

Vote for your favorite food and drinks, page 6!

VENTURA BREEZE

Your Hometown Paper

Vol. 12, No. 3

Published Every Other Wednesday

Established 2007

November 7 – November 20, 2018



Community members came together to honor Neal Andrews. Photos by Bernie Goldstein.

Then the mic was opened; tributes and tears flowed

by Jill Forman

“Pay Tribute to This Wonderful Man” that is how Kathy Powell, the chair of Lift up Your Voice, worded a reminder for a celebration of the career of Neal Andrews. Andrews has served on the Ventura City Council since 2001, and is currently mayor. This is his last term.

Community members came together on Tuesday evening October 30 to honor Andrews for his tireless activism in the area of homeless services and celebrate what he has meant to those who often felt they were alone in their mission to help the less fortunate.

Attendees included local clergy, friends and neighbors, members of several congregations, city officials, social service workers, and homeless individuals.

The event, jointly sponsored by the Unitarian Universalist Church and Lift Up Your Voice, the church's homeless advocacy group, was an outpouring of appreciation and gratitude. Reverend Dana Worsnop of the UU Church, said, “Neal has been such a great partner working on issues of homelessness for this community and the city council. The church is thrilled to be able to host this party.”

Purple star-shaped balloons decorated the UU community room, and a banner that said “Thank You Neal.” About 50 celebrants shared appetizers and talked about their experiences with Neal and the long road it has been to have

a permanent homeless shelter in the city. As Andrews’ political career is ending, after 25 years of struggle, that shelter is on track to open within the next year, an event that would never have happened

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A large gathering attended the grand opening for the Botanical Gardens.

“We are so excited about re-opening the Gardens”

The Ventura Botanical Gardens (VBG) held its grand reopening on Saturday, November 3. The Gardens have been closed nearly one year since the Thomas Fire. The fire swept through



Many hundreds remembered the many victims of hate and re-affirmed their belief at Temple Beth Torah. Photos by Bernie Goldstein.

People are dismayed at the state of the world

by Rabbi Lisa Hochberg-Miller

On Friday, Nov. 2, at Temple Beth Torah, prayers, songs, words of healing, and unity in response to the violence in a Pittsburgh synagogue were expressed. Ventura clergy, civic leaders and people

of good faith, remembered the many victims of hate, re-affirmed our belief in goodness and humanity, and welcome this Shabbat, a day of peace.

The outpouring of anger and grief at the massacre of 11 people in the Tree of Life Synagogue in Pittsburgh on October 27 tells us that people of all faiths are as dismayed at the racism, gun violence, and hate speech that is becoming “hate d’jour” in our country.

It can be a church, a mosque, a temple, a synagogue, a pre-school, a nightclub, a high school—and it has been all these, multiple times now-- because hate, when fanned by fear, so easily becomes violence.

My people is a people acquainted with Anti-Semitism. I am asked, why do people hate Jews, and I can only respond, why do people hate? We know the traditional stereotypes of Jews plied by anti-Semites. But our contemporary political world coupled with social media has fanned anti-Semitism, from a radical left bent on delegitimizing Israel’s right to exist, to right-wing nationalists who see Jews as foreign invaders.

Our college campuses are exactly where alt-right groups go to recruit young people and spread hateful ideology. We have watched the internet become a cesspool of filth, with language and visuals that are so repugnant that

Continued on page 22

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Garden Level/ Conference Rooms
1600 North Rose Ave., Oxnard

OCTOBER 29, 2018 | 10:30 AM

Marie Calenders in Ventura
1295 S. Victoria Ave., Ventura

NOVEMBER 6, 2018 | 2 & 5:30 PM

Santa Paula Hospital Library
825 N. 10th St., Santa Paula

NOVEMBER 16, 2018 | 10:30 AM

Marie Calenders in Ventura
1295 S. Victoria Ave., Ventura

NOVEMBER 27, 2018 | 5:30 PM

Camarillo Health Care District
3639 Las Posas Rd., Camarillo

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Youth



Robots being manipulated by student designers and programmers attempting to score points in the robotics competition. Photos by Richard Lieberman.

Countywide Robotics Competition held in Ventura

by Richard Lieberman

On Saturday, October 27, at Holy Cross school in downtown Ventura the Ventura County Office of Education sponsored a VEX Robotics competition for middle and high school students from Ventura County. There were 24 teams and more than 150 students competing. The contest is now in its fourth year.

Local Ventura County students, relying on guidance from teachers and industry specialists, have designed, and built robots. The robots have been designed to score the most possible

points in qualification matches and skills challenges.

John Tarkany Coordinator at the Ventura Office of Education has been responsible for all of student competitions in Ventura County. He has had responsibility for Mock Trial, Academic Decathlon, and the Science Fair. “We saw robotics were taking off and both the engineering and programming to build them.” Tarkany said. “We started looking at various robotic competitions and there were two that stood out First Robotics and

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Vex Robotics.” He added.

Students in the competition are required to program a robot and drive a robot in the competition. Each robot competing costs around \$2000 to build program and compete. Each team also pays a fee to come to the event.

The first 30 seconds of each match in the contest is autonomous mode where the robot is programmed to perform a function. “I have been really impressed with some of the pre-programmed tasks.” Said Tarkany. The programming requires the robots to pick up balls and throw them at a flag and knock it over for points.

Competing teams were from grade levels from six to twelfth grades. Winning teams will compete in a statewide competition in March or April of next year.

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

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– Charlie
Chaplin

Opinion/Editorial



Sheldon (Governor) Brown
Publisher-Editor

■ In this issue we have several articles regarding the **Ventura Botanical Gardens** (VBG). Reported is the fact that there will now be a fee to enter the VBG (with some exceptions). Even though their original intent was to not charge a fee, due to the Thomas Fire destroying all of the landscaping, they feel fees are needed to support the new landscaping.

This is from their website: “All of this costs money, and we hope the community will embrace supporting us on a grassroots level which includes a small membership fee of \$45 per year or \$7 per day. Our intention is to keep the fee low enough for every budget but allow for long term financial sustainability. On Tuesdays, the Gardens are free for everyone. Monthly scheduled guided tours are also free. Additionally, many major holidays are free, with the exception of July 4.”

The loss of all the planting was extremely difficult for the hundreds of volunteers who did the work. The new Welcome Center will be run by volunteers, one of the ways to keep the costs down. The VBG is always looking for more volunteers. You can visit their web site for more information at

■ Congratulations to the new (and returning) city council and school board members who just won election. It was too late to name them in this issue but will be reported in detail in our next one. I think the new council districts was a success with many very good candidates running.

■ Our Dec. 5 issue will be remembering the **Thomas Fire**. We would love to hear from our readers who lost their homes. Are you re-building, selling your lot? How has your permit process been along with working with an architect and builder? Send a note to editor@venturabreeze.com and if you are not a writer, we will assign you one. Hope to hear from you.

■ **Southern California Edison** has

stated for the first time that its electrical equipment likely was associated with one of two ignition points of the Thomas Fire. Dozens of lawsuits claimed the utility company's equipment sparked the blaze.

This will have huge, and, perhaps, unexpected consequences. What if Edison needs to pay so much money in lawsuits that it declares bankruptcy? Will they be allowed to pass on their losses to customers with higher rates? Only years will tell.

■ If this wasn't so sad, it would have been funny. Recently the Ventura Police had a day where residents gathered to speak with officers who visited a few neighborhoods. While gathered on our street, a most disturbing **mentally ill** young man was walking down the middle of the street. He had on one shoe, with torn clothes and was carrying a guitar with no strings and the back was torn off. If your heart didn't go out to him, you need to go see The Wizard of Oz.

There was a bowl of candy there, so I called him over and handed him a piece, and he said to me “can I have Kit Kat instead?” I gave him one and he continued. I wish that I had done more. Perhaps I could have made him stay until the Police arrived, and hopefully they could have put him on a 72-hour hold (they can do this) to get him some help.

■ The Ojai City Council is moving forward with an ordinance that would allow up to five **cannabis** manufacturing facilities to operate in the city. During its regular meeting on Oct. 23, the council voted 4-1 in favor of the proposed ordinance. The new law would allow licenses for up to two cannabis manufacturing plants, including those that use volatile solvents to create their products and up to three cannabis “microbusinesses,” - these outfits would combine retail, distribution and manufacturing of cannabis products but would not be allowed to use volatile substances to create their goods.

The ordinance is scheduled to return to the council for a second and

final reading on Nov. 13. If approved, it would take effect within 30 days of that meeting.

Many other cities are allowing cannabis businesses of some sort including delivery. I'm hoping that with our new city council members more consideration will be given to allowing some type of cannabis businesses to operate in Ventura. Why shouldn't the income from these businesses stay in Ventura?

■ Both Cesar Sayoc, charged with a series of mailed pipe bombs and Robert Bowers, who murdered many at the Tree of Life Synagogue in Pittsburgh, are legal USA citizens. Perhaps we need to build a wall to keep **legals** out of the country.

■ The Ventura City Council has voted to ban **motorized scooters**, but this might not be the end of the story. Manufacturer Bird has filed a lawsuit against Beverly Hills seeking to overturn their ban which might affect all cities.

■ It is not because I don't often agree with him - you might be surprised that sometimes I actually do - but I am very concerned when Trump makes statements like the following that he Twittered.

■ “A very big part of the Anger we see today in our society is caused by the purposely false and inaccurate reporting of the Mainstream Media that I refer to as Fake News. It has gotten so bad and hateful that it is beyond description. Mainstream Media must clean up its act, FAST!”

His definition of “**false and inaccurate reporting**” is any news reporting that doesn't agree with him. Earlier this month Trump called reporters “horrible, horrendous people” and his “fans” chanted “CNN sucks.”

The publisher of the NY Times, Sulzberger, has implored the President to stop calling the press “the enemy of the people.” His war on the press is not good, or acceptable in our free society and democracy.

The freedom of the press is vital to what makes this country great, so we should all defend it.

Mailbox

Here's why I love Trump!

1. He is the first person in politics, either side, that I have ever been able to understand when he speaks. He's not censored or pre-rehearsed at all. I think that's what bothers people. They “can't handle those ruff words or the truth!”

3. Start by building the wall. We can't possibly deport those we don't know are here or logistically can't. Trump got our attention though by saying that. Children left at the border that we are traumatizing? Really? Where did that start? Seems with their parents. Vetting, placement or sending them back needs to continue.

Can we go to any other country in the world and just start a life, use all the services for free, and stay for as long as we want or whenever? I think not.

5. Question.....how can we keep paying for all of this. The left thinks, what.....we just keep borrowing money, printing it, or taxing people here who already struggled to pay their own bills?

6. Russia.....I voted, Russia did not influence me on my decision. This topic is an insult to me.

8. I love that Trump doesn't need the money. All the other people do. Who's he working for? Us! Finally someone that's calls everyone out right or left.

9. Oh my and its criminal what was done to Kavanaugh and his family. Granted something happened to her, but to accuse and try to ruin someone with no evidence or proof and doing it now?

I love that you continue to produce our lovely, informative Breeze in the day and age of skyrocketing costs to produce it.

Thank you!

Trudy Smith

Some of her points were deleted not editorialized, but just because they were too long. That is why there are numbers missing.

To editor:

The last time I read the breeze, specifically your opinion section, I was disappointed at the comments about our president.

It is not helpful to our community to slander and fuel the negativity toward our President.

You do not have to agree but please stop your negative comments.

I am an immigrant I know what a socialist country is. Our president, who was voted in, is a patriot and has our backs.

Thank God for our president!

Most sincerely,

Ana Elliott

A concerned citizen.

Editor.....

Please stop with the political drivel in your column.....We all know that you are more liberal than Bernie Sanders.... but to quote Eugene Robinson? If Kanya West is an Uncle Tom, then Eugene is

Continued on page 12

Correction:

In our last issue we had the wrong time for this event. On Nov. 8, from 5-7pm, Community Memorial Hospital (CMH) will have an open house.

Also there will be an Art Open House on Tuesday Nov. 27, from 4-7pm which will specifically highlight the over 600 pieces of local and regional art that have been installed in the new hospital. A great opportunity to appreciate our local artists.

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

City News



Roice Bassett (the “hot dog dude”) is also the metal shop teacher at Buena High School, this marked the 25th year he’s been doing hot dogs for Halloween! His students make most of the eerie, assorted decorations displayed each year in front of his home in East Ventura and crowds line up halfway across the street and down the block for hot dogs, kettle corn, candy and (new this year) shave ice! Roice said this year, “we cooked about 450 hot dogs and my guess is we saw between 550 to 600 guests”.



Super Halloween Party at the “House”!

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Ojai Events

Join Rev. Karen S. Wylie on Sunday, November 18, from 11:00 a.m. to 2:00 p.m. at The Ojai Retreat, to celebrate Thanksgiving: The Creative Power of Gratitude. The gathering will be devoted to inner reflection, quiet walks, wisdom talks, sacred songs, and expressing gratitude for all the good in our lives.

Randee Vasilakos, RScP, will assist and anchor the morning in a consciousness of prayer and healing. 160 Besant Road, Ojai. People of all faiths and traditions, or no tradition, are welcome to attend. The retreat is by donation; \$20 is suggested. For more information, contact Rev. Karen at 310-968-8928, or register online at www.karensywylie.com.

Cinderella will be performed at the Ojai Art Center on weekends between November 30th and December 16th. The Friday and Saturday performances will be at 7:30. There will also be Saturday and Sunday matinees at 2 p.m. The Ojai Art Center is located at 113 S Montgomery St. Parking is available evenings at Cafe Emporium across the street. Run of the play tickets are \$20 for general admission, \$18 for seniors, and people 25 and under at \$10.

Tickets are available online at www.OjaiACT.org or at 805-640-8797.

The Ojai Holiday Home Tour & Marketplace kicks off the holiday season on November 10 and November 11, 10am to 4pm. Presented by the Ojai Festival Women's Committee, this treasured tradition highlights the diverse

neighborhoods of the Ojai Valley by featuring four distinctive Ojai homes adorned with floral inspirations by designers.

Entering its 22nd year, the tour benefits the Ojai Music Festival and its BRAVO education and community program, which offers free music workshops to the Ojai Valley public schools.

Also taking place the same weekend is the Holiday Marketplace held at Thomas Aquinas Church Hall. This companion event will feature a collection of curated lifestyle and fashion items from more than 40 vendors. Admission is free and open to the public.

Tour price is \$40 per person and \$45 day of the event which can be purchased at the Holiday Marketplace. Tickets are available at 805-646-2053 and OjaiFestival.org.

Ojai Herbal Symposium on "Natural Resilience" will be going on in the Krotone Hall and various downtown locations, from November 16th to the 18th. There will be respected practitioners, authors, and speakers. This program is open to the public. Other events are the Chaparral Auditorium, Saturday and Sunday from 10 a.m. to 6 p.m. There will also be the Phytotherapeutic Phunk Dance and Elixir Bar for attendees 21 years of age and older which will be on Saturday night, from 8:00 p.m. to 11:00 p.m. at Greater Goods in Meiners Oaks. Tickets are \$255 in advance and \$285 after November 9th. Information and registration are available at OjaiHerbalSymposium.org.

Community Events

Ventura events

by Ana Baker

Ventura Poinsettia Dance Club Monday nights 7:30 - 9:45p.m. Poinsettia Pavilion. Ballroom, swing, Latin and line dancing. \$10 members, \$12 non-members. Dance lessons 6:45 - 7:15 \$5 for couple \$3 for single. Call Rick 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

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.

Mended Hearts of Ventura. Come share if you have had heart surgery or stent implant. Group meets the first Tuesday each month at noon at Lemon Wood Mobile Homes, 850 Johnson Dr. Excellent speakers leading Cardiologists, Nutritionists, and Dietitians etc. from our area. Contact Richard Hatcher at 644-2733.

Cross Town Hikers join in on Wednesday nights for a moderate-paced hike that includes views of Ventura from the cross, a walk out to the end of the pier, and a stroll along the Promenade. Meet at 7 p.m. at the fountain across the street from the Mission. Facebook page for more information: <https://www.facebook.com/groups/800215670039426/>

The Ventura Investment Group meet on Mondays for an informal discussion of recent economic events from 10 - 11:30 a.m. at the Coffee Bean & Tea Leaf at Telephone Road and Main Street. Visitors and potential members are welcomed. There are no dues or requirements to participate, and all levels of experience are welcomed.

Meeting of the Ventura Retired Men's Group at the Ventura Elks lodge at 11:30 a.m. on the first or third Tuesday of the month. Stop in and introduce yourself for a complimentary lunch, interesting program, and a relaxing good time with your peers. Bob Likins at 805-587-1233 for details

Musicians' Sober Support Meetup @ FIND (A Friend in Deed) every Monday night 7-9 p.m. Bring acoustic instrument(s) for jamming after sharing support for sobriety. Bell Arts-Studio 39-432 Ventura Ave. For further information A.Friend.In.Deed. Ventura@gmail.com.

The Ventura County Philatelic Society meet on the first and third



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Community Events

Mondays eachmonth at 7:30 p.m. at the Church of the Foothills, 6279 Foothill Rd. Admission and parking are free. Come for a great evening. Bill Garner (805) 320-1601 or sockonthenose@gmail.com

Mended Hearts of Ventura Come share if you have had heart surgery or stent implant. Group meets the first Tuesday each month at Lemon Wood Mobile Park, 850 Johnson Dr. Excellent speakers leading Cardiologists, Nutritionists, Dietitians etc. Contact Richard Hatcher at (805) 644-2733

When a child dies, The Compassionate Friends (TCF) can help a family move forward through the grief journey. Meeting twice a month, on the first and third Wednesday from 7-9 pm at the Poinsettia Pavilion, in the Canada Larga room. On the following dates: Sept 19, Oct 3, Oct 17, Nov 6, Nov 21, Dec 5, Dec 19. For more information, contact Laura Lindsay, tcfventura@gmail.com.

Co-Dependents Anonymous (CoDa) is a 12-step fellowship of men and women whose common purpose is recovery from codependence in the development and maintenance of healthy relationships. Every Friday at 6 PM at Kaiser Health, 1000 Hill Rd. 2nd floor lobby. Further information Deva 805-814-5650.

Nov. 11: Veteran's Day at the Flag Memorial located on the corner at Victoria Avenue and Telephone Road. Rain or shine. There is plenty of parking nearby. The program starts at 11a.m. sharp. The ceremony is family friendly and lasts about 1 hour. Celebrate our brave soldiers. The Gold Star families (those who have lost a loved one) will be honored as well.

Nov. 13: Sierra Club Venture Out Speaker Series 5:30-7 p.m. at the EP Foster Library Topping Room. Saving the Channel Island Fox. Pat Meyer and Keri Dearborn, Friends of the Island Fox, for their popular presentation about the successful Channel Island Fox conservation program on Santa Rosa Island. No fee, open to members and supporters. sierraclubventura@gmail.com

Nov. 14: November is National Family Caregivers Month! The Ventura Parkinson's Disease Support Group and the Camarillo Health Care District welcome all Caregivers and their Care-Partners to join us in Wednesday, from 1- 3 p.m. at the Lexington Assisted living; 5440 Ralston. Blair Craddock MPH will be sharing information to help "Supercharge your Caregiving" For more information, call Patty at 805-766-6070 and see article in Senior Section.

Nov. 14: The Ventura County Camera Club will hold its monthly meeting on Wednesday, November 14, 2018 at 6:30 p.m. at the Poinsettia Pavilion, 3451 Foothill Rd. Admission is free. All Welcome. An instructional workshop will be followed by a pro photographer's critiquing of members images.

Nov. 15: The regular monthly meeting of Assistance League of Ventura County will be on Thursday, at the Chapter House, 913 East Santa Clara Street. The meeting begins at 10 a.m. Men and Women are welcome, and there is no age requirement. Assistanceleagueventura.org, like us on Facebook, Instagram, or email alvconline@hotmail.com. 805-643-2458 (Monday - Thursday 8 - 2 p.m.)

Nov. 15: East Ventura Community Council meeting a representative

from Ashdon Development will present an update on the types of stores being proposed for the 4.7-acre parcel on the southeast corner of Darling and Wells Road. Community Development Department will hold a General Plan Update Workshop, to include a presentation by City Staff followed by group exercises and solicitation of ideas from those attending. In addition, the agenda includes a representative of the Ventura Police Department who will report on neighborhood crime and safety. Thursday, at 7 p.m. at the First Assembly of God Church, 346 N. Kimball Road. The public is encouraged to attend and participate. John McNally, Chairperson, EVCC: 805-804-7558

Nov. 17: Winter Craft Show at Ventura County Estates on Saturday from 9 AM to 2 PM. Located at 10685 Blackburn Rd. in Ventura. The craft show will take place in the clubhouse. Lots of handmade crafts, jewelry, baked goods and more. Great gift ideas for the holidays!! This event is open to the public.

Nov. 18: 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 11:00 there will be an informal workshop where a topic on clocks or watches will be demonstrated and discussed. There will be a mart where items will be for sale followed by lunch and an informational meeting and a program at 1:00 pm. The program this month will be a presentation by Ray Marsolek on Lathes for Watch and Clock Repair. There is a \$3 admission charge. Lunch will be available for \$5.00. Monthly meetings are held on the 3rd Sunday of each month at the Ventura College location. More information about chapter 190 can be found at www.nawcc-ch190.com. Bob McClelland Director, Public Information (818) 225-8212 rjmcclel@pacbell.net

Nov. 23, 24, 25, 30; December 1, 2, 7, 8, 9. Come celebrate the spirit of holidays past at the historic Dudley House. The 25th year of this annual fundraiser for the museum features quality crafts, home décor, antiques and collectibles and a tearoom with refreshments, silent auction and bargain items. Hours are 10 - 6 p.m. with a flea market added on Sundays. The Dudley House is located on the corner of Loma Vista and Ashwood, 197 N. Ashwood. Admission is free. Call (805) 642-3345 for information.

November Audubon events

November 11: 8:30 a.m.

Ormond Beach

Adele Fergusson (805) 415-4304 and Cynthia Hartley

Join us at this excellent coastal location, where we will look for a variety of waterfowl, such as Willets, Whimbrels, Black necked Stilts, Black bellied Plovers and other interesting birds. We will also look for Yellow-headed Blackbirds, Peregrine Falcon, and Blue-Gray Gnatcatchers

November 13: 7:30 a.m.

Lake Sherwood

Mary Hansen (805) 390-4586 or marye.hansen@gmail.com,



MORE THAN 800
children & teens **NEED** temporary
homes in Ventura County

MANY Hearts,
ONE Need.

The need for loving homes is real. The need is now.

You can play a critical role in strengthening a family
and healing a child's heart.

Becoming a resource parent means you can help a youth or
teen by fostering, mentoring or providing permanency.

Loving, nurturing resource families are
needed now at Foster VC Kids.

For more information please call 805/654-3220
or watch our orientation video at fostervckids.org.



and Kay Regester

We will walk the lake, target species are Canyon Wren, Purple Finches, ducks of various kinds during the winter, and the California Thrasher are pretty cooperative. Coopers Hawks and Red-shouldered Hawks breed here as do Common Ravens. If we are lucky we may see a Bittern. Please contact Mary no later than November 12. This walk is limited to 15 as we are walking on the road...we have no sidewalks.

November 13: Program 7:30 pm Poinsettia Pavilion, 3451 Foothill Road, Ventura

Community-Centered Solutions for Conservation of Endangered Birds By Dr. Sara Otterstrom.

This program integrates science, international collaborations, and landscape restoration in efforts to protect the endangered Southwest Willow Flycatcher, Yellow-billed Cuckoo, and other vulnerable migratory species. It is also transforming the way people see birds in that region by teaching kids how to watch and enjoy birds, and introducing a slingshot for binoculars exchange program. These efforts highlight the ecological connectivity between California and Central

America and the importance of protecting birds throughout their lifecycle.

Dr. Sarah Otterstrom is the Executive Director of Paso Pacifico. She holds a Ph.D. in Ecology from UC Davis and is a 2015 Ashoka Fellow. Sarah is a conservation scientist with over 20 years of experience in Central America.

November 17: 8:00 a.m. Krotona Institute Jesse Grantham ojaiswimmer@gmail.com

Krotona Institute is a theological study center, with acres of beautiful grounds, including grasslands, pines, oaks, and ornamental plants with lot of water features. Field Sparrow was seen here last winter, but hasn't shown up this year. Also, a good place to discover raptors flying over. We might get lucky with a Black Vulture or Zone-tailed Hawk.

November 25: 8:30 a.m. Canada Larga Kay Regester (805) 258-1025

We will walk and drive the canyon. Always a great walk! Some birds we may see are Western Bluebirds, Loggerhead Shrike, sparrows, swallows, Red-tailed Hawks & perhaps a barn owl.





Community Events

Jump in to help: Foster VC Kids

Foster VC Kids reminds interested community members there are many ways to help the 800 local foster youth. The need is now. Becoming a resource parent means helping a child or teen by fostering, mentoring or providing permanency.

There are more than 800 Ventura County children in foster care, from newborns to teens, who need nurturing resource families to help them thrive while separated from their families of origin. These youth come to Foster VC Kids when they have been exposed to neglect, domestic violence, parental illness such as mental health or drug/alcohol abuse that impacts the child's safety. Through no fault of their own, children and youth are then separated from their birth families, including siblings, and brought into foster care. Learn more at www.fostervckids.org.

"Even though foster care is temporary, caregivers (resource parents) play a critical role in helping to heal a child's trauma," said Judy Webber, Deputy Director, Department of Children & Family Services, Ventura County Human Services Agency. Webber added that "resource parents provide so much more than just a home, they help heal and strengthen families in our community through simple connections and understanding."

Additional resource families are needed now in Ventura County, especial-

ly in the cities of Oxnard and Ventura. In a recent radio interview supporting Foster VC Kids and encouraging community members to take action, Supervisor Steve Bennett said, "If you saw a youth drowning in a pool, you would immediately jump in to help. Foster youth are in that same kind of urgent need... Please jump in to help."

Resource parents – whether fostering, mentoring or providing permanency – have the full support of the Foster VC Kids team, including social workers. Extensive training and support services (including medical and dental care) are available to ensure caregivers have the tools to nurture, protect and care for local children and teens in need. Visit www.fostervckids.org/need to watch the informational video or call 805-654-3220 to learn more about helping a local youth today.

Foster VC Kids is a program of Ventura County's Children and Family Services.

Recognized as a best practices leader statewide in the family recruitment and support component of child welfare, Foster VC Kids provides resource families with ongoing support services, trauma-informed training, and mentorship to enhance the safety, permanency and well-being of Ventura County's youth and families. Learn how Foster VC Kids is making a difference throughout Ventura County, www.fostervckids.org.

Research on an ancient Sea Cow

During a lecture on Thursday, November 8, Dr. Jonathan Hoffman with the Santa Barbara Museum of Natural History (SBNMH) will discuss the research plans for a significant sea cow fossil discovered on Santa Rosa Island in 2017.

The sea cow fossil is one of the oldest of its kind found on the west coast of North America, with an estimated age of 20-25 million years old. It is the first sea cow fossil discovered on the Channel Islands and it may represent a new species.

Hoffman will provide an understanding of how the sea cow specimen was deposited on Santa Rosa Island, its discovery, and the efforts to protect the specimen from scouring winds and winter rains, as well as the requisite need for excavation to prevent its loss due to erosion.

The many challenges encountered during the excavation process will be highlighted, along with the scientific studies planned by various researchers and institutions and what they hope to learn about the environment in which sea cows lived.

Hoffman received his Ph.D. in Geology from the University of Wyoming. His dissertation focused on using fossilized mammal teeth as tools to recreate ancient landscapes. Hoffman is currently the Dibblee Collection Manager of Earth Science and is responsible for the SBNMH's geology and paleontology collections. He is responsible for curating the material that the SBNMH acquires from Channel Islands National Park and sharing it with the public.

The From Shore to Sea lecture series is sponsored by Channel Islands National Park to further the understand-

ing of current research on the Channel Islands and surrounding marine waters. The lectures take place at 7:00 pm on the second Thursday of each month, February through April and September through November, 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.

Channel Islands National Park was set aside, in part, for protection of its amazing paleontological resources, which are important for their educational and scientific research value. This work was specially authorized under a scientific research and collecting permit. It is illegal to disturb or collect fossils or any other objects without a permit. Members of the public can help us protect these resources by leaving them in place and notifying a park ranger. About Sea Cows

Sea cows, or sirenians (which includes modern manatees and dugongs), are torpedo-shaped aquatic mammals that live in shallow waters and grow to be massive in size, up to 13 feet in length. In some parts of the world, their fossil records date back to 50 million years ago.

At one time, there were over a dozen different genera of sirenians, a name derived from the mermaids of Greek mythology. The cause of their decline is unclear, but may be linked to changes in food availability and environmental and oceanographic conditions.

Their modern relatives include three manatee species in the western hemisphere and the dugong, found in the warm waters of the Pacific Ocean and the east coast of Africa. The dugong is the closest living relative to the sea cow from Santa Rosa Island. The last remaining dugong on the west coast of North America, the Stellar's sea cow, was hunted to extinction in the 1760s.

Seminar addresses new therapies for asthma

Asthma today afflicts one in 12 adults in the United States and every year is responsible for about 439,000 hospitalizations and 3,500 deaths. The good news is that increasingly effective asthma treatments have been developed over the years as the medical field continues to explore new treatments.

People with asthma and their loved ones are invited to attend a free seminar in Ventura on Nov. 14, when Dr. Prashant Verma, a local expert in treating people with allergies and asthma, will share information about new therapies that provide relief for children and adults suffering from asthma.

Dr. Verma received his medical degree from Chicago Medical School at Rosalind Franklin University, completed internal medicine training at the UC San Diego Medical Center and received allergy-immunology training at UCLA Veterans Affairs Hospital and Children's Hospital of Los Angeles. He is board certified in internal medicine and allergy-immunology. Dr. Verma is an active member of the Community Memorial Hospital medical staff.

The Nov. 14 seminar will begin at 6 p.m. in the eighth-floor Nichols Auditorium at Community Memorial Hospital, 147 N. Brent St. Registration is free but reservations are required. For reservations, visit www.cmhshealth.org/rsvp or call Brown Paper Tickets at 800-838-3006.

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

Grant Park remains closed for public safety and restoration

Grant Park, located above Downtown Ventura will remain closed from the impact of the Thomas Fire and will not reopen to the public until the area is safe. The closure is important to protect public safety and to permit the park to recover.

The Thomas Fire caused extensive damage by destroying plant material and plant roots that stabilize slopes throughout the park. Vegetation has been extremely slow to grow back, mostly due to the lack of winter rains. Until vegetation is reestablished, there is a reduction in soil strength and the stability of the slopes is hazardous to hikers and bikers. The City thanks the public for its patience while nature restores and rehabilitates itself.

"Public safety is of utmost importance," said Nancy O'Connor, Parks, Recreation & Community Partnerships Director.

Signs have been installed to notify park goers that they should stay out of

the closed areas. Unlawful entry into the closed areas could cause potential for accidental injuries. Individuals violating the closure put themselves in danger and may be subject to criminal prosecution including fines.

The good news is that the Ventura Botanical Gardens (VBG) re-opened its garden and trails on November 3, however all other areas of the park remain closed. See article in this issue.

Guests to the garden should enter and exit through the new welcome center above City Hall and must stay on the trails. Parking is available.

VBG is a public/private partnership with the City of Ventura, 107 of the 109 acres of parkland are leased by the nonprofit. For VBG hours visit www.venturabotanicalgardens.com.

Serra Cross Park is open by reservation only at www.serracrosspark.com.

Then the mic was opened

Continued from page 1

without his unflagging support.

"Neal has been our friend and our advocate for the city with his focus on the vulnerable," said Kate Mills, a nurse who started and ran the One-Stop Drop-In Center when she worked for Public Health.

"It is rare," said Sue Brinkmeyer, the chair of the Homeless Prevention Fund, "That somebody gets to hear first-hand how much he is loved and admired by so many."

After a welcome by Rev. Worsnop who emphasized what a "strong, wonderful partner" he had been, Andrews was presented with a memory book: friends, colleagues and admirers had emailed tributes to Powell and they were mounted in a book by Kappy Paulsen, a UU member and scrap booker. Powell stated that the book is really a tribute to everyone attending, all of who had worked along with Neal to help those who need assistance.

Then the mike was opened; tributes and tears flowed. Andrews was praised for his insight and dedication, a champion who has modeled how to serve the community. An honest man, with wisdom and gravitas, who stands up for what is right even when he was the only one. "We love you...thank you...you make me want to be a better person."

Of course, there were laughs too; someone remembered how Andrews stayed until 4 a.m. at a council meeting. "Never again," he joked. It was mentioned that community activism is a 7-day-a-week commitment.

Karol Shulkin, who worked for Homeless Services, recounted a task force meeting with the members desperately trying to figure out how Ventura was ever going to get a shelter. Andrews said, "We need a champion." And that's what he became.

Mills read a list of jobs and accomplishments Andrews had held over his long career of service. And then Andrews spoke, with his voice breaking and interrupted by cheers. He made an impassioned speech that the attendees need to remain involved in public life. If something is wrong, speak up against it. If something needs doing, do it. And don't give up. Two standing ovations followed.

It has been said that Andrews has "The soul of a Quaker and the heart of a lion." This is one lion whose roar has shaken people up and made a difference.

Thank you Neal.

News & Notes



Claire Villegas and Eleana Newton of ECTV recording in the KPPQ radio station.

Community stories

by Elizabeth Rodeno

El Camino High School students are continuing their weekly program with a host of stories covering issues that mean so much to them. Their bi-lingual show is covering many issues important to the Spanish speaking community and sharing culture and history. Other shows the young producers are lining up include an arts focused show at Art City and a series of music shows with performances and interviews. They are also on the radio producing up a storm. Stay tuned.

The Ventura Police Community Foundation Heroes Among Us Gala featuring a CAPS produced tribute video was a great success. The successful event honored heroic community members.

As the one-year anniversary of the Thomas Fire and the incoming holiday season, the calendar is getting packed full of events to honor and support our community. We are honored to be able to be part of the story by letting the community share their stories. The Museum will be hosting events as will other venues including Libbey Park in Ojai. Sheldon and The Breeze will help keep you in the know.

Don't forget we continue to air the Thomas Fire Stories project every Friday at 6pm on CAPS Channel 6. CAPS Radio – KPPQ-LP is broadcasting them regularly on 104.1fm and on the myTuner app available on your phone and smart speaker. Tune in Thursdays at 5:30pm on KCSB 91.1fm in Santa Barbara to hear them too.

There is much more to hear on KPPQ. Our talented hosts bring the city to life and share knowledge about local and world affairs. Tune in and be surprised by your community programming. There is something

for everybody. Come be part of it and share the voices of the community.

Do you have an upcoming event? Would you like people to learn more about your organization? Use CAPS Media and CAPS radio to be part of your media plan. Send in your print ad to post on our television bulletin board. Do you have copy for a Public Service Announcement to air on KPPQ? There are many ways we can support your organization. Please contact us at info@capsmedia.org or call us at 806-6568-0500.

Community Member engagement is CAPS Media Center mission. We are here to support members in creating an informed and educated community through electronic media. Both our television channels and radio are venues to share stories and ideas with the community. Become a member, take the Orientation, enroll in classes and create powerful and entertaining media to share with us.

Orientation classes for media makers are held the first Thursday of every month. Go to capsmedia.org for more information.



From the 5th Annual Castro Family Toy Drive and still going strong.

9th Annual Castro Family Toy Drive

The Ventura Police Department announces the 9th Annual Castro Family & Ventura Police Community Foundation Toy Drive. The community is invited to donate unwrapped toys or gift cards for the patients and siblings of the Children's Center for Cancer and Blood Diseases at the Ventura County Medical Center. Donations, for ages infant to 18 years, will be accepted at the Ventura Police Department located at 1425 Dowell Drive Monday

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Location: 1500 Palma Dr., Ventura/2nd floor
training room. Call or email to RSVP

through Friday between the hours of 7:30 am and 5:30 pm from November 19 to December 14, 2018.

In 2008, Corey Castro was seven years old and was treated for Gorham's Disease, a rare bone disease. As a patient, he was asked if he wanted to pick out a toy from the center's toy box. Corey discovered the toy box needed more toys and asked his family if they could help fill the box for other children receiving treatment at the center. The Castro Family in partnership with the Ventura Police Community Foundation worked to make that dream a reality and has since provided toys and gifts to more than 1,500 patients and their siblings. The effort raises awareness about the only pediatric oncology and hematology center in Ventura County. Ventura Police

Officers join the Castro Family in hosting a holiday party for the children and their families and help pass out gifts with Santa and Ventura Police K9s.

“Bringing joy to the brave junior crime fighters at VCMC is a humbling experience. Many of these children are fighting for their lives. We appreciate this opportunity to partner with the Castro Family and our community in providing a special evening for the children and their siblings during the holiday season,” said Commander Sam Arroyo.

Toy Drop Off Location:
Ventura Police Department,
1425 Dowell Drive, Ventura, 93003
Date/Time Toy Drop Off:
November 19 – December 14, Monday
– Friday between the hours of 7:30 a.m. and 5:30 p.m.



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News & Notes



JR Luna, Rita Luna and this year's Wheels to Shine Recipient Cheyanne Dominguez. Photo by Journey Zephyr-Wade Hak.

the car to give back to Ventura. Last year, the car was awarded to Marina Limon Porter, a local insurance agent and hard-working mother of one.

She is actively involved with Step Up Ventura—an organization that provides therapeutic services and access to childcare and preschool for children ages zero to five who are affected by or at risk of homelessness.

In Concours Motors' second annual giveaway, Cheyanne Dominguez was awarded a Volkswagen Beetle 2000. At 20, Cheyanne has endured significant challenges, including losing her father, Oscar, to homicide. Currently, Cheyanne dedicates a tremendous amount of time to helping others—she is a leader at her church's youth group, where she mentors middle school and high school-aged girls. She prepares meals and serves them to the homeless, at Catholic Charities on Ventura Avenue. This year, she helped raise enough money to fund a trip to Uganda, where her team facilitated seminars about reproductive health.

Financial restriction and a lack of reliable transportations hindered Cheyanne's ability to further her education; having a car will ensure that Cheyanne can eventually transfer to a four-year university and pursue a career in government, to work toward causes including ending homelessness and support families affected by violence. JR Luna says, "If we can give a car away every year, and we're in business for another 25 years, we can change 25 lives. That's pretty impactful."

The selection committee sought a person who needed a little help to "shine"

Concours Motors' owner Gerardo "JR" Luna created "Wheels To Shine" in 2017. His team purchased a 2000 Volkswagen Golf and restored and rebuilt it to donate to a deserving person.

The selection committee sought an outstanding person who needed a little help to "shine," and would use

Hella, November

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Bell Ringing season starts

The Salvation Army of Ventura is currently recruiting volunteers to serve as Bell Ringers this holiday season! Shifts are 2 hours long and anyone can participate! We love to have families, kids, groups... anyone at all...volunteer for this program.

Volunteers are the difference between an empty kettle and one that raises about \$30 per hour – enough to provide a family with two bags of groceries.

For more information please contact Lt. Silvia Simoes at 310-308-0691.

Mailbox

Continued from page 4

an Auntie Tommie...who can only write stuff that Bezos tells him to write...He has not had an intelligent piece since USA Today started

putting him in our local paper.....Why does he not start doing something for the Black people? Because he is already in the top 10% of money makers and is not interested.....

You have a nice community paper which gives us local happenings....so knock off the political pap that you try to sneak in

Richard Pillow

CPA.Ventura

Richard:

Not sure what you mean “try to sneak in” it is not written in code, you managed to find it. I assume “political drivel and pap” is anything that you don’t agree with.

The fact that I can express my opinion and you can express yours is what the freedom of the press is which makes this a great country (they don’t have this in China, North Korea, Russia, etc., etc. I’m sure that you wouldn’t want to live there). So I will continue to “sneak in” my “drivel and pap” and you can continue to criticize it and have it printed in the Breeze.

Sheldon

News & Notes

“One of my main reasons for staying in shape is to keep up with my grandchildren.”

Dedicated athlete Ross Hoffman writes rapid recovery book

Ross Hoffman, president and CEO of Hoffman & Associates, has released his book “Back and Better, 37 Rapid Recovery Exercises I Use When Injured or Bedridden.”

The print copies are available at \$29.95 on Amazon. The book is printed spiral bound to make it easier to reference during use.

“All my life I’ve been an athlete. What that means for me is that I pay special attention to my body, because it is the key to my performance,” said Hoffman, who recently suffered two accidents with resulting injuries, which required surgery in 2016 for a double meniscus tear and in 2017 for a broken shoulder socket. “I also pay special attention to my mind, because no matter how well I train my body, if my mind isn’t envisioning what I need to do, my body won’t be able to respond.”

After the 2017 surgery, lying in his hospital room, Hoffman wondered what he could do to expedite his recovery, not wanting to just lie there until he was released to go home. He was concerned that any inactivity could lead to negative results, his recovery time might take longer and his body might start to atrophy.

“I started developing a group of exercises that I could successfully perform while still in my bed lying down. These exercises helped me in my personal recovery program,” noted Hoffman. “I want to share what exercises I performed to help myself and how I benefited. This book is based solely on my experience and is not a recommendation to anyone at any time.”

Hoffman played college baseball at UCLA as their starting first-baseman and clean-up hitter. After graduating, he was drafted by the Montreal Expos, who turned him into a pitcher.

“I’ve channeled my love of sports into participating in tennis and triathlons and then later into playing golf,” concluded Hoffman. “Now I’m over 70 years of age and one of my main reasons for staying in shape is to keep up with my grandchildren.”

Each member of the Honor/Color Guards were pinned with the American flag.

Honor and Color Guards perform honorable farewells

by Ana Baker

On October 26th the Livingston Memorial Visiting Nurses Association hosted a thank-you event at the Poinsettia Pavilion to honor the Marine Corps League - President Ronald Reagan Det#597/VFW Post 10049, Vietnam Veterans of Ventura County, and 1st Memorial Honors Detail who provide details Honor/Color Guards throughout the county.

The Honor Guard and Color Guard perform honorable farewells at military ceremonies and burials for their fellow veterans. They take time away from their jobs and daily lives to perform the veterans’ final farewell, rain or shine. The comfort and pride that these amazing volunteers give is priceless. The ceremony includes folding the flag, presenting the flag, carrying out gun salutes and playing taps. They have performed over 175 events this year alone. This was the first time the Honor Guards and the Color Guards have been publicly recognized for their efforts.

The Ventura County Veteran Services Office and Livingston Memorial Visiting Nurse Association have been honoring veterans and thanking them for their service to our nation for the past four years. In attendance at Friday’s event were, Mike McManus, County of Ventura - Veteran Services Officer and a Senior Master Sergeant, USAF (ret), Nancy Frawley from Assembly woman Jacqui Irwin’s office, friends and family members of veterans. A special thank you to the Poinsettia Pavilion who donated the space for this great event.

Each member of the Honor/Color Guards were pinned with the American flag and presented certificates of recognition from Congresswoman Julia Brownley’s office as well as Assemblywoman Jacqui Irwin’s office.

Diana “Dinah” J. Davis the business manager for Livingston Memorial Visiting Nurse Association who organized the event said, “It is time to give back and say thank you to these great men and women who serve our community with the Honor Guard and the Color Guard”.

For more information about the military honor and color guards contact the County of Ventura Veteran Services Office at (805) 477-5155.

For more information about Livingston Memorial Visiting Nurse Association’s “We honor Veterans” program, visit their website at www.lmvna.org.

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Your Hometown Paper



Senior Living

Pull Out Section



This non-profit stands out as a place for seniors to design and make products. Photos by Richard Lieberman.



Seniors Craft Shoppe celebrates 40 years in Ventura

by Richard Lieberman

The Seniors Craft Shoppe recently celebrated its anniversary. Located in downtown Ventura at the Zander Alley shopping area, at 4333 E. Main, the shop has been operating for the past 40 years. Seniors Craft Shoppe specializes in hand-crafted items, gifts and seasonal décor. Special ornaments for the Christmas tree, table decorations and more. The shop also specializes in holiday giftware. Valentine's Day, Easter, Halloween are all covered by great handmade items.

This non-profit stands out as a place for seniors to design and make products like soft toys, doll clothes and stocking stuffers. All their products are handmade by Ventura County seniors. The store is staffed by seniors as well and they are always happy to help you with selections, suggestions and warm greetings.

The stores motto is "if you can't find what you need, we will make it for you." Inventory is always changing, and you can always find wood carvings, crocheted coasters other ornaments among the stock. Many of the available craft ware are one-of-a-kind, and always hand-crafted by seniors. There is so much available it is impossible to list all here, but some additional items are tote bags, dog sweaters, aprons,

wallets, hats, scarves and still much much more. Latest project for the shop is making "green" items from recycled materials like plastic bags turned into hats and bottle carriers and paintings on salvaged wood.

For their 40th tables were decked out with finger foods, sandwiches, sweets and drinks available to all who visited on Saturday October 27th.

Congratulations to the Seniors Craft Shoppe for 40 years of serving the Ventura community and for making seniors lives meaningful and fulfilling. We at the Breeze wish you the best and at least another 40 years in downtown.

Aegis Living to receive award for Community Impact Program

The California Assisted Living Association (CALA) announced today that Aegis Living will receive its prestigious Elevate Award at the Fall Conference & Trade Show in Palm Springs. The Elevate Award recognizes assisted living, memory

Continued on page 16



You Are Invited

Veterans Day- Sunday, November 11th

To the annual Veterans Day Ceremony at Ventura Townehouse.

Sunday, November 11th, 2018.

10:30 AM Ceremony Begins...Seating is at 10:15 AM

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- A thirty-minute patriotic concert featuring the Ventura British Brass
- Color Guard, Personal recognition of Veterans at Ventura Townehouse speaking of their call to duty
- A bagpipe procession to the Wreath Laying at the Flagpole concludes the ceremony.

Stay to learn of Veteran's Benefits by Mike McManus, County of Ventura, Veteran Services Officer, Senior Master Sergeant, USAF (ret) and Veteran's Benefits for After Life Services by Kathy Aryana.

Refreshments will be served.

Veteran's will be seated to the right of the flag pole area. Be sure to wear warm clothing or bring a blanket for the predicted cooler weather.

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Senior Living



Foto: Study finds aspirin did not prolong healthy, independent living.

NIH-funded study examined outcomes

In a large clinical trial to determine the risks and benefits of daily low-dose aspirin in healthy older adults without previous cardiovascular events, aspirin did not prolong healthy, independent living (life free of dementia or persistent physical disability). Risk of dying from a range of causes, including cancer and heart disease, varied and will require further analysis and additional follow-up of study participants. These initial findings from the ASPirin in Reducing Events in the Elderly (ASPREE) trial, partially supported by the National Institutes of Health, were published online on September 16, 2018 in three papers in The New England Journal of Medicine.

ASPREE is an international, randomized, double-blind, placebo-controlled trial that enrolled 19,114 older people (16,703 in Australia and 2,411 in the United States). The study began in 2010 and enrolled participants aged 70 and older; 65 was the minimum age of entry for African-American and Hispanic individuals in the United States because of their higher risk for dementia and cardiovascular disease. At study enrollment, ASPREE participants could not have dementia or a physical disability and had to be free of medical conditions requiring aspirin use. They were followed for an average of 4.7 years to determine outcomes.

“Clinical guidelines note the benefits of aspirin for preventing heart attacks and strokes in persons with vascular conditions such as coronary artery disease,” said NIA Director Richard J. Hodes, M.D. “The concern has been uncertainty about whether aspirin is beneficial for otherwise healthy older people without those conditions. This study shows why it is so important to conduct this type of research, so that we can gain a fuller picture of aspirin’s benefits and risks among healthy older persons.”

In the total study population, treatment with 100 mg of low-dose aspirin per day did not affect survival free of dementia or disability. Among the people randomly assigned to take aspirin, 90.3 percent remained alive at the end of the treatment without persistent physical disability or dementia, compared with 90.5 percent of those taking a placebo.

The group taking aspirin had an increased risk of death compared to the placebo group: 5.9 percent of participants taking aspirin and 5.2 percent taking placebo died during the study. This effect of aspirin has not been noted in previous studies; and caution is needed in interpreting this finding.

Significant bleeding—a known risk of regular aspirin use—was also measured. The investigators noted that aspirin was associated with a significantly increased risk of bleeding, primarily in the gastrointestinal tract and brain.

As would be expected in an older adult population, cancer was a common cause of death, and 50 % of the people who died in the trial had some type of cancer. Heart disease and stroke accounted for 19 % of the deaths and major bleeding for 5 %.

In addition, the study did not address aspirin’s effects in people younger than age 65. Also, since only 11 percent of participants had regularly taken low-dose aspirin prior to entering the study, the implications of ASPREE’s findings need further investigation to determine whether healthy older people who have been regularly using aspirin for disease prevention should continue or discontinue use.

The National Institute on Aging leads the federal government effort conducting and supporting research on aging and the health and well-being of older people. For more information on research, aging, and health, go to the NIA website.

The National Cancer Institute (NCI): NCI leads the National Cancer Program and NIH’s efforts to dramatically reduce the prevalence of cancer and improve the lives of cancer patients and their families, through research into prevention and cancer biology. For more information about cancer, visit the NCI website or call NCI’s Contact Center (formerly known as the Cancer Information Service) at 1-800-4-CANCER (1-800-422-6237).

The National Institutes of Health (NIH): NIH, the nation’s medical research agency, includes 27 Institutes and Centers and is a component of the U.S. Department of Health and Human Services. For more information about NIH and its programs, visit the NIH website.



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Senior Living

November is National Family Caregivers Month!

by **Patty Jenkins**

The Ventura Parkinson’s Disease Support Group and the Camarillo Health Care District welcome all Caregivers and their Care-Partners to join us in observance of National Family Caregivers month on Wednesday, November 14h from 1 to 3pm at the Lexington Assisted living; 5440 Ralston, Ventura. We hope to help raise awareness of the challenges family caregivers face, help find solutions,

support, and celebrate the efforts of all “family caregiver superheroes”!

Blair Craddock MPH, Care Services Director of the District and Mary Wiggins, Health Promotion Coach of the Case Management Department, will be sharing information to help “Supercharge your Caregiving” - the 2018 theme for National Family Caregivers Month, Caregiver Action Network (CAN).

In 2013, about 40 million family caregivers in the U.S. provided an estimated 37 billion hours of care to an adult with limitations in daily activities. Imagine how much those figures have increased since then! Family caregivers are an essential part of the social, health, and economic fabric of the U.S. long-term care infrastructure. But family caregiving often

comes at substantial costs to the caregivers themselves, to their families, and to society. Without family-provided help, the economic cost to the U.S. health and long-term services and supports systems would skyrocket. The value of services the family caregivers provide for “free” when caring for older adults is estimated to be as high as \$470 billion a year. That is over twice as much as is actually spent on homecare and nursing home services combined! (Stats from National Alliance for Caregiving and Evercare. March 2009 & AARP 2015).

All area Parkinson’s Support Group members and their Care-Partners/Caregivers and those who are in the Caregiving field who would like to add their information to our ‘resource

table’ of handouts, are welcome to join the Ventura Parkinson’s Disease Support Group.

There is a drop-off/loading and unloading driveway in the front of their building. Extra parking is graciously available across the street from the Lexington in the Baptist Church parking lot. Please check in at the front desk for directions to the 3rd floor and sign-in at the meeting. Thanks to the generosity of the Lexington Assisted, we are able to have our meetings every second Wednesday of the month (we take December off). We are an independent and volunteer-organized group, not affiliated with or a part of any other organization or group. For more information, call Patty at 805-766-6070.





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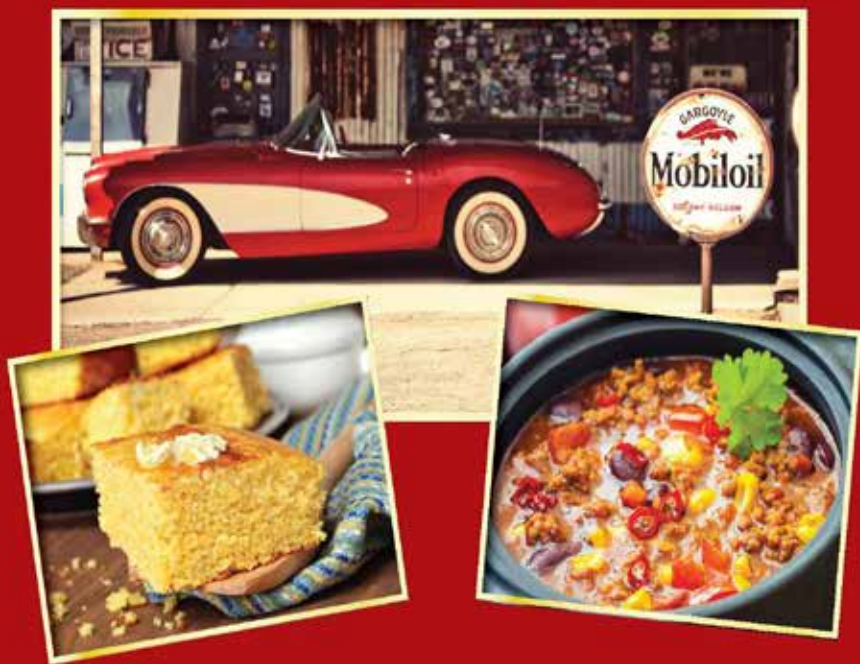
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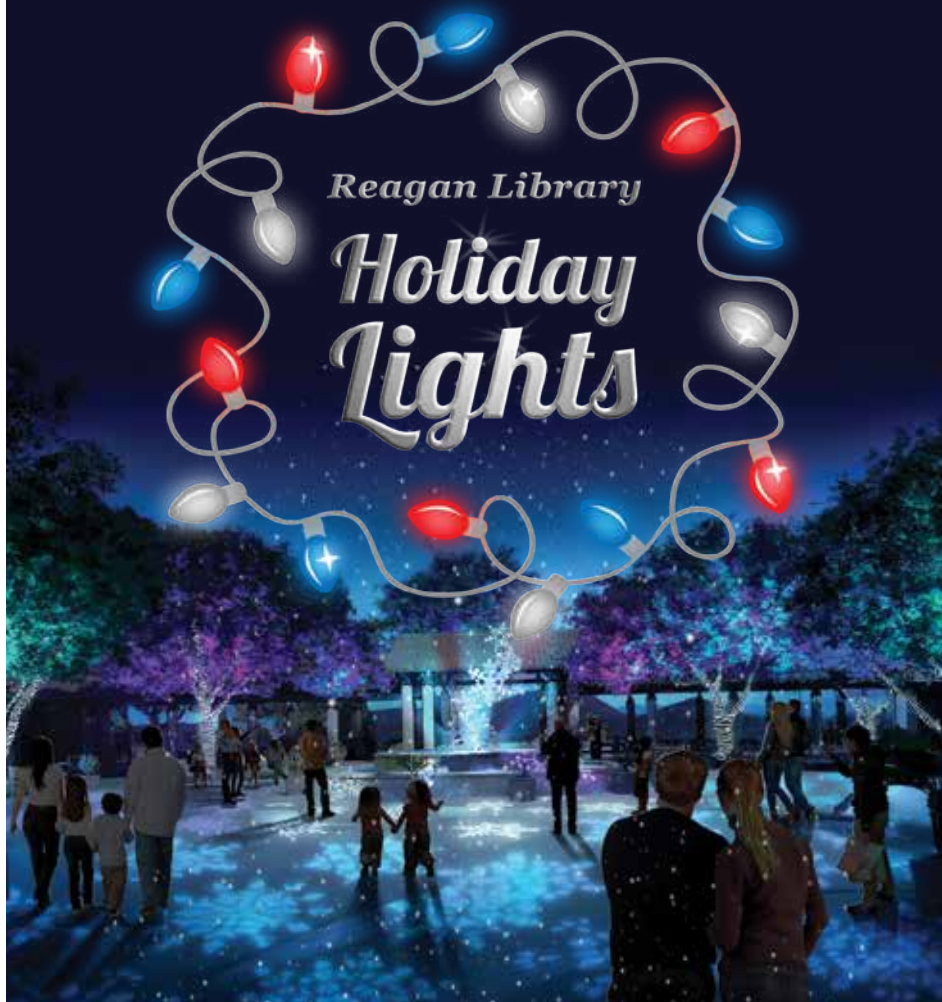
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Senior Living

Procrastinating: The cost to your retirement

by Jayson Cohen

American Legacy Solutions

If you are like many other hard-working adults, you may find yourself periodically dreaming about what life will be like after you leave the workforce and enter retirement. Regardless of whether you plan to simply kick back and relax close to home or you have grand dreams of traveling frequently in retirement, you will need to have enough cash on hand to live on. Unfortunately, a report released by Financial Engines indicates that almost one in seven adults who are at least 55 years old have stated that they procrastinated on saving for retirement.

You may think that the primary reason why individuals would not save money regularly for their golden years is because of a lack of funds, but this is not the case. In the same report, two out of five procrastinators said they got a late start because they had other priorities for their money. Half indicated that stress played a role in retirement planning and saving. Some of the other more common reasons for procrastination include the belief that it is too difficult, the thought that they may get taken advantage of or a lack of knowledge about retirement planning and saving.

Many adults who procrastinate in this important area have the intention of playing catch-up later in life. However, this may be more challenging than it may seem at first glance. When you procrastinate, you give up your regular contributions. You also give up employer-matching contributions and compounded growth, and these two factors can have a huge impact on the size of your nest egg. Delaying your retirement planning and saving effort essentially means that you must come up with a tremendous amount of additional money to catch up to a balance that you would have had if you started saving regularly in your 20s.

Regardless of the reasons or age, now is the time to make a bold change. By continuing to procrastinate, you simply dig an even larger hole that is more difficult for you to get out of. Saving may be as easy as foregoing that fancy vacation that you take every year or downsizing the scope of your vacation. It may mean not redecorating your home as frequently or scaling down your holiday gift-giving efforts. There are many ways that you may be able to simply cut back without detracting from your quality of life, and these steps can have a huge impact on your financial status in your retirement years. Of course, making regular monthly contributions is also advisable. Saving at least some money now is better than not saving any.

There are various types of retirement accounts that you may have access to depending on your circumstances. A good starting point is to maximize an employer-sponsored retirement account if your employer offers matching contributions. These contributions could essentially double your total account contributions and help you to get back on track more quickly and easily. If this is not an option, carefully review the pros and cons of various retirement accounts. Once you decide which type of account you want to open, schedule automated transfers. By automating this aspect of your finances, your balance will grow without addition-

al effort required.

Some people prefer to hire a financial advisor to assist with retirement planning and account management. If you are confused about or intimidated by any aspect of retirement planning, it is best to seek professional guidance rather than to take chances. Remember, you see a doctor when you have concerns with your health, why not talk to a financial professional when you have concerns about your finances? We are here to help.

Aegis Living to receive award

Continued from page 13

care, and CCRC providers who create and implement programs that elevate residents' and staff members' quality of life and engage the community. Aegis Living has 14 senior living communities in California, including Aegis of Ventura. Angie Snyder, Chief Marketing Officer for Aegis Living, will accept the award on November 5, 2018.

Aegis Living is receiving this award for their Transform a Life program. Transform a Life enables Aegis Living employees to impact the lives of others in the greater community. Eric Medor, General Manager of Aegis of Dana Point says, "A big part of our job is 'giving' every day, but this is a great opportunity to reflect on the larger purpose of our lives, and the power that we have when we come together as a company."

Last year, Transform a Life teams lent support to San Diego-based Kitchens for Good, to a family who lost their home and all their possessions in the 2017 Napa fires, and to establishing a college fund for a family who lost their mother to cancer, just to name a few.

One team gave their support to a former foster child through the organization Just in Time. The recipient says, "Thanks to this grant I am doing better, constantly working on creating better opportunities and moving forward. I signed up for school and I start on Monday. This grant has helped me obtain school supplies and be prepared to take on that challenge."

Teams comprised of executive directors and corporate representatives receive a starting budget of \$500. They are tasked to identify an organization, family or individual to which they will lend their support. Eight weeks later, teams provide an update on their initiatives at Aegis's annual EPIC (Empowering People, Inspiring Consciousness) conference.

Currently, nearly 180,000 Californians are residents in Assisted Living, Memory Care, and Continuing Care Retirement Communities and the need continues to grow. These communities provide residents with the care they need to perform activities of daily living, medication management, social activities, housekeeping, meals, and transportation; some communities also offer dementia care programs and health-related services.

With more than 625 provider members, CALA is the only association solely representing the state's Residential Care Facilities for the Elderly, which encompass Assisted Living, Memory Care, and Continuing Care Retirement Communities. CALA is dedicated to providing leadership to providers and other stakeholders in these residential settings, education to support high-quality programs and services, and advocacy to protect the interests of providers and the people.



News & Notes



A young volunteer uses a customized bucket and trash picker at last year's Ventura River to the Sea Coastal Cleanup.

Volunteers Needed

On Saturday, November 17 from 9 a.m. – 12 noon, Ventura Land Trust (VLT) and the Ventura County Chapter of the Surfrider Foundation will team up to host the 2nd Annual Ventura River to the Sea Coastal Cleanup. Community volunteers are invited to participate in a large-scale trash clean up in the Ventura River estuary near the Ventura County Fairgrounds.

Check-in is at 9 a.m. at the bend in the Ventura-Ojai Bike Path near the end of Shoreline Dr. in Ventura. Look for the Ventura Land Trust and Surfrider Foundation pop-up canopies. Volunteers will be escorted into the estuary to clean and clear the area with the goal being to remove as much trash as possible before the rainy season begins and washes it onto nearby beaches and into the ocean.

All volunteers should wear long pants, long sleeves, close-toed shoes, a hat, sunscreen and bring a refillable water bottle. Tools, gloves and instruction will be provided. Volunteers younger than 16 years old must be accompanied by an adult.

To RSVP, go to venturalandtrust.org/events and, for more information, call the VLT office: (805) 643-

Ventura Land Trust (formerly Ventura Hillside Conservancy) is dedicated to permanently preserving and protecting the land, water, wildlife and scenic beauty of the Ventura region for current and future generations. Founded in 2003, the 501(C)(3) non-profit organization is supported by over 600 members, local businesses and government partners. The land trust manages 90 acres of land along the Ventura River and is negotiating the purchase of its first hillside property. Ventura Land Trust's offices are located in the Poinsettia Pavilion, 3451 Foothill Rd, Ventura, CA 93003. For more information, visit www.venturalandtrust.org.

Focus on the Masters 6th Annual Holiday Gift shop

Focus on the Masters Volunteers presents their 6th annual Holiday Gift Shop located at the home of Chris & Kevin Beirne, 310 Cruzero Street in Meiners Oaks. Their charming home is the perfect setting for unique, hand-made and lovingly crafted gifts by our local artists.

This is a great chance to meet with

artists and friends, and shop for those special people on your list. The wine, gifts and wish lists happy hour on Saturday, Nov. 17th from 4 – 7 will surely make your shopping extravaganza even more festive!

The Holiday Gift Shop will feature a variety of one-of-a-kind items including colorful quilts & totes, jewelry, decorative gourds, unique wearable art, charming felted wool creatures, ceramics, paintings and much more. All items are produced by FOTM volunteers, staff, and outstanding Ventura County artists.

Proceeds benefit FOTM's Learning To See Outreach and other outstanding arts education programs. To learn more about Focus on the Masters, visit www.FocusOnTheMasters.com or call 805.653.2501.

"We are so excited..."

Continued from page 1

specimens have been planted. Fire-damaged walkways were repaired or rebuilt. A new hand-hewn rock staircase is now in place and the long-awaited Merewether Welcome Center is open.

Funded through the generosity of Mike and Loretta Merewether and designed by architect Martha Picciotti, the Center includes a check-in kiosk, an information center, educational space, a stage, a community gathering area, storage and a much-needed restroom.

A limited morning event, attended by hundreds was held including a ribbon cutting with Deputy Mayor Matt LaVere, along with a Welcome Center dedication. At noon, the Gardens opened to the public.

"We are so excited about re-opening the Gardens," states Barbara Brown, VBG President, who also lost her home in the Thomas Fire. "This will be a very bright moment for a community that has struggled through a very difficult year."

"With the regrowth and expanded plantings needed after the Thomas fire, it has become clear that ongoing financial sustainability is critical for the maintenance, operation and expansion of the Gardens," said Joe Cahill, Executive Director. "We are implementing a membership fee, but we want visitors to enjoy the Gardens affordably, so we've kept the annual fee to \$45 per year, or for those who aren't members, \$7 per day, children 18 and under, are free. For those who can't afford the low annual membership, EBT cards will be accepted."

Mike Merewether told the gathering "It was a joy to see this become a reality and thanks to all for their support. We are so glad to be here to see it come to fruition. It feels more like Spring than Fall – a time of new beginnings."

"The Welcome center will be an exciting place for learning, volunteering and connecting with one another and Nature. It is a testament to a good public private partnership. It is significant to me that it is exactly 100 years after the Grant family donated the land for Grant Park to the City."

"With growth of garden and Welcome Center, comes a need for more Staff. Thus far we have managed with a small staff and many volunteers. As Fundraising Campaign Chair, I would be remiss in not mentioning that we have many opportunities and need for financial support / naming opportuni-

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ties ranging from the new stage behind us, to flower beds, trees or even steps."

The Welcome Center was designed by Architect Martha Picciotti who stated "It's with great pleasure that I am here today, celebrating with all of you the culmination of one of many seeds that have been planted since my involvement, beginning in 2008 with this wonderful organization and group of people. I especially want to thank the Cities Jeff Lambert and Dave Ward, without whom this would not have been possible."

"From Joe Cahill I came to understand the importance of creating a welcome center. It had to be affordable and easy to build, as funds were limited. I was always interested in shipping container design and I met Matt Roberts, who would be selling and outfitting shipping containers

in Camarillo. Matt volunteered to take over as project manager for the build out. Not only did he provide the shipping containers at cost, Matt donated hundreds of hours."

The opening of the welcome center represents many people coming together. Major donors like the Merewether's, Matt, Noah Greer and Nicole Horn, who designed and supervised the installation of the entry gates, platform and landscaping, Ken Luci who donated his electrical expertise and Dave Schaub, a local builder for supervising the foundation."

"Today my heart is full of gratitude and love for all of the wonderful people who have made the welcome center and botanical gardens possible."

To find out visiting information and more, visit www.VenturaBotanicalGardens.com and on Facebook.



The Ventura Botanical Gardens (VBG) held its grand reopening on Saturday, November 3. The Gardens have been closed nearly one year since the Thomas Fire. At noon, the Gardens opened to the public.

The Pet Page



Dedicated to Scamp

■ A correction to the photo and caption published in the Nov. 6th Ventura Breeze. The two that tied for Best in Show at the Ventura Harbor Village Howl-O-Ween dog costume contest were the train with the conductor and # 26 the race car dog. The later was to the right of the train and not shown in the picture published. the dog's name is Turbo, pictured with his owner Michael DiGiulio and girlfriend Jia Wiebe.

■ Can dogs help us figure out cancer? Two recent articles published in the journal Breast Cancer Research and Treatment suggest that man's best friend could light the path towards fighting cancer.

A team of researchers from across Europe have found that canine breast cancer remarkably resembles human breast cancer, suggesting that treatments effective on dogs could be as beneficial to their owners.

In the two related studies, researchers from France, Spain, Portugal, and Germany studied 350 dogs of various breeds with breast cancer. The first article details how factors used in human prognosis—tumor size, lymph node malignancy, kidney function, and other criteria—were applied to dogs with mastectomies, successfully predicting their survival rates.

The second study examines how chemical analysis, which is common in human diagnosis, applies to canine cancer cells. Researchers here discovered that more than three-fourths of those dogs developed an especially aggressive type of breast cancer for which there is currently no targeted treatment.

■ Researchers at an Ontario university have used 3D-printing technology to replace the majority of a dog's cancer-ridden skull, a novel procedure they say marks a major advancement in veterinary medicine.

Michelle Oblak, a veterinary surgical oncologist with the University of Guelph's Ontario Veterinary College, said she

believes the procedure is the first of its kind in North America and a substantive leap from one other known case. "Our hope is this is something that could be more widely available on a broad scale," Oblak said. "It went very well."

Patches, the nine-year-old dachshund at the center of the procedure, had a brain tumor the size of an orange that grew through her skull and would have been fatal if not treated.

"We called her our little unicorn because she had this bump on her head, but it would have killed her," said Danielle Dymeck, who is from Williamsport, Pa. "It's pretty amazing what they did for my girl."

■ By Dr. Celeste Conn who has a house call practice in Kent County. Visit her website at thevisitingvet.net.

My pets don't brush their teeth every day. Do yours? Probably not.

While the best current advice is for owners to fulfill this task daily for our animals, my guess is few do.

Veterinarians routinely advise daily tooth brushing, advanced at-home care and routine hospital cleanings.

Just why is dental care so important? Obviously, we don't brush teeth so dogs have nice white smiles. We perform home care for the same reason humans do — to minimize bacterial buildup on the tooth surface and to decrease plaque formation.

Plaque is a combination of bacteria, chemicals from saliva and food bits, which when not removed, accumulate to form a hard deposit on the tooth surface. Plaque can mineralize into tartar in a scant 36 hours.

Tartar, or calculus, can cut into the gum line, extending to the part of the tooth hidden under the gum. It can push the gum away from the tooth surface, allowing a pocket to form which accumulates more bacteria, food particles and debris. That's why daily brushing is recommended to stop the cascade.

Tooth decay, halitosis (bad breath), then bone loss occurs around a diseased tooth. It happens because the attachment of the tooth to the socket it sits in is lost.

The rules for good oral health are the

Scamp Club

(Scampclub pets are not for adoption.)

Hi! I'm Reggie! My sister, Rosie, is in the back - everyone loves her - she's the real cutie. The other one is our housemate, June - she's a real grouch. Rosie and I are about 4 months old - we were SPARC foster kittens, and our foster mom couldn't give us up. Why would she? I love food (except turkey), water, warm baths, jumping, and getting in the toilet - yum! If I become famous, maybe mom will buy me a water fountain! Maybe being in the Breeze will make me famous.



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.

same, whether dog, cat or human. Daily brushing, using a soft brush certainly helps to prevent plaque from becoming tartar. And there are animal-specific toothpastes which are not harmful if swallowed.

Animal pastes do not form suds like ours do and are flavored to increase acceptance. Dental rinses, treats and diets contribute to good oral health too.

Dental diets, which are veterinary prescription products, act to physically abrade tartar from the tooth surface by virtue of their large size and honeycomb architecture. Dental treats often use chemical means to scrub off plaque and encourage chewing.

Because in-hospital dental cleaning must be performed under anesthesia, animals need blood work to ensure their

major organs can tolerate sedation. The frequency with which the procedure is done varies from pet to pet. Small breed dogs often require yearly or even biannual cleanings whereas larger breed dogs whose teeth are not so crowded may go several years between. Whether animals eat canned or dry food can also influence frequency.

Neglecting an animal's oral hygiene has significant impact on his or her overall health. Bacteria from a diseased mouth can easily spread to other parts of the body. The valves of the heart are a notorious target for bacterial contamination as are the filtering cells of the kidney. Owners and veterinarians can and should work together to keep pets healthier through good dental care.

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SUPPORTING RESCUES

Brittney with her foster "Casper" posing just after a beautiful hike.

Ventura County Animal Services has implemented new, lifesaving programs since becoming a no-kill shelter five years ago. While their Foster Care program saved 2,931 companion animals last year, they need additional families to help care for underage kittens, senior pets and long-stay dogs who need a break from shelter life. [Learn more at www.vcas.us/foster](http://www.vcas.us/foster).

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Best in Show at the Ventura Harbor Village Howl-O-Ween contest.

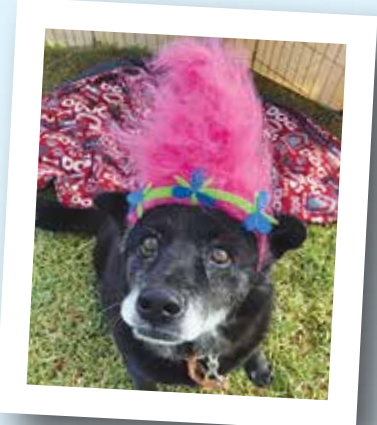


The Pet Page

Lost pet? Go to LostCatVenturaCounty.com or LostDogVenturaCounty.com - free websites for finding and posting when you've lost or found a cat or dog.

Forever homes wanted

Hi there! My name is Scarlett and I'm a 9 year old chow/cattle dog mix! I'm not sure what they dressed me up as the bride of Frankenstein or a troll doll. I'm just glad it was temporary. I'm a very low maintenance dog that all of the volunteers enjoy spending time with! I'm getting a little too old to do extensive walks or exercise, but I thoroughly enjoy brief walks! I like to romp around in the grass and hang out with my favorite people. I don't like all dogs though, so if you have a furry friend please bring them so we can exchange some sniffs! It would be such a privilege for me to just spend time with my foster or forever family. I don't require much...just some love and affection mixed with some yummy treats! I have never been tested with cats, but I'm pretty easy going so we might be able to coexist! If I sound like the mellow, loving girl for you, please stop by to meet me! Canine Adoption and Rescue League C.A.R.L.



This cutie, Halfstep, is about 6 months old, playful, active, curious and ready for a forever home. He is currently in foster so you know he got great care. Contact his foster family to meet him darav3@hotmail.com. Ventura County Animal Services - Camarillo location - 600 Aviation Drive A693920

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This 'n' That



Dog access to the Botanical Gardens is limited to two days.



On Saturday, October 27, at the Ventura Harbor Village zombies roamed the promenade and came together for a World Record breaking flash mob to "Thriller" by Michael Jackson. Dancers around the globe convene to try and beat the World Record of dancers at one time to Thriller. Photo by Deena Gledhill.



On October 27 WHO LET THE DOGS OUT FAMILY FUN FESTIVAL, A COMMUNITY FUNDRAISER on behalf of Ventura Police K-9 Partners was held at the Harbor Cove Café located in Ventura Harbor. 100% of proceeds went to the K-9's medical fund for their health needs.

Included in the fun was Elvis (and other music), a water dunk (organizer Amber Adam got all wet), raffles and conversing with Sheldon.





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Oxnard

2901 N. Ventura Rd.,
Ste 100
805.738.3862

1700 N. Rose Ave.,
Ste. 210, 220, 280
805.738.3862

1700 N. Rose Ave.,
Ste. 350
(805) 485-7877

Santa Paula

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(805) 525-7131

247 March Street
(805) 933-6622

400 E. Santa Barbara St.,
Ste A
(805) 525-2121

Thousand Oaks

550 St. Charles Drive,
Ste 200
805.738.3862

Ventura

168 N. Brent St.,
Ste 502
(805) 641-2000

Here 'n' There



Typically a ribbon cutting ceremony is to announce the opening of a new business. Photos by Michael Gordon.



Ventura Deputy Mayor Matt La Vere spoke on behalf of the City Council. Photos by Michael Gordon.

Ten bed shelter provides a safe place to live

On Nov. 25, a ribbon cutting was held at the Turning Point Foundation Our Place Safe Haven located at 536 E. Thompson.

Safe Haven is the first stop on the road to recovery for mental health issues and homelessness. This 10 bed shelter provides a safe place to live where basic needs are met and the most vulnerable receive mental health treatment, assistance establishing a stable source of income, and help obtaining transitional housing with the goal of permanent housing. Drop in services include hot meals, showers, laundry facilities, phone messages and mail delivery and case management.

We asked Jason Meek, Executive

Director for the Turning Point Foundation "why, after being open for many years did they have a ribbon cutting?"

He answered "Typically a ribbon cutting ceremony is to announce the opening of a new business. So why then would Turning Point have this kind of ceremony for a program that has been in existence since the 90's? The simple answer is this: It is symbolic. The new renovation provided Turning Point additional capacity to shelter and deliver vital services to our community's most vulnerable members. It demonstrates that we hear their concerns and are deeply committed to addressing their needs."

<https://turningpointfoundation.org/housing/> 805-652-000.

Extra instruction now available for students grades K-5

A ribbon cutting was held for Project Understanding Tutoring Center located at Portola Elementary School, 6700 Eagle St.

The Tutoring Centers at Project Understanding provide extra instruction for students grades K-5 with volunteer tutors in one-to-one interaction. Students are recommended by their instructors.

Project Understanding currently has 11 tutoring centers throughout Ventura County, in El Rio, Oxnard, Santa Paula, Saticoy and Ventura. There are many students, Kindergarten – 5th grade, in need of assistance with their school work.

At the ribbon cutting Deputy Mayor Matt LaVere stated "Many people know the good work that Project Un-

derstanding has been doing in our community for over 40 years. They have helped hundreds of individuals go from homeless to housed, and have kept thousands from becoming homeless because of their food pantry. However, what many people don't know is the incredible work Project Understanding does with our local youth. With the opening of the Portola Elementary School tutoring center, Project Understanding now has 12 tutoring locations, providing free tutoring services to students throughout our community. Education is the critical key to breaking the cycle of poverty, and through its tutoring centers, Project Understanding is working to ensure Ventura's youth have all of their educational needs met."

This 'n' That

Sustainability Now News

Reduce, reuse and recycle shopping local thrift stores

by Maryann Ridini Spencer

The November-December holidays are a time where friends and family decorate their homes and hearths in the holiday spirit and gather to celebrate the season. Creating an inviting atmosphere that compliments the meaning of the holidays as well as finding that perfect gift to show appreciation and spread joy are integral to what the season is all about.

Americans will spend approximately \$720.89 billion in 2018 (up 4.8% from last year's figure of \$717.45 billion) according to a study by the National Retail Federation. Some estimates even take that figure to over a trillion. When retail numbers like these come in to play, there's no question that shopping locally will help support a community's economy.

Another way to help the local economy as well as support local charities and non-profit organizations is to shop at stores like Goodwill, Salvation Army, Arc, Boys and Girls Club, and others. Shopping with the concept of "reduce, reuse, recycle" in mind is an excellent, cost-effective way to spread cheer all around with the gifts you give.

Stores that sell reusable items are also often a place where you can find quality product and hidden treasures, even if that item might have to be polished or spruced up a bit. Thrift store shopping also helps reduce what ends up in our already crowded landfills.

According to the Environmental Protection Agency (EPA), producing new product uses up natural resources, and when you reuse, you help to reduce greenhouse gas emissions that contribute to global climate change. The most effective way to reduce waste is to not create it in the first place, but rather to "reuse" products to their fullest extent. According to EPA data from 2015 for example, Americans generated 262.4 million tons of trash (137.7 million tons of which ended up in the landfill). In 2015 alone, 8.2 million tons of clothing and footwear were land filled.

Great thrift store gift ideas:

Clothing items – find name brands at a fraction of the price
Books – peruse thrift store shelves for some classic children's books, cookbooks

or favorite editions out of print
Wood picture frames - paint and personalize them for thoughtful gift giving
Vintage dinner & glassware – charm your epicurean loving friends and family

Holiday décor:

Candlesticks - just a little polish = lots of shine
Terracotta planting pots - hand paint these clay pots with winter holiday scenes and fill with flowers (for a centerpiece) or fill with kitchen or office items
Bowls, baskets, and wood pieces - fill with pine cones, ornaments or winter squash for table centerpieces or deliver to a holiday party with home baked goods
Jewelry pieces - repurpose them into Christmas tree ornaments or festive napkin holders

Pinterest.com is a wonderful site to peruse for all types of holiday knick-knack ideas before you shop.

This holiday season, remember to think green, shop local and get creative. One person's castoff may be your treasure!

Google local thrift Stores near you.

- Coalition Thrift Store
270 E. Main Street
(805) 543-441
- Goodwill Retail Store
404 E. Main Street
(805) 641-1101
- C.A.R.L. Boutique Thrift Store
2750 E. Main Street, Ste. B
(805) 667-9111
- SPARC Second Chance Store
374 E. Main Street
(805) 648-8915
- The Arc Foundation Thrift Store
265 E. Main Street
(805) 653-1756
- Boys and Girls Club Thrift Store
222 Ventura Avenue
Ventura, CA
(805) 667-8855
- Span Thrift Shop
110 N. Olive Street
(805) 641-1170
- St. Vincent de Paul Society
3175 Telegraph Road
(805) 642-4104
- Assistance League-Ventura County
913 E. Santa Clara Street
(805) 643-2458

such as "Bohemian Rhapsody", "We Will Rock You", "Somebody To Love", and others are played throughout the film in order to help set the mood, set the tone, and also to help go along with the plot in a special and unique way.

I believe that this was a wonderful film that any person who is a true fan of the band Queen would enjoy watching. One of the specific things that truly keeps you enthralled during the entire film is Rami Malek's phenomenal performance as Freddie Mercury, the leading man from the band Queen. He allows himself to be completely taken over by his character and become Freddie Mercury. He captures the hearts of all the people watching him.

Directed by Bryan Singer. It was produced by Brian May, Graham King, Jim Beach, Roger Taylor, Dexter Fletcher, Jane Rosenthal, Donald Sabourin, and Richard Hewitt. The screenplay was by Anthony McCarten. The story was by Anthony McCarten and Peter Morgan. The film stars Rami Malek, Lucy Boynton, Gwilym Lee, Ben Hardy, Joseph Mazzello, Aidan Gillen, Tom Hollander, and Mike Myers. The cinematography was by Newton Thomas Sigel. It was edited by John Ottman. The casting was done by Susie Figgis. The production design was done by Aaron Haye. The costume design was done by Julian Day. It was distributed by 20th Century Fox. (Rated: PG-13) (Running Time: 2h 14m)

City council votes on motorized scooters

by Richard Lieberman

The City Council has voted to ban motorized scooters at least temporarily. The council will review it at later date when data from cities that have approved the scooters becomes readily available. Cities all over the state are making an effort to manage these devices.

Suddenly with little or no warning these devices appear on the streets in the hundreds. Cities are scrambling to get a handle on them since they showed up about a year ago. Cities have tried outright

bans, looking at options for strict regulation, letting them operate independently or implementing pilot programs with strict oversight.

In other cities that have had the experience the personal mobilization devices seem to have showed up overnight. Sometimes they are just dropped off by the companies that own them. Riders download an app on their smart phones that gives the location of a close by scooter. The rider then picks it up and rides away. The business model that the city has seen is one where there are no set parking places for the devices and a rider drops the scooter off just about anywhere in the city. There appears to not have been any attempts by the companies to get into Ventura County.

Downtown Ventura, a popular tourist attraction with its seaside promenade, would be a likely target for an e-scooter company according to a staff report which also noted that these devices would be picked up and impounded, according to the proposed ordinance.

"The city does not currently have regulations on the shared mobility devices", City Attorney Gregory Diaz said. While the city has had informal discussions on the issue, it wasn't until recently that a company offering the e-scooter model applied for a business permit. By banning their use, the city can effectively stop the companies from beginning to operate without first getting a regulatory license, Diaz said.

Regulatory licenses are typically required of massage parlors, pawn shops, adult businesses or other industries that may have been problematic in the past. Diaz said that city staff would need to research regulations and how the scooters would work in the city, and those are the same people working on the Thomas Fire rebuilding effort and long-delayed public works projects. "This isn't intended to be a permanent ban. There are other priorities we have at the moment. It may make sense in the future", Diaz said, just not now.

The e-scooter have worked well in Portland, Oregon, where a healthy system of bike lanes already existed, and the city regulated their prevalence. At least three council members expressed concern about the city's liability when it comes to mishaps and accidents.

The staff report also mentions "While there are benefits of the shared mobility devices, there are issues associated with them that will require detailed analysis by the city to ensure they do not create immediate nuisance conditions to which the city is just not geared up to deal with at the time the business is established."

Bohemian Rhapsody



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

by Victoria Usher

Bohemian Rhapsody is a 2018 biographical film about the British rock band Queen.

Queen was a British rock band and they were one of the most popular, most talented, and most influential bands ever. They had a unique style of music that people adored, and they also had exciting and refreshing personalities that people could never

get enough of. The film Bohemian Rhapsody is set in the 1970's and it observes the legendary band, Queen, as they work their way up to super stardom, all while paying extra special attention to the front man Freddie Mercury (played by Rami Malek) and showing the rest of the band members as the supporting actors. The film tells Queen's story all the way up until the band's show stopping Live Aid performance at Wembley Stadium in 1985. Casting was done extremely well for Freddie Mercury as well as for the rest of the band members. The chemistry between all of the actors on screen truly makes you feel as though you are watching the real band interact. There are real events and real struggles shown throughout the film that Freddie Mercury went through during the course of his life. A few of Queen's greatest and most well-known songs

No Delay in Trash & Recycling or Green Waste Pick Up Due to the Veterans Day Holiday

The Veterans Day holiday falls on Sunday, November 11. The collection of trash and recyclables or green waste will not be affected in the cities of Ventura and Ojai during the week of Veterans Day, Nov. 11-17.

Thank you and Happy Holiday
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Trash & Recycling or Green Waste Pick Up Delay for Thursday & Friday Customers Due to the Thanksgiving Day Holiday

Trash & recyclables or green waste will be collected one day later than usual in the City of Ventura for customers who have their refuse collected on Thursdays and Fridays the week of Thanksgiving, Nov. 18-24. Monday, Tuesday or Wednesday pickup schedules will not be affected. In the City of Ojai, trash and recyclables collection will not be affected. Monday, Nov. 19 will remain the regular collection day in Ojai.

Thank you and Happy Holiday
E. J. Harrison & Sons

647-1414 To order services & pay bills online go to www.ejharrison.com





This 'n' That



Children participating in Kid's Dash at Annual Haunted Housing Run.

Haunted Housing Run raises \$10,000 for scholarship program

Triad Properties, an affiliated nonprofit management company of the Housing Authority of the City of San Buenaventura (HACSB) hosted their 3rd Annual Haunted Housing Run on Saturday, October 27, at Ventura State Beach. 150 people attended this community event which consisted of a 5k, 10k, and a free Kids Dash.

This year's event raised \$10,000, with proceeds raised directly supporting the HACSB's Scholarship Program, which provides six scholarships per year to residents of the HACSB's public housing and affordable housing communities, and participants/household members of the Housing Choice Voucher Program who are attending/will be attending a four-year college/university, community college, or technical/vocational school in the fall.

The Ventura Police K9 Unit and its members were the 2018 Grand Marshals - Officer Keith Therrien with K9 Yoschi and Officer Juan "JC" Rodriguez with K9 Rover, and kicked off the 5k/10k races. \$500 of proceeds raised will be donated to the National Police Dog Foundation, directly benefiting K9's Yoschi and Rover.

Congratulations to this year's race winners. 10k race winners include: 1st:

Jack K. from Camarillo with a winning race time of 39:14, 2nd: Daniel R. of Oxnard and Robert G. of Temecula. 5k race winners include: 1st: Braden H. from Ventura with a winning race time of 18:51, 2nd: Steven N. of Arlington and Nicholas W. of Antelope. There was also a festive costume contest judged by past HACSB scholarship recipients, where favorites included a group of Ghostbusters in the adult category and a Veterinarian in the children's category.

To learn more about the Haunted Housing Run, visit: www.hauntedhousingrun.com. To view photos from this year's festivities, visit: www.facebook.com/hauntedhousingrun.

The Housing Authority of the City of San Buenaventura is the largest residential landlord in the City of Ventura, with 376 public housing units, more than 1,500 Section 8 vouchers, and over 450 nonprofit affordable rental units. The agency is actively working to increase the supply of affordable housing and to improve the quality of life for many more low-income residents throughout the City of Ventura. Interested in learning more about the Housing Authority of the City of San Buenaventura? www.haciityventura.org.

Hill Road Library wins two awards

The Ventura County Library has recently won two awards for the implementation of Open+ Express Hours at the Hill Road Library. Using innovative technology called Open+ by Bibliotheca, the Ventura County Library has expanded access to library services at the Hill Road Library during "Express Hours" by opening to the public before the library is officially staffed.

The two awards are from CA County Information Services Directors Association (CCISDA) and the California State Association of Counties (CSAC) and both recognize innovation in government.

CCISDA awarded Ventura County Library the 2018 Innovation Award for large counties: Business Process Re-Engineering Automation Category

- Library Express Hours at the Hill Road Library.

CCISDA is the official organization of the county IT directors and CIO's throughout the state of California. CCISDA represents all 58 California counties in the area of information technology and county government.

CSAC presented Ventura County Library with a Merit Award in their 2018 Challenge Awards, again for the "Library Express Hours" project at the Hill Road Library.

CSAC's annual statewide program honors innovation and best practices in county government. Ventura County Library's project was selected as one of 36 Merit awards out of 267 entries. An independent panel of judges with expertise in county programs selected the award recipients.

Hill Road Library is the newest of Ventura County Library's branches, opening in December, 2017. It boasts being only the second library in the U.S. to use Open+ technology. The library

is configured with self-service in mind, supplementing staffed services.

During Open+ Express Hours at Hill Road, customers can checkout laptops, use WIFI, meet and collaborate, checkout print and electronic collections, and use research materials.

Customers 18 and over in good standing may opt-in for "Express Service," allowing access to self-services and the facility without staff assistance. To get started, they are given a short orientation from staff, reviewing entry points, services available, and the code of conduct.

With Hill Road's morning Open+ Express Hours, the Library and the community enjoy a 30% increase in total hours of operation and services available at Hill Road Library.

"We are extremely happy to have been able to not only open a new library branch on the east side of Ventura, but to extend the hours of access to the community who values it so highly! ... Open+ is making a real difference in the community and the level of access we can provide to library services," says Nancy Schram, Ventura County Library Director.

Sign grants available for nonprofits

Until November 30, any Ventura County 501(c)3 nonprofit can apply for a Fastsigns of Ventura sign grant worth over \$1000 to help increase visibility for their cause. The sign grant package includes a full color custom table throw, retractable banner stand with graphic, bent easel table top sign, 250 decals and 500 postcards valued at over \$1000. A second grant will be awarded which includes a full color custom table throw and 500 postcards.

"Getting noticed with great signs and graphics can increase fundraising, membership, volunteer support and more," said Saurabh Bajaj, Owner Fastsigns of Ventura. "Last year Straight Up Ventura County earned the grant for their commitment to youth advocacy, peer education and parent education as they clearly demonstrated a need for the sign grant and a plan for using the items."

Ventura County 501(c)3 nonprofit organizations who engage in outreach efforts that require tabling, branded marketing & educational materials can apply online for a sign grant package, details at <https://www.facebook.com/fastsignsofventura/>. For questions, please email 264@fastsigns.com with subject Sign Grant. Please no phone calls.

People are dismayed

Continued from page 1

we can't even describe them. There were almost 3 million anti-Semitic tweets in the year before the last election. FBI and Anti-Defamation League Statistics tells us the facts of this growing hate and the violence it begets: anti-Semitic incidents rose almost 60% in 2016, more than any other religious minority.

We are not the only victims of hatred and racism- Anti-Muslim crimes are up 19%, and in racially motivated hate crimes, African

Americans were targeted in 3,489 race crimes, about half of race crimes in 2016. The neo-Nazi march in Charlottesville in August 2017 didn't come out of nowhere. It was the expression of this hate: Noe-Nazi chants of "Jews will not replace us", the beating of a black man DeAndre Harris, the plowing of a car into civilians, taking the life of Heather Heyer. There are almost 1,000 hate groups that exist in America, and many that describe themselves as militias. Fear, and inflammatory speech, coupled with high powered assault weapons. Is this our vision of America? Our years of complacency must be over.

It is enough to lose 11 innocent people for being in prayer on a Shabbat morning. It is incomprehensible that Vicki Jones and Maurice Stallard should go to their Kentucky Kroger's to buy food for their families and be murdered for being black. I am left with no words that a prayer service at Mother Emanuel AME Church in Charleston should have welcomed a white racist three years ago into their circle and then have 9 members including the pastor murdered by him, in his hopes of starting a race war. And the list goes on and on, especially when we widen the circle from racial and religious intolerance, to political intolerance, gender intolerance and general hate. Marjorie Stoneman High School, the Pulse nightclub, Las Vegas concert venues, where does mass violence end?

Our Jewish community grieves these recent deaths, and all these deaths, as do good people across this country and the world. After each massacre we hope that things will change. If we have learned anything, it is not to be complacent. There can be no co-existence with racism, or anti-Semitism, in this country or anywhere. There is no political future for a country that sees every else as "the other" and to be feared. We are better than this. These murders, and the climate that allows this violent culture to thrive, is tearing at the fabric of our country and our democracy. Like the mourner's ribbons worn by the family members in Pittsburgh to signify that someone had been torn out of their lives, something is being torn out of the heart of decent America. Judaism teaches that we are to turn grief into good deeds. It is time, again, to speak out, for the country we want to live in.

Temple Beth Torah is located at 7620 Foothill Road.

Councilmember Cheryl Heitmann told the Breeze

"The interfaith service of solidarity Friday night at Temple Beth Torah was our community at its best. With 20 members of our local Clergy participating in a moving service that spoke to love over hate, over 600 members of our community joined together to say; together we stand strong, not only in remembrance of the 11 people who lost their lives in Pittsburgh, but also to affirm our support for all of our community to be able to worship freely and feel safe in that place of worship. Hate has no place today or any day in our city, state and nation. The feeling of love, respect and support at the Temple, Friday night, said it all. What happens to one, happens to us all and together we can overcome hate."

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.

Vehicle Burglary Arrest

On Oct.12, at 10:30pm the victim returned to her parked vehicle inside of the parking structure located at 555 East Santa Clara Street and found the suspect sitting inside of the vehicle rummaging through the interior. After being confronted by the victim, the suspect fled. The victim followed after the suspect while simultaneously calling 911. Responding officers located the suspect and were able to take her into custody. The property she had stolen from the victim’s car was recovered and returned to the victim. At the conclusion of the investigation Jasmine Wolpe, 33 years of Ventura was booked into Ventura County Jail for the felony charge of vehicle burglary.

A review of the Ventura County Superior Court website shows that the suspect has been arrested 14 times since 2015 for various misdemeanor charges including drug possession, possession of stolen property, petty theft and delaying/obstructing officers. According to the website, 11 of these arrests resulted in convictions.

Armed Robbery

On Oct. 18, at 7:27pm, a HMA wearing dark clothing entered a business in the 700 block of N. Ventura Avenue. He approached the employee at the counter, pulled out a gun and demanded money. The employee gave the suspect an undisclosed amount of money, and the suspect fled on foot from the business. Responding officer checked the area but did not locate the suspect.

Robbery Arrest

On Oct. 25 at 1:40pm, the suspect entered a business in the 100 block of West Main Street, selected merchandise from the store and left without paying. A store employee confronted the suspect outside of the store, and the suspect pulled out a knife, brandished it and then fled. Responding officers checked the area for the suspect and located him in the nearby neighborhood. At the conclusion of the investigation, the suspect, 28 year old Ventura resident Tyler Miskiewicz, was booked into the Ventura County Jail on the felony charge of robbery.

A review of the Ventura County Superior Court website shows the suspect has been arrested 6 times in the past 2 years. The various charges included petty theft, drug possession, under the influence of drugs, obstructing officers and possession of stolen property.

Vehicle Burglary and Arrest

On Oct. 27 at 3:54pm, the Ventura Police Department Command Center received a 911 call of a vehicle burglary in progress. The call reported seeing the suspect, later identified as 37 year old vagrant Kai Rose, reach through the open window of a neighbor’s locked vehicle and take property. He was last seen leaving the area of foot. Officers responded to the call

and detained Rose several blocks away.

During the investigation, officers spoke to several witnesses and positively identified Rose as the suspect. He was also found to be in possession of property stolen from the victim’s vehicle. The property was returned to the victim. Rose was arrested and later booked into the Ventura County Jail for burglary.

According to the Ventura County Superior Court website, Rose was convicted of seven separate offenses in 2016: possession of drug paraphernalia, under the influence of a controlled substance, petty theft, resisting arrest, petty theft, and possession of a controlled substance. In 2017, he was convicted of possession of burglary tools and for 2018, he shows to have an open case for possession of drug paraphernalia.

Prowling Arrest

On Oct. 28 at 5:36pm, the Ventura Police Department Command Center received a call from a motorist reporting a subject seen walking in the roadway at Telegraph Rd. and Bryn Mawr St. The caller reported the subject appeared to be under the influence and was carrying what appeared to be a toy gun wrapped in plastic. Officers arrived on scene and began checking the area.

When one of the officers was on Amherst St., a resident stopped the officer and said she just observed an unknown subject with a similar description entering her side yard and he fled when she yelled at him. Officers continued searching the area and located the subject, later identified as 35 year old Santa Paula resident Fernando Jaimes, on foot a short distance away.

Jaimes was positively identified and arrested. He was later booked into the Ventura County Jail for prowling and a parole violation. The item he was carrying was mistakenly identified as a toy gun. No one was injured as a result of this incident.

A review of the Ventura County Superior Court website shows that Jaimes has been convicted 7 times in the past 3 years. The various charges included resisting arrest, drug possession, brandishing a deadly weapon, possession of stolen property, petty theft, under the influence of drugs, and possession of drug paraphernalia. In 2012, Jaimes was convicted of carjacking.

Stabbings with Arrest

On Oct. 31 at 6:02am, patrol officers responded to an incident in the 500 block of Cedar Street. Upon arrival, the officers found two stabbing victims inside of the residence. The suspect, 23 year old Ventura resident Gabrielle Nett, who was known by the victims, had fled prior to the officers’ arrival. The investigation revealed there was a disturbance inside of the house that led to the two victims being stabbed. Both victims were treated for non-life threatening wounds and transported to VCMC for additional treatment. They were both treated and later released.

Major Crimes Detectives and Crime Scene Investigators responded and took over the crime scene. The investigation led de-



Celebrating Halloween with Friends!

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tectives to a residence in Ventura where they found the suspect. She was detained and at the conclusion on the investigation, she was booked into Ventura County Jail on the felony charges of assault with a deadly weapon and false imprisonment.

Harbor Patrol Blotter

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

10-17 2:02pm, received a dispatch to a person trapped in an elevator at 1591 Spinnaker Drive. Officers were on patrol in the vehicle and responded. The individual, a UPS delivery drive was extricated from the elevator unharmed.

10-20 7:30am, observed a male/female illegally camping in their vehicle in the VIM lot. A warning was issued and the couple was assisted with a jumpstart.

12:15pm, issued a warning to a male/female arguing at the Halloween Dog Costume event. The two went their separate ways and no further action taken.

10-21 4:48pm, while on patrol in Boat19, officers issued warnings to rented peddle-boat operators who were within 30ft of sealions hauled out on the dock. It is a federal crime to harass or even be within 30ft of endangered sealions.

10-23 4:16pm, during shift change, received a dispatch to a water rescue, kite surfers in distress near the Ventura Pier. Officers responded in the Fireboat along with Ventura fire, State Parks, VC sheriff helicopter and AMR medics. When officers arrived on scene they found two kite surfers performing self-rescues and making

their way to the beach downcoast of the pier.

10-24 10:55pm, received a report of a submerged vessel in the Ventura Keys at 1000 block of Peninsula. Officers responded and found a 17ft center console motor boat sunk to its bimini at the dock. TowBoat US was contacted for the salvage

10-25 9:57pm, while on patrol, officers observing the welfare of a homeless woman screaming while walking towards the beach. She eventually made it to the beach without incident, except for screaming profanities.

10-26 2:40pm, received a request to assist an individual who lost her Ipad. After an exhaustive search, including assistance from the “find my Ipad” application, the lost item was discovered by officers at the Brophy Brothers restaurant in Santa Barbara

10-27 7:10am, received a report of a large disabled dive vessel just outside the Harbor requesting assistance. Officers responded and assisted the dive boat Sprectre safely return to their slip in Ventura Harbor Village.

10-28 11:50pm, received a report of a vessel operating recklessly in the main portion of the harbor from a live aboard. Officers investigated and found a vessel fitting the description of the disturbing party and made contact at the launch ramp. The operator admitted to the violation and was sternly warned to refrain from reckless and negligent operation in the future.

10-29 11:30pm, while on patrol in the vehicle, officers observed several vehicles illegally parked without permits in VHV overflow lot. Parking citations were issued to several vehicles and individual’s camping in their vehicles were asked to leave the area to find appropriate areas to camp/sleep.



by Pam Baumgardner
VenturaRocks.com

I am sorry to report that Hi Hat Entertainment has decided to close their “figurative” doors once the Hong Kong Inn closes their literal doors at the end of November. As a supporter of the music scene, I do my best to report what’s good and what’s right about our music community, but I would be remiss if I didn’t give a hearty shout out and thanks to Jerry and Jan McWorter who have brought us amazing Blues shows to Ventura the past ten years. I was hoping they would continue after finding another home base, but after some soul searching they have decided to pull the plug. Meanwhile, the shows will continue for a few more Friday nights with Morry Sochat featuring Mondo Cortez on November 9, Shari Puerto Band on November 16, and a huge blow out farewell show on November 23 with Deke Dickerson & the EccoTonics, Teresa James & the Rhythm Tramps as well as Hot Roux featuring two-time Grammy award winner, Albert Lee.

Ones to Watch Productions have been busy bringing a number of shows to the area, the next one will feature Chris Pierce and The Brambles in an intimate setting at the Ojai Underground on Friday, November 9.

Just a word of warning about December 1 as there are several events planned on the same day. Let’s start with Totally Local VC’s One-Year Thomas Fire Remembrance concert at the Libbey Bowl with Big Bad Voodoo Daddy; then there’s the 4 Kids 2 Kids’ 18th annual toy drive and concert at the Ventura Beach Club with Ray Jaurique and the Uptown Brothers; and finally “the social event of the year” with the holiday street fair and Ventura Winter Wine Walk downtown Ventura. All three events promise to be a good time, so choose wisely!

Quick Notes: Joe Vandenberg, singer/songwriter, will be at Namba on Friday, November 9; The Ventura Theater has Andy Grammer on Friday, November 9, The Selector on Saturday, November 10 and SuicideGirls on Saturday, November 17; The Freedom Ledges with their unique brand of dirty Blues and Rock & Roll will be at Oak and Main on Saturday, November 10; Noble Grizwald return to Saloon BBQ on Saturday, November 10; Allvaret from Sweden play The Garage on Saturday, November 17; Yachtley Crew cruise into Discovery on Saturday, November 17; and Broadway star, Lesli Margherita, plays the Rubicon Theater for two days in a brand new concert, “This Broad’s Way” on November 17 and 18th.

And finally, my condolences going out to family, friends and musicians who are grieving the loss of George Hawkins, Jr. who passed

away after a lengthy illness on October 26, 2018. He touched many a soul, was a musician’s musician and a good friend to so many.

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

Ambrosia by Caffrodite
1987 E. Main Street
Music 6:30 – 8:30 pm
Fri 11/9: Steve Williams
Fri 11/16: Brad Strickland

Boatyard Pub
Ventura Harbor Village
Tuesday-Thursday 6 pm, Friday & Saturday 7 pm
Tuesdays: Jason Ho
Wednesday: Karen Eden & the Bad Apples
Thursdays: Bluegrass Jam
Fri 11/9: Teresa Russell & Stephen|
Sat 11/10: Karen Eden
Fri 11/16: Troy Edwards
Sat 11/17: Karen Eden & Bill Macpherson

Bombay Bar & Grill
143 S. California Street
Friday & Saturdays: DJs

The Cave
4435 McGrath Street
5:30 – 8:30 pm
Weds & Saturdays: Varon Thomas
Thurs & Fridays: Warren Takahashi

Copa Cubana
Ventura Harbor Village
Week nights 6 pm; Weekends 7 pm; Sundays 4 pm
Sat & Suns: Al Macias (11-2 pm)
Tuesdays: Jerry McWorter Trio
Fri 11/9: Native Vibe
Sat 11/10: Havana Cinco
Sun 11/11: Jerry McWorter Trio
Fri 11/16: House Arrest
Sun 11/18: Brandon Ragan Project

Dargan’s Irish Pub & Restaurant
593 E. Main Street
Sun 11/18: Sunday Drivers (4 pm)

Discovery
1888 Thompson Blvd
Thurs 11/8: 40 oz to Freedom
Fri 11/9: Through the Roots, Kyle Smith
Sat 11/10: Shaky Feelin’
Sun 11/11: Cash’d Out
Thurs 11/15: Sensi Trails
Fri 11/16: One More for the Road
Sat 11/17: Yachtley Crew

Duke’s Griddle n Grill
1124 S. Seaward
Wednesdays: Karaoke

El Rey Cantina
294 E. Main Street
Fridays: Xoco Moraza & Friends (6-8 pm), DJ

Saturdays: DJ

Garage
1091 Scandia Avenue
Sat 11/10: Cuddlefish, the Gosh Darns and Grapevine
Sat 11/17: Allvaret

Gigi’s Cocktails
2493 Grand Avenue
(805) 642-2411
Thurs, Fri & Sat: Karaoke

Golden China
760 S. Seaward
(805) 652-0688
Karaoke seven nights a week 9 pm

Tuesdays 7 pm: Open Mic

Grapes and Hops
454 E. Main Street
Wed & Thurs 6 pm; Fri & Sat 8 pm, Sun 4 pm
Fri 11/9: Shawn Jones Trio
Sat 11/10: Jim Guston
Sun 11/11: Morganfield Burnett
Fri 11/16: Brandon Ragan Project
Sat 11/17: Dive Bar Messiahs
Sun 11/18: Tex Pistols

Hong Kong Inn
435 E. Thompson Blvd
Thursdays: Gypsy Blues Band
Fri 11/9: Hi Hat Entertainment presents Morry Sochat featuring Mondo Cortez
Sat 11/10: Dead Collective Society
Sun 11/11: Del Franklin
Fri 11/16: Hi Hat Entertainment presents Shari Puerto Band
Sun 11/18: Good Nothings

Keynote Lounge
10245 E. Telephone Road
Tues, Wed and Sun: Karaoke
Thursdays: Open mic night
Fri 11/9: What the Funk
Sat 11/10: Gunner
Fri 11/16: Action Down
Sat 11/17: Pull the Trigger

Leashless Brewing
585 E. Thompson Blvd.
Tuesdays: Open mic
Sun 11/11: The Swillys (4 pm)

Limon y Sal
598 E. Main Street
Fridays: DJ
Saturdays: DJ
Sundays: Instone (1-4 pm)

Made West Brewing
1744 Donlon Street
Thurs 6 pm; Sat 4 pm; Sun 3 pm
Thurs 11/8: RJ Bloke
Sat 11/10: The Inside Break
Sun 11/11: Sea at Last
Thurs 11/15: Conner Cherland
Sat 11/17: Cap Quirk

Majestic Ventura Theater
26 S. Chestnut Street
Fri 11/9: Andy Grammer
Sat 11/10: The Selector
Sat 11/17: SuicideGirls

Namba
47 S. Oak Street
Fri 11/9: Joe Vandenberg

Oak and Main
419 E. Main Street
Sat 11/10: The Freedom Ledges

O’Leary’s
6555 Telephone Road
Wed: Karaoke

Paddy’s
2 W. Main Street
Wednesdays: Karaoke
Fri & Sat: DJs

Plan B Wine Cellars
3520 Arundell Circle
4:30 – 7 pm
Sun 11/11: Ray Jaurique & the Uptown Brothers (4:30 pm)
Sun 11/18: Rob Van & Cougar Estrada (3 pm)

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

Rubicon Theater
1006 E. Main Street
Wed – Sundays: Return to the Forbidden Planet

Saloon BBQ
456 E. Main Street
10 pm
Fri 11/9: Lady Freqq
Sat 11/10: Noble Grizwald
Fri 11/16: DJ Set
Sat 11/17: Alonzo Delano

Sandbox Coffeehouse
204 E. Thompson Blvd
805-641-1025
Thurs 6 pm, Weekends noon
Thursdays Open Mic
Sat 11/17: Zoe Wildgust

Sans Souci
21 S. Chestnut
Sundays: DJ Darko
Mondays: Karaoke
Tuesdays: DJ Nick Dean
Wednesdays: Open mic
Thursdays: DJ Spinobi
Fri 11/9: Kyle Smith
Sat 11/10: Sin Chonies
Fri 11/16: DJ Pistolero
Sat 11/17: Corpse I Stole

The Tavern
211 E. Santa Clara Street
(805) 643-3264
Sundays: DJ Steezy Steve
Tuesdays: Karaoke
Thursdays: Get Right DJ
Sat 11/17: Sick Boy

Topa Mountain Winery
821 W. Ojai Avenue
Music 3-5 pm
Sat 11/10: Brandon Ragan Project
Sun 11/11: Mark Masson & Phriends
Sat 11/17: National Cat
Sun 11/18: Patricia Avis Trio

Ventura Music Festival
Temple Beth Torah
7620 Foothill Road
11/11: Bernstein Tribute featuring Patricia Lathrop-McPherson, Steve Perren, Helen Farson (4 pm)

Vintura at the Wine Rack
14 S. California Street
(805) 653-9463
Sundays music at 3 pm
Wed 11/7: Art Farmers
Thurs 11/8: Drew Zaragoza
Fri 11/9: Mark Masson
Sat 11/10: Rich Sheldon & Friends
Sun 11/11: Toni Jannotta Jazz Trio
Wed 11/14: Nick Justiniano
Thurs 11/15: Cameron Schubert Strings
Fri 11/16: Los Dudes
Sat 11/17: Déjà vu Too
Sun 11/18: Epitome of Dreams
Winchester’s
632 E. Main Street
(805) 653-7446
Music at 8:30 pm; Sundays at 2:30 pm
Fri 11/9: Vanise Terry
Sat 11/10: Jodi Farrell & Jim Rankin
Sun 11/11: Acoustic Crossroads w/ Crooked Eye Tommy
Fri 11/16: Karen 805
Sat 11/17: Andy D
Sun 11/18: The Catterwailers

The 805 Bar
Ventura Harbor
Fridays: Troy Edwards (8-11)
Saturdays: Kenny Devoe (2-7)
Sundays: Kenny Devoe (2-6)



Person to (Little) Person

by Jennifer Tipton

I asked some younger Venturans, “What is the spookiest part of Halloween?”



Eden Felder (Harry Potter) age 6 ½ / 1st grade
“People dress up and go trick or treating, they put scary things out and make it spooky, like Jack ‘O Lanterns and sometimes graveyards!” Eden’s favorite candy is Jolly Ranchers, chocolate bars and Twinkies and he says, “my parents don’t ever eat my candy”.



Raelyn Farnsworth (cat) age 6 / 1st grade
“I think the spookiest thing is getting dressed up with scary costumes, the scariest I’ve seen is a monster with no eyes and vampire Jack ‘O Lanterns are scary too!” Raelyn’s favorite candy is a chocolate bar with cookie crumbs in it and ice cream. Raelyn says no one at her house can eat their candy, “except us”. See her sister’s comment, on the right...



Kaitlynn Farnsworth (witch) age 7/ 3rd grade (turning 8 in November)
Gotta love this one- Kaitlyn thinks the spookiest thing about Halloween is, “the people who hand out toothbrushes and super healthy stuff!” Her favorite candy is Snickers and she worries about all 3 of her sisters stealing her candy, “especially Raelyn!”



Aliyana Avila (cat) age 6 / 1st grade
“Scary people that dress up like clowns! And witches are scary too!” Aliyana’s favorite candy is Twix, “my mom and dad sometimes eat my candy when I’m at school, but they only take their favorites”.



Kash LeClaire (baseball player) age 7 / 2nd grade
“When you go to a creepy house! That’s when I get freaked out!” Kash’s favorite candy is “Hersheys and Reeses!” He has no worries about anyone at home getting into his candy but wants us to know his favorite thing on Halloween is, “the hot dog dude!” See “the hot dog dude!” in this issue.



Timothy Shirk (Power Ranger “with accessories”) age 6 / 1st grade
“Getting your pants scared off by really scary things like bats, fake bats at houses and puppet bats, that’s all I know about Halloween.” Timothy likes Kit Kats the best and says no one ever gets into his candy because, “I have spy cameras with lasers and evil pumpkins!” (and a great imagination Timothy!)



Sophia Ornelas (Wonder Woman) age 6 / 1st grade
“The spookiest part about it is the ghosts, I’ve never seen one, but it scares me! And spiders, I see them on Halloween at my friend’s house, she likes spiders.” Sophia’s favorite Halloween treat is candy corn and sometimes her mom does get into her candy after she goes trick or treating at “the whole place of Ventura”.



Kai Petralba (dragon warrior) age 11 / 5th grade
“It’s hard to explain but I think the spookiest thing is when you leave someone behind, one time we left our sister behind on accident, we went back, and she was mad at us.” Kai’s favorite are Hershey bars, but he worries about candy thieves, “like my sisters, my dad, my step mom, my mom, my grandpa and gramma ...”



On November 10th from 2pm to 5pm or later, **Alex Waites**, of Resin. A. Waites, will be hosting an in-person workshop for artistic healing and learning. He will teach his methodology of resin and mixed media, not only going over the practice of art, but the healing that takes place within the creations.

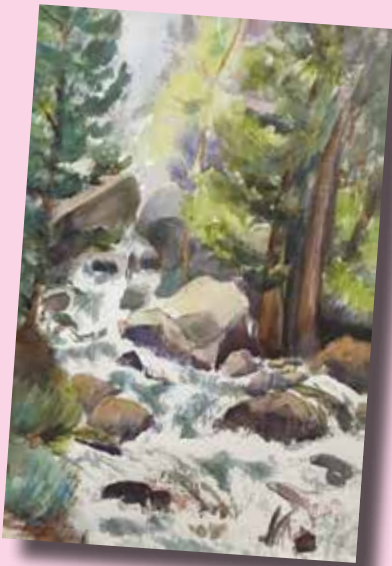
Alex is offering two complimentary art lessons November 10th at the “THE SPACE” in Ventura. 1779 E. Main Street. Other class attendees will pay a nominal fee for materials and space provided, along with intimate art instruction.

Alex the owner and operator of Xpanded Therapies, specializing in physical healing through Brain Balance, Bodywork, Cupping, and BioMag Pulsed Electromagnetic Therapy. The balance of left brain/right brain brings forth “art healing” through two distinct methods. Art and Physical Health.

Learn more about Resin. A. Waites on Instagram @resin.a.waites and Xpanded Therapies |xpandedtherapies.abmp.com. For bookings, call 805.765.1950.



Another of Ventura’s wonderful building murals can be found at Mission and Ventura Ave. The artist is **Lisa Kelly**. <https://www.lisakellymurals.com/>



A benefit Art Sale with original pieces donated by the family of Hank and Susan Stouz will be held from 11 am – 3 pm on Nov. 10 at the Museum of Ventura County, located at 100 E. Main St. Also available for sale will be gently used art and cookbooks. Award winning painter, **Susan Stoutz**, is a signature member of the Gold Coast Watercolor Society and a member of the Buenaventura Art Association, Ojai Art Center, Oxnard Art Association,

Ventura Artist Guild and Santa Paula Society of the Arts. Proceeds from the sale will benefit the Ventura Friends of the Library and the Museum of Ventura County.

Lighter Breeze

Mother Goose and Grimm



Tiger



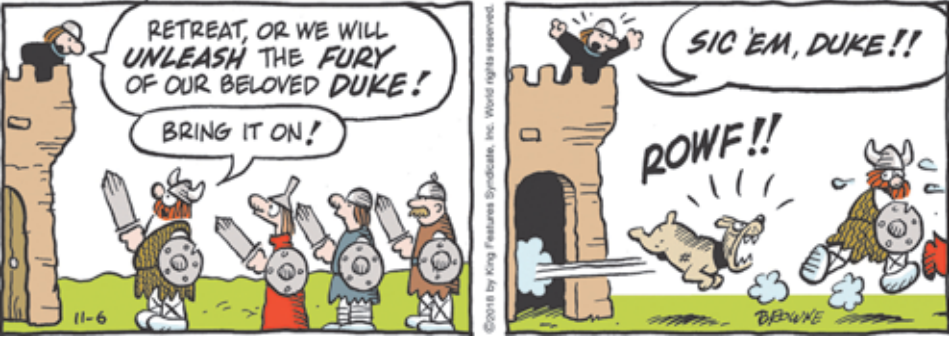
Between Friends



Beetle Bailey



Hagar the Horrible



Crock



Solutions on page 23

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

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

Weekly SUDOKU

by Linda Thistle

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

DIFFICULTY THIS WEEK: ♦♦♦♦

♦ Moderate ♦♦ Challenging
♦♦♦ HOO BOY!

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Solutions on page 23

King Crossword

ACROSS

- 1 Night flier
4 Typing measures
9 Sis' counterpart
12 Work with
13 "Pokemon" genre
14 Reaction to fireworks
15 Kin of three-card monte
17 Silent
18 Brewery product
19 Sun-dried bricks
21 Prize at a county fair
24 Information
25 Playwright
26 Pirates' quaff
28 Detox center, for short
31 Half quart
33 And so on (Abbr.)
35 Strike from the text
36 British term for sonar
38 — sauce
40 Meadow
41 Plumlike fruit
43 Bequeathed
45 Prepare leftovers
47 Spot
48 Rd.

1	2	3		4	5	6	7	8		9	10	11
12				13						14		
15			16							17		
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21	22	23					24					
25				26		27		28			29	30
31			32		33		34		35			
36				37		38		39		40		
		41			42		43		44			
45	46						47					
48				49		50				51	52	53
54				55						56		
57				58						59		

- 49 In the style of
54 Zero
55 Lukewarm
56 First lady
57 Ailing
58 Hits with an open hand
59 Tit for —

- 7 Jordan's capital
8 Garden tool
9 Stunner
10 Libertine
11 Resistance measures
16 Science workshop
20 As yet unpaid
21 Kelly of TV
22 Eye part
23 Hollywood Bowl structure
27 Peaks (Abbr.)
29 Sheltered, at sea
30 Rosary component

- 32 Scrabble piece
34 Marsh marigold
37 Goes on momentum
39 Relinquishes
42 Lucy's pal
44 Appomattox VIP
45 Hindu princess
46 Wicked
50 Clean air org.
51 Still
52 Actress Gardner
53 Butterfly catcher

DOWN

- 1 Urban transport
2 Fire residue
3 Ball prop
4 Wan state
5 Naive woman, on stage
6 Spy novel org.

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LIBRA (September 23 to October 22)
You usually have no problem rushing to the defense of someone you perceive as being treated unjustly. But perceptions could be deceiving this week. Check the facts before you act.

SCORPIO (October 23 to November 21)
Before you point fingers at who might be to blame for the unexpected change in your plans, take a few moments to reflect on how this turn of events might be a blessing in disguise.

SAGITTARIUS (November 22 to December 21)
You seek out advice in the first part of the week. But be careful not to let counsel from others overshadow your own sense of perception. Things become clearer by the week's end.

CAPRICORN (December 22 to January 19)
The trusted colleagues you relied on earlier continue to offer support with your project. But you take more control, and by the week's end, you should be in full command.

AQUARIUS (January 20 to February 18)
Rely on your practical side while exploring investment possibilities. Caution is still your watchword in these matters. Your social life takes a gratifying turn by the week's end.

PISCES (February 19 to March 20)
An already confusing situation appears to grow murkier during the first part of the week. But it all starts to clear by the week's end. Plan to spend the weekend with someone special.

BORN THIS WEEK: You have a passion for life that inspires others to follow your example. You could be a motivational speaker.

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Show Time

A View from House Seats

Bus Stop storms into Elite for a spell

by Shirley Lorraine

A classic dramatic play, *Bus Stop* by William Inge, is now on stage at the Elite Theater in Oxnard. Born in Kansas, Inge was considered a quintessential midwestern writer who hit his stride in the mid-1950s. He wrote about life in small towns and the commonality of people as they are forced together under difficult circumstances. *Bus Stop* is said to be the play that put Inge into the public eye.

The cast of *Bus Stop*, under the direction of Brian Robert Harris, brings the audience into Grace's Diner west of Kansas City when a cross-country bus is stranded overnight due to blizzard conditions. Headed for destinations out of state, the riders are a disparate group all with their own reasons to be on the move. As the night wears on, the characters learn much about each other and about themselves.

The diner is run by Grace (Aileen-Marie Scott), an easy going "been there" woman filled with an understanding of how things are and how to cope as best she can. Her high-school age helper, Elma Duckworth (Shayde Bridges), displays youthful trust and naivete that almost land her in trouble. The local sheriff, Will Masters (Michael Perlmutter), keeps order as needed in the small town. His soft, down-home friendly demeanor carries a tinge of the sharp edge of authority.

The bus is this night manned by Carl (Todd Tickner), a route driver who makes Grace's a regular stop. Riders trapped in the unbidden stopover are Cherie (Hayley Georgeanne Cariker), a young chanteuse lured from her job in a nightclub by Bo Decker (Michael Wayne Beck), a petulant young cowboy fresh from the rodeo who has vowed to wed Cherie despite her

protests. His low-key friend Virgil (Bill Walthall) tries to keep Bo's volatile temper in check as Cherie waves off his advances. Scott Blanchard plays Dr. Gerald Lyman, an educator with a thirst for drink to cover his lack of self-confidence.

As the night wears on, so do tempers, patience and compassion. Altercations occur, angry words pour forth and fatigue nips at everyone. All the characters are united, however, in their need to be respected. This strong theme is challenged severely as some discover they need to respect themselves first and look below the surface for reasons to respect others.

Performances are strong throughout. The Elite does not have the luxury of providing microphones for their actors, and I found that often the realistic sound of the blizzard outdoors overshadowed the dialogue, especially in the opening scenes. Perhaps a slight adjustment of blizzard tempered, and voices raised would help equalize the volume for everyone's benefit.

There are some personal moments of beauty as well. Bill Walthall plays the guitar with quiet passion. Hayley Georgeanne Cariker takes the stage by storm with her vocal rendition of "Black Magic" and the loving looks between Grace and Carl (Scott and Tickner are married in "real" life) offer an extra dollop of sweetness to the story.

Bus Stop continues Fridays and Saturdays at 8 p.m. and Sundays at 2 p.m. through November 18. Reservations are recommended. www.elitetheatre.org or 805-483-5118. Adults are \$20, Seniors and Students \$17. Elite Theatre is located at 2731 S. Victoria Ave in Channel Islands.

The movie review in this issue is on page 21



Joseph Fuqua, to teach three workshops at RTC

Rubicon Theatre Director of Education and Outreach Beverly Ward announced today that Ventura actor Joseph Fuqua will teach three one-day workshops at Rubicon Theatre Company in November, 2018. Mr. Fuqua is a Yale-trained performer with decades of professional theatre experience and is also a Company Member at Rubicon, where he has performed in more than 20 productions.

The three classes are as follows: The Actor at the Audition (November 10, 12:30 - 5:30 pm), The Actor as Detective (November 11, 12:30 - 5:30 pm), and The Actor and his Props (November 17, 12:30 - 5:30 pm). Classes are offered to aspiring young artists ages 15-to-25. Fuqua is the creator and director of Rubicon's "Fearless Shakespeare" Summer Youth Program. He is known for bringing humor and enthusiasm to his teaching and for creating an empowering environment for young artists.

In The Actor at the Audition, actors are given an initial assessment and then coached based on their individual attributes. Artists should select and memorize a monologue for the workshop prior to the scheduled date. Cold readings and other aspects of the audition process are also to be discussed and explored. This workshop may be particularly useful to rising seniors who are preparing college auditions. All levels of experience are welcome.

In The Actor as Detective, actors learn about how to approach a script and develop various tools to help them fully realize a character. Scenes and scene partners are assigned at the beginning of the class. Participation in this workshop requires prior acting experience.

The Actor and his Props is a unique workshop for the experienced actor who is looking to explore and deepen their



BERNSTEIN:
Medley of songs by this great American composer, conductor, pianist and humanitarian

featuring
Patricia Lathrop-McPherson, soprano
Steve Perren, baritone
Helen Farson, accompanist

Sunday, November 11
Temple Beth Torah
7620 Foothill Road, Ventura
Program at 4 pm followed by light refreshments
\$25 - benefits VMF Young Artists' Fund



This event benefits the VMF Young Artists Fund which includes Music in the Schools, Student Jazz, Rising Stars, an annual children's concert for VUSD, master classes and other programs.

The Ventura Music Festival is a 501(c)(3) non-profit organization, Tax ID # 77-0314562.

Tickets available at VenturaMusicFestival.org or call 805.648.3146

character development through the use of props.

Each of the workshops is five hours, with ample time for discussion and exploration in a safe and encouraging environment. The fee for each workshop is \$125, and advance registration is required. Students enrolling in two or more of the workshops receive a 20% discount off the total tuition.

Rubicon Theatre Artistic Director Karyl Lynn Burns today announced that London-based director Katharine Farmer will helm the company's next two productions, a two-piano version of *South Pacific* (Dec. 5 - 23, 2018) which concludes Rubicon's 20th Anniversary Season, and *Heisenberg* (Jan. 30 - Feb. 17, 2019), a co-production with Laguna Playhouse, where the show runs Mar. 27 to Apr. 14, 2019).

Farmer made her Rubicon debut with Arlene Hutton's *Last Train to Nibroc* while on a Cultural Vistas exchange program in 2015. She received an Indy Award for her direction of the production, and subsequently directed the other productions in Hutton's trilogy for Rubicon, receiving two Ovation nominations for Best Director. (Her production of the final piece in 2017, *Gulf View Drive*, won the Ovation for Best Production of a Play, Larger Theatre.)

Farmer was appointed Rubicon's Director of International Programming in 2016, and subsequently directed the West Coast Premiere of Nick Payne's *Incognito* for the company to critical acclaim.

Says Burns, "We are so fortunate to have Katharine as a part of the Rubicon family. She has extraordinary insight and ability and we are inspired by her vision for these next two productions






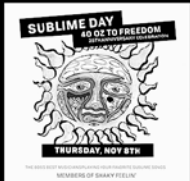
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On Nov. 3, from 5-7 pm a Candlelight Vigil for Victims of Hate was held at Mission Park.
The Vigil was held by Indivisible Ventura, one of 6,000 grassroots Indivisible groups across the country.
Music and speeches calling for understanding and peace were presented to the very enthusiastic crowd.
Those attending were inspired by Martin Luther King who said that “Darkness cannot drive out darkness, only light can do that. Hate cannot drive out hate; only love can do that.”
Photos by Bernie Goldstein.



Dear Ventura Breeze

How nice to read such a lovely article on Mary Jane Mitchell (in last Breeze issue). Wow - so many years of memories.

I well remember meeting Jane, and her late husband, Jack Tobias, for the very first time. There I was - a young city girl from south Philly, Pennsylvania - and proud of it - being introduced to a new town and way of life, surrounded by farmland. Jane and Jack were among the nicest people I came to know. Jane was always gracious and welcoming. Jack was a real down-to-earth guy (with a very cool hat collection), who spent many a morning at the wonderful Doc and Sandy’s Cafe, in “downtown Saticoy”, enjoying “shooting the breeze” with other country gentlemen like himself. Doc and Sandy went on to a well-deserved retirement, and most - if not all of the original Saticoy Coffee Gang - are now gone, yet they all continue to be remembered fondly.

It’s so good to know that Jane remains in her family home, where - from her front-row seat in a cozy chair- she continues to witness the many changes

of years gone by. Bless you, Jane, and..... thanks for the memories. Thanks, again. Just love the Ventura Breeze.
Grace Baskin, Ventura

Joseph Fuqua to teach
Continued from page 27
at Rubicon. Her production of South Pacific stars Ben Davis and Madison Claire Parks, and will be gritty and provocative, while also embracing the humor and romance of the story. And in early readings of Heisenberg, starring Faline England and Joe Spano, we are thrilled about the deep and interesting connections the cast and Katharine are finding between the characters. We are excited to share these productions with our audiences.”

Rubicon is Ventura’s premiere professional not-for-profit theatre company. The theatre is located at 1006 E. Main Street, Ventura, CA 93001 (the corner of Main and Laurel). For tickets to South Pacific and Heisenberg at Rubicon Theatre Company, call (805) 667-2900 or go to www.rubicontheatre.org.

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