSS

- 1 Space
- 4 Recipe meas.
- 7 Lass
- 8 Luster
- 10 Calcutta's land
- 11 High, wispy cloud
- 13 Orphan Annie's benefactor
- 16 Really messy place
- 17 Frogs' hang-outs
- 18 Whopper
- 19 Crooked
- 20 Witnessed
- 21 Representative
- 23 Dervish
- 25 "Two and a Half Men" role
- 26 Oodles
- 27 Cacophony
- 28 Colorado tribe
- 30 Chum
- 33 Spider's cousin
- 36 Certain winner
- 37 Assessed
- 38 Tittles
- 39 Iowa State's home



- 40 Scepter
- 41 Scratch
- 8 Meager
- 9 Centers
- 10 Egos' counterparts
- 12 Downhill athlete
- 14 Refuse to
- 15 D.C. fig.
- 19 Stiller or Affleck
- 20 Firmament
- 21 Rap sheet entry
- 22 Best Picture of 1982
- 23 Bambi, for one
- 24 28-Down, to Tokyo
- 25 Toss in
- 26 lo and Gany-mede, e.g.
- 28 Japanese city
- 29 Homeric epic
- 30 Heavenly gate keeper St. —
- 31 Census stats
- 32 1960s hallucinogen
- 34 Entrance
- 35 Dalai —

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ARIES (March 21 to April 19) A recent spate of confusion regarding decision-making begins to clear up. But caution is still advised. Continue to check details. An old friend has important news.

TAURUS (April 20 to May 20) You're anxious to see your ideas move from concept to development. But trying to force the issue right now could backfire. Wait for movement to resume shortly.

GEMINI (May 21 to June 20) Keep your thoughts focused on the positive as you deal with an unexpected turn of events in a personal or professional relationship. This could be the start of a welcome change.

CANCER (June 21 to July 22) Health matters take on added importance at this time. Deal with them before they interfere with your summer plans. A relationship that cooled off could soon warm up again.

LEO (July 23 to August 22) While a few details involving upcoming decisions still need your attention, you fun-loving Felines can begin to spend more time enjoying your lively social life again.

VIRGO (August 23 to September 22) That long-sought-after career change could require you to move to another city. Weigh your decision carefully before either accepting or

rejecting the offer out of hand.

LIBRA (September 23 to October 22) A workplace situation can be awkward for Librans who prefer to keep their problems private. But you might have to "tell-all" if you hope to see it resolved in your favor.

SCORPIO (October 23 to November 21) Although your financial situation starts to improve this week, you still need to be cautious about money matters. Avoid major obligations, for now.

SAGITTARIUS (November 22 to December 21) Your overall aspects continue to brighten, allowing you to tackle long-deferred challenges. A change in travel plans could work to your benefit.

CAPRICORN (December 22 to January 19) Things seem to be slowing down for the usually restless Sea Goat. But wouldn't a bit of respite be just what you need right now? Activity picks up by the weekend.

AQUARIUS (January 20 to February 18) Personal relationships take a positive turn for both married and single Aquarians. Professional commitments, however, could be complicated by newly emerging events.

PISCES (February 19 to March 20) A decision you thought was final might be reopened as new facts are discovered. This could lead to a short-term problem, but ultimately might prove beneficial.

BORN THIS WEEK: Your keen interest in pursuing global events could lead you into a career as a politician or journalist.

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Show Time

Alien: Covenant



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

by Manuel Reynoso

Alien: Covenant is a 2017 American sci-fi horror film and sequel to *Prometheus*. Directed by Ridley Scott and written by John Logan and Dante Harper, with story by Michael Green and Jack Paglen.

I have to admit I came into *Alien: Covenant* with no idea that it was a sequel to *Prometheus*, which itself was a prequel to *Alien*. I've heard plenty of mixed reactions about *Prometheus* but truthfully I came into *Alien: Covenant* pretty blind. I've heard from plenty of self-proclaimed, die-hard *Alien* fans that this film isn't for "real *Alien* fans" or it's only good if you're "not an *Alien* fan" and other such nonsense. But to be blunt, I found *Alien: Covenant* to be a mess, albeit a very pretty one.

From start to finish, *Alien: Covenant* did not feel very cohesive. Each act felt as if it was a separate genre all its own. *Alien: Covenant* starts off as a fairly entertaining space odyssey, becomes a bit of a slow horror in the second act, and decides to finish as a uninspired action flick in the last act. While this in itself was not a huge problem, it just left the film feeling off and without a strong sense of direction. *Alien: Covenant's* art direction and effects were so strong, it was a shame that there was no cohesive theme to back them up.

And there is no way to exaggerate how strong the art direction of *Alien: Covenant* really is. Most of the set pieces were amazing and intricate; truly practical effects at its finest. It's almost a shame that they had to use computer effects at all, but that's just me being unreasonable. I would say that the movie would be worth seeing for this alone, but *Alien: Covenant* is mostly held back by poor writing.

Alien: Covenant's writing wasn't bad at a personal level between the characters, character interactions felt genuine and helped bond the characters to one another. The writing issue was mostly with the plot. At no point do these highly trained scientists and pilots ever feel like one. Decisions come off as nonsensical and it's these decisions that propel the entire plot along. The writing of this film simply does not feel well thought out. Clearly a lot of care was put into creating a world and backstory for the events leading up to *Alien*, but quite frankly it feels unnecessary. At least 30 minutes of exposition and backstory could have been removed and *Alien: Covenant* would have felt more cohesive as a result. Instead I found myself getting bored during the slower parts of the film.

It's a shame that *Alien: Covenant* was a bit of a letdown for me. It's not really bad but more so painfully mediocre. Strong acting performances and great set design was enough to keep *Alien: Covenant* from falling flat, but I left wanting more. There will likely be better summer blockbuster movies on the horizon, so maybe just go on discount day. Rated R 2h 2m



A one-woman show presented in one fluid act

A View from House Seats

Lost genius revealed at Rubicon

by Shirley Lorraine

The Rubicon Theater's current offering, *The Other Mozart*, presents a side of history that has heretofore been sequestered. A one-woman show presented in one fluid act, the production is a study in language, music, movement and pure artistry.

Living in the shadow of another is never easy. Being a woman in the eighteenth century, Maria Anna (Nannerl) Mozart fought an uphill battle for most of her life. The older sister of Wolfgang Amadeus, Nannerl was herself a musical prodigy. Inspired by Austrian musician Marianna Martines for much of her life, sister Mozart's musical virtuosity reached heights early and remained constant. Sadly, her natural talents at the harpsichord and composing music were diminished as soon as her younger brother began to show his talents.

As was the custom of the times, the focus was put on the boy's skills while she was relegated to the background. And, although the children toured Europe to great acclaim showcasing their keyboard acumen, as she grew older Nannerl frequently found herself in Wolfgang's shadow.

By the age of 18, Nannerl's touring career had come to an end. She was encouraged to continue to acquire housekeeping, embroidery and child-rearing skills while Wolfgang pursued court appointments and concert bookings.

Primarily through a collection of letters, the story of the wickedly talented older sister Nannerl has come to light. Conceived, written and brilliantly portrayed by Sylvia Milo, *The Other Mozart* is a stunning piece of theater. In a compelling and thoroughly engrossing performance, Milo brings forth Nannerl's passion for her music as well as for her brother, family and life itself.

The simply staged production is highly complex in its orchestrations of movement, props and emotional range. Original music by Nathan Davis and Phyllis Chen composed specifically for the stage show provides exemplary highlights at just the right places, amplified by many of Wolfgang's writings.

The period piece showcases the challenges faced by a talented young girl in an age where women were subservient in all ways and "must be careful not to become too accomplished..." Struggling to break out of the societal mold, Nannerl nonetheless was forced to accede as she became of marriageable age. Her talents, hidden behind motherhood

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and the business of being the wife of a magistrate, eventually were lost to the world. Apparently, no written record of her compositions exists, at least none under her name. What a shame.

Ms. Milo has been touring with the production for several years now, garnering accolades all along the way. We are honored to usher her into and beyond her 100th performance of *The Other Mozart* at the Rubicon Theater. Through June 18 Ventura County audiences are treated to a rare performance of sheer electrifying beauty.

This play will doubtless inspire many to seek out more information on Nannerl and others of the time who possessed unrecognized talents.

Through explorative works such as this it is hoped that more of the extraordinary woman who have blazed trails in all fields will become more than mere footnotes in the history books.

The Other Mozart plays Wednesdays to Sundays through June 18, at the Rubicon Theatre Company. Matinees: 2 p.m. Wednesdays, Saturdays and Sundays. Evening performances at 8 p.m., except 7 p.m. on Wednesdays, which features a post-show talk back with the cast. Tickets: \$30-\$55. The box office is open 7 days a week. There is 24-hour ticketing and seat selection online at www.rubicontheatre.org. 667-2900.

Rally for equality and justice planned for Ventura

The Justice for All Coalition and its LGBTQ Task Force together with the Diversity Collective are sponsoring a public rally on Sunday, June 11. The event will take place 1-3pm at the Ventura County Government Center located at the corner of Victoria Avenue and Telephone Road.

Anthony Hamilton, one of the organizers of the Ventura rally, states that the event was planned with a nod to the Los Angeles Resistance March happening on the same day. This year, organizers in Los Angeles favored the substitution of a Resistance March for the traditional Pride Parade. This

change was partly inspired but the women's marches that took place around the world the day after President Trump's inauguration in January.

In solidarity with the LA March, Ventura will hold its own version of the event named "Resist and Persist, a Rally for Equality and Justice."

Planners say the rally is not solely an anti-Trump demonstration. Rather the event is for human rights — it is about showing persistence in demanding civil rights and seeking equality and justice for all Americans. All are welcome to join in, whether a man or woman, a Dreamer, or an LGBTQ person. It does not matter, because equality and justice are something that everyone is entitled to have.

Demonstrators should arrive at the demonstration with their own homemade signs to carry, wearing comfortable shoes and sun protection. Parking is available at nearby banks and side streets.



June Activities at the SCAN Health & Wellness Center



Staying active mentally and physically are keys to healthy aging. Start improving your physical and mental fitness today! Call for a complete list of our activities.

SOCK HOP Friday, June 9

6:30 P.M. - 9:00 P.M.

Help local seniors in the community! Join us for our first ever sock hop! Take out that poodle skirt and bobby socks and dance the night away! We will have a DJ and special guests to help us "shake-rattle-and roll." Light refreshments will be served.

Admission per person: 1 new pair of men's or women's pull on socks which will be donated to needy seniors at a nursing home.

Give back, join in and have fun!

ZUMBA GOLD Every Friday through June 30

12:00 P.M. - 1:00 P.M.

Ever do the Hustle, Boogie, or Cha Cha? A Friday class has been added. We now have Zumba Gold five days a week. **No experience required.**

\$3 per class.

SENIOR SONG CIRCLE Tuesday, June 20

12:00 P.M. - 1:00 P.M.

Come sing, play an instrument, or just tap your feet and hum along. Music is provided. Bring your own instrument. **No cost to participants.**

All activities require pre-registration at the Center. You do not have to be a SCAN Health Plan member to attend.

REGISTRATION IS REQUIRED: Seating is limited to seniors 55+ and caregivers
PLEASE CALL: (805) 658-0365 to register
LOCATION: SCAN Health & Wellness Center, 6633 Telephone Rd., Ste 100 Ventura, CA 93003



These events are educational only and information regarding SCAN Health Plan will not be available. SCAN Health Plan® is an HMO plan with a Medicare contract. Enrollment in SCAN Health Plan depends on contract renewal. Please visit www.scanhealthplan.com for more information.

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Entrees

- Chicken Fried Steak and Eggs**
- New York Steak and Eggs**
- Applewood Smoked Bacon and Eggs**
- Fresh Atlantic Salmon and Eggs**
- Fruity Breakfast Club**
Layer of Waffle, Pancake, and French Toast With Fresh Fruit (Berries, Bananas, Coconut topped with a scoop of French Vanilla Ice Cream)
- Eggs Benedict**
Choice of Valentino, Salmon, or Original
- Farmer's Omelet**
(Bacon, Ham, and Sausage with Cheddar Cheese and Avocado)
- California Light Omelet**
(Fresh Egg Whites, Spinach, Zucchini, Red Bell Peppers, Avocado, and Pico de Gallo)
- Greek Omelet**
(Spinach, Tomatoes, Feta Cheese, and Olives)

Any Entree \$19.95 per person