Your Hometown Paper

Published Every Other Wednesday

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Company moves into 20th anniversary season.

Rubicon Theatre conducts search for executive director

Rubicon Theatre seeks to hire an experienced and energetic, hands-on Executive Director (ED) to take the organization to the next level. According to the Chair of the Search Committee Walt Wood, "We are especially looking for someone with a proven record of success in board and committee development, fundraising, financial management, and administration."

Reporting to the Board of Directors, the ED will work closely with founding artistic directors Karyl Lynn Burns and James O'Neil to support and carry out the mission of the company. The ED will have responsibility for a "Capital and Comprehensive" campaign, make and manage donor solicitations, and oversee facility renovations and expansion during and after the campaign. Exceptional verbal and written skills are a necessity.

Rubicon Theatre, founded in 1998, is about to embark on its 20th Season as one of the premiere nonprofit professional theatre companies in Southern California. Rubicon Theatre Company has served more than 440,000 audience members and 45,000 students in an intimate 185-seat renovated former church built in the 1920s. Rubicon began as an actors' and directors' company and environment for artists and creating an atmosphere where experimentation Continued on page 3



Ventura Mayor Erik Nasarenko addressing the students. Inset is 9th grader Armando Ontiveros being virtual. Photos by Bernie Goldstein.

Distracted driving is anything that takes a driver's eyes or mind off the road

On September 1, a virtual reality 360° driving experience showing the potentially deadly consequences of smartphone distracted driving was held at Buena High School, 5670 Telegraph Road.

The event included a simulator car,

virtual reality gear, signage and a digital education display. The It Can Wait simulator was accompanied by AT&T It Can Wait campaign ambassadors.

AT&T partnered with the Ventura Police Department and Buena High School to bring awareness about the

dangers of smartphone distracted driving with its virtual reality simulator.

Ventura Mayor Nasarenko told the students, "Six thousand individuals die every year because of distracted driving. That would be like the entire student body of Buena High School vanishing along with two other high schools of the same size. So don't send that text, answer the phone, or put mouse whiskers on the Snapchat photo while you're driving. Remember, It can wait."

The students learned that:

Distracted driving is anything that takes a driver's eyes or mind off the road or hands off the steering wheel -especially texting and cell phone use, whether hands-free or handheld. Who's doing it? Most drivers. It has been estimated that, at any one time, over 10 percent of drivers are using a mobile device.

According to the California Office of Traffic and Safety:

- 80 percent of vehicle crashes involve some sort of driver inattention.
- Up to 6,000 people nationwide are killed in crashes where driver distractions are involved.

Continued on page 19



Bring your own bag, bucket and gloves.

Help to clean up our beaches

Be one of the 60,000 people across is committed to creating a nurturing all of California in the upcoming 33rd Annual California Coastal Cleanup Day, on September 16! Volunteer to remove debris from beaches, creeks, rivers, and

lakes all around California to protect wildlife from harm while taking care of our environment.

Last year, nearly 3,000 dedicated volunteers from Ventura County collected close to 10,000 pounds of trash and recyclables.

Volunteers are encouraged to attend their local cleanup site and bring their own bucket or used grocery bag, gloves, and a reusable water bottle to lessen the amount of trash created during the

The California Coastal Commission and the Ventura County Coalition for Coastal and Inland Waterways will once again coordinate this regional cleanup event made possible by our generous sponsors and dedicated volunteers.

Thousands of marine animals die each year from becoming entangled in debris or from ingesting it. Marine debris can impact critical habitat, smothering sea grasses or dislodging or injuring corals. Debris can also pose human health and safety risks. Syringes, broken glass, and other hazardous items pose obvious dangers to barefooted beach goers. Grocery and trash bags, fishing line, nets, rope, and other debris can wrap around boat propellers and clog seawater intakes, causing costly damage and becoming a safety hazard.

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Business



The newly redesigned Kirby Kia of Ventura

Kirby Kia grand opening of new facility

The Kirby Auto group proudly announces the opening of their newly redesigned Kia dealership. Kirby Kia's new state-of-the-art facility features a beautiful indoor showroom, 20-bay service department, dual lane service drive up area, Kia loaner cars, complimentary car wash area and a premium customer hospitality center.

The new Kirby Kia dealership was designed for an amazing customer experience. Featuring a comfortable lounge with complimentary beverages and snacks, a children's play area and a next level work center. The parts boutique is spacious and hosts vehicle accessories as well as Kia merchandise.

When you enter the doors of Kirby Kia, you will be greeted by a friendly face and a team of professionals that stand ready to help you. "We couldn't be happier with our new dealership," says Jeff Sukay, President of the Kirby Auto

Group. "While we've created a more welcoming showroom, our customer first philosophy remains the same as it has for over 50 years."

The Kirby Auto Group continues to expand and is a proud member of the Ventura Auto Center. Current locations include Kirby Kia of Ventura, Kirby Subaru of Ventura, Kirby's Barber RV and the Kirby Collision Center.

Kirby Kia is located at 6424 Auto Center Drive, in the Ventura Auto Center. The entire community is invited to visit the new dealership and meet the amazing team of sales, service and parts professionals.

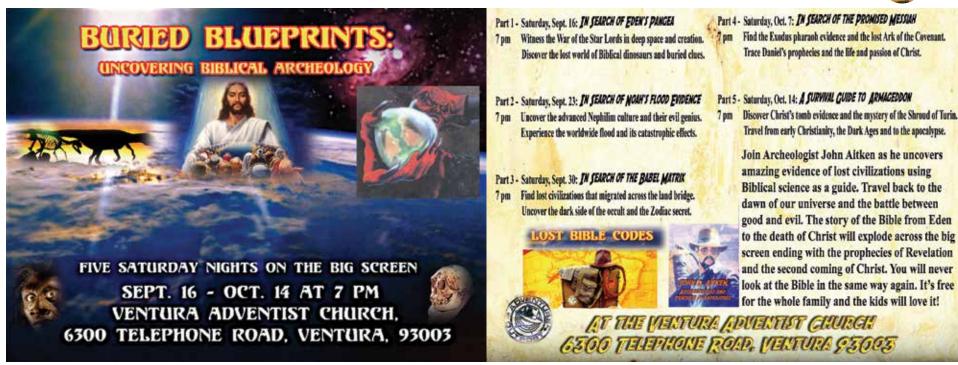
The Kirby Family began selling new and used automobiles in 1966 in Ventura and continues to sell and service vehicles throughout Ventura County. For more information regarding Kirby Auto Group visit http://www.KirbyAu toGroup.com.



How Cute is That! Consignment Boutique had their official Chamber of Commerce Ribbon Cutting on Wednesday, September 6th. Owner, Ellyn Ostrove, many of her friends, Chamber members, family and community supporters joined her for this special occasion.

How Cute is That! offers pre-loved, women's upscale designer and name brand clothing, accessories and household decor, handpicked and curated by Ellyn herself. Her mission is to provide the look of a high end Boutique with the feel and comfort of classic Ventura.

Boutique hours are Tues-Sat 11am - 6pm, (closed Sun/Mon) and is located at 2122 East Thompson Blvd. 628-9419 www.howcuteisthatboutique.com



Business



"Our chapter is proud and excited that one of our members is a finalist."

Dr. Janis Shinkawa selected

The National Association of Women Business Owners (NAWBO) has announced the finalists for the 2017 Woman Business Owner of the Year Award. Among thousands of members, Dr. Janis Shinkawa, co-founder and medical director of Ohana Pet Hospital in Ventura rose to the top of the outstanding field along with two other national finalists, NAWBO members Kimberly Baeth of Golden Openings, Urbandale, Iowa and Kim Heathcott of Clarion Security, Memphis, Tennessee.

"NAWBO members set the bar high in all their endeavors. We look forward each year to recognizing a woman business owner that embodies the entrepreneurial spirit and continues to push the limits of what is possible," said Kathy Warnick NAWBO National Chair. "NAWBO is proud to be the unified voice of all women business owners. The three women we recognize this year represent the diversity of industries and interests we support through NAWBO programs. Even though they come from different sectors of industry, their desire to build a thriving business and give back to others unites them and makes them worthy of distinction."

"Our chapter is proud and excited that one of our members is a finalist for this prestigious award," said Elaine Hollifield, NAWBO Ventura County President and owner of Hollifield Creative. "Dr. Jan and everyone at Ohana Pet Hospital have earned and deserve every accolade. They are wonderful role models for a successful business that contributes greatly to our community." Dr. Shinkawa was nominated by NAWBO California Board Member and Past President, Ventura County Chapter Diane de Mailly of DDM Metering Systems.

The NAWBO recognizes a NAWBO Member who excels at strategy, operations, finances, problem-solving, overcomes adversity and gives back to her community. NAWBO leadership will present the distinguished award during the Annual Awards Gala on October 17 in Minneapolis. The Awards Gala will conclude the National Women's Business Conference.

Founded in 1975, the National Association of Women Business Owners (NAWBO) is the unified voice of America's more than 9.1 million women-owned businesses representing the fastest growing segment of the economy. NAWBO is the only dues-based organization representing the interests of all women entrepreneurs across all industries. NAWBO develops programs that help navigate women entrepreneurs through the various stages of their business growth. www.nawbovc.org.

Rubicon Theatre conducts search

Continued from page 1

and exploration are encouraged and supported. As a result, a number of notable artists have graced the Rubicon stage, including Oscar, Tony, Emmy, Golden Globe and Obie Award-winners.

Annual programming consists of a season of 5-8 diverse shows (dramas, comedies and musicals); a Broadway concert series; festivals; special events; and education and outreach programs. The company has presented numerous World Premieres and has launched national and international tours. Last year, three Rubicon-originated or developed productions played Off-Broadway. The company has been the recipient of multiple Ovation and Indy Awards, an NAACP Award, the L.A. Drama Critics Margaret Harford Award for "Sustained Excellence," and the N.Y. Drama Desk Award.

Interested candidates should send a cover letter and resume to Search Committee, Rubicon Theatre Company, 1006 E. Main St., Ventura, CA 93001. Fax 667-2904. Or e-mail: rubiconsearch@gmail.com. No phone calls please. EOE. For complete details http://siteline.vendini.com/site/rubicontheatre.org/job-opportunity-executive-director.

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For more info, call: Julie Sullivan, 805-585-4033.





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

Breeze:

"Age and Citizenship requirements - US Constitution, Article II, Section 1. No person except a natural born citizen, or a citizen of the United States, at the time of the adoption of this Constitution, shall be eligible to the office of President; neither shall any person be eligible to that office who shall not have attained to the age of thirty-five years, and been fourteen years a resident ..."

So how did we end up with a 16-year old president? Nate Spencer

Ventura

Nate: The 16-year olds that read the Breeze are

Opinion/Editorial



Publisher-Editor

we have an article which states, "The California Office of Traffic Safety is again announcing that September is "California Pedes-

trian Safety Month." This campaign began last year in response to the rising number of pedestrians being killed and injured on California roadways."

It is amazing watching people (not just teenagers) cross the street in a crosswalk while looking down at their cell phones while never making sure that cars are actually stopping for them. It is if they are saying, "If you kill me while I'm in the crosswalk, you are in big trouble because I will sue you." Sometimes I have the urge to get close and blow my horn except they might throw their phones in the air and break my windshield.

To me, the red-hands that display on some of our stoplights (downtown mostly) telling pedestrians that they have a red light and shouldn't cross the street, are a joke. As soon as the light turns green pedestrians walk across the street even if the red-hand is shown. And, cars making turns can't assume that the person will not be crossing, which makes it even more dangerous. How many times have pedestrians given you a dirty look (and other things) even though you have the right of way?

The police could just write tickets for those crossing against the red-hand for a week and Ventura would have lots of extra money. I'm for removing them completely.

In one of our police reports in this issue, we have the following information regarding a person who had stolen a car. "During the last month, Marrufo has been arrested on three different occasions by the Ventura Police Department. He was previously arrested on 08/19/17 for a residential burglary in the 100 block of Brent St. and on 09/07/17 for prowling a residence in the 2000

In this issue block of Pierpont Blvd."

I don't get it - I thought that the three-strike law was supposed to prevent this scenario (though I know judges have a little discretion). Do we need to wait until a person commits murder or some other serious crime to keep criminals in prison?

■ McGrath State Beach Park just re-opened after being closed for about 3 years. The berm that keeps water from running out of the Park needs to break naturally when the estuary floods. The problem is that it doesn't break naturally when we are in a drought.

Most years, winter rain and snowmelt force enough water down the river to break through the berm. It can't be broken manually because of protected species and other state regulations. So the camp ends up under many feet of water.

When the berm breaks, the water drains out to the ocean, floodwaters recede and campsites dry out but are not usable and the bathrooms are destroyed.

There are long-term plans for moving the campground to higher ground farther up the beach and restoring more of this area to wetlands but with all of the environmental reviews and approvals this will take many years.

I certainly hope that the weather cooperates and McGrath can stay open until it can be moved. But it might just be a waste of time, money and effort if it just keeps flooding depending on father nature.

Upcoming guests on my Face of Ventura radio show (on KPPQLP Ventura - 104.1fm) include Cathy Puccetti discussing Storyfest, Julianna Fjeld, Regional Director Tri County GLAD(Greater Los Angeles Agency on Deafness), Mark Robinson, who interpreted with sign language for Julianna and Jeffrey Community Develop-Lambert, ment Director City of Ventura. The shows air Monday, Wednesday and Saturday at 10 am, and some other surprise times.

■ If you were wondering why the

dirt lot across from the WAV is now fenced off, this property has been sold by the city to a developer who's looking to develop the entire block. The WAV has never had adequate parking and now have lost some of it (something to do with Ventura becoming a bicycle city, so we don't need cars).

■ If you don't know who Roger Federer is, he is a great tennis player (maybe best ever) but as a gentleman and roll model he is even greater. After losing in the US Open, he said, "Of course it is a pity, but Juan Martin deserves it more. I feel I have no place in the finals. The way I played or am playing right now it is not good enough, in my opinion, to win this tournament. It's better I'm out and somebody else gets a chance to do better than me."

I wonder why TV networks show the crowd as often as the players at tennis matches? Do they think tennis is boring?

- Music Under The Stars presented its final concert of the season last Saturday. My, time goes fast when you are old. If you didn't make it this year, be sure to attend a concert next year. One of our "funnest" events.
- Amazon is looking for a city to build another headquarters (HQ2). It will bring billions of dollars and thousands of jobs to the area that they select. Amazon said it would give priority to areas with more than 1 million people that are within 45 minutes of an international airport, which means that we will probably not be considered.
- The reason that your computer doesn't get hacked much is that real hackers don't want to bother with you, but still be cautious. Hackers just breached credit monitoring company Equifax obtaining personal data of 143 million consumers including names, social security numbers, birth dates and driver's license numbers. If you are exposed, I would recommend monitoring your bank accounts, credit cards and credit reports for suspicious activity.

Mailbox

going to be very offended.



Would exhibit about Kevin Costner bring people to a museum? From the Face of Ventura by Johanna Spinks.

Breeze:

The Ventura County Museum recently received new funding and a six-month window to produce results Venturans can see and enjoy. It's a lot to ask in a short period. Perhaps it requires a new perspective, outside the box.

The current building could be re-

imagined as the Ventura County Art Museum. It's perfect for that purpose both by design and layout. More importantly the art community says the county needs an art museum. Most current displays are already art more than objects. Then use the new wing as a place for all current VC artists to show their best work.. and there could be artists present doing their work for people to see and buy. Then it becomes the center for art in the county and creates a steady traffic flow to the building for two purposes. Art history and current art side by side in the complex but separate.

Then walk down Main Street to the iconic intersection of Main Street and California and see a truly historic building on the southwest corner...once the First National Bank (home to six banks over the years and currently has

Continued on page 7

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.



Nothing splendid has ever been achieved except by those who dared believe that something inside them was superior to circumstances.

- John Barton



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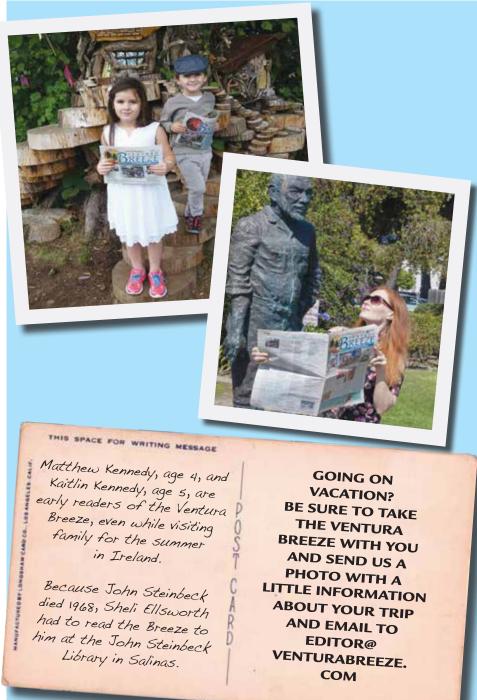
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City News

City of Ventura Classes

Call 658-4726 to register, if you already have an account online, visit www.cityofventura.ca.gov.

Acrylics for Adults 15 year-adult 9/13-9/27 W 6-7:30pm \$55+\$10 supply fee #9513

Have fun and learn different acrylic painting techniques while creating your own personal "Masterpiece". All levels welcome. Instructor Laura Brooks. Classes held at Barranca Vista Center.

Art Dolls & Whimsical Wooded Projects 16 years-adult 9/15-10/20 F 3:30-5:30pm \$75 #9519

Using fabric, buttons, tree limbs and paint we will create wonderful unique art pieces. Instructor Judee Hauer. Classes held at Barranca Vista Center.

Music Therapy for Pre-Schoolers 2-4 years 9/21-11/16 Th 9:30-10:15am \$100 #9629

We'll sing together, play, share, clap, and march together. A family or support member is welcome to stay and participate with each toddler. No class 10/26. Board-Certified Music Instructor, Therapist and performing artist, Brett "Jab" Cripe. Classes held at Barranca Vista Center.

Beautiful Ballerinas 3-9 years 9/15-10/20 F 9:45-10:30am 5-6 yo \$72 #9803 9/14-10/19 Th 3:15-4 pm 5-6 yo \$72 #9805 9/14-10/19 Th 4-5pm 7-8 yo \$72 #9807

Learn fundamental techniques, positions and exercises for flexibility, balance, poise and grace and the importance of following instructions, taking turns and being a productive member of a group. Instructor Sage Schniederbauer. Classes held at Barranca Vista Center.

Intermediate/Advanced Vintage Polynesian with Elaine Tavares 12 years-adult 9/20-11/8 W 6:15-7:30pm \$65 #9811

Have fun learning the steps of Hawaiian Hula and Tahitian Poi Ball dancing. Bring a skirt or sarong to class. Classes held at Barranca Vista Center.

Cardio Belly Dance 18 years-adult 9/17-10/22 Su 3-4 pm \$60 #9376

Master steps, turns and isolations of belly dance through fun drills to upbeat modern world music. Bring towel and water. *No class 11/26. Instructor Haley-Nicole Harwood. Classes held at Barranca Vista Center.

Ventura events

by Ana Baker

Ventura Poinsettia Dance Club meets every Monday from 7:30 -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.

There will be a regular Ventura Discussion Group meeting at Main Street Restaurant 3159 Main St., Wednesday from 4 - 5:45 p.m. Several people usually stay for a drink and a bite to eat afterward. Bring an interesting topic to discuss if you can.

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.

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

Ventura County Philatelic Society meets the first and third Mondays each month. Do you collect stamps? Come spend the evening with us. We are a fun group. 7:30 p.m. at the Church of the Foothills, 6279 Foothill Rd. Admission and parking free. Contact Bill Garner 320-1601

Mended Hearts of Ventura meet the first Tuesday each month at the Community Memorial Hospital **- 8th floor.** We have excellent speakers - leading Cardiologists, Nutritionists, Dietitians, etc. from our area. Come share with us if you have had heart surgery or stent implant. Contact: Bill Garner 320-1601

Assistance League of Ventura County creating "A Brighter Tomorrow for Today's Children" will hold its regular monthly meeting on the third Thursday of each month at the Chapter House, 913 East Santa Clara St. Doors open at 9:30 a.m. meeting begins at 10 a.m., guests and new members welcome. Find more information at assistanceleagueventuracounty.org or Email alvconline@hotmail.com. Telephone: Monday thru Friday 8 - 2 p.m. 643-2458.

DBSA Ventura County support group for depression and bipolar disorder meets Tuesdays, 6:30-8 **p.m.** A free weekly peer-led support group meeting at the Encounter Bible Fellowship Church campus, upstairs, Room 426/428, 6950 Ralston St. 633-0736 for recorded information or visit www.DBSAlliance.org.

Sept. 13: The Ventura County Camera Club will hold a meeting on Wednesday at 6:30 p.m. at the Poinsettia Pavilion. The first part of the meeting will be an instructional workshop on the techniques of image processing such as using Photoshop or the aesthetics of composition. Followed by the showing of member images. For more information about the club 908-5663 or WWW.Ventura-CountyCameraClub.com

Sept. 17: The Ventura and Santa Barbara County chapter of the National Association of Watch and Clock Collectors (NAWCC) will meet Sunday, in the Campus Student Center of Ventura College, **4667 Telegraph Road.** The regular meeting starts at noon and at 11 a.m. This month's program will be presented by chapter members on their 'Secret' Tech Tips. \$3 admission charge. Lunch is available for \$5 more. More information can be found at www.nawcc-ch190.com.

Sept. 18: CA Zeta Chi parliamentarians will meet at 7 p.m. and will feature a lesson by Sally LaMacchia entitled "Motions That Bring a Question Again before the Assembly." Main Street Restaurant and Steakhouse, 3159 E. Main St. Those wishing to eat should arrive at

Community Events

information, contact Sharon Hillbrant 479-6738, or zetachi webstarts.com.

Sept. 19: The Ventura Retired Men's Group will be having their meeting at the Elks lodge in Ventura. Enjoy a healthy lunch (\$15), a speaker from the Port of Hueneme, raffles, and a couple of pleasant social hours. Call Steve at 642-1359 for details.

Sept. 21: East Ventura Community Council will have a representative of the Ventura Police Department update the Council on crime and safety in the area. The Council represents those who live east of Victoria Avenue. Books in good condition are always accepted by San Buenaventura Friends of the Library. The meeting begins at 7 p.m. at the First Assembly of God Church, 346 N. Kimball Road.

Sept. 21, 29, 30: Chabad Services for both days Rosh Hashanah will be held at the Wyndham Garden Pierpont Inn, 550 Sanjon Rd in the Camulos Room. The program is directed in English with Hebrew / English texts. Suggested donations for High Holiday seat reservations are at www.ChabadVentura.com. No one will be turned away. September 21 there will be a community Tashlich ceremony & Shofar blowing at 6 p.m. at Ventura beach, directly across from the hotel. For more information www.ChabadVentura.com or 895.658.7441.

Sept. 23: Faith Calvary Chapel presents a free Christian music event featuring Paula Kee, David Glass, Michael Patrick Blues and Joe Tourist. 6 p.m. at 405 Jordan **Ave.** Refreshments will be available. Sept. 23: The 3rd annual Lucky **Duck Race and Plucktacular event** benefitting Special Olympics Ventura County will take place at the Lazy River at the Lake Casitas Water Adventure at 10 a.m. to **noon.** Nearly 3,000 numbered rubber ducks adopted by the public will be tossed into the Lazy River. To adopt a duck and for more information contact Peggi Preston, SOVC Regional Director Ventura County Chapter at 650-7717 Email Ppreston@sosc.org. Tickets are available at www.socc. org/ventura.

Sept. 28: Portuguese Fraternal Society of America. The local chapter of PFSA (Council #128) will hold its monthly meeting on Thursday. This meeting is open to any person of Portuguese descent, or

6 p.m. Non-members are welcome. For interested in the Portuguese culture. Located at Main Street Restaurant and Steakhouse, 3159 East Main St. 11:30 a.m. for a 12 p.m., no host luncheon / meeting. For more information and reservation, please call Cora Corella at

Ojai news and events

Ojai Raptor Center, (ORC) a non-profit 501(c) (3) organization is dedicated to the rehabilitation and release of birds of prey and other wildlife, and to providing educational programs to teach communities about wildlife and our shared environment.

On Sunday October 29 ORC will open its doors to the public for their annual Fall Open House; a rare opportunity to meet the non-releasable "ambassador" raptors, and tour the Center that is otherwise closed to the public year-round due to the sensitive nature of wildlife in rehabilitation.

Guests will have the opportunity to meet a variety of hawks, falcons, and owls up close. There will be back-to-back stage presentations and a number of fun activities for children A silent auction will be held along with a chance to win a release of a rehabilitated raptor with ORC staff. There will be a five dollar suggested donation per person with children under ten admitted for free. This is a dog-free event. Handicapped parking will be available. Additional parking will be located 1 mile from the Center with a shuttle running every 10 minutes, follow signage. Visit www.ojairaptorcenter.org for more information.

At 3 p.m. on Saturday, September 16, the Ojai Library will host a screening of the documentary film Divided We Fall. After the screening there will be a discussion facilitated by members of the Women's International League for Peace and Freedom (WILPF).

Divided We Fall is the first film about the 2011 Wisconsin Uprising to present a critical perspective on the movement that inspired workers around the world. This event is free and open to the public. 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.

loin Rev. Karen for a half-day retreat at Meditation Mount on Saturday, September 23, from 9:30 a.m. to 12:30 p.m., when the morning will be devoted to touching down into inner peace.

Rev. Karen says. "We are here to discover

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the true nature of our being—which is eternal love that nothing can damage or destroy."

The morning will include quiet contemplation, wisdom talks, sacred music, and peaceful walks on the beautiful grounds. Randee Vasilakos, registered Science of Mind Practitioner, will be available to assist with prayers.

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. karenswylie.com.

Chamber On The Mountain will debut its 2017-18 season on Sunday, September 24, with an exciting concert combining the artistry of flutist Jill Felber, pianist Dianne Frazer, and COTM's own Heidi Lehwalder, on harp. The concert begins at 3:00 at Logan House, adjacent to the Beatrice Wood Center for the Arts, 8585 Ojai-Santa Paula Rd. Reservations are \$25 and a "Meet the Artists" reception follows the performance. For tickets and more information visit http://chamberonthemountain.com/reservations.html.

Villanova Preparatory School is hosting its 6th Annual Ojai Valley College Fair on Monday, September 18, 5:30 p.m. to 7:00 p.m. Villanova Preparatory School invites all local high school students and their parents to attend.

At the conclusion of the College Fair, breakout sessions will take place from 7:00 - 8:15 p.m.

Mailbox

Continued from page 4

no occupants) and looks like it would be perfect as the Ventura County History Museum.

It is historic all by itself, built in 1926 and designated a historic landmark in 1978! Step inside and you could walk through dramatic displays of Ventura history from Chumash to Serra to surfing, unfolding before you. Then you walk upstairs and see the room where an iconic literary and television character was created known around the world, Perry Mason, by author Erle Stanley Gardener. Be in the room where it happened.

And next to that a display about favorite son Kevin Costner, also of interest to locals and tourists and then a Johnny Cash exhibit. There is no place in town to pay homage to Johnny cash or our other sons and daughters of note, adopted and otherwise. The VC History Museum could become that place as well. With this kind of marketable appeal these places can become active attractions and cash positives rather than drains on the city's coffers. All Venturans could benefit, enjoy art and celebrate our history, and for tourists, it's just a short walk from the beach. Paul Peterson



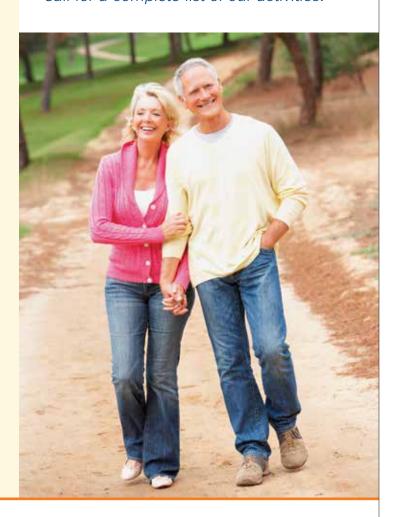
Fall Activities at the **SCAN Health & Wellness Center**

SEPTEMBER IS FALL PREVENTION MONTH!

Falls can happen to anyone at any time. Falls are the leading cause of fatal and non-fatal injuries among older adults. However, falling is not solely due to aging, and the good news is, falls are preventable!

- Staying active is one way to prevent falls. Check with your doctor to find out if exercise is right for you. Exercise can help improve your balance and posture, which helps in lowering the chance of falling.
- **Have your eyes checked** to see if you have any vision problems. Seeing clearly will help lower the chance of having a fall.
- Get your feet checked by your doctor. Wear non-skid, rubber-soled, low-heeled or lace-up shoes with non-skid soles that fully support your feet.
- **Check your home.** Look around your home and watch for things that could cause you to fall – loose throw rugs, extension cords and burned out light bulbs can all be culprits that lead to falls.

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.



In celebration of Fall Prevention Month and Women's Health & Fitness Day, on Wednesday, September 27, the SCAN Health & Wellness Center (6633 Telephone Road, Ventura, 93003), is hosting a no-cost Bone Density **Screening** from 9 A.M. -12 P.M. This non-invasive, 5-minute test helps measure bone mineral density to help prevent future bone breaks. Be sure to stop by on September 27 for this important screening!

Join us to learn about practical lifestyle adjustments, evidence-based falls prevention fitness programs, and more to keep you healthy and independent in your community.



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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The celebration of Jewish New Year

Rosh Hashanah occurs on the first and second days of Tishri. Jewish Year 5777 at sunset on Sept.21. In Hebrew, Rosh Hashanah means, literally, "head of the year" or "first of the year." Rosh Hashanah is commonly known as the Jewish New Year. This name is somewhat deceptive, because there is little similarity between Rosh Hashanah, one of the holiest days of the year, and the American New Year.

There is, however, one important similarity between the Jewish New Year and the American one. Many Americans use the New Year as a time to plan a better life, making "resolutions." Likewise, the Jewish New Year is a time to begin introspection, looking back at the mistakes of the past the holiest day of the year in Judaism. often spending most of the day in year and planning the changes to make in

The shofar is a ram's horn which is blown somewhat like a trumpet. One of the most important observances of this holiday is hearing the sounding of the shofar in the synagogue.

No work is permitted on Rosh Hashanah. Much of the day is spent in temple, where the regular daily liturgy is somewhat expanded. There is a special prayer book called the machzor used for Rosh Hashanah and Yom Kippur because of the extensive liturgical changes for these holidays.

The common greeting at this time is L'shanah tovah ("for a good year"). This is a shortening of "L'shanah tovah tikatev v'taihatem" which means "May you be inscribed and sealed for a good year."

On Sept.30, Yom Kippur also known as the Day of Atonement, is

Its central themes are atonement and repentance. Some Jewish people traditionally observe this holy day with an approximate 25-hour period of fasting and intensive prayer,

synagogue services.

Yom Kippur completes the annual period known in Judaism as the High Holy Days or Yamim Nora'im ("Days of Awe") that commences with Rosh Hashanah.



The Ventura Jazz Orchestra and the Ventura Poinsettia Dance Club presents the Annual September Swing Big Band Dance featuring vocalist Lisa Pardini. Friday Sept. 22 8 to 10:30pm. Come early for a free rumba lesson at 7pm taught

Poinsettia Pavilion Ball Room 3451 Foothill Road \$15 at door. Free refreshments and parking. For more information 648-1143.

News & Notes



Join the riders at San Buenaventura State Beach. Photo by Murray Robertson from 2016.

The Annual California Coast Classic (CCC)Bike Tour

The Annual California Coast Classic riders, volunteers and staff. Join the Bike Tour is one of the Arthritis Foundation's top fundraising events, whose goal is to raise over \$1.2 million. Funds raised support the Arthritis Foundation's mission to conquer the disease by spreading awareness and raising money for research. Arthritis affects over 50 million adults, or one out of five, and 300,000 children nationwide.

The Arthritis Foundation's California Coast Classic Bike Tour is a scenic bike ride that takes place over 8 days and is estimated to cover an additional 45 miles over 2016 and 2700' of elevation over the course of the tour. The Tour starts in San Francisco and ends in Pacific Palisades with a stop in Ventura.

The Tour will be coming through Ventura and you're invited to meet the

Ventura College

Ventura College Foundation is

Orman embarked on a career in

pleased to announce the appointments

of Mike Orman, Patty Wendt and Leslie

banking following his graduation from

the University of Southern California.

Orman is currently EVP and COO

of Ojai Community Bank, and will

become Market President upon comple-

tion of the bank's acquisition by Bank

College's Educational Assistance Center.

community resources for students with

Herrera, a student at Ventura

disabilities, and teaches the class, "Strat-

College, is the 2017/18 President of the Associated Students of Ventura College.

She brings an expertise in communica-

tions, where she will serve as student

College District and Ventura College

have established a transfer agreement

with Bellevue University, which grants

Ventura College students, who meet

the qualifying criteria, guaranteed

admission into Bellevue University's

tionally as a leader in preparing students

with career-relevant knowledge and

Bellevue University is recognized na-

online bachelor's degree programs.

skills for lifelong success.

Your Hometown Paper

The Ventura County Community

egies for Success in College and Life."

Wendt is a counselor at the Ventura

Herrera to its board of directors.

in the news

by Veronica Johnson

of the Sierra.

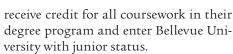
representative.

riders at San Buenaventura State Beach Day 7, Friday, Sept. 15.

Where they will camp out. Festivities include CCC Social Hour (4-6 p.m.), dinner (6:30 p.m.) where there will be great opportunities to interview riders and tour staff.

The next day, Saturday, Sept. 16, the last day of the tour cyclist will have breakfast (6:30-8:30 am) and then ride 55 miles and climb 1,800 feet of rolling hills along the gorgeous coast into Malibu, and cross the finish line at 2 p.m. as a group in Pacific Palisades to fanfare and an emotional welcome.

For more information on the California Coast Classic Bike Tour, visit californiacoastclassic.org.



Bellevue University also offers a one-time Fellowship Grant to community college employees based on their employment status.

To learn more about the Ventura College and Bellevue University partnership, contact Bellevue University Relationship Manager Spellman Cunningham at 289-6559 or spcunningham@ bellevue.edu to schedule an office visit.

Ventura College and the California Transition Assistance Program (CalTap), Veterans Services Division, CalVet, will present the Ventura County Student Veteran Expo, Friday, September 15, 9 a.m., at Ventura She's an advocate support services and College Applied Science Center, Lecture Hall ASC-150. The expo is free and open to student veterans throughout the Ventura County Community College District. Register online at the Ventura County Student Veteran Expo website located at https://goo.gl/ Fg8q3U.

> The expo is designed to connect student veterans with services and benefits. Representatives from CalVet, College of the Canyons Small Business Development Center, Support Services Veterans Families (SSVF) Salvation Army, and others are scheduled to attend and present valuable information to help student veterans.

Breakfast and lunch will be provided to attendees. Parking is free in the east parking lot of the campus during the expo. For more information, please contact Bruce McFadden at 289-6060 or bmcfadden@vcccd.edu or visit https:// goo.gl/Fg8q3U.



DID YOU KNOW Rodents bite more than 45,000 people each year, usually while they are asleep. According to the U.S. CDC, rodents transmit over 35 diseases such as hantavirus, rat bite fever, trichinosis, plague, murine typhus, infectious jaundice, and more.

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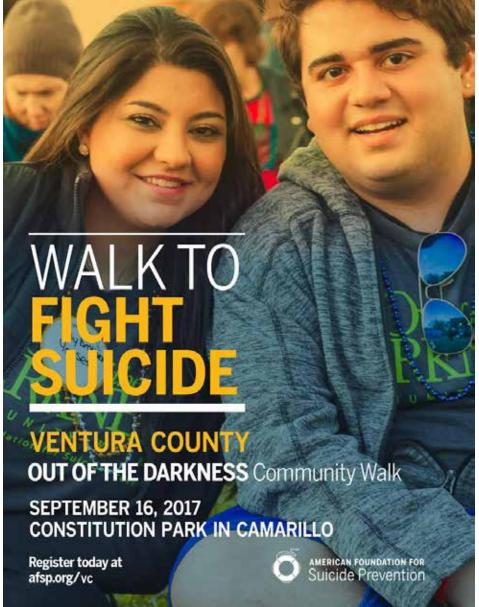


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There's always something new happening at the CAPS Media Center.

Cooling off and gearing up

Every month CAPS Media offers new member orientation meetings on the first Thursday at 6pm. The orientation includes a tour of the CAPS Media Center, a presentation by a CAPS Media staff member and an open Q&A. For CAPS Media Member/Producers instructional classes are scheduled every month. The HD videography/camera classes are held on 2nd Thursday, Final Cut postproduction editing classes are on the 3rd Thursday, and CAPS Radio (KPPQ, FM 104.1) training is on the 4th Wednesday and Thursday of the month. Member/Producers receive hands-on instruction in videography, video editing, radio production and more. All classes begin at 6pm at the CAPS Media Center, 65 Day Road.

CAPS is pleased to be working with the Ventura City and County Fire Departments and we appreciate all of their hard work in keeping citizens safe throughout the country. The Ventura Police Department will be coming into KPPQ CAPS Radio to provide the community with a weekly crime report and tips. Tune in to 104.1FM for local information and programming throughout the day. Is there something you want to ask or share? Please let us know. Call

658-0500 or email radio@capsmedia.

The ECTV students, over a dozen of them, are back at CAPS Media Center. Phil Taggart, supervising educator, is running the students through their paces. They are researching, contacting talent, fine tuning their scripts and getting the practical training necessary for producing excellent video programming and new this year, radio shows. This year should be a great one. The kids are ready. We are too.

CAPS Radio (KPPQ, FM 104.1) is hosting an open house and community information discussion on Wednesday October 4th at 6pm at the CAPS Media Center at 65 Day Road. Everyone interested in community radio is invited to tour the center and join the exchange of programming ideas and direction for the radio station.

Go to capsmedia.org to see a programming schedule, view programs, get general info about membership and classes. CAPS Media's mission is to create an engaged and informed community through participation in electronic media. Anyone who lives, works or attends school in the city of Ventura is eligible to become a Member/

News & Notes

Producer. Annual fees are only \$25 for an individual and \$75 for a non-profit organization. CAPS Radio DJs require an additional annual fee of \$50. For complete information go to capsmedia. org.

Tech Today with Ken May

What Are Password Managers?

One of the most important steps you can take to protect yourself online is to use a unique, strong password for every one of your accounts and apps. Unfortunately, it is most likely impossible for you to remember all your different passwords for all your different accounts. Reusing the same password for different accounts is dangerous, because once someone compromises your password, they can access all your accounts. A simple solution is to use a password manager. These are programs that securely store all your passwords, making it easy to have a different password for each account. Password managers make this simple, because instead of having to remember all your passwords, you only must remember the master password.

Password managers work by storing all your passwords in a database, which is sometimes called a vault. The password manager encrypts the vault's contents and protects it with a master password that only you know. When you need to retrieve your passwords, such as to log in to your online bank or email, you simply type your master password into your password manager to unlock the vault. In many cases, the password manager will automatically retrieve your password and securely log in for you. This makes it simple to have hundreds of unique, strong passwords, since you do not have to remember them.

Most password managers include the ability to automatically synchronize your password vault's contents across multiple devices that you authorize. This way, when you update a password on your laptop, those changes are synchronized to all your other devices.

When you first set up a password manager, you need to manually enter your logins and passwords. Afterwards, the password manager can detect when you're attempting to register for a new online account or update the password for an existing account. This is possible because most password managers work hand-in-hand with your web browser. This integration also allows them to automatically log you into websites.

It's critical that the master password you use to protect the password manager's contents is very difficult for others to guess. In fact, we recommend you make your master password a passphrase, one of the strongest types of passwords possible. If your password manager supports two-step verification, use that for your master password.

Meanwhile, when trying to find the password manager that's best for you, keep the following in mind:

- · Your password manager should be simple for you to use. If you find the solution too complex to understand, find a different one that better fits your style and expertise.
- · The password manager should work on all devices you need to use passwords

on. It should also be easy to keep your passwords synchronized across all your devices.

- · Use only well-known and trusted password managers. Be wary of products that have not been around for a long time or have little or no community feedback. Cyber criminals can create fake password managers to steal your information.
- · Make sure whatever solution you choose, the vendor continues to actively update and patch the password manager, and be sure you are always using the latest version.
- · The password manager should include the ability to automatically generate strong passwords for you and show you the strength of the passwords you've chosen.
- The password manager should give you the option of storing other sensitive data, such as the answers to your secret security questions, credit cards, or frequent flier numbers.

Remember! Pedestrians don't have armor

The California Office of Traffic Safety announced that September is "California Pedestrian Safety Month" which began last year in response to the rising number of pedestrians being killed and injured on California roadways.

The Ventura Police Department will be joining with other law enforcement agencies, pedestrian advocates and walking clubs to promote public awareness aimed at both drivers and pedestrians alike to always be aware of each other and share the road responsibly.

This month draws attention to the 892 pedestrians who were killed on California roadways in 2016, accounting for over 24 percent of all roadways deaths in the state, up from 17% just a decade ago. The number of pedestrians killed or injured on Ventura roadways has increased over the past two years. In 2015 there were 55 incidents and in 2016 there were 62 incidents.

The department has mapped out locations over the past several years where pedestrian collisions have occurred along with the violations that led to those collisions. Traffic Officers working overtime and others on routine patrol will be focusing enforcement both on drivers as well as pedestrian who violate traffic laws.

Both drivers and walkers are cautioned to put down the cell phones, since electronic distractions are seen in increasing numbers of pedestrian crashes. Other factors for drivers include unsafe speed and failure to see and yield to pedestrians in crosswalks and intersections. For pedestrians, the major dangers are jaywalking and thinking that they can be seen at night, especially while wearing dark clothing. To learn about the dangers of being a pedestrian, who is at risk and safety tips visit Pedestrian Safety.

Funding for this enforcement campaign is provided to the Ventura Police Department by a grant from the California Office of Traffic Safety, through the National Highway Traffic Safety Administration.



Sentor Living Pull Out Section



Explore the ocean floor.

Channel Islands "Live Dive" at the Ventura Townehouse

Come and enjoy live broadcasting in Real-Time as Kelly Moore, National Park Service Ranger, deep sea dives the Channel Islands National Park as we watch her on Ventura Townehouse's three big screen TV's.

Using Channel Island's wireless technology we will be able to speak directly to Kelly as she shows us around the ocean floor allowing us to view wildlife, plants, and its ecosystem and get answers to our questions all in the comfort of our own chairs.

Developed in partnership between Channel Islands National Park and the Ventura County Office of Education, Channel Islands "Live Dive" is bringing the park to the people by providing a real-time underwater experience.

"Live Dive" is open to the public. This invitation is for all Ventura seniors 55 years and older and admission is free. This event will take place on the September 20th, at 1:30 PM in the dining room lounge. You don't want to miss this!

The Ventura Townehouse is located at 4900 Telegraph Road. All guests please RSVP to Samantha, as seating is limited 642 3263.

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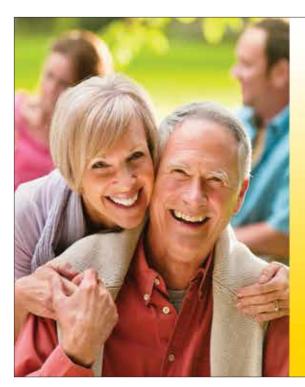
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Sunday, September 17th • 8:00 am - 10:30 am

Please join us for a pancake benefit breakfast at The Palms at Bonaventure Assisted Living and Memory Carel Enjoy a delicious chef-prepared pancake breakfast with all your favorite toppings. All non-perishable food items will benefit the local food bank while financial proceeds will assist those who have been affected by this terrible tragedy.

Suggested donation: 1 non-perishable food item and \$10 per person

For more information or to RSVP to our pancake breakfast, please call

805-647-0616

The Palms At Bonaventure Assisted Living & Memory Care

111 North Wells Road, Ventura, CA 93004

Senior Living

Elderly scam prevention tips

by Connie De La Rosa

Here are some things you might notice in an elderly loved one which could indicate financial abuse or being the victim of scams:

Worrying about finances, having unanticipated financial problems

Unexplained purchases, missing cash or valuables

Difficulty explaining purchases or confusion over a purchase or service contract, excessive repairs or items being purchased for the home.

Giving financial control to a new caregiver, neighbor or friend.

Steps you can to help safeguard your elderly loved one:

Regularly evaluate how they are doing by providing a periodic evaluation by calling in and visiting in person.

Determine ways to simplify finances and possibly consider a system for oversight(regular review/access by a trusted professional or family member).

Share information about popular scams and when confronted with a salesperson over the phone or at their front door, your loved one should redirect them to a trusted family and state that they do not make these kinds of decisions to please contact the family which will help with your elder from being scammed.

For more information, resources and referrals please call 420-9608.

insurance is enough?

by Jayson Cohen

American Legacy Solutions

The average adult American has coverage less than four times his or her annual income. When you consider all the things that life insurance proceeds need to

find and how long the money will be needed, you begin to realize that your try need for coverage is often 10 or 15 time your gross annual income, sometime more.

Since we are all in different stages in life there are different things to take into account. Here is a short list of expenses that Life Insurance proceeds can fund. To help I have broken these down into three categories, Immediate Expenses, Ongoing Expenses and Future Expenses.

Immediate Cost: Funeral costs; Uncovered Medicare expenses; Mortgage; Car Loans; Credit Card Debt; Taxes; Estate Settlement

Ongoing Expenses: Food; Housing; Utilities; Transportation; Health care; Clothing; Insurance.

Future Expenses: College - child or grandchild; Retirement.

If we truly go through the process of analyzing the above expenses we never fall on a round number of life insurance. This also makes sure we are not under insured and not spending money on Life insurance I do not need. So how do I figure out how much I need. There are two simple ways to figure out how much I would buy. First is to simply add up the numbers of your immediate, ongoing, and future obligations. Then subtract that number by your spouse's earning, your savings, investments and life insurance you already own. This final number will give you the amount you should purchase. If you would like an easy way you can also visit, www.alegacys.com/ resources and use the life insurance calculator located on that page.

Healthcare How much life information brought to seniors with a little fun mixed in

Ventura Post Acute, a local skilled nursing and rehabilitation facility, is



The City of Ventura Parks and Recreation is offering a Zumba Gold series at the Ventura Avenue Adult Center from 12:00-1:00pm every Monday and Wednesday beginning September 18 through November 15, 2017.

Zumba Gold is perfect for all active adults, 50+, looking for a Zumba class at a lower-intensity level. This easy to follow class focuses on heart rate, balance, range of motion, and coordination. Come ready to sweat, leave feeling empowered, strong. Regain flexibility and strength while having fun learning a dance step or two! Having two left feet is no problem.

Participants should wear workout shoes, comfortable clothing and bring water to keep hydrated.

For more information call (818) 515-8590. Sign up 658-4726 and request Zumba



Senior Living

hosting a Carnival to bring seniors to their community in order to provide much needed information on healthcare options. They have brought together various healthcare providers to offer education and access to professionals in fields ranging from postsurgical recovery to end of life care. In a Carnival setting to mix in a little fun and bring smiles to the faces of the attendees.

When asked why the event was so important Ventura Post Acute, Administrator Renee Jones commented "The options for post hospital care are not always known to seniors before they are in crisis and this lack of knowledge can make a medical episode even scarier. By providing the opportunity to see the warmth in a Post Acute and rehabilitation facility like ours and have access to ask questions to healthcare providers ahead of time, gives senior more control over their long and shortterm care needs."

The Carnival will be held on Friday, September 22nd from 11:00am to 4:00pm at Ventura Post Acute located at 4020 Loma Vista Road. This event is open to the public and encourages seniors and their families to attend to gain much needed information and to enjoy being a kid again. Along with education, attendees will experience Carnival themed food and games and opportunity drawings will be held throughout the day. Healthcare sponsors of this event include Mission Home Healthcare, College Care Pharmacy, Vertex Healthcare Solutions, Los Robles Homecare, Vitas Healthcare, Assisted Home Health, Integrated Home Health, Brightstar Care and Elite Home Care.

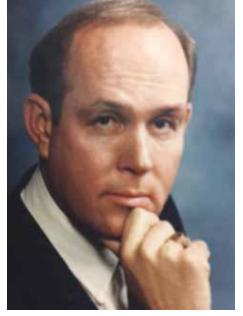
For questions on this event or more information regarding care and rehabilitation services, please contact Ventura Post Acute at 642-4196.

Ventura Post Acute is a 71 bed facility. It is owned by US Skilled Serve and has a 5 Star rating. The facility provides post hospital care including nursing and therapy that is covered by Medicare, Medi-Cal, Private Insurance and private-pay.

First responder appreciation day luncheon at the Lexington

The Lexington will be hosting their 3rd annual special luncheon for our first responders to salute the men and women who serve our community every day. The invitees will include the police department, fire department, sheriff's department and ambulance companies. The Lexington is located at 5440 Ralston Street. The event will be held Friday, September 22nd from 11:30am - 1:30pm.

For more information call 644-6710.



Dr. Wooding has developed a series of regularly scheduled lectures.

You are Invited to a lecture on Medicare & Hospital Care

Bruce A. Woodling, M.D. is a graduate of the USC KECK School of Medicine in 1972. Dr. Woodling completed an 18-month internship in Obstetrics and Gynecology/Internal Medicine at the Los Angeles County/ University of Southern California Medical Center, and a 2-year Family Practice Residency at the Ventura County Medical Center.

Dr. Woodling is Board Certified and Recertified in Family Medicine and is a Diplomat of the American Academy of Family Physicians. His current medical practice is in Family Medicine emphasizing in Geriatric and Senior Medicine.

As CEO of the nonprofit corporation "New Horizons Outreach", Dr. Wooding has developed a series of regularly scheduled lectures and seminars titled "Taking Charge". These lectures and training sessions focus on issues of senior health and medicine including: Common Geriatric Medical Problems, Senior Health Prevention Strategies, Memory Loss, Emotional Wellbeing, Health Optimization, Stress Management, and Senior Life Optimization.

"Taking Charge" presentations are sponsored by New Horizon's Outreach in cooperation with The Ventura Townehouse Senior Living Community twice a month. The first of this series will be Friday, September 22nd from 1:30 PM to 3:30 P.M. The topic this month is Medicare & Hospital Care in Ventura. Refreshments will be served.

The Ventura Townehouse is located at 4900 Telegraph Road.

No RSVP is needed but seats are limited. 642-3263







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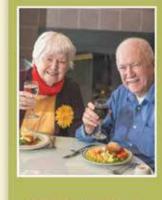
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News & Notes

Wine - Brew & Chews!

The 3rd annual Taste of Local Festival announces its new workshops, music and more. What better way to learn about local food and drinks than to experience it firsthand?

The Taste of Local Festival is about bringing together farmers, chefs, purveyors and community to celebrate our local harvest and the diversity of great food we have right here in Ventura County.

Over 60 area chefs, farmers, purveyors, wineries, breweries and distilleries are expected to showcase their culinary expertise. This year, they have expanding the event space, added more food tasting booths, workshops and more all geared to highlight our local food scene.

Don't Miss the Totally Local Educational Workshops. Attendees can learn about everything form Hombre wing, Mixology to Fermenting for health as well as cooking demons and more. All this for the price of your admission.

Back by Popular demand the popular Local Homebrew Challenge as local home- brewers compete for the title of Grand Champion of Local Homebrewing.

And it would not be a Totally Local event without our local musicians this year's music line up will feature The Dan Grimm Band, Bryan C Titus Band and The Ventura County Bluegrass Association. Special guests to also be announced.

The Taste of Local Festival takes place on Sept. 24th at the historic Olivas Adobe in Ventura located at control? 4200 Olivas Park Dr.

General admission: \$45.00 in working? advance, \$55.00 at the door; VIP admission: \$65.00 in advance, \$75.00 at the door All food and samples are included in the admission price. This is a 21 and older event.

All this and the event gives back.

Proceeds front the event will go to Project Understanding and Totally Local VC's Educational programs.

For tickets and more information go to TotallyLocalVC.com.

CMHS hosts free Ethics in Healthcare Seminar

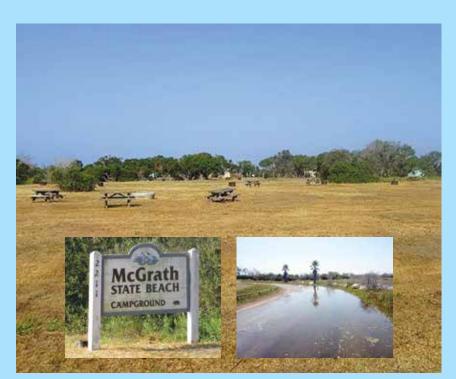
The tough choices and tradeoffs the United States may have to make to find a workable solution in healthcare will be the focus of a free Ethics in Healthcare event that Community Memorial Health System is holding as part of its 2017 Speaker Series. The seminar starts at 5:30 p.m. Wednesday, Sept. 27, at the Museum of Ventura County.

James Hornstein, M.D., CMHS Bioethics Committee Chair, will moderate the latest Ethics in Healthcare event, titled, "How Healthcare Controls Us: Reform Efforts in Uncertain Times."

In addition to Hornstein, featured speakers will include Gary Wilde, CMHS president and CEO; and Lucien Wulsin, J.D., health policy expert and author of "California at the Crossroads: Choices for Healthcare Reform." The seminar will address the following topics:

- Is private insurance becoming unaffordable?
- · Is a single-payer system the solution?
- Are healthcare costs out of
- Are the health insurance exchanges
- What are your options right now?

Registration is free but reservations are required. To secure reservations, please visit www.cmhshealth. org/rsvp or call Brown Paper Tickets at 800-838-3006.



McGrath State Beach campground recently reopened after nearly three years of being closed because of flooding. 40 of the old 150 sites were opened. Normally the berm that allows the water to drain to the ocean breaks on its own during the rainy season. During a drought it does not break on its own and it is illegal to manually break it resulting in the flooding.

After the flooding dried out in spring, California State Parks crews and volunteers went to work cleaning the campground. Campsites cost \$35 a night and each has a picnic table and a fire pit. No hookups are provide but the restrooms and showers are open. Photos by Murray Robertson.





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The Pet Page



Dedicated to Scamp

A fund raiser for Ventura Police K9 officers' medical insurance will be held on October 7, 4 to 8 pm at the Harbor Cove Café and on the beach. (1867 Spinnaker way at the end). Vendors,

raffles, live music ,food and fun for all including the Sunset Glow family fun run, walk, or crawl 5K on the beach. Be sure to visit the Ventura Breeze booth and get a free tennis ball for your dog (or cat).

The SPAN Thrift Store is providing \$10 spays and neuters for low income cat and dog friends.

In the SPAN Thrift Store parking lot 110 N. Olive St. (behind Vons on Main) Friday, September 15th.

Please call to schedule an appointment 584-3823.

New research attempts to answer the question whether sleeping with your furry friend(2) is a bad idea for a good night's sleep.

While some argue that the doggy snoring will ruin their sleep, others love nothing more than a nighttime cuddle with their buddy. However, science may now have resolved the matter, with a new study suggesting that sleeping with your pet can actually help you get a good night's sleep.

With this in mind, researchers at the Mayo Clinic decided to look into the effect of dogs on sleep quality, recruiting 40 healthy adults without a sleep disorder to take part with their pets.

Both the participants and their dogs were asked (the dogs were asked?)

to wear activity trackers to track their sleeping habits for seven nights when they slept in the same bedroom.

The team found that regardless of the size of the dog, sleeping with a furry friend "in the room" helped some people sleep better.

However, having a dog "on the bed" didn't have the same effect, finding that those who let their canines get too cozy did it at the expense of a good night's sleep.

"The relationship between people and their pets has changed over time, which is likely why many people in fact do sleep with their pets in the bedroom," stated Dr. Krahn of the Mayo Clinic.

Extracted from article by Cesar Millan:

Intelligent and energetic, Border collies are champion herders — but they aren't for everyone when it comes to ideal dogs.

All modern Border collies originate from one dog, Old Hemp, who was born in 1893 and sired over 200 offspring.

They are incredibly intelligent and are often listed among the smartest breeds of dog. They can learn to understand a large number of words, as well as hand gestures and whistles. The downside, of course, is that they can become easily bored or frustrated if they don't receive proper mental stimulation. More than breed groups, herding dogs need jobs in order to feel fulfilled, which is why things like agility or herding training can be so useful for them.

Because of their skills at learning human words for objects quickly,





Scamp Club

(Scampclub pets are not for adoption.)

We are Obie (5) and Titan (4), we are Dobermans. We live in Ojai (it's been hot here). Our favorite things are to dig and chase ground squirrels even though we never each them.

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.

Border collies have been studied by linguists, who have determined that they have communication skills that even our closest primate relatives don't. The Border collie Chaser is said to have the largest vocabulary of any non-human animal, at a thousand words.

Border collies are famous for the "crouch" and the "stare" — their ability to move while staying low to the ground, and the intense look they will give to the animals they're herding in order to control them. And if you have a Border collie, you may have found yourself the subject of the stare at some point, particularly if you were eating.

They're not just for herding. Border

collies can also excel at doing search and rescue work, as therapy dogs, and as... "goose masters," trained to chase away geese, such as used at the University of Northern Florida.



Scamp gave herding a try but the sheep just laughed at him.









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The Pet Page

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 Sienna, a playful, energetic and friendly 5-year-old American Staffordshire Terrier X. I was rescued from Animal Services by Canine Adoption and Rescue League (I'm a lucky dog). I sure am grateful they are giving me a second chance for a loving home.

I know the command 'sit' and The Dog Genie (Genie Tuttle) has been doing Nose Work with me too. I'm working on my leash manners. I'm people friendly, but I'd prefer to be the only dog in your home. Come see me at CARL.





Hi: I'm Pappy, the quintessential lapdog! Love cuddles and nuzzles! I've been around smaller dogs and love treats. When you put your hand out to pet me I gently push your hand up so your hand lands on my nose!!! What a cutie pie! If you're interested in adopting me please visit the Camarillo Animal Shelter. Kennel #257 and ID# is A668255.

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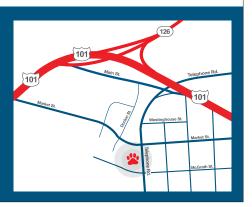


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News & Notes



Mr. Brown has more than 28 years of public sector experience.

City of Ventura appoints new Ventura Water General Manager

Ventura City Manager Mark Watkins has announced that Kevin Brown has been appointed to the position of Ventura Water General Manager. Mr. Brown recently served as Chairman for Chief of Naval Operations Strategic Laydown Assessment in Washington, DC developing the Navy's \$9B annual infrastructure investment plan. He was selected through an open recruitment process and will join the City of Ventura on September 18.

Mr. Brown has more than 28 years of public sector experience as a Navy Civil Engineer Corps Officer with a focus on customer satisfaction, environmental compliance, planning, budgeting, design, construction and facilities maintenance programs. He managed 10 unique water and sanitation districts negotiating interagency agreements, establishing water standards, maintaining systems and building new capacity.

"Kevin brings a wealth of experience and understands the intricacies of water resource management and inter-agency cooperation," said City Manager Mark Watkins.

During his employment with the federal government, Brown worked internationally as well as locally; he served as the Commanding Officer, Civil Engineering Corps Officer School and the Executive Officer Ventura's residents will explore during (CFO/COO) Naval Facilities Expe- three Community Conversations ditionary Logistics Center, in Port Hueneme, California. His work experience also includes leading workforces of up to 1,400 personnel.

"I'm thrilled in this opportunity to join the Ventura Water team and serve the citizens of Ventura," said Kevin Brown.

Brown is a licensed Professional Engineer with professional affiliations including the Society of American Military Engineers and the American Public Works Association. He is a graduate of the Kellogg School of Management, Northwestern University Advanced Executive Program. He has a Master's degree in Business Administration from DePaul University, Chicago, Illinois, and a Bachelor's degree in Ocean Engineering from the United States Naval Academy.

water and wastewater division that accounts for more than \$94.5M in annual revenue serving more than 28,000 customers with a staff of 90.

What kind of community do you want to live in? Why is that important to you?

These are some of the questions that hosted by the Ventura County Library System. The first "Conversation" will take place at the E. P. Foster Library-Topping Assembly Room (9/13), followed by gatherings at the Bell Arts Factory - Community Room (9/27), and the Jose Flores Community Center in Saticoy (10/19). Each program will last from 6 to 8 p.m.

The questions in each "Conversation" were designed to help the library understand the vision people hold for Ventura, the concerns they have, and ideas they believe will make a difference in strengthening our community. Your participation is important.

These gatherings are free and open to the public. For additional information, contact Irma Morales, Sr. City Librarian, at 648-2715 or 2716.

The E.P. Foster Library hours of Mr. Brown will manage Ventura's service are 10 a.m. to 7 p.m. Monday

through Thursday; 10 a.m. to 5 p.m. Friday and Saturday; and 1:00 p.m. to 5:00 p.m. on Sunday.

Bell Arts Factory is at 432 N. Ventura Ave.

Jose Flores Community Center 1168 Violeta St., Saticoy.

SEEAG seeks donations

Students for Eco-Education and Agriculture (SEEAG) is gearing up to teach thousands of schoolchildren about the farm origins of their food during the new school year. Part of the program brings elementary students to SEEAG's Farm Lab at Petty Ranch in Saticoy where they experience a real working citrus, fig and avocado ranch. SEEAG is currently seeking donations to help offset field trip transportation costs.

All SEEAG programs are free to students and schools. While at Petty Ranch, SEEAG educators guide students through five stations equipped with STEM-integrated learning objectives designed to give students a hands-on understanding of the agricultural industry and an appreciation of where their food comes from.

One bus can transport up to 60 students at a cost of approximately \$250. Throughout the school year, more than 50 buses transport over 3,000 students to Saticoy from Ventura and Los Angeles Counties.

Tax-deductible contributions can be made by mail SEEAG, P.O. Box 1461, Ojai, Calif., 93024 or online at www.SEEAG.org.





Buena even offers law pathway classes for a career in criminal justice.

Ventura Unified School District high school countdown(there are 5 of them – can you name them all?)

by Jennifer Tipton

First up - Buena High!

Located at 5670 Telegraph Rd., Buena High School opened in 1961. Providing grades 9 - 12, student enrollment is currently 1,895 and Buena is recognized as a California Distinguished School.

22% of Buena grads go directly to a 4-year university and another 47% attend junior college or something similar.

In her 7th year at Buena, principal Bobbi Powers is proud of "the fantastic music and drama programs and the unique AP (advanced placement) classes in science." Buena even offers law pathway classes for a career in criminal justice.

Everyone knows the mascot is the Buena Bulldog, and when asked about the school's bragging rights for sports competition I am told that just last year the girls' softball team won the CIF championship, the girls' basketball team got their thousandth win - first one in the state to accomplish this! There's also a lot of wrestling championships.

And how about students that became famous? Well we know Kevin Costner attended Buena (but did not actually graduate from there as clarified in an earlier Breeze update). There's Freddy Keiaho, a star athlete who played football at Buena and went on to be part of the Super Bowl XLI victory! There's also Zac Levi the actor, Robert Weiss the screen writer for Shrek and Buena has a physical education teacher John Siman who was himself a former Olympian!

When asked about the amount of

homework the students are given, principal Bobbi Powers states, "I do think our teachers are very aware the students have outside interests and a life, they don't just give busy work, the homework they are given is to enhance the learning that's happening in the classroom."

For more information venturausd.org/ Buena/HOME.aspx.

Teen Challenge announces "Walk For Recovery"

Ventura Teen Challenge was established in 1972 and serves the tri-county region of Santa Barbara, San Luis Obispo and Ventura Counties. In 1999 Ventura Teen Challenge moved from a two-story house on Ventura Avenue to a 143-acre property located in the Ventura foothills. They call this property "Miracle Mountain".

Walk For Recovery will be Saturday, September 30th. This will be a beautiful sunset 5K walk/run supporting addiction recovery. They need walkers and sponsors to help raise money to keep the doors open for this amazing non-profit, 12-month, residential recovery program that helps save people from destructive lifestyles

Youth



"The Ventura Family YMCA is more than a gym, it's a place of community."

The Ventura Family YMCA celebrates 130 years

The Ventura Family YMCA opened its doors on September 30, 1887 in a house on the corner of Santa Clara and Oak Street. The Ventura Family YMCA was then known as the YMCA of Ventura County. In the 1940s the Ventura Y relocated to a log cabin across from the old Mound School and in 1952 moved again after purchasing the old Mound School. In 1981, the Y bought their current building on Telegraph Road, allowing for the expansion of its fitness and wellness programs.

In 1988 a 3,000 square foot natatorium was added with two heated indoor pools allowing an aquatics program to flourish and serve 5,000 children annually. Today, the Ventura Family YMCA serves 6,000 facility members and provides childcare to over 300 children in its after-school programs. With continuous membership and program growth the Y is once again researching expansion options to ensure it can meet the community needs.

"The Ventura Family YMCA is more than a gym, it's a place of community and at the Y, strengthening community is our cause," explains Amy Bailey

Jurewicz, Executive Director of the Ventura Family YMCA. "As the needs of the community have shifted dramatically over the past 130 years, our mission has shifted as well. Although much has changed since the Y opened in 1887, the commitment to the cause has never wavered. The Y truly offers something for everyone; a wide variety of health and wellness classes, and scholarships for those who need them. "

To celebrate the 130th year, the Y is offering a gift to the community; join the Ventura Family YMCA by September 30 and get the first month free!

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 afterschool programs. For more information about the Ventura Family YMCA, visit http://www.ciymca.org/ventura/ or call 642-2131.

of drug and alcohol abuse.

Thousands of individuals with life controlling problems have found freedom from a life of despair through the help of Teen Challenge. You can help by sponsoring a Teen Challenge student for the walk or asking your family and friends to sponsor you to walk.

The walk starts at Ventura Crown Plaza promenade. You can register at www.tcwalks.com or text TCwalks1712

For more information call Julie Sullivan at 585-4033.

Ventura Visitor Guide wins award

Ventura Visitors & Convention Bureau (VVCB) proudly announced that the 2017 Ventura Visitor Guide has won an Award for Publication Excellence in the "One-of-a-Kind Publications" category.

The 29th Annual Awards for Publication Excellence (APEX) which

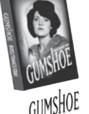
recognize excellence in publishing by professional communicators were based on excellence in graphic design, editorial content and the success of the entry -- in the opinion of the judges -- in achieving overall communications effectiveness and excellence. The panel of judges for APEX 2017 included John De Lellis, Concepts Editor & Publisher, Ken Turtoro, noted publishing executive and senior APEX judge, Christine Turner, Contributing Editor of the Writing That Works Archives and Bill Londino, Consulting Editor of Writer's Web Watch.

1,361 entries were evaluated including 60 in the "One-of-a-Kind Publications" category. VVCB was honored that the Ventura Visitor Guide was chosen among 23 same-category winners.

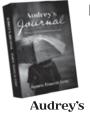
VVCB hopes to continue a tradition of publication excellence in Ventura's 2018 Visitor Guide currently in progress. Similar to the 2017 Visitor Guide, it will focus on advertorial content that tells the Ventura story through local writers and photographers. The 2018 Visitor Guide will be published before the end of the year.

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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.

Stabbing

On September 3, at approximately 5pm, the Ventura Police Department Command Center received a call from the emergency room staff at Ventura County Medical Center reporting a stabbing victim had just entered the emergency room. Officers arrived and contacted the male victim who was found to be suffering from two non-life threatening stab wounds to his torso.

During the investigation, officers learned the victim was sitting alone in the area of Ventura Avenue and Prospect Street when two passing vehicles abruptly stopped in the roadway. Five male subjects exited the vehicles and began to physically assault the victim without provocation. The victim was stabbed with an unknown type weapon as he tried to defend himself. After the attack, the suspects reentered the vehicles and fled in an unknown direction.

There is no additional information at this time. Anyone who may have witnessed, or has information relating to this crime, is asked to contact the Ventura Police Department at 339-4488

Armed Suicidal Subject

On September 6, at approximately 1pm, the Ventura Police Department Command Center received a call from employees of O'Leary's Sidebar, 6555 Telephone Rd., reporting that a customer had just left a suicide note inside the bar and was now in the parking lot, armed with a knife. The note indicated that the subject, later identified as a 49-year-old male vagrant, wanted to force officers to shoot him.

Offices arrived on scene and located the subject in the middle of the parking lot. He was still armed with the knife and was uncooperative with officers. Officers set up a perimeter to contain the subject and protect the public that was in the area. The subject became more erratic as officers tried to negotiate with him and at one point claimed he had additional weapons as he reached into a fanny pack attached to his waist.

A less lethal weapon was deployed, which incapacitated the subject to give officers enough time to take him into custody.

After he was medically cleared for minor injuries he sustained during the arrest, the subject was transported to Ventura County Mental Health for an evaluation.

No officers or any citizens were injured as a result of this incident.

As a precaution, Portola Elementary School was placed on temporary lockdown until the incident was resolved.

Crook trying to get favorite cheeseburger

On September 7 at 1am, the Ventura Police Department Command Center received a call of an audible alarm with video surveillance at the Carl's Jr on Thompson Bl.

Offices arrived on scene and located the suspect, 39 year old Oak View resident Jennifer Cardinel, inside eating food from the business. The suspect was taken into custody without incident.

The subsequent investigation revealed that the suspect forcibly pulled open the locked doors to the business while it was closed. She remained inside the business when the officer's arrived

on scene.

The suspect was taken to Ventura County Jail and booked for felony Commercial Burglary and an outstanding felony arrest warrant for vehicle theft.

Stolen Vehicle Arrest

On September 9, at 12:10pm the Ventura Police Department Command Center received a call of a suspicious vehicle in the parking lot of The Wharf, at 980 Front St. The caller provided the license plate of the vehicle and a registration check revealed it had been stolen from Ventura earlier in the day.

Officers arrived on scene and found the suspect, Cameron Marrufo, 25, Ventura resident in the driver's seat of the vehicle. Marrufo was ordered out of the vehicle where he was taken into custody without incident. He was transported to the Ventura County Jail and booked for being in possession of a stolen vehicle.

During the last month, Marrufo has been arrested on three different occasions by the Ventura Police Department. He was previously arrested on 08/19/17 for a residential burglary in the 100 block of Brent St. and on 09/07/17 for prowling a residence in the 2000 block of Pierpont Blvd.

Harbor Patrol Blotter

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

8-30 8:12am, received a dispatch to a hazard, gas odor in the marina mobile home park. Officers responded and assisted Ventura fire with the investigation. After a brief search with a gas meter, responders were unable to find a leak.

1:52pm, while on patrol officers monitored a mayday call on VHF 16. Officers responded just outside the breakwall to a de-masted catamaran. The vessel was taken en tow to the launch ramp.

7:38pm, received a dispatch to a water rescue at the Ventura Pier. Officers responded and assisted Ventura fire with 3 persons caught in a rip current.

8-31 9:11pm, received a dispatch to a medical at marina mobile home park. Officers responded, assisting Ventura fire/AMR with the patient.

9-1 7:30am, received a complaint of transients loitering near the launch ramp restrooms. Officers responded and contacted the group and moved them along.

9-2 11:45am, received a report of an emergency near the village carousel. Officers alerted dispatch and responded. The patient, an elderly fall victim received first aid for lacerations from the fall and was released at the scene.

8:55pm, received a dispatch to an ill person at a village restaurant. Officers responded and assisted Ventura Fire/AMR with a female patient who possibly suffered a stroke. She was transported to local hospital for further evaluation.

9-3 6:46am, received a dispatch to a fall victim in the marina mobile home park. Officers responded and assisted Ventura Fire/AMR with the call.

4:05pm, received dispatch to a brush fire near Surfers Knoll. Officers responded with Ventura Fire and provided access/ride to the fire. The brush fire was extinguished with assistance of multiple fire agencies.





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9-4 11:20am, received a report of an emergency at Daves Fuel dock. Officers responded and found a male subject who suffered a head laceration while working on his boat that involved an explosion. He refused treatment and was unable to recall what happened. The patient was transported to local hospital by friends for further evaluation. The incident was being investigated.

6:31pm, received a dispatch to a water rescue in the harbor. Officers responded and discovered a partially submerged kayak with two persons in the water. The pair were pulled aboard rescue vessel and the kayak was dewatered. All victims and the kayak were delivered to the "big-beach" dock.

9-5 9:15am, received a report of an ongoing sewage spill occurring near VIM C-dock. Officers are investigating the cause.

7:45pm, received report of a boating accident in VWM. The damage was minimal and the two parties were working out the details.

Distracted driving

Continued from page 1

• Talking on a cell phone or texting is the number one source of driver distractions.

• Texting takes a driver's eyes off the road for an average of five seconds, far enough to travel the length of a football field at 55 mph. Most crashes happen with less than 3 seconds reaction time.

What can a driver do? They can obey the law. They can also work to eliminate distractions:

- · Never text and drive.
- · Turn off the phone when you get behind the wheel.
- Don't text or call someone when you know they are likely to be driving.
 Make a pact with family, spouse, and care-
- givers never to use the phone in the car.

 No eating or drinking while driving.
- · Don't program your GPS, MP3 player or other devices while driving.
- Pull over and stop to read maps.
- · No grooming, no reading, no watching videos.
- \cdot $\;$ If something falls to the floor, pull over before trying to reach it.

- Weekly SUDOKU

Answer

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

— King Crossword — Answers Solution time: 27 mins.

-Ventura-Music-Scene



by Pam Baumgardner

VenturaRocks.com

The California Beer Festival with three days of events highlighting and celebrating that delightful beverage, the beer, is back! First, there's the popular "Food and Pairing" event held up at City Hall on Friday, the 15th where local chefs pair with local breweries topped off with live music by Victor Vega and The Bomb. Then on Saturday, the 16th, it's the Craft Beer Heaven at Plaza Park with live music from Adelaide, Yachtley Crew and DJ Cue. And finally, the Boots & Brews Country Music Festival takes place Sunday in the same location featuring the young guns of Country with Michael Ray, Chris Lane, Russell Dickerson and Highway Starr. Find out more about parking, times, and tickets at CaliforniaBeerFestival.com.

The 24th annual Bowlful of Blues returns to Ojai's Libbey Bowl on Saturday, September 16. There are both VIP and general admission tickets available for this one which features Nathan & the Zydeco Cha-Chas, Morganfield Burnett & Da Blues, The Gypsy Blues Band, Raw Silk and Cody LePow. Check out BowlfulOfBlues.org for ticket and information.

A number of local musicians will be performing The Beatles' Rubber Soul in its entirety at Poseidon Brewery on Saturday, September 16. Who could possibly pull this off? That would be Zeke Berkley, Austin Knecht, Owen Bucey, Steve Ming and Brian Bingelson.

If you love rap, then don't miss the "Over Worked & Under Paid Tour" with Lil Wyte (Three 6 Mafia), Los Ghost, White gold and Denim White. The US tour will make a stop in Ventura at The Garage on Saturday, September 23.

There are a number of benefits for specific causes that you're invited to help support. Let's start with the fundraiser for the Ribbons of Life Breast Cancer foundation at Buena High School with a concert from Paperback Writer, a Beatles tribute band, on Saturday, September 16. Tickets are \$25 at the door. Grapes and Hops is hosting a fundraiser for Project Understanding on Sunday afternoon the 17th, 1-5 pm, with the Salty Suites, the Angry Brians and Vox Box Six. There's a fundraiser for Ventura High's water polo team at Discovery on Sunday, September 17 with Nucklehead, tickets are \$12 the day of the show. And you won't want to miss the 3rd annual Taste of Local at Olivas Adobe on Sunday, September 24, which offers music from Bryan C Tutus and the Dan Grimm Band, proceeds benefit the Totally Local VC Agricultural Education Foundation.

Quick Notes: The September Swing Big Band Dance with Ventura Jazz Orchestra will be on Friday, September 22, at Poinsettia Pavilion. Ventura Theater has Jimmy Eat World and Man with a Mission on Thursday, September 21; and Gov't Mule on Saturday 9/23. Four Brix has Sista Blues with Deb Ryder, Shari Puorto and Kelly Zirbes on Saturday, 9/23. Rock on the Dock continues every Saturday (3-6 pm) in September with Freedom of Expression (reggae) on the 16th and Live Wire (rock party favorites) on the 23rd.

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

Mondays: Musician's Night Out Tuesdays: Open Mic w/ Beer Bros. Wed 9/13: Crooked Eye Trio Fri 9/15: Dropshot Sat 9/16: 5 pm Jade Hendrix; 9 pm Dive Bar Messiahs Sun 9/17: 5 pm Corsican Bros; 9 pm Karaoke

Boatyard Pub Ventura Harbor

Tuesdays: Jason Ho Wednesdays: Mark David Thursdays: Bluegrass Jam

Bombay Bar & Grill 143 S. California Street

Fridays: DJs; Karaoke Saturdays DJs Sun 9/17: The Barn Burners, Serena

Buena High School 5670 Telegraph Road

Sat 9/16: Paperback Writer

Café Fiore

66 S. California Street Wed 9/13: Big Adventure

Thurs 9/14: Live Wire Fri 9/15: Instone Sat 9/16: Otis Hayes Tues 9/19: Fabulous Hangovers Wed 9/20: Big Adventure Thurs 9/21: Rick Whitfield Fri 9/22: Johnny Hawthorne

Sat 9/23: Boogie Wonderland

California Beer Fest

City Hall Location

Fri 9/15: The Bomb Plaza Park Location

Sat 9/16: Adelaide, DJ Cue, Yachtley Crew Sun 9/17: Michael Ray; Russell Dickerson,

Casa Bella

Chris Lane, Highway Starr

391 E. Main Street (805) 340-1119

Music starts 7 pm Tuesdays: Adam Tunney Fridays: Encore

Saturday: Ricky Williams

Cask Alexhouse 5952 Telegraph Road

(805) 765-4201 Music 7-9 pm Sat 9/16: Milo Sledge Sat 9/23: Jason Ho

The Cave

4435 McGrath Street

Weds & Sats: 5:30 – 8:30 pm Varon Thomas Thurs & Fris: 5:30 – 8:30 pm Warren Takahashi

Copa Cubana

Ventura Harbor Village

Week nights 7 pm; Sundays 4 pm Tuesdays: Down Home Trio Fri 9/15: Havana Cinco

Sat 9/16: Brandon Ragan Sun 9/17: Hot Roux

Fri 9/22: Estrada Brothers w/ Lorenzo Martinez

Sat 9/23: Soul Expression

Dargan's Irish Pub 593 E. Main Street

Sun 9/17: 4 pm The Sunday Drivers

Discovery 1888 Thompson Blvd

Late Fridays 10 pm: Flashback Fridays Late Saturdays 10 pm: Disco Bowl Thurs 9/14: TrueZion, Tripped Up

Fri 9/15: 2017 Nash Next Sun 9/17: Nucklehead

Wed 9/20: The Wailers

Fri 9/22: Kyle Smith, Soutry Dub Sat 9/23: Cubensis

Sunday 9/24: Mayday

El Rey Cantina 294 E. Main Street

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

Four Brix Winery 2290 Eastman Avenue

Sat 9/23: Sista Blues with Deb Ryder, Shari Puorto, Kelly Zirbes

Garage

1091 Scandia

Fri 9/22: Acid Teeth, Chill Child, Three Day Holocaust, All-a-Blur Sat 9/23: Lil Wyte, Los Ghost, WhiteGold,

Denim White

Golden China 760 S. Seaward

(805) 652-0688

Karaoke seven nights a week 9 pm Tuesdays 7 pm: Open Mic

Grapes and Hops

454 E. Main Street

Fri 9/15: Maggie McClure Sat 9/16: Crooked Eye Tommy Sun 9/17: 1 pm Salty Suites, Angry Brians, Vox Box Six

The Greek Mediterranean

Fri & Sat 7:30 pm

Belly Dancing, Greek music and show

Hong Kong Inn

435 E. Thompson Blvd

Mondays: Karaoke Thursdays: Gypsy Blues Band

Fri 9/15: Lionel Young

Sun 9/17: Smitty and Julia

Fri 9/22: Tom Ball and Kenny Sultan

Sat 9/23: Misunderstood

Sun 9/24: Del Franklin and Friends

Keynote Lounge

10245 Telephone Road

Tuesday and Wednesday: Karaoke

Thursday: Open Mic

Sunday: Karaoke

Fri 9/15: Sean Wiggins

Sat 9/16: Heathers on Fire

Fri 9/22: Mr. M Sat 9/23: Pull the Trigger

Made West Brewing

1744 Donlon Street

Sun 9/17: 3 pm The Shaky Hand String Band Sat 9/23: 4 pm Sea at Last Sun 9/24: 3 pm Cap Quirk

Majestic Ventura Theater

26 S. Chestnut Street

Thurs 9/21: Jimmy Eat World, Man with a Mission Sat 9/23: Gov't Mule Margarita Villa

Ventura Harbor Village

Fri 9/15: Corsican Bros. Sat 9/16: Vertigo Blend

Sun 9/17: Mike Martinez Fri 9/22: Urban Dread

Sat 9/23: Crosscut Sun 9/24: Right Amount of Wrong

Poinsettia Pavilion 3451 Foothill Road

Fri 9/22: Ventura Jazz Orchestra

Poseidon Brewing

5777 Olivas Park Drive Sat 9/16: Rubber Soul performed by local musicians

Prime

2209 E. Thompson Blvd

Tuesdays: Danny D Fridays: Mike Moody Saturdays: Jessica Ash

Red Cove

1809 E. Main Street

Thursdays: Music Club Open Jam Night Fri 9/15: Mighty Quinn, The Oakland Ronin Sat 9/16: Phoenixook, Rocket 68, Absolutely Nothing, No Biggie

Sun 9/17: Robot Jurassic, Ed's Bad Trip,

September Begins

Sandbox Coffeehouse 204 E. Thompson Blvd

805-641-1025 Thurs 6 pm, Weekends noon

Thursdays Open Mic Sat 9/16: December Fades

Sun 9/17: Will Breman Sat 9/23: Cap Quirk

Sun 9/24: Brothers Anonymous

Sans Souci

21 S. Chestnut

Sundays: DJ Darko Mondays: Karaoke

Tuesdays: DJ Nick Dean

Wednesdays: Open mic Thursdays: DJ Spinobi

Fri 9/15: Hubcap Stealers

Sat 9/16: Stevie Char Fri 9/22: DJ Pistolero

Sat 9/23: Porcelain Hill Sat 9/9: Outlaw Inlaws

Squashed Grapes 2351 E. Main Street

Music 7-10 pm

Fri 9/15: Mike Garson Trio Sat 9/16: Paul McCallum & Friends

Mon 9/18: Francesco Buzzurro & Richard Smith

Thurs 9/21: Coda

Fri 9/22: L.J. and the Boyz Sat 9/23: Cougar Estrada

Star Lounge 343 E. Main Street

Tues: Karaoke

Thurs: DJ Trovlbe

Fri 9/15: Johnny Hawthorn Band Sat 9/16: The Flailingtons

Fri 9/22: Action Down Sat 9/23: Unusual Suspects

The Tavern

211 E. Santa Clara Street (805) 643-3264

Sundays: DJ Steezy Steve Tuesdays: Karaoke Metal Wednesdays

Get it Right Thursday DJs Fri 9/15: Seaside Band Fri 9/22: I Want my 80's

Sat 9/23: The Black Hips Topa Topa Brewing Co. 104 E. Thompson Blvd

Thurs 9/14: Matt Sayles Ventura Fairgrounds

10 W. Harbor Blvd

Fri 9/22: El Fantasma, Grupo Vox de Mando, Kanales Ventura Harbor Village Spinnaker Drive

Rock on the Dock 3-6 pm Sat 9/16: Freedom of Expression Sat 9/23: Live Wire

Vintura at the Wine Rack 14 S. California Street

(805) 653-9463 Thurs 9/14: Karyn 805

Fri 9/15: Johnny and the Love Handles Sat 9/16: Jon Gindick, Déjà vu Too

Sun 9/17: The Swillys Thurs 9/21: Guitarzan Fri 9/22: Paul Mars Black

Sat 9/23: Spectrum Sun 9/24: Jason Ho

The 805 Bar Ventura Harbor

Music at noon Sat & Sun with Kenny Devoe Sat 9/16: Jason Ho



Very Ventura Gift Shop & Gallery, 540 E. Main Street is presenting "From Sea to Skyscapes" featuring local artists, **Shannon Celia** and **Sherri Cassell**. The opening reception will be held on Sept.16 from 6pm-8pm, in conjunction with Arts & Eats, downtown Ventura. The exhibit runs through Nov 10th.



Above: Ribbon's for Life Breast Cancer Foundation Vice President) Sylvia Rosolek, founder President Lisa Barreto and artist Arline Tepper. Right: Miki (Mikiko) Nupuf, inspiration for the sculpture.

On Saturday, August 26th Arline Tepper donated a very special sculpture to the Ribbons of Life Breast Cancer Foundation. The name of the sculpture is L'Chaim (to Life) Mikiko. It was made to honor a very dear friend who fought breast cancer. Mikiko (Miki) fought breast cancer for 12 years. She died in 2013 at the age of 44. Her mother, in Japan, died shortly after of the same disease. Her courage, strength, and beauty inspired Arline to sculpt this piece. It is dedicated to her, and to all women who have had breast cancer - the victors and the losers.

Artist Union Gallery History Night

These are exciting times for this decades old organization. Artist Union is partnering with Art City to offer the art community in Ventura County and beyond a beautiful gallery in a working community of artists. Please come join on Wednesday September 13, from 7:00 to 9:00 pm to get reacquainted, visit the gallery, listen to some good music, and have some wine. Video Presentation on historic Artist Union Gallery shows compiled by Phil Taggart. Russell Erickson Award Ceremony. Art City Gallery,197 Dubbers St. artistuniongallery@gmail.com.

Dab Artpleased to present AHORA, a solo exhibition artist Dominga Opazo $N \quad A \quad M \quad B \quad A$ Arts Space in DowntownVentura at 47 S. Oak. Opening Reception Saturday, September 6-8pm.



Dominga plays out her imaginative ideas through images and textiles, engaging in a constant and passionate pursuit to discover the divine through art. AHORA is a mixed collection of Dominga's most current work. Dominga Opazo resides in Ventura, emigrating from Chile a decade ago. Her mixed media work consists mostly of prints and textiles, as well as wood burning, paintings and drawings.



A Conversation with Lynn Hanson Sunday, September 24, from 3 to 4:30 p.m. Oxnard's Levity Live at The Collection, 591 Collection Blvd.

Lynn Hanson's work stems from a rapt attention and visceral connection to the natural world: from a childhood stalking garter snakes at Whiskey Ditch in rural Minnesota to a daily ritual of exploring beaches and canyons along the California coast. To learn about Lynn Hanson visit

www.LynnHanson.com.

Make your reservation today! www.FocusOnTheMasters.com or 653.2501. \$10 for the general public, \$5 for seniors, and free to Focus on the Masters Members. Not a member? Sign up today at www.FocusOnTheMasters.com.

The Artist Spotlight is open to students attending as a class assignment free of charge. Faculty and students are requested to make a reservation.

Join for AfterGLOW, a celebratory reception at the Ventura home of Martin and Virginia Furmanski immediately following the program. The AfterGLOW is \$25 for FOTM members, \$35 for non-members. Paid reservations are essential and required prior to September 19. For RSVP - tickets visit www.FocusOnTheMasters.com or call 653-2501.



The winning entries from this year's California Coastal Art & Poetry Contest will be on display at the Channel Islands National Park Robert J. Lagomarsino Visitor Center until November 12.

Each year, students throughout the state, from kindergarten through 12th grade, participate in this statewide contest, which is sponsored by the California Coastal Commission.

Local sixth grader, Duke

Nicolson, from Santa Barbara received an honorable mention for his acrylic painting of a California coastline. The art and poetry display includes 51 pieces that were selected as winners and honorable mentions from nearly 2,800 entries.

The Channel Islands National Park Robert J. Lagomarsino Visitor Center is located at 1901 Spinnaker Dr. and is free and open daily from 8:30 am to 5:00 pm.

Arts & Eats will be held in downtown Ventura on Saturday, September 16 from 6 - 8pm. Sixteen galleries, restaurants and shops open their doors for art receptions and complimentary tastes. The event is free to the public. Fox Fine Jewelry will be on the tour. Marta Nelson and her artist's group will display their art in "Celebrating Marta Nelson" at Fox Fine Jewelry from September 14 to November 12, with an Art Reception on September 16 from 6 – 8:00pm. Musician Corinn Conant will sing and play guitar during the reception. 560 E. Main St.



September 13 - September 26, 2017

Lighter Breeze

Mother Goose and Grimm



Baby Blues







Arctic Circle









Moose and Molly





Crock



Blondie







Solutions on page 19

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

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

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

DIFFICULTY THIS WEEK: ◆◆◆



Solutions on page 19

King Crossword

ACROSS Whitewater 12 13 carriers 6 Zero 16 15 17 Hot tub 9 12 Confeder-18 19 20 acy's foes 13 Spoonbender Geller Still 15 Blunder 30 33 16 Advisory 36 group 18 1970s band, 41 Mott the -20 PBS science series 48 49 50 51 Pale 23 Ball-bearing 52 53 54

49 Recipient Utah city Elmer Fudd's 52

weapon 53 Sib Ink producers 54 Cottontail look

Trumpet part 55 37 Mexican entree

38 Up to the time that Doctrine 43 Evergreen

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Villainous Scoundrel

56 Train component 57 Aquarium

DOWN

1 Pirates' potable Blackbird

Fuss 4 "Beezer"

Centers 7 Dies -

short Churchly council

32 Gun attach-

10 11 Rose oil favorite 17 Owing

19

21

2 3 Hosiery style 28 New 30 Chum

© 2017 King Features Synd., Inc.

33 Lemieux

Freedom, for milieu 34 AAA job 36 Champ

38 Hypnotized Source of 39 Bellini opera 40 Drink to annoyance 42 Center

45 Antitoxins Jeopardy 46 Region Go a-courtin' 48 Peacock net-

Curved line work Always, in 24 Carte lead-in 50 26 Not idle verse

Historic period

ARIES (March 21 to April 19) Your ideas earn you the respect of your colleagues. But you'll have to present some hard facts and figures if you hope to persuade those who make the big decisions to support you.

TAURUS (April 20 to May 20) Keep those bright Bull's eyes focused on the project at hand. Avoid distractions. There'll be lots of time for fun and games later. Expect to get welcome news this weekend.

moving a relationship from its current status to another level. Don't let anyone influence your decision. It must be yours and yours

CANCER (June 21 to July 22) You finally can get off that emotional roller coaster and get back to focusing on your goals without interruptions through the rest of the week. A nice change is due by the weekend.

LEO (July 23 to August 22) Trying to make an impression on some people runs into a bit of a snag at first, but it all works out. An old and almost forgotten personal matter once again needs attention.

VIRGO (August 23 to September 22) A rise in your energy level helps you finish an especially demanding task. Take some time now to spend with family and friends before (c) 2017 King Features Synd., Inc.

starting a new project.

LIBRA (September 23 to October 22) This is a good time to re-establish contact with trusted former associates who might be able to offer good advice regarding that career change you've been contemplating.

SCORPIO (October 23 to November 21) Your resourcefulness combined with a calm, cool approach help you work your way out of a knotty situation and avoid a potentially serious misunderstanding.

SAGITTARIUS (November 22 to December 21) A calm, quiet period allows you to recharge your energies. But you'll soon be ready to saddle up and gallop off in pursuit of your goals.

CAPRICORN (December 22 to GEMINI (May 21 to June 20) You January 19) Family matters need soon might have to decide about your attention. Check things out carefully. There still might be unresolved tensions that could hinder your efforts to repair damaged relationships.

> **AQUARIUS** (January 20 to February 18) It's a good time to take a stand and show as much passion on your own behalf as you do when arguing for the rights of others. You might be happily surprised by the reaction.

> **PISCES** (February 19 to March 20) You bring sense and sensitivity to a confusing situation. Things soon settle down, leaving you free to enjoy a weekend of fun and relaxation with friends and family.

> BORN THIS WEEK: You have a talent for being able to perceive possibilities where others see only problems.

Show Time

Three movies to see before the age of 10

by Manuel Reynoso

Movies, as with all art mediums, have the power to change someone's outlook on life, especially during our more formative years. Themes of love, family and coming of age serve to lay down a path of discovery for who we are as a person, and these three films are perfect for a youth just now beginning to experience this in their daily life.

Stand by Me (1986)

When four young boys go on a hike to find the dead body of a missing boy, what they find is an adventure of self-discovery. Stand by Me, which is unequivocally my favorite film adaptation of a Stephen King work, is an excellent example of a true coming-of-age drama. The sense of childhood adventure that is soon lost with adulthood is captured immaculately in this film. But most importantly, Stand by Me really teaches how the events in our life shape us, and makes us grow as a person. It's powerful seeing how a hike to fulfil a macabre curiosity leads to such personal growth for these four young boys, and there's a lot on growing up to be gleaned for a younger audience. However, use your best judgement for when you believe an adolescent is ready for this film.

My Neighbor Totoro (1988)

Truthfully, you can place nearly any Studio Ghibli movie in this slot and my point stands, but this is my list, so I'm putting my single favorite film of all time on it. My Neighbor Totoro is an animated film that tells the story of two young girls and their father, and the adventures they had with the woodland spirits of rural Japan. Despite the many times I've seen My Neighbor Totoro, I've always walked away with some new insight in life. From learning to appreciate family and nature when I first watched it in my youth, every subsequent viewing just always seemed to have more lessons for me to take in. Learning the importance of allowing children to express their imagination and how to cope with something as traumatic as a sick mother, My Neighbor Totoro is not only for the children among us but for the child within us. It's a masterpiece, and a film for children of all ages. Even those of us who refuse to

Bicycle Thieves (1948)

An Italian, black and white film from the 40's may be a little bit of a hard sell for younger audiences, but the message behind it is invaluable. The story of a poor father searching post-World War II Rome for his stolen bicycle is not as simple as it may seem. It's a story of the fallibility of the very person we once thought perfect at some point in our lives. Seeing the adventures of a young boy and their father is equal parts heartwarming and tragic. *Bicycle Thieves* serves to bring to light how complicated right and wrong can sometimes be, and will serve to make a child more well-rounded in understanding the world around them.

A View from House Seats

Steel Magnolias capture the South at Elite

by Shirley Lorraine

Robert Harling's comedy-drama, *Steel Magnolias*, is now on stage through October 1 at the Elite Theater in Channel

Islands. The highly popular play, written by Harling in just ten days, reflects how women bond through many of life's challenges, providing support, guidance and a touch of sarcasm as their friendships bloom. Taking place in a small town in Louisiana, the setting could be literally anywhere. The Southern touch adds considerably however to the humor and the depth of the characters.

The general story is a personal one for the author, built around the character Shelby, who was modeled after his sister, Susan. Shelby dies of complications from diabetes, as did Susan. It provided catharsis for the author and a treat for audiences everywhere.

The action happens in around 1980 at Truvy's Hair Salon in a small town where a group of regulars gather on Saturday mornings for styling, gossip and laughter.

The ensemble is solid throughout and meld together nicely. Kim Prendergast plays salon owner Truvy Jones. She is joined by the former town mayors' widow Clairee Belcher (Peggy Steketee), young bride-to-be Shelby (Olivia Heulitt), who loves everything pink, Shelby's harried but caring mother M'Lynn (Christine Burke) and curmudgeon-like Ouiser (pronounced Weezer) portrayed by Angela DeCicco. On this morning, Truvy has just hired Annelle (Catie Sayeg) a young, possibly married, newcomer to town as her insecure apprentice.

The audience is introduced to each of the delightful ladies as they enter and banter before their respective appointments. It is Shelby's wedding day, so of course her hair must be done first. Truvy expertly curls and styles her hair while Annelle washes M'Lynn's. The others have coffee, chide each other in friendly fashion and gossip just a little as each gets their Saturday "do's" done.

All the characters are engaging, each one's personality blossoming more fully as we get to know them. We learn a bit about their backgrounds along the way. We get caught up as one of the insiders in their petty yet friendly, squabbles and their obvious love, concern and encouragement for each other. When one needs support, all the rest pitch in.

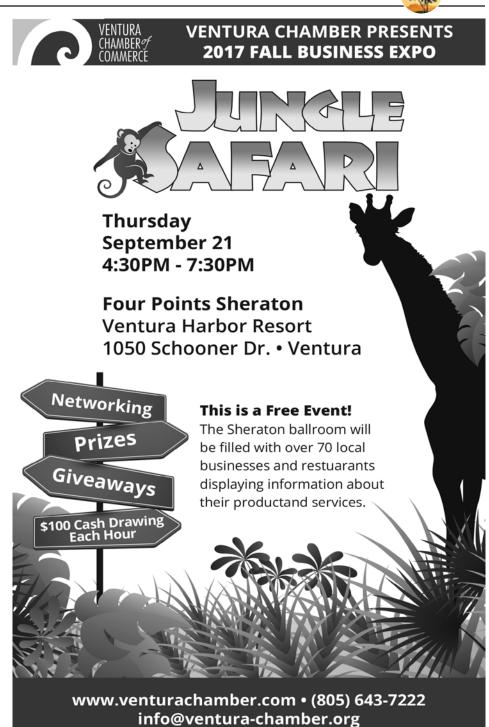
The six ladies make a tight ensemble and each is given the spotlight here and there. The most tightly wound character is mom M'Lynn, who understandably unravels towards the end and is comforted by the others.

Bathed in lavender, the salon is comfortable and inviting. The requisite magazines are on the coffee table, hair dryers are at the ready and a plethora of warmth pervades the scenes. The setting invites the audience to become part of the Saturday clique. Anyone who has ever been to a hair salon will enjoy the posters featuring big hair of the 80's.

At one point when the salon telephone rings, Ouiser states "it's probably my mind trying to locate my body". How many times have we all felt like that? The script offers frequent insights familiar to many, adding to the comfortable intimate ambiance. Go to The Salon and enjoy.

Steel Magnolias runs through October 1. Friday & Saturday eves 8 PM, Sunday matinees 2 p.m. General admission \$20. Seniors/ Students/Military \$17. Reservations are encouraged.

Elite Theatre Company, 2731 Victoria Avenue, Fisherman's Wharf, Channel Islands Harbor 483-5118 info@ elitetheatre.org.





Four actors play 21 characters in interwoven

A mysterious and beautiful new play

Rubicon Theatre Company presents the West Coast premiere of *Incognito*, a mysterious and beautiful new play that has dazzled audiences in London and New York. Written by awardwinning playwright Nick Payne (*Constellations*), *Incognito* speaks to our yearning to know ourselves and our desire to be known by others.

Four actors play 21 characters in interwoven stories (some based on true events) about memory and identity. Thomas Harvey steals Ein-

stein's brain in hopes of discovering the elusive nature of genius. Henry loses his memory after an operation, but recalls his deep affection for his wife, whom he greets anew each time she comes into the room. Martha is a scientist who understands the working of the mind but struggles in matters of the heart.

A Critic's Pick in the New York Times, the play was described as "ingenious, remarkable and tantalizing." The Telegraph called Incognito "astonishing" and "original." Directed by Katharine Farmer (The Nibroc Trilogy), Incognito previews on Sept. 13-15 and opens Saturday, Sept. 16 at 7:00 p.m. at Rubicon Theatre followed by an after-party with the cast at Rhumb Line Restaurant in the Ventura Harbor. The show continues through October 1. Rubicon Theatre Company

1006 E. Main St.

Ticket Range: \$30 - \$55 (\$125 for opening night including post-show party). Previews: \$30-\$35. Prices do not include a \$4 ticket service fee.

Discounts Available for Groups of 10+

Discounts for seniors 65 and over, students, teachers and active military available.
Box Office 667.2900.





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Person to Person

by Jennifer Tipton

I asked 6 Ventura surfers "Where's your favorite surf spot in Ventura?" ...and it was unanimous because these are all the same spot!



Lilly Givner age 26 works at Ventura Surf Shop "The Cove -

"The Cove probably because

I grew up surfing there, it's my number 1 go to." Lilly learned to surf at age 13 and goes out 2-3 times a week.



Luke Williams age 20 also works at Ventura Surf Shop "Ventura Point

because it's definitely the most consistent break in Ventura, it usually always has a wave!" Luke learned to surf at age 14 but says he didn't get serious until 15 or 16 and he goes every other day.



John DeSurro age 46 General Contractor / Musician "The Point

because you can surf it at high tide or low tide and you can use a variety of boards. I'm reading a book right now that names Ventura as one of the best surfing

spots, it was the choice spot in the 60's when I lived off Pierpont." John's daughter, Rhea goes out with her dad and rides on the nose of his board.



John Siman age 16 another Ventura Surf Shop employee "C street! It's just really fun and the

whole stretch is well rounded, it can get big and scary up on top but it's more friendly down in the cove. My favorite is the cove." John has been surfing since he was 11 or 12 and goes out "like every day or every other day."



Maddie Maple age 29 Middle School Teacher "C Street by and large! I mostly come here for

the people, I used to surf another spot because it's closer to me but the people weren't quite as welcoming. I tell people I chase the welcome not the wave, it's a lot more fun to be here!" Maddie started surfing "off and on" at age 15 but now comes out "usually every day, we're here a lot."



Nicole Tenorio age 44 Single Mom of 3 – does everything! "C Street! The

break is the best, you can almost always catch a wave, even when it's flat it usually picks up and it's a long ride!" Nicole has been surfing for 20 years but only gets out a couple times a month. She's trying to get her 6-year-old son out there with her...

Research on flu viruses in marine mammals at the Channel Islands

For the September From Shore to Sea lecture Dr. Pamela Yochem will discuss the role and significance of marine mammals in spreading influenza viruses that may pose a risk to human health.

Yochem's research has revealed that some of the marine mammals at the Channel Islands have been exposed to the same virus that caused the last global epidemic of influenza in humans.

The sudden appearance and rapid spread of this highly contagious virus in both humans and marine mammals is unprecedented according to Yochem.

This 'n' That



Tatum Singletary and dog Holly Berry are always ready to greet everyone.

Lice Clinics of America – Ventura

by Victoria Usher

Lice Clinics of America (LCA) corporate has had the same goal since they first began and that is to help give not only hope but an effective treatment that truly works for children, parents, school districts, and medical professionals whenever lice strikes. Today, LCA has their corporate headquarters in Murray, Utah and they also have 150 plus other locations in cities across the country. Dr. Dale Clayton founded LCA after spending years experimenting and then finally discovering that a good mixture of heat and airflow can desiccate lice and their eggs.

You can find the Lice Clinics of America - Ventura location at 3875 Telegraph Road Suite J. The Ventura clinic serves the following southern California cities: Buellton, Carpinteria, Fillmore, Goleta, Lompoc, Ojai, Oxnard, Port Hueneme, Santa Barbara, Santa Paula, Santa Ynez, and Solvang.

The people at the Ventura LCA location are incredibly smart, kind, and understanding people.

Tatum (Tate) Singletary and his wife, Amy Singletary, own the Ventura location that is operated by Tate. After learning about LCA from his brother-inlaw, George Macoubray (who opened the Portland LCA clinic in February) Tate attended a summit meeting in Utah, about LCA and met Dale Clayton.

Tate and Amy have created a wonderful environment that is not anything like a lot of clinics, it has a warm and welcoming feeling from the moment you walk in. To add an extra heartwarming touch, they also have a beautiful 12-year-old yellow Labrador Retriever named Holly Berry who is always ready to greet everyone kindly when they walk through the door and bring a smile to everyone's face.

Lice Clinics of America's Ventura sees clients by appointment only, daily from 9 am - 6 pm. If you have any questions or would like to schedule an appointment you can call 334-0951 x1 or you can visit the website https://liceclinics805.com.

Yochem is the Executive Vice President and Chief Science Officer at Hubbs-Sea World Research Institute in San Diego. She is a USDA-accredited veterinarian and has studied the population biology, behavioral ecology, and health of marine vertebrates for 30 years.

The talk will be held on Thursday, September 14. The From Shore to Sea lecture series is sponsored by Channel Islands National Park. The 2017 lecture series will take place at 7:00 pm on the second Thursday of each month, January through December, at the Channel Islands National Park Robert J. Lagomarsino Visitor Center, 1901 Spinnaker Drive, in Ventura Harbor. The programs are free and open to the public.

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

Lectures are recorded and posted at: http://www.nps.gov/chis/learn/photosmultimedia/from-shore-to-sealecture-videos.htm