

Vol. 12, No. 8 Published Every Other Wednesday Established 2007 January 16 – January 29, 2019



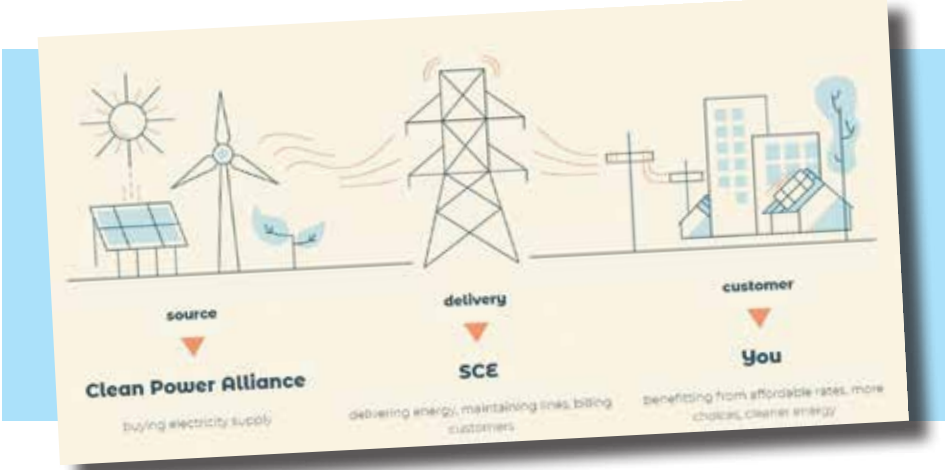
Temple spray painted with swastika, incident being investigated as a hate crime

On Jan. 3, at approximately 10:30pm, a Nazi swastika was painted on both sides of the exterior sign at Temple Beth Torah located at 7620 Foothill Rd. The Ventura synagogue is the most recent local target of anti-Semitic vandalism.

Temple Rabbi Lisa Hochberg told the Breeze, “Over the front door of Temple Beth Torah is a banner, created in the wake of the Pittsburgh massacre, that reads “stronger than hate”. A swastika painted on our Temple sign was met with so much anger, sadness, and outcry from our non-Jewish Community as well as the Jewish community, that I know that “love over hate” prevails. Anti-Semitism is not new, but it is also not inevitable. Being quiet and complacent cannot educate others to the scourge of racism, intolerance and violent behavior that we are witnessing locally and nationally. Thank you to the many community members, local ministers, pastors and rabbis in Ventura who have reached out with love and support to Temple Beth Torah. We are not deterred from living in the world as Jews and continuing the work of *Tikkun Olam, making this world a place where people live with mutual respect. Sadly, racism may be at the top of the list of things we must fight, together with good people of all faiths, backgrounds and sensibilities.”

She continued, “Someone driving by Temple saw the swastika and called 911.

Continued on page 3



Customers can choose the level of renewable energy generation and rate option.

Ventura has a new electricity provider, how will this affect my service?

Residents in the city of Ventura and 31 other communities in Southern California will begin to receive electricity service from Clean Power Alliance starting in February 2019. Clean Power Alliance (CPA) is the new locally operated and controlled electricity provider in Southern California. The benefits of CPA include local management and control of energy sources, stable and competitive electricity rates, and clean

Continued on page 12



Dr. Roger Rice has a distinguished career of more than 20 years of service to Ventura County youth.

Ventura Unified School District appoints new superintendent

The Board of Education is pleased to announce their unanimous vote to appoint Dr. Roger Rice as the new Superintendent of Ventura Unified School District (VUSD). Dr. Rice, who currently serves as the Deputy Superintendent of Student Services for the Ventura County Office of Education (VCOE), comes to the district with a wealth of knowledge and skills he will use to further VUSD’s commitment “For the Future of Every Student.”

The community was very clear in their request that the new Superintendent be someone who will advocate for all students, who has experience working with at-risk and marginalized youth, and who will effectively communicate with our students, staff and community. When considering whether to spend several months and thousands of dollars conducting its third search in four years, the Board agreed to look first at local candidates with a proven track record of working with and for all students. Dr. Rice immediately came to mind – having been a highly regarded finalist in the previous Superintendent search.

Continued on page 5



Being installed by Marie Lakin (on the right) are Mary Thompson, Chuck Albert and Marsha Brumana

New Olivas Adobe “docent” board officers sworn in

On Thursday, January 10, the new Olivas Adobe Historical Interpreters (referred to as docents) board officers were sworn in by Marie Lakin, City of Ventura Cultural Affairs Commissioner at Mimi’s Café at the Pacific View Mall.

Continued on page 13

VENTURA TOWNEHOUSE

CALIFORNIA’S CROWN JEWEL IN RETIREMENT LIVING

Ocean & Mountain Views • Over 12 Lushly Landscaped Acres
Spacious Standard & Remodeled Apartments and Villas
Anytime Dining in our Sun-Drenched/Full Service Dining Room • Full Kitchens
Delicious Home Cooking by Pro Chefs & 5-Star Pastry Chef • Live Music & Events
Weekly Excursions • All Day Transportation • Pets Welcomed

Call Now for a Visit! 805.642.3263

www.venturatownehouse.com • 4900 Telegraph Road, Ventura, CA 93003

Lovely Trees, Ocean Breeze,
Meals that Please.
Staff so Kind, Stimulus for your Mind,
it's the Best...You'll find!
Composed by
Muffi Ehrlich,
Award Winning Writer and
Happy Ventura Townehouse Resident

Get More Fun & Amenities for your Money!
CA LIC# 565801810

City News

THE PERFECT
FIRESTORM
THE THOMAS FIRE STORY

Friends of CAPS Media,
In late December CAPS Media premiered The Perfect Firestorm – The Thomas Fire Story, a documentary film based on the first-person stories of fire fighters, first responders and members of the public impacted by the Thomas Fire. The film features very personal memories of an extraordinary community coming together to support, survive and recover during and after the tragedy.
I want to thank Ventura City Fire and Police, Ventura County Fire, Sheriffs, Office of Emergency Services and other agencies, the Museum of Ventura County and the extraordinary citizens of Ventura county who shared their very personal stories.
I also want to thank everyone who attended screenings of the film

at the Museum of Ventura County in December. Producing the documentary was an honor and a privilege for all of us at CAPS Media and the overwhelmingly positive response is deeply appreciated.
The film is airing and streaming on CAPS Media Channel 6. Days and times are posted at <http://capsmedia.org/channel-6/>
The Perfect Firestorm is a tribute to the entire community of heroes who, in the face of a devastating crisis responded with astonishing calm and then opened their hearts, hands, and homes to rescue neighbors and strangers, and together begin rebuilding lives.
Thank you all,
Patrick Davidson
Executive Director CAPS Media
805.658.0500

Ventura
County’s
Channel Islands
Gulls celebrates
banner year of
fundraising

The Channel Islands Gulls are pleased to announce another record year of fundraising for 11 Ventura County nonprofit organizations:
California Coastal Horse Rescue; Camarillo Hospice; Caregivers, Volunteers Assisting the Elderly; The Light-house for Women and Children; Many Meals of Camarillo; National Alliance on Mental Illness; Project Understanding; Ribbons of Life Breast Cancer

Foundation; St. Vincent De Paul (Santa Paula); and Ventura County City Center. Additionally the Gulls made a substantial donation to the Camarillo Cares fundraiser benefitting the Borderline Bar & Grill employees, Ventura County Animal Shelter and the Hill Fire victims.
“We are absolutely astounded by the generosity of our members,” said Channel Islands Gulls president Julia Marshall. “Last year we broke our previous fundraising record, and in 2018 we raised even more money for our charities. In addition to the money we raise, we hold several drives throughout the year for our charities, providing literally thousands of dollars’ worth of food, clothing and personal items.” Marshall explained that the non-profit organizations the Gulls donate to do not receive federal funding. “We support a variety of grassroots organizations that make a difference for literally thousands



Primrose Excursions, along with Premier World Discovery and Mayflower Tours, packed the house for a Travel Prelude Event on January 10th. This event showcased in detail, many upcoming travel destinations such as Italy, Newfoundland, Catalina Island and Zion National Park. If you’re interested in finding out more about these and other travel destinations please contact Bonnie Wiley at Primrose Excursions. 805-535-5170 or www.primroseexcursions.com.

Voted #1 Best Pest & Termite Co.



O'Connor
Pest Control
“Family Owned and Operated Since 1952”

FREE TERMITE INSPECTION
FREE ESTIMATES
Same Day Service M-F
ECO SMART PRODUCTS
805-644-5501
www.oconnorpest.com



KEVIN O'CONNOR, President
“Look for the ANT on the Door!”

of individuals living in Ventura County.”
The Channel Islands Gulls funds at their monthly luncheons and unique fundraising activities throughout the year. For more information: www.channelislandsgulls.org.
Established in 1976, the Channel Islands Gulls is a Ventura County non-profit organization whose mission is to raise money for Ventura County non-profit organizations while providing social and emotional support to its members.

Temple spray painted

Continued from page 1
Thank you for doing what we all must be reminded to do, to take action when we see unacceptable behavior. The graffiti has been removed and Temple continues to be an active vibrant place with doors open to

all people of good heart. We are grateful to the Ventura Police Department for their support and assistance in this vandalism.”
Ventura resident Esther Cole stated, “That’s all it takes. One swastika led to the death of millions of people, and World War II. Any one, and everyone, who is against any kind of discrimination, should be aware of this episode, and alert to any kind of behavior that discriminates against any religion or any ethnicity.”
Anybody with information or is a witness to this crime is asked to contact the Ventura Police Department at 339-4488 or 339-4416.
*Tikkun Olam is a concept in Judaism, interpreted in Orthodox Judaism as the prospect of overcoming all forms of idolatry, and by other Jewish denominations as an aspiration to behave and act constructively and beneficially. Documented use of the term dates back to the Mishnaic period.

Ventura Executive Suites
701 E. Santa Clara St. Ventura Ca. 93001



Now Leasing Fully Furnished Offices & Virtual Offices!



(805) 653-2381
info@venturaexecutivesuites.com
www.venturaexecutivesuites.com



Dreams + Work = SUCCESS



Limited Time Offer:

- ♦ Free Phone
- ♦ Free Internet
- ♦ 2 Weeks of Free Rent (on one year lease)



We currently offer:

- ♦ 24/7 Access
- ♦ Mail Services
- ♦ Conference Rooms
- ♦ Private Gym
- ♦ Fully Stocked Kitchen
- ♦ Access to Printer / Fax Room
- ♦ Full Time Receptionist
- ♦ Janitorial Services
- ♦ Tenant Parking
- ♦ No additional utility fees!



VENTURA BREEZE

Your Hometown Paper

Member, Ventura Chamber of Commerce

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

PUBLISHER-EDITOR

Sheldon (Governor) Brown
publisher@venturabreeze.com

PUBLISHER EMERITUS

Staci Brown

Assistant to the PUBLISHER

Ana Baker

CONTRIBUTING WRITERS

Rebecca Wicks · Richard Lieberman
Sheli Ellsworth · Veronica Johnson
Shirley Lorraine · Victoria Usher
Jill Forman · Pam Baumgardner
Elizabeth Rodeno · Mira Reverente
James Francis Gray · Karen Leslie
Maryann Ridini Spencer

CONTRIBUTING PHOTOGRAPHERS

Bernie Goldstein
Richard Lieberman · Michael Gordon

DISTRIBUTION

Jaime Baker · Mary Thompson
Alfred J. Lewis · Richard Lieberman
Chris Lopez

ACCOUNT EXECUTIVES

Breezy Gledhill · Cindy Summers

WEB/ONLINE ADVISOR

Cindy Summers

PRINT PRODUCTION

Alfred J. Lewis/studioNothing

PRINTING

CA Web Print, Inc. (626)281-8989

CONTACT US:

EVENTS & HAPPENINGS
events@venturabreeze.com

OPINIONS

opinions@venturabreeze.com

ARTICLES AND PHOTOS

editor@venturabreeze.com

THE PET PAGE

scampclub@venturabreeze.com

ADVERTISING

advertising@venturabreeze.com

Ventura Breeze

1575 Spinnaker Drive, 105B, Box 393
Ventura, CA 93001

Phone 805.653.0791 Fax 805.641.1824



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

Opinion/Editorial



Sheldon (Governor) Brown
Publisher-Editor

■ Per the cover article in this issue, the Board of Education has hired **Dr. Roger Rice** as the new Superintendent of Ventura Unified School District (VUSD). He sounds very qualified, but so has the several others in the position that have recently come and gone. I certainly hope he stays around long enough to help the VUSD get even better.

With new City Council members and a new City Manager and new school superintendent I expect wonderful things to be happening in Ventura.

■ Congratulations to Ventura Breeze staff member **Mary Thompson** for being appointed the new Vice President of the Olivas Adobe Historical Interpreters. All the interpreters are wonderful volunteers. If you haven't taken a tour of Olivas, put that on 2019 calendar list of things to do. Do you know that the Olivas' raised 21 kids there? Also see article in this issue.

■ A new study finds the **world's oceans** are warming significantly faster than previously thought. The analysis, published in the journal Science, raises the stakes for curbing climate change. Since 1970, the ocean has warmed 40% more than previous estimates, according to climate scientist Zeke Hausfather, one of the authors of the study. Still too cold for me to swim in.

■ Two landmark Ventura restaurants have closed. One a chain, Marie Calender's and one a Ventura icon, the Vagabond. I hate to see any local businesses close because many Venturan's lose their jobs when this happens.

■ The head of the International Association of Fire Fighters (IAFF) has blasted **President Trump** over his threat to stop sending federal funding to California to fight forest fires.

"This is yet another unimaginable attack on the dedicated professionals who put everything on the line, including their own homes, to protect their neighborhoods," General President Harold Schaitberger, who leads the union that represents full-time firefighters and emergency medical services personnel in

the U.S. and Canada, said in a statement.

"While our president is tweeting on the sidelines in DC, our fellow Americans 3,000 miles to the west are mourning loved ones, entire communities have been wiped off the map and thousands of people are still trying to figure out where they are going to call home," he said.

Puerto Rico **Gov. Ricardo Rosselló** had the same thought when he tore into President Trump over reports he might reallocate natural disaster funding to build a border wall, warning that while the island is affected others could be hurt in the future.

"No wall should be funded on the pain and suffering of US citizens who have endured tragedy and loss through a natural disaster," Rosselló wrote on Twitter. "This includes those citizens that live in California, Texas, Puerto Rico, Virgin Islands and other jurisdictions. Today it's us, tomorrow it could be you."

■ **China** has released photos of its lunar rover leaving track marks on the far side of the moon after the country's historic landing. Did they really land on the moon or were those photos made by Pixar?

■ After the **Clemson Tigers** football team won the national championship (beating Alabama), head coach Dabo Swinney kissed the championship trophy and stated, "Only God can do this." Swinney, who has called Christianity the foundation of his life, thanked Jesus during a press conference after the Tigers' national championship win over Alabama, his alma mater, and the school where his coaching career started.

I wonder how God decides which team should win? Might he be placing bets on the game? I would think that God has more important things to take care of than who wins sporting events.

■ Several local cities have declared a **homeless** shelter crisis, enabling local nonprofits that combat homelessness to be eligible for California Homeless Emergency Aid Program funding.

Part of the reason that there is a homeless problem is Ronald Reagan, when he was the governor of California, closed down state major mental health facilities (one which is now California State University Channel Islands)

thereby releasing more than half of the state's mental hospital patients. The idea was that it would be better for those in need to be served at the local areas where they live. Certainly, a good idea if the millions of dollars saved went to local facilities, but it didn't.

Between 1955 and 1994, roughly 487,000 mentally ill patients were discharged from state hospitals. That lowered the number to only 72,000 patients. States closed most of their hospitals which permanently reduced the availability of long-term, in-patient care facilities. By 2010, there were 43,000 psychiatric beds available. This equated to about 14 beds per 100,000 people. According to the Treatment Advocacy's Center's report, "Deinstitutionalization: A Failed History," this was the same ratio as existed in 1850.

From the LA Times: "California only went halfway toward keeping its promise to improve mental health care when it closed psychiatric hospitals. But the state didn't follow through on its commitment to provide further alternatives like community-based treatment and services."

About a third of the homeless are truly mentally ill, unable to work or care for their basic needs. We must treat this population differently than other homeless. We, of course, must treat all the homeless with compassion and provide services to get them back on their feet.

LA County has a new jail-release policy designed to help stop the incarceration to skid-row for those with mental illness. This is a great start.

■ The **killer** of Davis Police Officer Natalie Corona, Kevin Limbaugh, is a USA citizen. The killer of the parents of Jayme Closs, Jake Patterson, is a USA citizen. I say it is about time that we build a wall around the USA to keep our citizens from going to other countries.

■ New California governor **Gavin Newsom** has proposed \$305 million to accelerate the removal of thousands of acres of dense, dry forests and brush and to expand emergency crews and modernize 911 systems. This is a good start, but it will take much more money than that.

Mailbox

Editor:

It's a sad day when a donation of any kind is not appreciated. It's called a choice. I wonder how much Hector has donated to a cause, didn't he choose that? People aren't entitled to Patagonia's money, Hector. Thank you to them for paying the business taxes and choosing our city to do business! It's called America, not what Hector wants! Trudy Smith

Hector's opinion in part from a previous issue:
Yet when I saw the kudos to Patagonia I was bothered. I'd read the news in the LA times earlier in the day and heard it on KVTB, then saw your kudos.

All day I had been wondering why a firm headquartered in Ventura; which has a significant homeless population/problem, many residence still struggling from the Thomas fires and a city that would benefit greatly from cultural philanthropic donations (Botanical gardens, as example); why would Patagonia donate to a global cause instead of putting that \$10M into our city?

To publisher:

You are not being fair. When Clinton

had his affairs he was President and Governor. Trump was a private citizen. You don't see that difference? Both men are pathetic to do that to their wives but one was in public service while he did it. Mike Mislinay

The Breeze:

For another example of the Thomas Fire rebuild process consider my experience. A week after losing everything I started looking at floor plans.

A month after the fire hired an architect, met with a builder, developed some house specs. The city says they'll review building permit applications within 14 working days. Though it's known to take a couple tries to get through that it's still reasonable.

But, it's misleading as before you're allowed to apply for a permit you have to go through a number of expensive and time-consuming tasks. That's taken an entire year so far. Then there's the Grading Permit. It starts with having your lot surveyed. Surveyor was hired in March and finished in May adding delay to the city-required geotech inves-

tigation. That took from March to July.

The house will be about 2000 "habitable" square-feet, the footprint a little over 3000 due to changing from two story to one. The larger footprint requires structural, electrical, and plumbing engineers, each adding some time to the process.

As built in the hillside area in the 1970's as mine was, they didn't do much to prepare the lot. The geotech investigation confirms this so now the city requires a "grading plan" and permit. This plan requires an engineer specializing in that. He started in September and completed in December then it got stuck in plan check at the city Land Development Section. An example of things that happened there: Land Development plan check contractor asked my geotech investigation firm for clarification

Continued on page 7

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

The truth
is more
important
than the
facts.
— Frank Lloyd
Wright

City News



Camera training in action at CAPS.

CAPS Media membership has its privileges

The New Year is a great time to join CAPS Media, where Member/Producers can explore any subject that interests them and CAPS will broadcast the story on television and stream it online. CAPS Media is a public access television and radio center that fulfills a fundamental right guaranteed by the First Amendment. As a free society, the public has the right to have personal opinions published in the newspaper and on the the airwaves. CAPS Media provides Member/Producers the vehicle to express themselves on TV, radio and online.

The highly professional and friendly staff trains members how to master the use of cameras and editing equipment to produce their own story. CAPS provide them with all the tools and support they need to produce it. All this for an annual membership fee of only \$25.

The first step of membership is to attend an orientation meeting which includes a tour of the CAPS Media Center and an open question and answer discussion of membership expectations and benefits. Orientation meetings are held on the first Thursday of each month at 6pm. The next steps are HD videography/camera classes which are held on the 2nd Thursday and Final Cut postproduction editing classes held on

the 3rd Thursday. Trained member/producers may check out CAPS Media's video cameras, tripods, audio gear and other production equipment to record their story and use our postproduction editing suites to craft the story they want to tell.

The CAPS Media Center also includes CAPS Radio (KPPQ, FM 104.1), a low power public service radio station. Radio training is on the 4th week of the month on Wednesday and Thursday evenings starting at 6pm. CAPS Radio requires an additional annual fee of \$50 for DJs.

ECTV continues to rack up award nominations. The recognition for the El Camino High School students in the CAPS Media ECTV program continues with the crew's five nominations as finalists for the 2019 Alliance for Community Media WAVE Awards (Western Alliance Video Excellence). The ECTV categories include Underserved Voices, Community Issues, Educational Access, Culture, and Informational Talk Shows. The ECTV nominations are part of an impressive ten nominations for the entire CAPS Media Member/Producers.

The Ventura Police Department is working with CAPS Media producing community updates. Hosted by Ashley

VENTURA TOWNEHOUSE

CALIFORNIA'S CROWN JEWEL IN RETIREMENT LIVING

Bingo has many health benefits... but what I love the most is WINNING CASH!!!

4900 Telegraph Road, Ventura, CA 93003

805.642.3263

www.venturatownehouse.com

CA LIC# 565801810



Bautista, VPD Civic Engagement Specialist, and VPD officers, the series includes public awareness tips, weekly crime statistics, and other information vital to the community. The reports are posted on Ventura City and Police websites, social media and broadcast and streamed on CAPS Channel 6 & 15, capsmedia.org and on CAPS Radio KPPQ 104.5 FM.

CAPS Media's mission is to create an engaged and informed community through participation in electronic media. Join our community of enthusiastic member/producers. To find out more go to capsmedia.org or call 805.658.0500.

Ventura Unified School District

Continued from page 1

Dr Roger Rice, who has a distinguished career of more than 20 years of service to Ventura County youth, has worked to develop and support innovative programs for Alternative Education, Career and Technical Education (CTE), Special Education, and other programs to meet the needs of At-Risk Youth. Dr Rice served as the Chair of the State of California's Student Services Group. In addition, he was selected as the County Education Leader of the Year for 2018 by the Ventura County Leadership Academy. Dr Rice has worked as a Classroom Teacher, Dean, Principal, Assistant Superintendent of Oxnard Union High School District and Deputy Superintendent of VCOE. He holds a BA in English from Colorado State University, Masters in Education from Azusa Pacific University, and a Doctorate in Education from the University of Southern California.

Dr Rice brings experience and a passion for helping students with both their academic and social/emo- tional needs. He has demonstrated himself to be a conscientious, collaborative leader who has invested in his own professional training on issues that directly impact students – cultural proficiency, equity and access, IDEA training, creating professional learning communities, restorative practices and more.

Dr Rice's first day with Ventura Unified will be Friday, March 1st. Dr Jeff Baarstad, retired Superintendent of Conejo Valley Unified School District, has agreed to serve as Interim Superintendent until that time. Dr Baarstad will work closely with Executive Cabinet, the District Leadership Team, Dr Rice and the Board to ensure that all students and staff have the support they need to be successful during the transition. Our sincere goal is to regain the stability of our District and to remain focused on supporting our students and staff moving forward.

The Board would like to acknowledge and thank Dr Jeff Davis, Assistant Superintendent of Human Re- sources, who has admirably served as Interim Superintendent since December 22nd, and will remain in that role until Monday, January 14th. Dr Davis is a highly valued member of our Executive Cabinet. He worked with staff during the Winter Break to ensure consistent services to our schools and reassured the community that Ventura Unified remains committed to the needs of all our students.

Dr Rice looks forward to working with staff, students and the community to build a bright future for every student in Ventura Unified.



On Wednesday, January 9, high waves pounded our coastline and the pier forcing, once again the closure of the pier. A high surf warning went into effect for the Ventura County coast, where breakers of up to 15-feet were seen. Photo by Mark Stienecker.



45 minute Facial & 30 minute Massage with Aromatherapy Only \$85! (normally \$105)

Waxing Now Available!

Military & First Responder Discount: \$10 off full price service

 **Call or text (805) 643-0100** 

35 S. Oak Street in Downtown Ventura

TwinPalmsHealthandBeauty.com



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.

The members of the Ventura Investment Group meet on Mondays for an informal discussion of recent economic events. Topics cover current events that affect stocks, funds, real estate, and interest-bearing investments. 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.

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 Mondays each month at 7:30 p.m. at the Church of the Foothills, 6279 Foothill Rd. Admission and parking are free. Come for a great evening. Contact: 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. They have excellent speakers, leading

cardiologists, nutritionists, dietitians from our area. Contact Richard Hatcher at (805) 644-2733.

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 p.m. at the Unitarian Universalist Church, 5654 Ralston (enter through side door off parking lot). Further information Deva (805) 814-5650 or Maryann (805) 509-4813.

Jan. 17: Derek Poultney, Executive Director of the Ventura Land Trust, will present an update on the acquisition of Harmon Canyon, 2100 acres in the hills of East Ventura. East Ventura Community Council starts at 7 p.m. at the First Assembly of God Church, 346 N. Kimball Road. Karen Schmidt, Regional Affairs Manager for the Clean Power Alliance, will explain the new choices available to residents in the sourcing of electricity. A representative from Ventura's Police Department will present an update on crime in the area. Books in good condition are solicited on behalf of Ventura Friends of the Library.

Jan. 17: The regular monthly meeting of Assistance League of Ventura County will be on Thursday at the Chapter House, 913 East Santa Clara St. at 10 a.m. Men and women are welcome. There is no age requirement. Assistance League is creating "A Brighter Tomorrow for Today's Children" through several philanthropic programs: B.U.F.F.Y. Bear, Operation School Bell®, Girls Club/Teen Club, and Assistance League School for young children with learning disabilities. The Bargain Box Thrift Shop helps fund these programs.

Jan. 19: Children's Book Reading: Ladies & Gentlemen...the Penguins! featuring Ivor Davis with musical entertainment by Alan Shapiro from 1pm-2pm. Very Ventura Gift Shop & Gallery - 540 E. Main Street. Appropriate for kids ages 5 thru 10 and Beatles fans of all ages! RSVP 805-628-3540 or thru Facebook Event Page @very-ventura.

Jan. 19 & 20: Ventura Friends of the Library will hold a Book Sale at the Topping Room at E.P. Foster Library, 651 E. Main St. All genres, books individually priced. On January 19, Ventura Friends of the Library members will be admitted at 11 a.m. Open for all 12-3 p.m. On Sunday, January 20, open for all 12-3 p.m.

Jan. 20: 9-11am. The Nature Conserv-

ancy is hosting a walk (1 1/2 miles) along the Santa Clara River which is flowing due to recent rains. Search for signs of wildlife as we explore the restoration and wetland area. Please wear comfortable walking shoes, water, layers, binoculars. Please arrive 5-10 minutes before scheduled start. There are no facilities at this location. 1368 Mission Rock Rd. Santa Paula. Amy Davis at 770-853-4715 or guideamy@gmail.com.

Jan. 20: The Ventura and Santa Barbara County chapter of the National Association of Watch and Clock Collectors (NAWCC) meet Sunday in the Campus Student Center of Ventura College, 4667 Telegraph Road. The regular meeting starts at noon and at 11a.m. 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 p.m. The program this month will be by Jerry Treiman on "Staying Alive - How the E. Howard watch survived for almost 100 years". There is a \$5 admission charge. Lunch will be available for \$5. More information about chapter 190 can be found at www.nawcc-ch190.com.

Jan. 21: The 33rd annual Rev. Dr. Martin Luther King, Jr., birthday celebration will be held on Monday at 9 a.m. in the Oxnard Room of the Oxnard Performing Arts Center, 800 Hobson Way. This year's event theme is, "Whatever affects one directly, affects all indirectly: injustice anywhere is a threat to justice everywhere." The day will begin with a Freedom March from Plaza Park at Fifth and "C" Streets, with prayer at 8 a.m. Tickets for the program are \$7 and are available from any member of the MLK, Jr., Committee. For information or vendor booth applications, please call Willie Claytor at (805) 985-3387.

Jan. 23: "The College Area Community Council will meet on Wednesday at 7 p.m. Council meetings include speakers and discussion on topics of neighborhood and community interest, including public safety and economic development. The Council meets in the Wright Event Center at 57 Day Rd. Free parking is available adjacent to the Event Center. Call (805) 644-8695 for more information."

Jan. 24: Portuguese Fraternal Society of America - The local chapter of P.F.S.A. (Council #128) monthly meeting on Thursday. This meeting is open to any person of Portuguese descent, or, interested in the Portuguese culture. Marie Callendar's Restaurant, 1295 South Victoria Ave. at 11:30 a.m. for a 12 p.m. no host luncheon/meeting. For more information and a reservation please call Cora Corella at (805) 483-4168, or, Yvonne Westervelt at (805) 483-4168.

Jan. 25: Like to play acoustic music? Songmakers.org welcomes instrumentalists, singers, and singer/songwriters at all levels to join in a free song circle at the Bell Arts Factory Community Room, 432 N. Ventura Ave. 7-10 p.m. Listeners welcome! Info: Mike Wittlin, (805) 750-8281.

Jan. 26: 9-11am. Come visit Ormond beach with a naturalist and discover the flora and fauna of the wetland and beach habitat. See the endangered Snowy Plovers and beach comb on one of the least visited beaches in Ventura County. The walk is 1 1/2 to 2 miles.

Wear durable walking shoes. Meet at the end of Arnold Rd, Ormond beach, Oxnard. Questions contact Amy Davis at 770-853-4715 or guideamy@gmail.com.

Jan. 26: Saturday 7- 9 p.m. Once Ventura was a wild and woolly Cattle Town where gunfighters, sailors, hookers and cowboys walked the boardwalk streets and violence was no stranger. This era left many ghosts behind in the downtown of our community. Mr. Richard Senate will explore these colorful phantoms and their stories. Fee \$6 Bank of Books 748 E Main St. (805) 643-3154

Jan. 27: The Channel Islands Chamber Orchestra, Dr. KuanFen Liu Artistic Director celebrates its 16th Season with Young Artists featuring young artists with guest conductor Daniel Newman-Lesser. Donations of \$20 are appreciated. Youth 18 and under are free. For more information call 805-484-8000 or visit website www.CHICOVC.org. Sunday at 3p.m. First United Methodist Church 1338 E. Santa Clara St.

Feb. 5, 19: Ventura Retired Men's Group meetings at the Ventura Elks lodge will be held at 11:30 a.m. Social activities and a program and complimentary lunch for your first visit. Call Bob Likins at 805-587-1233 if you have any question and spend a couple of enjoyable hours.

Ojai news and events

On Wednesday, January 23, at 7 p.m., to commemorate Martin Luther King Jr. Day, Jewish Community of Ojai (JCO) will host an encore performance by Lanny Kaufer of his musical multimedia presentation, "My Summer Working for Dr. Martin Luther King, Jr." Kaufer will share the experiences he had in the Voting Rights Movement, including meeting and volunteering for Dr. King in the South in 1965, and share socially conscious music of the era.

Speaking as the son of a Holocaust refugee, Kaufer will discuss the little known influence of American anti-black racism on Adolf Hitler's philosophy as well as share Jewish contributions to the Civil Rights Movement.

The event is free with donations accepted. Jewish Community of Ojai is located at 530 W. El Roblar Drive in Meiners Oaks. For more information, please visit www.ojaitemple.org and select "Bulletin Board".

Local poet Jeff Kustal will visit the Ojai Library at 1 p.m. on Saturday, January 26, to deliver a reading of selected poems including the featured title "A Man and a Woman." Mr. Kustal will be accompanied in his reading by Lucy Roadarmel.

An avid writer and longtime runner, Kustal has used poetry and exercise to keep himself moving through heart surgery and a Parkinson's diagnosis. Lucy Roadarmel shares Kustal's love of writing and reading. She has used her writing skills over the years working in corporate and non-profit organizations. A graduate of the High School of Performing Arts in New York and Theater Arts at NYU, Roadarmel has performed in off-Broadway plays, summer stock, and community theater.

At 3 p.m. on Saturday, January



"Are we sure there is a fire here?"

Community Events

26, the Women’s International League for Peace and Freedom (WILPF) will visit the Ojai Library to host a viewing of a 1997 documentary titled “Cadillac Desert: Water and the Transformation of Nature.”

Cadillac Desert explores the means through which the American Southwest was transformed in the 20th century from a harsh desert to a vibrant oasis. The film approaches water use from a development standpoint as well as a political one. Advances in technology and policy help to create a picture that is perhaps more relevant now than ever before.

This event is free and open to the public. For additional information, contact Ron Solórzano, Regional Librarian, at (805) 218-9146.

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

Chamber On The Mountain presents Narek Arutyunian, Clarinetist with Christopher Goodpasture, Pianist. Sunday, January 27, 3:00 pm / Logan House 8585 Ojai-Santa Paula Rd.

Audience members are invited to stay and meet the artists at a reception immediately following the concert. Tickets: \$25.00 at www.ChamberOn-TheMountain.com

Fire Safe and Earthquake Resilient Home Design, a presentation and panel discussion hosted by the Ojai Valley Green Coalition on Sunday, January 27, 3 to 5 p.m. at the Matilija Jr. High auditorium – 703 El Paseo Rd. There is a \$5 suggested donation at the door.

Panelist information is available at ojaivalleygreencoalition.org

Ventura Libraries events

**Avenue Library
Children & Family Events
Mini STEAM Fair**

2/25 Wednesday @4-5

Visit the Ventura Region libraries during the last week of February for a Mini STEAM Fair. All ages!

Bilingual Early Literacy Class

2/4, 11, & 25 Mondays @ 5:30-6:30pm

Join us for storytelling, nursery rhymes, flannel board fun and more!

Adult Classes & Events

Laubach Literacy English Classes in the Meeting Room

2/4, 11, & 25 Mondays @ 10:30-

11:30am

2/5, 12, 19, & 26 Tuesdays @ 9-10am &

@ 10-11am

2/6, 13, 20, & 27 Wednesdays @

11:30am -12:30pm

2/7, 14, 21, & 28 Thursdays @ 10--11am

Introductory English classes offered through Laubach Literacy at Avenue Library. Make an appointment today, call (805) 385-9584

E.P. Foster Library

A California Native Plant Society Lecture

2/19 Tuesday @ 7-9pm

Please join us for an interesting and enlightening lecture series presented by the California Native Plant Society, Channel Islands Chapter.

Vision of Warriors Documentary

2/9 Saturday@ 1pm

Join us for the showing of Visions of Warriors in the Topping Room.. “Veteran’s battle mental illness with a

powerful new weapon—photography.”

Children’s Events

Early Literacy Class

2/5, 12, 19, & 26 Tuesdays &

2/6, 13, 20, & 27 Wednesdays @ 10:30am

Join us every week for stories, poems, music, movement, a simple craft, and fun!

Teen Happenings

Mini STEAM Fair

2/27 Wednesday @4-7

Visit the Ventura Region libraries during the last week of February for a Mini STEAM Fair. All ages!

Hill Road Library

Family & Children’s Ongoing Events

Early Literacy Class

2/6, 13, 20, & 27 Wednesdays @ 10:30am

Join us every week for stories, poems, music, movement, a simple craft, and fun!

Children’s Special Events

Discover Science

2/12 Tuesday @ 4pm

Join us for this monthly exploration of science concepts through hands-on experiments with Rachel Chang. Ages 8+

Mini-STEAM Fair

2/28 Thursday @ 4pm

Visit all four Ventura libraries (Avenue, Hill, Foster, and Saticoy) during the last week of February for a Mini-Maker Fair. All ages!

Adult Events

Author Talk with Kimberly Basso

2/24 Sunday @ 12pm

Award Winning Finalist for Humor, 2018 International Book Awards. “Panicking never helps.” Tuesday’s breakfast was interrupted by a stroke, and the only available help is the author’s second grader. Kimberly will walk (or rather shuffle) readers through her experience in an honest, hilarious look at the site of the world’s smallest zombie apocalypse - her brain.

Book Club: The Story of a Happy

Marriage by Ann Patchett

2/26 Tuesday @ 6pm

Join us for a lively discussion of our book for the month of February. All are welcome who have read the book!

Saticoy Library

Children & Family Events

Mini STEAM Fair

2/23 Wednesday @4-5

Visit the Ventura Region libraries during the last week of February for a Mini STEAM Fair! All ages!

Early Literacy Class

2/5, 12, 19, & 26 Tuesdays @ 10am

Join us every week for stories, poems, music, movement, a simple craft & fun!

Adult Classes & Events

English Classes

2/4, 11, & 25 Mondays &

2/6, 13, 20, & 27 Wednesdays @ 3- 5pm

One on one instruction in English hosted by Laubach Literacy of Ventura County

Closures this Month

18th – Closed in observance of President’s Day

Community outreach meeting

The City of Ventura invites residents of all ages to help design the new playground at Arroyo Verde Park. The park’s previous play structure was destroyed in the Thomas Fire, and the City plans to build a brand-new inclusive playground

New Year! New Beginnings!
Buy, sell or just need market info?
We’re your local Real Estate team!



• Local • Friendly
• Experienced • Dedicated

Melody O’Leary-Namikas, Realtor®

805.218.5035

melody4realestate@gmail.com

DRE #01299611



BERKSHIRE HATHAWAY
HomeServices
California Properties

©2019 Berkshire Hathaway HomeServices California Properties is a member of the franchise system of BHH Affiliates LLC

Kaitlin Miller, Realtor®

805.218.9738

miller.kaitlina@gmail.com

DRE #02031394



where children of all abilities can play. The meeting will take place on Wednesday, January 16, from 6-7 pm, in the Wright Event Center at Ventura College, 57 Day Road.

“Families love going to parks with innovative design features,” said Mayor Matt LaVere. “As a father of two young daughters, I am very excited about the new playground and an inclusive design that welcomes children of all abilities. I encourage both youth and adults to attend and share their ideas at the upcoming design meeting.”

Representatives from Pacific Coast Land Design and the City of Ventura will conduct the outreach meeting to collect input from the community on the design concepts for the project. The playground will incorporate various features and integrate play opportunities to create a space for all to play. A significant portion of the project will be funded publicly to help with the cost of play space surfacing and structures needed for inclusivity.

Arroyo Verde Park, located at Foothill and Day Roads, was closed for approximately 10-weeks after the Thomas Fire to ensure safe conditions for park users. The Interpretive Center, pump house, playground, and slopes on both sides of the park were burned during the fire.

To provide input or to donate please contact Katrina Maksimuk at kmaksimuk@cityofventura.ca.gov or 805-658-4775.

Mailbox

Continued from page 4

tion of something in their report. I got to pay the geotech outfit \$680 to answer the question but at least the geotech engineer has given my lot a clean bill of health, but that still does not seem to be good enough. The grading permit has been stuck in Land

Development for three months.

The building permit is approved but not the grading permit. Nothing can take place until both are granted. After 13 months not a shovelful of dirt has been moved. Cost so far: \$48289.

I now have an empty lot and no permission to build on it. The time and stress makes me wonder if it's all worthwhile. It will be another year until I have a home. Two of my four neighbors are not rebuilding. I think they made the better decision. If you can find a suitable existing house, buy it.

Steve Noll

It should be noted that even though some building permits are being held up waiting for grading and soil report approvals several people have moved into their new homes already and many are now under construction so not everyone has had these problems. Sorry that Steve (and others) are having problems.

Breeze

PSYCHIC CONSULTANTS

Past • Present • Future

New Year Special \$25

Spiritual Awakenings by Polla

See what the New Year has in store for you!!

Palm • Tarot • Crystal Ball

AVAILABLE FOR EVENTS

psychicconsultants.net

107 Figueroa St., Downtown Ventura

(805) 628-3333



Moving In? Moving Out? Moving Up?

I can help you with that.
CalDRE 01985025



805.701.7694
TeamTrainor12@gmail.com
@TeamTrainor12



Ventura Land Trust volunteers celebrate their success after a 2018 Ocean Friendly Garden work day.

Ventura Land Trust to host volunteer community gardening day on Dr. Martin Luther King Jr.

On Monday, January 21, Ventura Land Trust (VLT) will host a volunteer community gardening event at their ocean friendly garden in Ventura. VLT invites volunteers of all ages to join them from 9 a.m. – 12 noon to plant native plants on property owned and managed by VLT near the “Welcome to Ventura” sign along the Ventura-Ojai bike path.

“On the Dr. Martin Luther King Jr. Day of Service holiday, we will honor his legacy through volunteerism and community service,” said Kate Furlong, VLT Conservation Director.

Ventura Land Trust has teamed up with the Ventura County Chapter of Surfrider Foundation’s Ocean Friendly Gardens team to re-landscape and reinvigorate the garden near the entrance to their Willoughby Preserve. This event is

one of thousands happening across the country on the Martin Luther King Jr. holiday.

Volunteers should meet VLT staff at 9 a.m. next to the informational kiosk at the Main St. Bridge near downtown Ventura. For more information and to RSVP, go to: www.venturalandtrust.org/ events.

About Ventura Land Trust:

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



Answer in a Breeze

What are those large blue pipes in the empty lot at Seaward and Harbor?

Veronica Usher

As always (When possible) we ask the experts.

Veronica:

These are 36” PVC sewer pipes that will go in Harbor Blvd. from the Arundell Barranca (near the Harbor) to San Pedro. The existing lines will be abandoned and these will go into new ditches. The bid was given to Toro Enterprises in Oxnard for a base price of \$8,538,334. Occasionally unforeseen conditions are found that could result in costs above the base bid. Ground water will be encountered but this was included in the bid. The construction is scheduled to be completed in 270 calendar days.

Thank you,
John Ilasin Ventura
Senior Civil Engineer

Have a question send to editor@venturabreeze.com and we will try to get you an answer?

News & Notes

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.

all twelve library locations.

Please note the Library is unable to accept perishables, glass, plastic, or boxed containers. For additional information on Food for Fines, the public can contact the E.P. Foster Library, at (805) 648-2716.

The Ventura County Library is available 24/7 at www.ventcolibrary.org.

FOOD Share Ventura County is available at: <https://foodshare.com/>

Circle of Friends seeking new members

Circle of Friends, a non-profit social organization for active retired women, is welcoming new members. Please join them for lunch on Wednesday, February 6 at the Courtyard by Marriott, 600 Esplanade Drive, Oxnard to see what they are all about. The monthly luncheons feature a program and there are special interest groups that meet monthly. These groups include cooking, Scrabble, card games, walks, movies and day trips. Circle of Friends is celebrating its 23rd anniversary in June; members live in Ventura, Camarillo, Oxnard, Port Hueneme, Ojai and Santa Paula.

For more information and to make lunch reservations please call Peggy Dolan at 805-630-5139. Price for the luncheon is \$25; annual membership is \$50.

The program features well-loved children’s songs

The African Children’s Choir melts the hearts of audiences with their charming smiles, beautiful voices and lively African songs and dances. The program features well-loved children’s songs, traditional Spirituals and Gospel favorites. Performances support African Children’s Choir programs, such as education, care and relief and development.

Music for Life (The parent organization for The African Children’s Choir) works in the African countries: Uganda, Kenya, Rwanda, and South Africa. MFL has educated over 52,000 children and impacted the lives of over 100,000 people through its relief and development programs during its history. MFL purpose is to help create new leadership for tomorrow’s Africa, by focusing on education.

The African Children’s Choir has had the privilege to perform before presidents, heads of state and most recently the Queen of England, Queen Elizabeth II, for her diamond jubilee. The Choir has also had the honor of singing alongside artists such as Paul McCartney, Annie Lennox, Keith Urban, Mariah Carey, Michael W. Smith, and other inspirational performers!

Promotional support of this community concert is greatly appreciated.

The African Children’s Choir is a nonprofit humanitarian and relief organization dedicated to helping Africa’s most vulnerable children today so they can help Africa tomorrow.

No tickets. Donations appreciated.

Hosted by the Oxnard Musical Youth Theater at the Our Lady of Assumption Catholic Church, 3175 Telegraph Road on Saturday, February 2, 7:15 PM. (805) 642-7966, www.africanchildrenschoir.com.

Steve Snyder, Hospice RN, loading his car with blankets for his patients.

Hospice distributed over 140 Christmas Blankets

Assisted Hospice, in Ventura, was fortunate again this year to distribute approximately 145 Christmas Blankets to their Hospice Patients. The timing was perfect as the temperatures are hitting an all-time low. Assisted started this campaign approximately five years ago, thanks to one of the wonderful volunteers who visited a local facility where there were no signs of Christmas for the patients and it tugged at her heart. Each year Assisted distributes Christmas Blankets in honor of the “Will Anyone Remember Me” campaign. This wouldn’t be possible without the continued support of Michael Boyko from Joseph P. Reardon’s in Ventura. Staff has as much fun distributing these blankets as the patients do receiving them. This truly puts everyone in the Holiday Spirit.

Anyone interested in Volunteering with Assisted Hospice, please contact Marianne Cody, Volunteer Coordinator, at (805) 677-7405.

Do you have overdue books?

Food for Fines week at Ventura County Library is February 10 – 16. Ventura County Library, in partnership with FOOD Share Ventura County, is offering customers the ability to return overdue items along with canned food donations to have overdue fines reduced or eliminated. Customers with existing overdue charges can also pay down fines with food donations.

This is a great time to return that long overdue book or reduce late charges owed! One can of food = one dollar of fines waived. Returned items must be undamaged and property of Ventura County Library to qualify.

Canned food will be donated to FOOD Share, which will help provide food to needy members in the community. The Food for Fines program will be available at

Senior Living

Pull Out Section



Besides swimming and working-out in the gym seniors Ivor Davis and Mark Stienecker (just barely a senior) have made ping pong part of their physical activities at the Pierpont Racquet Club.

How to set your fitness goals

Many people find that having a firm goal in mind motivates them to move ahead on a project. Goals are most useful when they are specific, realistic, and important to you. Be sure to review your goals regularly as you make progress or your priorities change.

STEP 1: Write Down Your Short-Term Goals

Write down at least two of your personal short-term goals. What will you do over the next week or two that will help you make physical activity a regular part of your life? Think about the things you need to get or do to be physically active. For example, you may need to buy appropriate fitness clothes or walking shoes. Make sure your short-term goals will really help you be more active.

If you're already active, think of short-term goals to increase your level of physical activity. For example, over the next week or two, increase the amount of weight you lift or try a new

kind of physical activity. No matter what your starting point, reaching your short-term goals will give you confidence to progress toward your long-term goals.

STEP 2: Write Down Your Long-Term Goals

Write down at least two long-term goals. Focus on where you want to be in 6 months, a year, or 2 years from now. Remember, setting goals will help you make physical activity part of your everyday life, monitor your progress, and celebrate your success.

STEP 3: Revisit Your Goals

A few weeks after you start regular physical activity, you may start to see progress toward your goals. You may feel stronger and more energetic. You may notice that you can do things faster, longer, and more easily.

As you increase your fitness level, you also might find that you need to revisit your goals and make your activities more challenging to see additional results.

Renew your spirit & elevate your lifestyle
when you call Regency Palms Oxnard home

Call today, schedule a tour, & learn more about our one-of-a-kind community culture along with our very exciting early bird savings promotion.
805-833-5805

OPENING SUMMER 2019!

You'll Love our Amenities:

- Customized room design with extra storage & beautifully landscaped views
- 9 Courtyards for enriching outdoor activities; grandchild play area & more
- Chef-inspired restaurant style dining
- Signature programs; Go Fit For Life, Montessori Moments In Time & more

Join us for our upcoming
"Love Your Longevity" Lunch & Learn

January 22, 2019, 11:30 am to 1:30 pm
at The Poinsettia Pavilion
3451 Foothill Road, Ventura, CA 93003

RSVP 805-833-5805

REGENCY PALMS
SENIOR LIVING
Assisted Living & Memory Care

1020 Bismark Way
Oxnard, CA 93033
RegencyPalmsOxnard.com
Pending Lic. #565802470 

New Medicare drug policy is a step down for seniors

by Peter J. Pitts

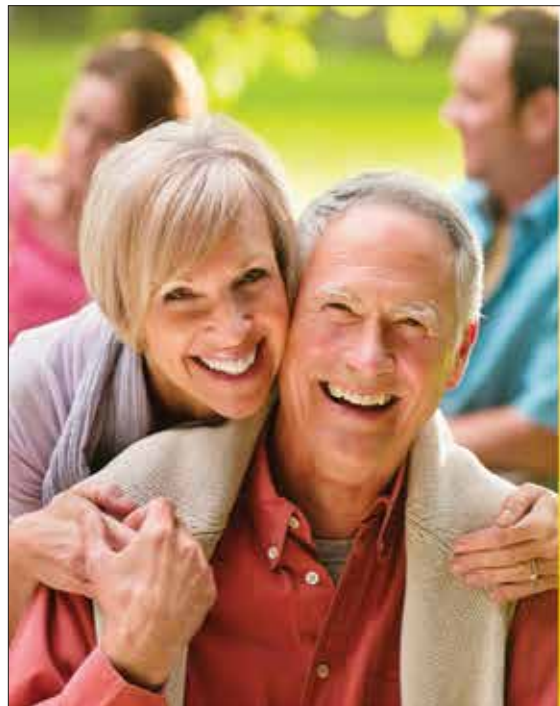
Officials at the Centers for Medicare and Medicaid Services recently issued a shocking pronouncement. They've decided to prioritize insurers over patients.

The agency recently released new instructions to insurers that participate in Medicare Advantage, allowing them to require patients to take "the most preferred drug" on the market for their condition first, before trying any

other treatments. Unfortunately, "most preferred" is often merely a euphemism for cheapest. So even if a doctor has concluded, for sound medical reasons, that a different treatment would be more effective, an insurer can demand that a patient first try -- and fail -- with the "most preferred" drug. This process, known as "step therapy," will delay treatments for cancer patients and other seriously ill seniors, putting their health -- and their lives -- at risk.

Step therapy is a blemish on the otherwise popular Medicare Advantage program, which offers seniors who opt in privately administered health plans. Coverage options can include the majority of beneficiaries' health needs, including prescription drugs, physician, hospital, and outpatient services.

Continued on page 11





VICTORIA CARE

Blending time-honored therapies and innovative programs with an obsessive focus on excellent customer service and clinical outcomes

Thank you Ventura County for selecting Victoria Care Center as a FAVORITE in the recent Readers Choice survey.

When you need great physical, occupational and/or speech therapy following an illness, stroke or surgery, pick the PARC at Victoria
Skilled Nursing – Post Acute Rehab

www.VictoriaCareCenter.com www.ThePARCatVictoria.com www.FriendsOfVictoria.org

805-642-1736
5445 Everglades Street • Ventura, CA 93003





Livingston Memorial

Visiting Nurse Association & Hospice
est. 1947



Livingston Memorial Visiting Nurse Association & Hospice is the oldest and only non-profit home health and hospice care agency in Ventura County. We have been making house calls and serving residents of all ages since 1947, regardless of their ability to pay.

Free Community Education & Support Services

- Bereavement Support Classes
- Diabetes Education Classes
- Joint Replacement Classes
- Speakers Bureau
- Advanced Directives and POLST Education

- Skilled Nursing Care
- Rehabilitative Care
- Palliative Care
- Hospice Care
- Personal Care

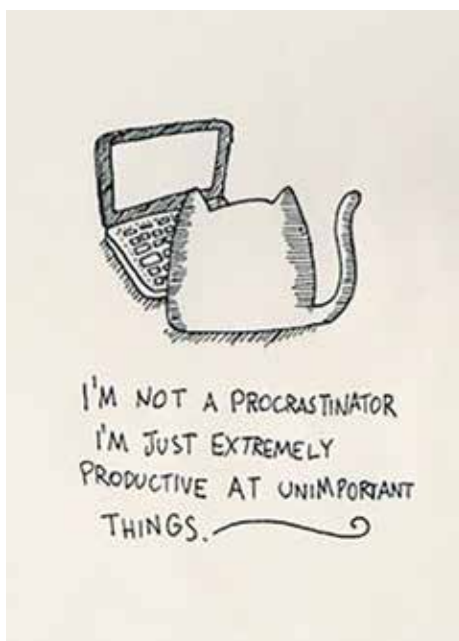


Accredited by
The Joint
Commission

Home is where the Heart is

When you need help at home, one call is all it takes.

(805) 642-0239



Procrastinating; The Cost To Your Retirement

by Jayson Cohen
American Legacy Solutions

If you are like many other hardworking 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.

Why Adults Procrastinate 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.

The Impact of Procrastination on Your Retirement Plans

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. The Urgency to Get Started Today 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

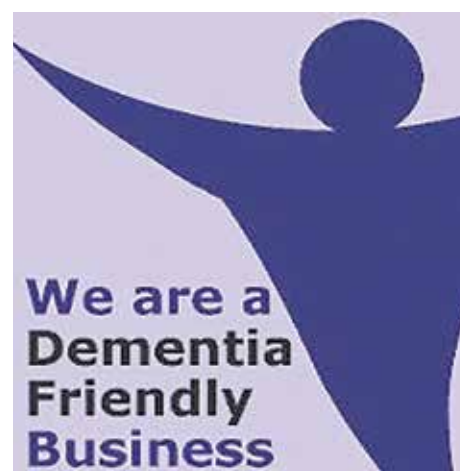
Senior Living

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.

How to Get Started

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 additional 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.



Dementia Friendly Ventura County is designed to help educate the public.

Challenge to local businesses to become dementia friendly

A new movement was introduced to Ventura County as the Ventura County Area Agency on Aging, the Alzheimer's Association, and other partnering agencies rolled out Dementia Friendly Ventura County to provide better service to local residents living with dementia and to their caregivers. Initial efforts are targeting local businesses with a challenge to become Dementia Friendly.

Borne out of the 2015 White House Conference on Aging to address the national and global epidemic of Alzheimer's disease and dementia, Dementia Friendly Ventura County is designed to help educate the public about having understanding, tolerance, and patience and to advocate for the growing number of older adults with the disease. Current efforts are geared toward having Ventura County businesses complete either an online or in-person Dementia Friendly @Work Training to officially become Dementia Friendly. Businesses that complete the required registration as well

as the training will be certified as Dementia Friendly and will receive a sticker and poster to display at their place of business.

Alzheimer's Disease accounts for 60-80 percent of dementia cases and currently impacts an estimated 610,000 Californians, a number projected to grow to 840,000 by 2025. The goals of DFVC are to create a county where persons with dementia and Alzheimer's disease are valued and respected, feel safe, and their caregivers are supported; to educate and inform all entities that serve the public about the unique needs of this population to better serve and support them; and to promote community awareness of the condition and how individuals and businesses can make a positive difference.

For more information, or to register to become a Dementia Friendly business, please visit www.vcaaa.org/dfvc or call (805) 477-7306.

The Ventura County Area Agency on Aging, an agency of the County of Ventura, is the principal agency in Ventura County charged with the responsibility to promote the development and implementation of a comprehensive coordinated system of care that enables older individuals, individuals with disabilities, and their caregivers to live in a community-based setting and to advocate for the needs of those 60 years of age and older in the county, providing leadership and promoting citizen involvement in the planning process as well as in the delivery of services.



Millions face cut in SNAP Food Assistance if government shutdown continues

by Dottie Rosenbaum

If the partial government shutdown that began in late December continues into February, there may not be sufficient appropriations for food assistance under the Supplemental Nutrition Assistance Program (SNAP) to provide full benefits for that month. And if the shutdown continues into March, little or no benefits likely will be paid in that month. As a result, millions of low-income households — including millions of poor children, parents, elderly people, and people with disabilities — could have their basic food assistance cut back substantially in February and then virtually eliminated altogether starting in March if the shutdown continues. The President stated several days ago that the shutdown could go on for months or even years.

The Department of Agriculture (USDA) may rule, however, that the only appropriation available for SNAP after January is the program's \$3 billion "contingency reserve,"

Senior Living

which was made available through the fiscal year 2018 appropriations act. But SNAP benefits currently amount to about \$4.8 billion a month, so the \$3 billion reserve cannot fully fund February benefits.

The guidance that USDA has issued so far during the shutdown makes clear that “[eligible households will still receive monthly . . . SNAP benefits for January.” But by mid-January, states typically would begin sending the necessary data regarding households’ February SNAP benefits to the electronic benefit transfer (EBT) contractors that they use. This information shows how much in SNAP benefits to load on to each eligible household’s EBT card, which households then swipe at the store to redeem their SNAP benefits.

SNAP provides food assistance averaging about \$125 per person, and about \$245 per household, per month to more than 38 million individuals in more than 19 million households. SNAP is heavily focused on the poor: 92 percent of benefits go to households with cash incomes at or below the poverty line, and 56 percent go to households at or below half of the poverty line (about \$10,390 for a family of three in 2019). Families with the greatest need receive the largest benefits. Close to 70 percent of SNAP participants are in families with children; nearly a third are in households with seniors or people with disabilities.

Those USDA officials and others in the Administration who are able to work during the shutdown are apparently assessing their options and developing a plan for how to proceed. It isn’t clear when USDA will notify states and EBT contractors about the steps it is requiring them to take to reduce February benefits. For now, participants and others who may wish to apply should continue operating as though the shutdown were not in effect.

What will happen in coming weeks with respect to SNAP thus is cause for very substantial concern. If the shutdown continues and USDA determines it does not have the authority to extend SNAP in the absence of congressional action, many low-income households would be at risk of serious hunger and hardship. Emergency food assistance providers such as food banks and food pantries, as well as other local

community service providers, would likely see dramatic increases in demand as families and individuals scrambled to fill the hole in their monthly food budgets. In addition, the more than 250,000 supermarkets, grocery stores, and other retailers that participate in SNAP would see a substantial drop in SNAP redemptions, which in many cases constitute a significant share of their sales.

Ventura Music Festival new season

Launch of blockbuster “Silver Anniversary” Season Monday, January 28th 5:30 - 7:00, Museum of Ventura County, 100 E. Main Street.

5:30 pm - Reception & live performance
6:00 pm - Presentation of star-studded lineup by Nuvi Mehta, the Janet & Mark L. Goldenson Artistic Director.

This event - presented in partnership with the Museum - is free and open to the public. Join for a look inside the 25th season.

New Medicare drug policy

Continued from page 11

CMS’ new guidance will impede access to care for Medicare Advantage patients receiving medications administered under a doctor’s direct supervision, which fall into Medicare’s “Part B” category. These include infusion treatments for cancer and autoimmune diseases.

Step therapy can be downright cruel for patients battling chronic and painful conditions. Imagine suffering in agony for weeks, months, or even years trying out different treatments that your physician knows are unlikely to help. With each new drug comes a new set of side-effects, but no noticeable health benefits.

Previously, a 2012 CMS directive banned step therapy for Part B treatments -- and for good reason. Part B drugs are highly specialized. Doctors must take into consideration a patient’s diagnosis, lifestyle, medical history, and more to find the best treatment or combination of medications.

Lifting this ban puts some of Medicare’s sickest beneficiaries in real danger.

Consider the cancer patients who





Thursday, January 24th • 2:30 pm - 4:30 pm

Please be our guest for Vegas at The Palms at Bonaventure! Enjoy delicious appetizers, mocktails, live music, and playing your favorite casino games. While you're here, we'd love to give you a tour of our beautiful community so you can experience our gracious lifestyle yourself. We look forward to seeing you here for this special event!

For more information and to RSVP, please call
805-647-0616

The Palms At Bonaventure
Assisted Living & Memory Care
111 North Wells Road, Ventura, CA 93004
RCFE#565802467

rely on Part B for chemotherapy. Such treatment regimens are highly individualized -- with some patients responding better to one drug rather than another.

To combat the disease effectively, doctors must find the most appropriate treatment as quickly as possible. That process can be challenging under the best circumstances. Step therapy requirements only add to those difficulties, compounding patient suffering.

In the time it takes to satisfy an insurer’s “fail first” requirements, a patient’s cancer could go from treatable to hopeless. That’s especially true for patients with fast-moving cancers. Those diagnosed with esophageal cancer, for instance, have just a 46 percent chance of surviving six months. For pancreatic cancer,

it’s 27 percent.

It’s no surprise that the medical community is overwhelmingly opposed to step therapy. The American Medical Association, American Society of Clinical Oncology, American Society for Radiation Oncology, and the American Society of Hematology have all condemned the CMS move as a threat to patient health.

Their denunciations are richly deserved. CMS’ new policy guidance puts insurer profits above the best interests of patients. Introducing step-therapy into Medicare Part B will prolong the suffering of America’s most vulnerable seniors.

Peter J. Pitts, a former Food and Drug Administration associate commissioner, is president of the Center for Medicine in the Public Interest.



KEEP LIVING YOUR GOOD LIFE.

Like the city it thrives in, Cypress Place has a naturally vibrant vibe. Feel the welcoming spirit of Ventura’s most respected resort-style senior living community.
Call 805-835-4072 to schedule a visit.



CYPRESS PLACE
SENIOR LIVING



License #565801008

1200/1220 Cypress Point Lane • Ventura, CA 93003 • CypressPlaceSeniorLiving.com



Shangri-La Care Cooperative

Adult & Medical Dispensary Now Open



408 Bryant Circle, Suite G, Ojai, CA

805.640.6464

Visit us online at www.SLCC.info

State permit # M10-0000182-temp

Monday - Saturday 10am - 7pm | Sunday 12pm - 7pm

Follow us on Instagram @SLCC_Ojai

No Delay in Trash & Recyclables or Green Waste Pick Up Due to the Martin Luther King Jr. Day Holiday

Martin Luther King Jr.'s birthday will be celebrated on Monday, January 21. We will have regularly scheduled trash and recyclables or green waste collection the week of January 20-26 in the Cities of Ventura and Ojai.

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

To order services & to pay bills on line go to www.ejharrison.com



805-647-1414



Arroyo Verde Park's unsung heroes.

Troop 111 has performed over 4,500 hours of service

Parks, Recreation & Community Partnerships would like to thank Boy Scout Troop 111. In its three years of existence, Troop 111 has performed over 4,500 hours of service, much of it in the outdoors. The Los Padres Forest has been the recipient of most of their efforts, however, in the last year, they chose to perform similar work in their local community.

Their work in Ventura began when they assisted in the Arroyo Verde Park trail clean up after the Thomas Fire. With the exposed hillsides came the urgency to protect the park from

extreme water flow. This led to their first implementation of water bars, channels that allow for the diversion of rainwater, where "canyonization" of the trails during the rains was a potential threat in the Thomas Fire burn areas.

Troop 111 has implemented or improved 49 water bars in Arroyo Verde Park. They worked with Ventura Land Trust who provided them with specialized trail tools to use during the project. For more information about Troop 111's activities visit their website. Thank you Troop 111!

Are you ready to stand up for a child who needs you?

Find out how at the next Informational Session at court appointed special advocates ("CASA") for foster children.

Today, there are nearly 1,000 children in the Ventura County Dependency Court System who are victims of abuse and neglect. With a string of people, often including their own parents, in and out of their lives, these children

are in desperate need of a stable adult. A CASA Volunteer becomes that adult. The one adult who stands up for them. A CASA Volunteer commits to advocating for the child until he/she is placed in a safe, permanent home.

CASA needs more volunteers! Please consider attending the next CASA Informational Session on Tuesday, January 22nd, to learn how you can make a difference in the life of a child in our community.

For more information or to reserve your seat, contact Rebecca at (805) 389-3120 or Rebecca@casaofventura-county.org. Address will be provided upon registration.

News & Notes

Dear friends of the Museum

We are in the process of gathering information to shape the Museum's priorities for the next five years. We would really appreciate your taking the time to envision the future with us. Please share your thoughts by completing this brief survey. It is simple and should take less than five minutes overall. The information gathered will be compiled by our consultant and shared with the leadership team and the members of the Board.

You can take the survey anonymously. You can also choose to provide us with your name and e-mail address and we will enter you into a drawing to win one of the following exciting prizes:

- * Signed Print by Ryan Carr
- * Museum of Ventura County Mug
- * History of Us Museum Journal
- * Museum Collection Note Cards

Winners will be notified via email February 6, 2019 and can collect their prizes at the Museum of Ventura County at 100 E Main Street any day we are open.

You have until Jan.25 to complete the survey. Take the survey at <http://www.surveymonkey.com/r/MuseumofVenturaCounty>.

Ventura has a new electricity provider

Continued from page 1
renewable energy content.

The CPA was formed through a partnership between public agencies throughout Los Angeles and Ventura counties and will provide more choices to communities seeking an alternative to the traditional investor-owned utility model. By promoting the use of clean renewable power, the City

is supporting the state's goal of reducing greenhouse gas emissions.

As our new electricity provider, CPA will purchase clean power on behalf of its customers and Southern California Edison (SCE) will deliver it. SCE will continue to deliver electricity through its transmission lines, read your electric meter, send monthly bills, and provide other services.

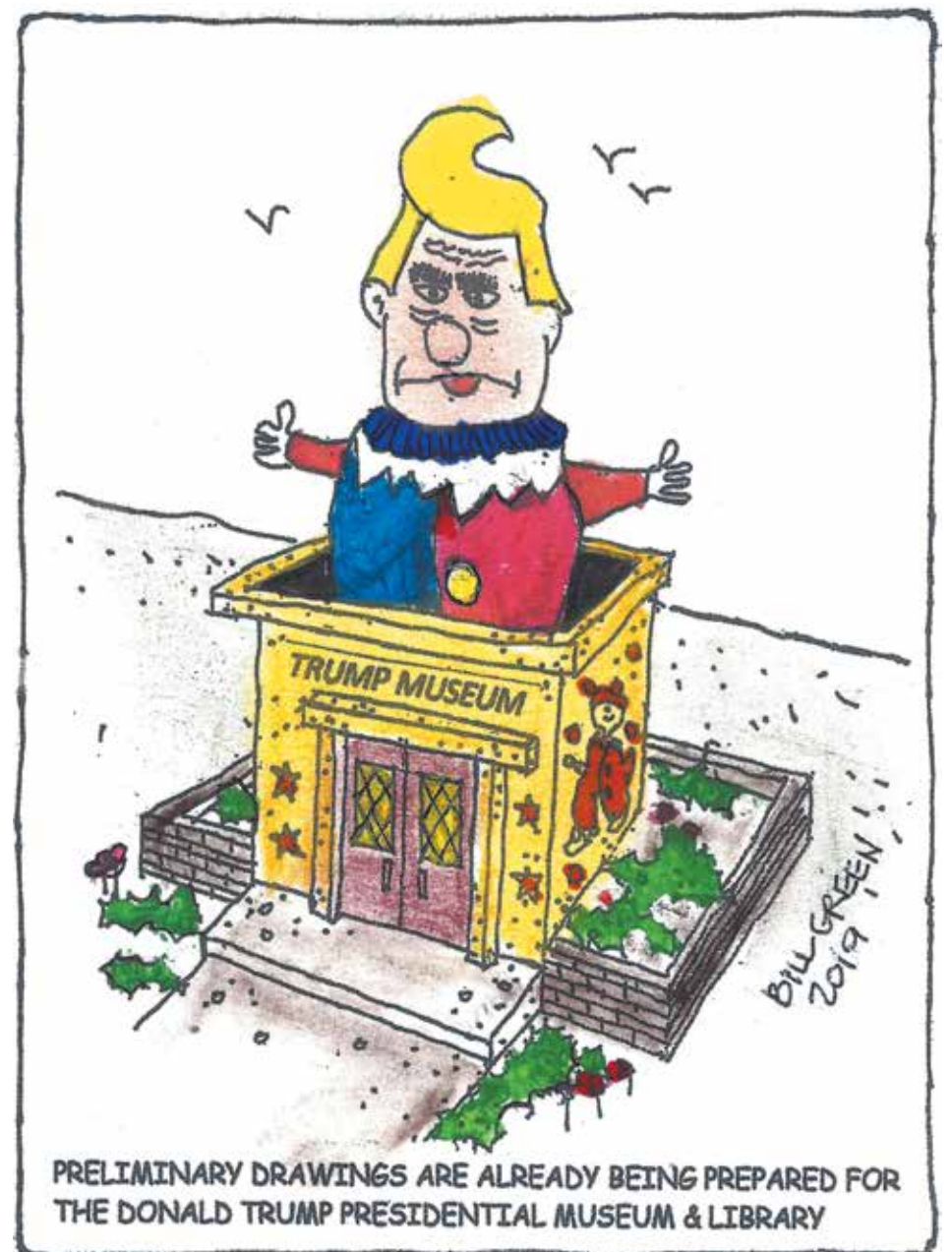
All electricity customers in the city of Ventura will automatically be enrolled in the 100% Green Power option with CPA. State law requires that customers be automatically enrolled in the default rate selected by each city.

This option provides the largest environmental benefit and means that CPA will be buying renewable energy (e.g. wind and solar) to meet the demands of its customers. The 100% Green Power option has a 7-9% cost premium over the 2019 SCE standard rates. CPA customers can also choose the 50% Clean Power, a 0-1% cost savings compared to SCE standard rates, and 36% Lean Power, a 1-2% savings compared to SCE standard rates.

Customers can choose the level of renewable energy generation and rate option, or opt out and remain with SCE, at any time (visit the CPA website at cleanpoweralliance.org for details). To better understand what your bill could look like with different CPA and SCE rate options, use the bill comparison calculator on their website—be sure to have your SCE bill handy so you have your current rate and electricity usage.

Customers currently enrolled in CARE, FERA, Medical Baseline, Level Pay, and Summer Discount Program will automatically be enrolled in the 100% Green Power rate and will continue to receive the same discount. CPA service for non-residential customers is scheduled to begin in May 2019.

Green with Envy



PRELIMINARY DRAWINGS ARE ALREADY BEING PREPARED FOR THE DONALD TRUMP PRESIDENTIAL MUSEUM & LIBRARY

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.

Robbery and Possession of Burglary Tools Arrest

On January 4, at approximately 5pm, the Ventura Police Department Command Center received a 911 call from Vons reporting that the suspect, 30 year old vagrant Patrick Rasmusson, had entered Vons, selected merchandise and walked out without paying. When employees confronted Rasmusson, he pulled out a canister of pepper spray and threatened to spray the employees. Fearing being pepper sprayed, the employees let Rasmusson walk away with the property and called police.

Officers responded and located Rasmusson in the area and took him into custody without incident. During the arrest, officers located the pepper spray and numerous tools that could be used for burglary.

Rasmusson was arrested and booked at the Ventura County Jail for Robbery and Possession of Burglary Tools. No one was injured as a result of this incident

A review of the Ventura County Superior Court website shows that Rasmusson has been arrested for drug charges, prowling and possession of burglary tools.

Vehicle Pursuit and Arrest

On January 8, at approximately 10:45am, a Ventura police officer was on patrol and saw a vehicle with an equipment violation in the area of Sherwin Ave. and Ventura Blvd. The officer initiated a traffic stop and contacted the driver, later identified as 27 year old Oxnard resident Ryea Hanks. As the officer was speaking to Hanks, she indicated that she was wanted and fled from the traffic stop. A vehicle pursuit was initiated.

The pursuit continued northbound on Sherwin Ave., then eastbound on Crescent St. Hanks then turned on Johnson Dr., and as she attempted to navigate a turn onto eastbound Capri Ave., Hanks lost control of the vehicle and collided into an unoccupied parked vehicle in front of Taco Bell. She fled from the vehicle on foot.

The officer pursued Hanks on foot and caught her after a brief foot pursuit. Hanks fought with the officer and after a brief struggle, she was taken into custody. During a search, officers discovered that Hanks was in possession of a controlled substance.

Both the officer and Hanks sustained minor injuries as a result of the arrest. No one else was injured in this incident.

Hanks was arrested for misdemeanor evading arrest in a vehicle, felony resisting arrest, possession of a controlled substance and two warrants, an out of county felony and misdemeanor.

Hit and Run, DUI, Battery on a Peace Officer

On January 8, at approximately 6:30pm, the Ventura Police Department Command Center received a 911 call of a hit and run collision in the area Telephone Rd. and Jasper Ave. in the city of Ventura. The witness told dispatchers that the driver of an SUV hit a tree and was trying to leave the area. After colliding with the tree, the driver of the vehicle, 32 year old David Malijan, made a u-turn and attempted to drive away from the collision. Due to the damage the vehicle sustained from the collision, Malijan stopped his SUV a short distance away and walked away.

The first responding officer found Malijan's SUV unoccupied and began searching the area. During the search, Malijan was found a short distance away. During the contact, the officers started to ask Malijan what happened but Malijan was uncooperative and took a fighting stance on the officer. The officer attempted to detain Malijan to further his investigation, but Mailijan began to violently resist the officer and a struggle ensued. As more officers arrived, Malijan was eventually subdued and taken into custody.

No officers were injured during the incident and Malijan was treated for minor injuries. Malijan was arrested for hit and run, DUI drugs and resisting a police officer.

Robbery and Assault with a Deadly Weapon

On January 10, at approximately 12:30am, the Ventura Police Department Command Center received a 911 call of a fight in the Santa Clara Parking Structure with one person bleeding. Upon the officer's arrival it was determined that a group of people were walking to their car that was parked in the structure. They were approached by another small group of Hispanic males and a Hispanic female. The suspect group began asking the victims where they were from and then attacked them. During the altercation, three victims were punched. A fourth victim was stabbed in the torso by one off the attackers who also stole his cell phone.

The victims who were punched received minor injuries and were treated on scene by paramedics. The victim who was stabbed is currently in stable condition at a local hospital. VPD CSI responded to process the crime scene. VPD detectives are now on scene conducting further investigation. This is an ongoing investigation, anyone with information regarding this crime is asked to call the Ventura Police Department at 805-339-4488.

Harbor Patrol Blotter

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

12-26 1:33pm, while on patrol in the truck, officers observed several inexperienced swimmers wading in the shore-break near Surfers Knoll. Warnings and removal from the water were conducted.

12-27 1:45pm, received a report of a small sailboat in distress, lost their rudder in the A-basin near VIM J-dock. Officers responded and towed the vessel to the L/R.

12-29 10:50am, officers received a report of vandalism in the restrooms near 1600 Spinnaker Drive. Apparently, a key card was illegally obtained by some transients and they are vandalizing the restrooms.

12-30 4:00pm, received a dispatch to a water rescue, paraglider down somewhere between the Ventura Pier and the Mandalay powerplant. Two Harbor Patrol vessels responded along with US coast guard, State Parks, Ventura Fire, Vessel Assist and Ventura County Sheriff. After all responding agencies searched the areas reported, no persons or paraglider were found. The incident was determined most likely related to a parasailing company from CI harbor.

12-31 4:30pm, while on patrol in the truck, officers observed hazardous sea conditions and very pronounced beach erosion between Surfers Knoll and the

VENTURA TOWNEHOUSE

CALIFORNIA'S CROWN JEWEL IN RETIREMENT LIVING

Let's celebrate!
Did someone say
lobster tails?

4900 Telegraph Road, Ventura, CA 93003

805.642.3263

www.venturatownehouse.com

CA LIC# 565801810



South Jetty. A large and dangerous berm exists South of Surfers Knoll.

5:30pm, received an anonymous report of illegal possession of a protected animal. Officers responded and found some evidence of a possible violation.

1-01 2:45pm, while manning the operations center, officers received a report of a disabled 30ft sailboat in the South Basin of the harbor. Marine Safety and Harbor Patrol officers responded to the call for assistance. Upon arriving on scene, officers observed the vessel was anchored, the skipper, dressed in a petticoat and captains cap, summoned his family onto the deck of the boat. The sailboat and crew were safely towed and secured to their slip in Ventura West.

1-02 2:00pm, received a report of a 30 year old female transient endangering herself. Officers responded, found the female safe and advised not to go into the ocean because of dangerous conditions. She left Surfers Knoll area.

1-04 11:20am, received a report of a diesel spill at VWM C-dock. Officers responded on the fireboat and investigated.

1-05 7:30am, officers escorting a group of bird counters around the harbor in Boat 17 to count birds. The main area of interest is the Harbor Breakwall.

1-07 1:05am, during a recording of the rain gauge, observed very heavy surge affecting the patrol vessels from the large swell. Officers added more spring lines to secure the vessels and limiting the collisions between dock and vessels.

11:45am, received a report that the Santa Clara Rivermouth breached. Officers responded and observed a violent burst with raging water with standing waves 5-6ft high. By-standers were warned to stand back.

1-08 6:31pm, received a dispatch to an unconscious person on their vessel in VIM E-dock. Officers responded and assisted VFD/AMR with a 61 year old male with high blood sugar and neck pain from a fall. The patient was treated on scene for the ailments and transported to local hospital for further evaluation.

Weekly SUDOKU

Answer

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

New Olivas Adobe “docent” board
Continued from page 1

dinner were other docents and invited guests.

Marie Lakin made the following comments at the swearing in.

“Since 1847 the Olivas Adobe has been Ventura’s living room and center of the city’s social and cultural life as it grew from Chumash village, to a Mission-era Spanish and Mexican settlement. The Olivas Adobe is California’s only remaining Monterey Style adobe from the Gold Rush era built by a Mexican family who provided much of our city’s social life.”

“The docents and board members perform a most valuable service of not only protecting the historic Olivas Adobe, but also keeping relevant by planning and staffing its many activities year-round. The docents are chiefly responsible for keeping alive the rancho’s many seasons of history and celebrate the skills, traditions and heritage that belong to Ventura’s—and America’s—many peoples. The Board of the Olivas Adobe Historic Interpreters oversee the docent operations and ensures that they run smoothly and successfully.”

“Thanks to the OAHI docents, the Olivas Adobe continues its long tradition of hospitality today by hosting a full calendar of diverse cultural events for all ages. It is now my pleasure to swear in the new board’s elected officers President Chuck Albert, Vice President Mary Thompson, Secretary Marsha Brumana and Treasurer Joanne Abing.”

“Please raise your right hand and repeat after me.”

“I promise to conduct myself with dignity and decorum when representing the Olivas Adobe Historical Interpreters and the City of Ventura. “

“I swear to uphold the By-Laws of the Olivas Adobe Historical Interpreters and to do my job as an elected officer to the best of my ability. “

“Now, it is my pleasure to present to you the Olivas Adobe Historical Interpreters elected and installed officers for 2019. Thank you, everyone for attending tonight’s Olivas Adobe swearing in ceremony and congratulations, new board members!”

King Crossword

Answers

Solution time: 27 mins.

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



The Pet Page



Dedicated to Scamp

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

Two Clinics in January: Albert H. Soliz Library - El Rio, 2820 Jourdan St.,

Oxnard, on Thursday, January 24th and a second one in the SPAN Thrift Store parking lot 110 N. Olive St. (behind Vons on Main) on Thursday, January 31st. Please call to schedule an appointment 805-584-3823.

■ The National Police Dog Foundation is pleased to announce that as of January 1st, 2019, Peter Fehler is now the Executive Director of the Foundation.

Peter has been helping the Foundation for the last two years with marketing and fundraising. He has been instrumental in the recent growth of the Foundation and in the Foundation's ability to improve the lives of law enforcement K-9s across the nation.

Peter has over 20 years of consulting and nonprofit growth experience. He will focus on expanding existing services and introducing new services to be offered by the Foundation.

The Foundation is dedicated to providing funds and services to law enforcement K-9 units and ensuring the wellbeing of their K-9s. Their efforts assist the departments so they can safely do their jobs and protect our communities.

■ Researchers at the University of California, Davis, School of Veterinary Medicine have found the genetic basis for French bulldogs and Boston terriers appearance and linked it to a rare inherited syndrome in humans.

Bulldogs, French bulldogs and Boston terriers aren't the only dogs with short, wide heads, but they do share another feature not found in other breeds: a short, kinked tail or screwtail.

The researchers sequenced the whole genome, the entire DNA sequence, of 100 dogs, including 10 from screwtail breeds. All the participating dogs were privately owned pets seen at the UC Davis Veterinary Medical Teaching Hospital, whose owners agreed to participate.

Graduate students Tamer Mansour and Katherine Lucot, with C. Titus Brown, associate professor at the School of Veterinary Medicine and Genome Center, searched through the DNA sequences to find changes associated with screwtail breeds.

From more than 12 million individual differences they were able to identify one mutation, in a gene called DISHEVELLED 2 or DVL2. This variant was found in 100 percent of the bulldogs and French bulldogs sampled and was very common in Boston terriers.

Professor Henry Ho at the UC Davis School of Medicine studies similar genes in humans. Mutations in

the related DVL1 and DVL3 genes are known to cause Robinow syndrome, a rare inherited disorder in humans characterized by strikingly similar anatomical changes — a short, wide “babyface,” short limbs and spinal deformities. In addition, Robinow patients and the screwtail breeds also share other disease traits, such as cleft palate.

In both humans and dogs, DVL genes are part of a signaling pathway called WNT involved in development of the skeleton and nervous system, among other things, said Peter Dickinson, professor of surgical and radiological sciences at the School of Veterinary Medicine. By characterizing the screwtail DVL2 protein product, Sara Konopelski, a graduate student in the Ho lab, pinpointed a key biochemical step in the WNT pathway that is disrupted by the mutation. This finding further suggests that a common molecular defect is responsible for the distinct appearances of both Robinow patients and screwtail dog breeds.

The DVL2 screwtail mutation is so common in these breeds, and so closely tied to the breed appearance, that it would be difficult to remove it by breeding, Dickinson said. Other genes are known to contribute to short, wide “brachycephalic” heads in dogs, and there are likely multiple genes that contribute both to appearance and to chronic health problems in these breeds.

Understanding a common mutation in popular dog breeds may, however, give more insight into the rare Robinow syndrome in humans. Only a few hundred cases have been documented since the syndrome was identified in 1969.

■ The Food and Drug Administration has approved an anti-epileptic drug, Pexion, to treat dogs freaked out by noises (now if they could only do that for cats that get freaked out by everything).

The drug is already approved for use in treating epilepsy. Known generically as imepitoin, the drug is similar to Valium and other benzodiazepines but works in a different way to treat noise aversion. Other seizure drugs, such as gabapentin, can also treat some types of anxiety.

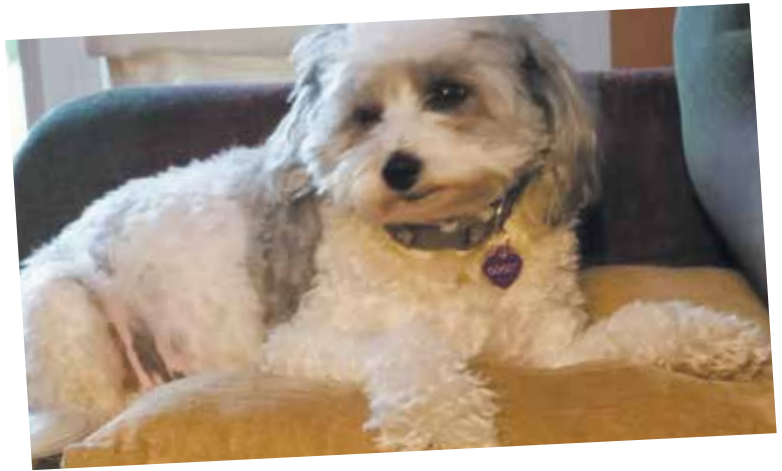
“Dogs with noise aversion are sensitive to loud noises such as fireworks, street/traffic noises, and gun shots,” the FDA said Tuesday.

“Dogs may show their distress through hiding; vocalizing (whining, barking, howling); panting, shaking or trembling; or may vomit, urinate or defecate. Some dogs may damage furniture, doors, dog beds, or other items in their surroundings.”

The drug was originally developed to treat epilepsy in people, but it had some troubling effects on metabolism so was never brought to market for use in humans.

Scamp Club

(Scampclub pets are not for adoption.)



Hi: I'm Gidget, an 8-year-old girl Chinese Crested Poodle. I like to just relax and hang out with my friends. I don't live in Ventura anymore and sure miss it.



Hi: I'm Winston or Winnie for short. I'm a lucky rescue dog. I'm a long hair Jack Russel and some sort of sheep dog, or something. My rescuer Samantha says “He is the nicest dog to all humans and dogs I have ever seen and the sweetest dog I have ever come across.”

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.

\$10 Low/No Income Spay & Neuter
Thursday, Jan. 24th
Albert H. Soliz Library
- El Rio
 2820 Jourdan St.,
 Oxnard, CA 93036
 Must call for appointment
 (805) 584-3823

SPAN Thrift Store
SPAY/NEUTER ANIMAL NETWORK
 We are an all volunteer, nonprofit organization
More Spays - Less Strays
Volunteers Needed!
Donations Always Appreciated!
Spay and Neuter for Low & No Income Families in Ventura County

ALSO \$10 Low/No Income Spay & Neuter
Thursday, Jan. 31st
in SPAN parking lot.
 Must call for appointment
 (805) 584-3823

805.641.1170

110 A & B N. Olive St., Ventura CA 93001

www.spanonline.org



Volunteering at CMH are therapy dog Livi, with Pam Schuman and Molli (the beautiful blond) with Alicia Stratton. They are joined by the 6th floor staff.

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: I'm Skye, a beautiful 1-year-4-month-old Chow in need of a new home. I arrived pregnant and was able to go to a foster home before I gave birth to 4 puppies. Although I'm a Mom now, I'm still a puppy myself. I love attention but can react negatively if I don't get enough. My foster Mom thinks with some training and a structured schedule I'll do great.

My foster Mom had me with four other large dogs at once on multiple occasions (two males and two females) and I did great. I'm playful, affectionate and outgoing, but I am also head-strong and pushy with other dogs, so any dogs that will react negatively to that type of personality is not a good mix for me. It's unknown how I'd do with cats or children.

I need leash training as I'm a big puller and reactive to dogs passing by on walks. I will test boundaries -- will push aside gates and open doors to go exploring. I'm very smart and very eager to learn and please. Teaching me new things should be a breeze.



Are you looking for a best friend? Nirvana is your girl, she is an affectionate cuddle bug. Nirvana loves to play fetch, and walks well on leash. She loves to just hang out with her people. She would be best suited for an active family and the only dog in the household. Come and meet Nirvana today and let her lick her way into your heart. Ventura County Animal Services - Simi location - 670 W Los Angeles Ave. Nirvana A689950



THIS SPACE FOR WRITING MESSAGE

Bryan, Christine, Sedona, Carter, Jim and Rose sharing the Breeze while on vacation.

POST CARD

GOING ON VACATION? BE SURE TO TAKE THE VENTURA BREEZE WITH YOU AND SEND US A PHOTO WITH A LITTLE INFORMATION ABOUT YOUR TRIP AND EMAIL TO EDITOR@VENTURABREEZE.COM



Gentlemen, I give you "Gumshoe."

Written in the first person, you are John L. Peterman III, Esquire.

Detective/ladies-man extraordinaire

Set in 1948 Hollywood, film noir

Visit www.jamesfgray.com
See reviews on amazon.com
<https://youtu.be/rqv5S8jghq4>

New Year's resolution: read more books!

COMING SOON

4 UNITS, near midtown, OWNER FINANCING!!! All units are well maintained, 2 bedrooms, 2 baths, single car garage each unit. A RARE offering and won't last.. \$1,500,000.00.

LINDA FREENY Cal-Oaks Realty
805-290-3982




24/7 SPECIALTY AND EMERGENCY VETERINARY HOSPITAL



Locally owned by Board-Certified veterinary specialists, Dr. Sarah Gray, Dr. Amy Rhoades, Dr. Nancy Scott, Dr. Melissa Herrera and Dr. Theresa Ortega

EMERGENCY & TRAUMA • CRITICAL CARE • INTERNAL MEDICINE • ULTRASOUND & DIGITAL RADIOGRAPHY • ENDOSCOPY • SURGERY • 24 HOUR ICU HOSPITALIZATION





5280 Valentine Road, #120, Ventura, CA
(805) 856-0290
www.HorizonVets.com



by Pam Baumgardner
VenturaRocks.com

Trust me when I say, you won't want to miss An Evening of Song & Stories with Chris Hillman at the Museum of Ventura County on Thursday, January 24. Hillman, long-time Ventura resident, was one of the original members of The Byrds, The Flying Burrito Brothers, and the Desert Rose Band. I was fortunate to see Hillman perform last year at the Lobero Theater, so we are very fortunate to have him in our town in such an intimate setting. You can get tickets through the museum (this will sell out). The legendary Rock and Roll Hall of Famer also loaned the museum some of his memorabilia which is on display through March 31.

Squashed Grapes continues to book jazz shows at the Hong Kong with Jazz Jams on Tuesdays nights; Jimmy Calire and Friends will be there Wednesday, January 16; Bruce Forman performs "The Red Guitar" on Thursday, January 17; it's Nee's Bees (features Nee Sackey, Karl Hunter) on Friday, January 18; and Bevan Manson and Friends on Saturday, January 19.

There's a new venue in Oxnard called 1901 with a "speakeasy" themed bar, and I'm happy to report they offer live music on Friday and Saturday nights. They're located downstairs from La Dolce Vita Ristorante in Heritage Square.

The extremely dynamic Kelly Kirbes will once again be raising funds for C.A.R.L. This is their 6th annual fundraiser for the Canine Adoption and Rescue League featuring her band Kelly's Lot. The event will be held at Four Brix Winery on Saturday, January 26 (5:30 - 8:30 pm), featuring Scott Detweiler, Elizabeth Hangan and others in the band.

Made West will be celebrating their third anniversary on Saturday, January 26, with performances from noon until 8 pm featuring Brother Earl and the Cousins, Amargosos, Shay Moulder, Hannah Jobus and Matt Sayles.

Quick Notes: the popular "Celebration of Joni Mitchell" will be performed at Namba, on Friday, January 18; Vendo 81 plays during the Food Truck Friday at the Pacific View Mall on January 18; E.P. Foster Library will offer a free performance at noon by Opera Santa Barbara on Friday, January 18; a benefit for SPARC with Lacy J. Dalton and Dale Pouné will be at the Ventura Theater (hosted by actor Malcolm McDowell) Saturday, January 19; local jazz artist, Toni Jannotta will perform her "My Little Heart Ruthie" at Bell Arts Factory on Saturday, January 19; The Rubicon presents Red Hot Mama: The Sophie Tucker Songbook for two performances on Saturday, January 19 and Sunday, January 20; traveling through town, DBT (Driven by Turmoil) and Steeltoe, will make a stop at The Garage on Friday, January 25; and the Unity Theater Collective will hold a fundraiser at Namba on Saturday, January 26 with a "Mamma Mia Sing-along."

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

- Blue Agave**
185 E. Santa Clara
Fridays: Mariachi Band; DJ
Saturdays: DJ
- Boatyard Pub**
Ventura Harbor Village
Tuesday-Thursday 6 pm, Friday & Saturday 7 pm
Tuesdays: Jason Ho
Thursdays: Bluegrass Jam
Fri 1/18: Corsican Brothers
Sat 1/19: Déjà vu Too
Fri 1/25: Teresa Russell & Stephen
Sat 1/26: Karen Eden & Bill Macpherson
- Bombay Bar & Grill**
143 S. California Street
Thursdays, Friday & Saturdays: DJs
- Café Fiore**
66 S. California Street
Wed 1/16: Donna Butler
Fri 1/18: The Collectives
Sat 1/19: Otis Hayes
Tues 1/22: Taboo
Wed 1/23: Big Adventure
Sat 1/26: Instone
Tues 1/29: Bernie Meisinger
- Casa Bella**
391 E. Main Street
Thursdays: Danny D
- The Cave**
4435 McGrath Street
5:30 - 8:30 pm
Weds & Saturdays: Varon Thomas
Thurs & Fridays: Warren Takahashi
- Copa Cubana**
Ventura Harbor Village
Tues 1/8: The Jerry McWorter Trio
Fri 1/18: House Arrest
Sun 1/20: Brandon Ragan
Sat 1/26: Havana Cinco
Sun 1/27: Karen Eden
- Discovery**
1888 Thompson Blvd
Thurs 1/17: Shaky Feelin'
Fri 1/18: Spazmatics
Sat 1/19: Hirie, Arise (sold out)
Sun 1/20: Hirie (acoustic set)
Wed 1/23: Reverend Horton Heat, Big Sandy, Voodoo Glow Skulls, Delta Bombers
Thurs 1/24: Pato Banton
Fri 1/25: Metalachi
Sat 1/26: Shaky Feelin' (Sublime Day)
- Duke's Griddle n Grill**
1124 S. Seaward
Wednesdays: Karaoke
- El Rey Cantina**
294 E. Main Street
Fridays: DJ
Saturdays: DJ
- EP Foster Library**
Topping Room
651 E. Main Street
Fri 1/18: Opera Santa Barbara (Noon - 1 pm)
- Four Brix Winery**

- 2290 Eastman Avenue**
Music 5:30 - 7:30 pm
Fri 1/18: Karen Eden
Fri 1/25: Fish Fry
Sat 1/26: C.A.R.L fundraiser w/ Kelly's Lot
- Garage**
1091 Scandia Avenue
Mondays: Karaoke
Sat 1/19: Honey Owl, Looner, Shiro
Fri 1/25: Driven by Turmoil, Steeltoe
- 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 1/18: Salty Suites
Sat 1/19: Dive Bar Messiahs
Sun 1/20: Shawn Jones
Fri 1/25: Bob Bishop
Sat 1/26: Diane Miller
Sun 1/27: International Guitar Night
- Hong Kong Inn**
435 E. Thompson Blvd
"The Grape Presents Jazz" series
Tuesdays: Jazz Jam
Wed 1/16: Jimmy Calire & Friends
Thurs 1/17: The Red Guitar Show w/ Bruce Forman
Fri 1/18: Nee's Bees
Sat 1/19: Bevan Manson & Friends
- Keynote Lounge**
10245 E. Telephone Road
Tues, Wed and Sun: Karaoke
Thursdays: Open mic night
Fri 1/18: DJ AVG
Sat 1/19: CRV
Fri 1/25: What the Funk
Sat 1/26: Crosscut
- Leashless Brewing**
585 E. Thompson Blvd.
Tuesdays: Acoustic open mic
Fri 1/18: Leashless House Band
Fri 1/25: Boom Duo
Sat 1/26: Jacob
- 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 1/17: Anna Vera
Sat 1/19: Jacob Cole Band
Sun 1/20: Milo Sledge Trio
Thurs 1/24: Mark Masson
Sat 1/26: Brother Earl, Amargosos, Shay Moulder, Hannah Jobus, Matt Sayles
Sun 1/27: The Matters
- Majestic Ventura Theater**
26 S. Chestnut Street
Sat 1/19: Benefit for SPARC w/ Lacy J. Dalton, Dale Pouné, hosted by Malcolm McDowell
- Museum of Ventura County**
100 E. Main Street
Thurs 1/24: Evening of Song & Stories with Chris Hillman
- Namba**
47 S. Oak Street
Fri 1/18: Celebration of Joni Mitchell
Sat 1/26: Mama Mia sing-a-long
Sun 1/27: Danika and the Jeb
- O'Leary's**
6555 Telephone Road
Wed: Karaoke
Fri 1/25: Live Band Karaoke
- Pacific View Mall**
3301 E. Main Street
(In front of Trader Joe's)
Fri 1/18: Food Truck Friday w/ Vendo 81
- Paddy's**
2 W. Main Street
Wednesdays: Karaoke
Fri & Sat: DJs
- Red Cove**

- 1809 E. Main Street**
Thursdays: Music Club Open Jam Night
Fri 1/18: Blood of the Heretic, Hessian Wolf Children, False Realtiy, DarkStone, Burning Child
- Rubicon Theater**
1006 E. Main Street
Sat 1/19: Red Hot Mama, The Sophie Tucker Songbook (8 pm)
Sun 1/20: Red Hot Mama, The Sophie Tucker Songbook (2 pm)
- Sandbox Coffeehouse**
204 E. Thompson Blvd
805-641-1025
Thurs 6 pm, Weekends noon
Thursdays Open Mic
Sat 1/19: Wesley Martin
- Sans Souci**
21 S. Chestnut
Sundays: DJ Darko
Mondays: Karaoke
Tuesdays: DJ Nick Dean
Wednesdays: Open mic
Thursdays: DJ Spinobi
Sat 1/19: Blackstar
- Star Lounge**
343 E Main Street
Thurs 1/17: Karen Eden
Fri 1/18: CRV
Sat 1/19: Jan Michael & the Vincents
Thurs 1/24: Kyle Smith
Fri 1/25: Twisted Gypsy
Sat 1/26: Mini Driver Band
- The Tavern**
211 E. Santa Clara Street
(805) 643-3264
Sundays: DJ Steezy Steve
Tuesdays: Karaoke
Thursdays: Get Right DJ
- Topa Mountain Winery**
821 W. Ojai Avenue, Ojai
Sat 1/19: Other Mother Brother Band (3-5 pm)
Sat 1/26: Cindy Kalmenson & the Lucky Ducks (3-5 pm)
Sun 1/27: Sam Kulchin (2-4 pm)
- Topa Topa Brewing Co.**
104 E. Thompson Blvd
Thurs 1/24: The Matters
- Traveler's Café**
1070 E. Front Street
Sun 1/27: The Swillys (11 -1 pm)
- Vintura at the Wine Rack**
14 S. California Street
(805) 653-9463
Sundays music at 3 pm
Wed 1/16: Two's Company
Thurs 1/17: Doc Ventura
Fri 1/18: Mark Masson Duo
Sat 1/19: Frank Barajas & the Corsican Brothers
Sun 1/20: Ric Ash
Wed 1/23: David Grospe
Thurs 1/24: Carlo Fontaine
Fri 1/25: Karyn 805
Sat 1/26: Jodi Farrell
Sun 1/27: Toni Jannotta Jazz Trio
- Winchester's**
632 E. Main Street
(805) 653-7446
Music at 8:30 pm; Sundays at 2:30 pm
Fri 1/18: Sam Kulchin
Sat 1/19: The Matters
Sun 1/20: The James Broz.
Fri 1/25: Frank Barajas
Sat 1/26: Déjà vu Too
Sun 1/27: Hot Cuppa Three
- 1901 Speakeasy**
649 South B Street, Oxnard
Music 7-10 pm
Fri 1/18: Jodi Farrell & Jim Rankin
Sat 1/19: Tex Pistols
Fri 1/25: The Road Brothers
Sat 1/26: Morrison Drive
- The 805 Bar**
Ventura Harbor
Music at Noon
Saturdays: Kenny Devoe
Sundays: Kenny Devoe



Patricia Cadenas and Patricia Fabysack will display their artwork in the show "Living Textures" at Fox Fine Jewelry from January 17 – March 10, with an Art Reception on January 19 from 6 – 8 pm.

As a Cuban American having studied in Europe and America, Patricia Cadenas has been able to cultivate a diverse style marked by its versatility. Specializing in murals, Cadenas has created some incredible works including a building-sized marine world for Toyota Corporation; a wonderful children's fantasy world for the pediatric intensive care unit at UCLA Medical Center; and a Tuscan scene painted on a ceiling for a cigar room in an estate home. You might have even seen her work in Ventura, as she's one of the artists who painted one of the many colorful utility boxes around the city.

Patricia Fabysack has been passionate about art since she was a young child. Lacking funds for art supplies, she'd burn sticks and leaves and use the charcoal to draw on the concrete outside. This creative ingenuity led to the artist she is today, now using mixed media and wax to add literal depth to her art.

Fox Fine Jewelry, 560 East Main Street
(805) 652-1800



Ojai Studio Artist and Sculptor **Valerie Freeman** is presenting an insightful presentation of her life of art and sculpture. Freeman will explore the influences of her life experiences through art and the development and experimentation of her ceramic one-fire sculptures and luster glazes.

Freeman has a solo exhibit February 1-28, at Ojai Art Center with a Live Art Auction fundraiser on Feb. 23 from 2-4pm, to raise funds for non-profit charities. Freeman's sculpture may also be seen at the upcoming ceramic exhibit at Ojai Art Museum.

Monday January 28, Doors open at 7 pm Program begins at 7:30 pm

For more information, please visit www.freemanart.com

Ventura County Potters' Guild
The Ventura Avenue Adult Center
550 N. Ventura Avenue, Ventura

Falling for Red Acrylic on Canvas by **Louisa Wallace Jacobs**

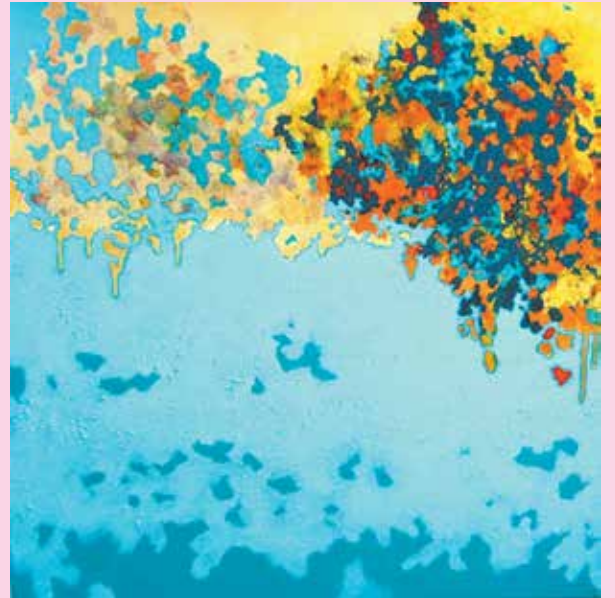
We are shaking off the winter doldrums with explosions of color and welcoming almost three dozen new or returning members who have joined us in the past few months! You're invited to come see new artworks at the Buena Ventura Gallery, Color Mad! Until January 27.

Artists' Talk
"Rejection: The Path to Acceptance" on Saturday, January 26, 1pm - 3pm. Instructor

Margie November, M.D. is a BAA member and practicing psychiatrist who will give you tips on dealing with the world of competitive art shows. Whether you're new to exhibiting or a long-established pro, that twinge you get in the pit of your stomach when a piece is not accepted hits all of us. Is there a voice in your head that says, "Why bother" or "I'm just not ready"? Do these feelings present an obstacle to exhibiting your work? Margie will help you deal with these feelings in a positive manner by using her own artwork and experiences with rejection as examples of how you can reach the path to acceptance. BAA Members - \$5 Public (Non-Members) - \$10

Dr. November's Psychiatry website www.MargaretNovember.com; art website is in the works.

432 N. Ventura Ave., #30, in the Bell Arts Factory.



Mika Harmony is the Featured Artist at Capriccio Restaurant downtown Ventura with her new exhibit "Garden of the Heart" featuring whimsical and vibrantly colored acrylic paintings on canvas. Themes of feathers, butterflies, dragonflies, flowers and hearts are prominent in her new collection. Show is up through February 28th. www.mikaharmony.com

Capriccio Restaurant, 298 E. Main Street, downtown Ventura, Open daily at 11:30am.

Dab Art is pleased to present *PETIT à PETIT*, a solo exhibition of abstract photos by **Lisa Caren** until Feb. 28.

While firmly entrenched in the digital age, east coast-based photographer Lisa Caren is the modern day incarnation of the early abstract pioneers. *PETIT à PETIT* is a recent collection of her high impact abstract photographs. While living in a coastal town Caren began shooting at a local marina capturing the tiny details of the large fishing vessels. Little by little, there was more to be seen and to be photographed.

1793 East Main Street, Ventura.



Lighter Breeze

Baby Blues



Blondie



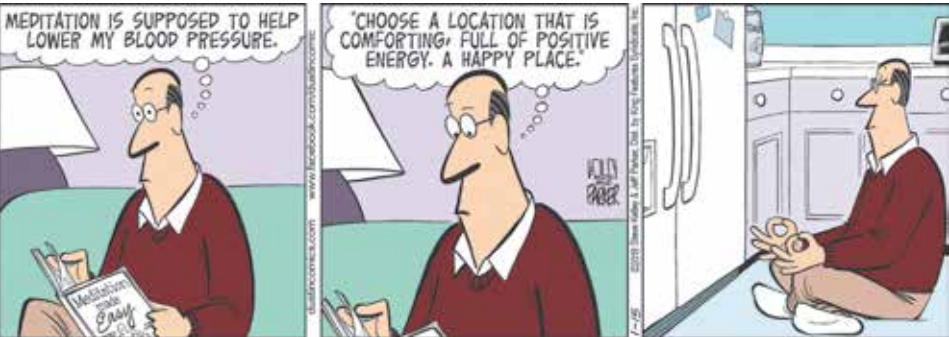
Hagar the Horrible



Crock



Dustin



The Unruly Old Guy



Are you an aspiring cartoonist? Send your cartoon(s) to editor@venturabreeze.com for consideration to be in a future issue.

Solutions on page 13

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

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

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!

© 2019 King Features Synd., Inc.

Solutions on page 13

King Crossword

ACROSS

- 1 Ref
- 4 Present
- 8 Jeans-maker Strauss
- 12 Seek damages
- 13 Dunkable treat
- 14 Mosque bigwig
- 15 Jogged onto
- 17 Baby feeding finale
- 18 Standing
- 19 Parched
- 21 Started
- 22 Let slip
- 26 Reservation residence
- 29 Marry
- 30 Part of "to be"
- 31 Unoriginal one
- 32 Pickle container
- 33 Thick chunk
- 34 Grant opponent
- 35 Plague
- 36 Coffin
- 37 Duration
- 39 Bill's partner
- 40 Scooted
- 41 Turmoil
- 45 Gujarat garment
- 48 Vigor

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

- 50 Help hoods
- 51 Unctuous
- 52 "Holy cow!"
- 53 Uppercase
- 54 Untouchable Eliot
- 55 Agent
- 8 Tripoli's land
- 9 Aussie bird
- 10 Alt. spelling
- 11 Mischievous tyke
- 16 Swiss mathematician
- 20 Scarlet
- 23 Hardy cabbage
- 24 Historic times
- 25 "Pay later" aftermath
- 26 Lofty
- 27 Duel tool
- 28 Hammerhead part
- 29 Grow bigger
- 32 Lincoln successor
- 33 Rid of wool
- 35 Sch. org.
- 36 Rabbits
- 38 Southern side dish
- 39 Ringlets
- 42 Early birds?
- 43 Flight component
- 44 Yon folks
- 45 Pouch
- 46 Counselors' grp.
- 47 Agt.
- 49 Dead heat

DOWN

- 1 Cold War initials
- 2 Silent
- 3 Culprit, for short
- 4 Small beard
- 5 Annoyed
- 6 Retainer
- 7 Little kid

© 2019 King Features Synd., Inc.



ARIES (March 21 to April 19) Taking some time out of your usually busy social life could be just what you need to help you focus on putting those finishing touches on your plans for a possible career change.

TAURUS (April 20 to May 20) A misunderstanding about a colleague's suggestions could create a delay in moving on with your proposal. But by week's end, all the confusing points should finally be cleared up.

GEMINI (May 21 to June 20) You might feel overwhelmed by all the tasks you suddenly have to take care of. But just say the magic word -- help! -- and you'll soon find others rushing to offer much-needed assistance.

CANCER (June 21 to July 22) Finishing a current project ahead of schedule leaves you free to deal with other upcoming situations, including a possible workplace change, as well as a demanding personal matter.

LEO (July 23 to August 22) Turn that fine-tuned feline sensitivity radar up to high to help uncover any facts that could influence a decision you might be preparing to make. Devote the weekend to family activities.

VIRGO (August 23 to September 22) A state of confusion is soon cleared up with explanations from the responsible parties. Don't waste time chastising anyone. Instead, move forward with your plans.

LIBRA (September 23 to October

22) You might feel obligated to help work out a dispute between family members. But this is one of those times when you should step aside and let them work out their problems on their own.

SCORPIO (October 23 to November 21) Your ability to resolve an on-the-job problem without leaving too many ruffled feathers earns you kudos from co-workers. You also impress major decision-makers at your workplace.

SAGITTARIUS (November 22 to December 21) Newly made and long-held friendships merge well, with possibly one exception. Take time to listen to the dissenter's explanations. You could learn something important.

CAPRICORN (December 22 to January 19) Be prepared to be flexible about your current travel plans. Although you don't have to take them, at least consider suggestions from the experts in the travel business.

AQUARIUS (January 20 to February 18) A problem with a recent financial transaction could lead to more problems later on unless you resolve it immediately. Get all the proof you need to support your position.

PISCES (February 19 to March 20) Daydreaming makes it difficult to stay focused on what you need to do. But reality sets in by midweek, and you manage to get everything done in time for a relaxing weekend.

BORN THIS WEEK: Your ability to reach out to those in need of spiritual comfort makes you a much-revered, much-loved person in your community.

(c) 2019 King Features Synd., Inc.

Show Time

A View from House Seats

Stages offer Shakespeare to Seuss

by Shirley Lorraine

Welcome to a new year and new theatrical season line-ups for Ventura County stages. 2019 promises a wide variety of productions to entertain, educate and elate theater-goers of all ages.

Many of the theaters are in rehearsal periods in the month of January, with openings coming up in February. A few are on stage now.

Conejo Players, just a hop and skip over the hill, is beginning their season with *To Kill A Mockingbird*, running January 18 through February 9.

High Street Theater in Moorpark makes a lively and timely start with *Mary Poppins*, opening January 25.

Simi Valley Cultural Arts Center presents a limited run of *Hamlet* mounted by the California Shakespeare Company. Catch this production now through January 27.

The Elite Theater has traditionally brought original one-act plays to their stage in January. The One-Act Festival offers an evening for budding and experienced playwrights to have their works put before the public. This year, weather-related repairs to the building are taking precedence and the festival has been postponed to later in the season.

Ventura's Rubicon Theater brings *Heisenberg* to the stage, running January 30 through February 17. The drama, starring Faline England and Rubicon regular Joe Spano, spotlights a chance meeting between two strangers and the myriad ways their lives change as a result.

February brings *As You Like It* to the Camarillo Skyway Playhouse while *Breaking Legs* will be presented by the Elite in Oxnard, and *The Humans* at the Santa Paula Theater Center.

The Ojai Art Center Theater will be celebrating the opening of their 80th season by reprising the first production

mounted on their stage back in 1939. The suspenseful who-dunnit *Night Must Fall* opens February 15.

Popular musicals of a range of types will be on our stages, including *Avenue Q*, *Sweet Charity*, *Pippin*, *Mama Mia!*, *Into the Woods*, *Seussical*, the Musical and *Sweeny Todd*. There will certainly be something to suit everyone's taste.

Comedies to be staged bring *Vanities*, *Bless Your Heart* and *Moliere's The Miser* among others. Announced dramatic works offered are *The Crucible*, *Proof* and *Seascape* for starters.

Ventura County boasts some of the best theater productions in the Tri-Counties area. There are many high school and college productions to be seen, as well as youth productions. Several theaters also mount productions on secondary stages, filling in some gaps or presenting special works. Thousand Oaks Civic Arts Center always has something to offer, from local casts to touring companies.

As always, announced productions are subject to change as the seasons go along. Each theater will be adding shows not yet announced as well as short run interim offerings on many stages. Check the website of each theater individually for the most up to date information.

Camarillo Skyway Theater – www.skywayplayhouse.org
Conejo Players – www.conejoplayers.org
Elite Theater - www.elitetheatre.org
High Street Playhouse – www.highstreetartscenter.com
Ojai Art Center – www.ojaiact.org
Rubicon Theatre – www.rubicontheatre.org
Santa Paula Theater Center – www.santapaulatheatercenter.org
Simi Valley Cultural Arts Center – www.simi-arts.org

See you at the theater!

Mary Poppins Returns



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

by Victoria Usher

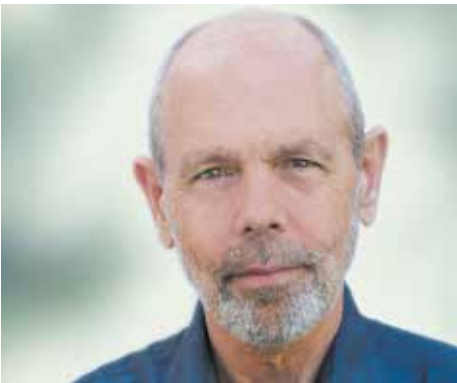
Marry Poppins Returns is a 2018 adventure, comedy, family, and fantasy film that was directed by Rob Marshall. It is a sequel to the original *Marry Poppins* film from 1964 and also based on the “*Marry Poppins*” books written by P.L. Travers. It was produced by Rob Marshall, John DeLuca, and Marc Platt. The screenplay was by David Magee. The story was by David Magee, Rob Marshall, and John DeLuca. The cinematography was by Dion Beebe. The music was by Marc Shaiman. It was edited by Wyatt Smith. The production design was done by John Myhre. The costume design was done by Sandy Powell. The film was distributed by Walt Disney Studios Motion Pictures and then it was released in cinemas December 19th, 2018. The stars of the film include Emily Blunt, Lin-Manuel Miranda, Ben Whishaw, Emily Mortimer, Julie Walters, Meryl Streep, Colin Firth, Pixie Davies,

Nathanael Saleh, Joel Dawson, Dick Van Dyke, and Angela Lansbury.

In this sequel, Michael Banks (Ben Whishaw) is now all grown up and he has three beautiful children of his own. His wife has sadly passed away very recently, and her illness unfortunately took all of their savings so now he has absolutely no idea what he is going to do about their financial situation. Of course, this is exactly when Marry Poppins (Emily Blunt) swoops in, bringing purpose, hope, happiness, and maybe even love into Michael's life and into his children's lives. The sequel goes in a very similar direction as the original film, but it also has its own unique spin on it and it also has its own lovely surprises that are different from the original film. There are moments throughout the film that are meant to make people remember the first film and feel nostalgic.

One of the best things about this film is how absolutely perfect and wonderful Emily Blunt is, she truly was the perfect choice for Marry Poppins in this sequel. She does an unbelievably brilliant job of turning the role into something that is all her own and not in any way trying to replicate or Julie Andrews' performance from the original 1964 film. I can promise that you will not regret watching this sequel, it is an enchanting and magical ride from beginning to end.

(Rated: PG) (Running Time: 2h 10m)



Award-winner Joe Spano to star at the Rubicon.

Heisenberg is sexy and full of surprises

Rubicon Theatre Company opens the 2019 Season with the quirky romance *Heisenberg*. Sweet, sexy and full of surprises, the story follows two strangers whose lives intersect in a bustling London train station when free-spirited Georgie, a 40-something American, unexpectedly plants a kiss on the neck of Alex, an older Irish butcher, as he sits on a bench at St Pancras Station.

When she turns up in his shop a few days later, she sets the suspicious man's world reeling. As Alex is drawn into Georgie's anarchical world, his conventional life becomes chaotic, uncertain and undeniably richer. Written by Tony-Award winning playwright Simon Stephens (*The Curious Incident of the Dog...*), Rubicon Theatre Company's production stars Emmy and LADCC Award-winner Joe Spano as Alex (“*NCIS*,” *RTC's A Christmas Carol*, and *Who's Afraid of Virginia Woolf?*) and Ovation-winner Faline England (*RTC's Gulf View Drive*, *All My Sons*) as Georgie. Directed by Indy-Award Winner Katharine Farmer.

Wednesday January 30, 2019 at 7 p.m. (\$25-\$35)
Thursday January 31 at 7 p.m. (\$25-\$35)
Friday February 1 at 8 p.m. (\$25-\$40)
Regular Performance Times and Prices
Wednesdays at 2 p.m. and 7 p.m. (\$25-\$55) (Talkbacks follow all Wednesday evening shows except the January 30 preview)
Thursdays at 7 p.m. (\$25-\$55)
Fridays at 8 p.m. (\$25-\$55)
Saturdays at 2 p.m. and 8 p.m. (\$25-\$55)
Sundays at 2 p.m. (\$25-\$55)

Rubicon Theatre Company
1006 E. Main St. Ventura, CA 93001
Prices above do not include a \$4 ticket service fee
Discounts Available for Groups of 10+
Discounts for Seniors 65 and over,
Students, Teachers and active Military available
Box Office (for single and group tickets) 805.667.2900.

Namba upcoming events

January programming focuses on local talent. “Discover wonderful new local talent, meet new artists and begin new friendships at Namba!” Tickets at NambaArts.com.

January 18, 8pm, “A Celebration of Joni Mitchell” features Kimberly Ford. This is a rocking tribute to the most iconic singer-songwriter of the

Woodstock generation. Mitchell touched millions with her nearly 40-year career spanning genres from contemporary folk to jazz to full-throated pop-rock.

January 20, 7pm, “New Blood Comedy” Niki Marinis and Eric Crispin have been putting on great comedy open mics and shows in the 805 for years and now Local and SoCal comedians flock to New Blood Ventura bringing their wildly successful comedy to NAMBA.

January 25 & 26, 8pm, “A Mama Mia Sing-Along and Fundraiser” for the Unity Theatre Collective, a new production partner at Namba. Bring your friends and sing along to your favorite ABBA songs! Plus, there's a '70s Costume Contest so dress the part!

January 26, 11am-2pm, Namba keeps 2019 focused on local talent in partnership with Jodi Farrell for another “Performance Workshop”! But don't let the title fool you, this is a Trial by Fire for Ventura's finest new entertainers. Do they have what it takes to enchant an audience... namely you?

January 27, 4pm, If you hear the term ‘acoustic duo’ you imagine two people sitting on stools, lightly strumming guitars, singing about how life has treated them poorly, think again. Danika & the Jeb are dynamic, uplifting, and fun, while their music is a soulful combination of artfully written songs and powerful musical phrasing.

January 27, 7pm, “New Blood Comedy” Niki Marinis and Eric Crispin have been putting on great comedy open mics and shows in the 805 for years and now Local and SoCal comedians flock to New Blood Ventura bringing their wildly successful comedy to NAMBA.

Namba 47 So. Oak Street, Ventura. Visit www.NambaArts.com regularly for programming updates!

CALL & BOOK YOUR PRIVATE EVENT!
805-253-7163

Discovery
VENTURA

LIVE MUSIC · BOWLING · FOOD & DRINK

1/17: BOB MARLEY DAY W. SHAKY FEELIN'
1/18: THE SPAZMATICS
1/19: HIRIE W. ARISE ROOTS
1/20: HIRIE ACOUSTIC SET LUAU STYLE
1/23: REVEREND HORTON HEAT W. BIG SANDY,
VOODOO GLOW SKULL, THE DELTA BOMBERS
1/24: PATO BANTON W. TREVOR GREEN &
LOS NAUTICALS
1/25: METALACHI
1/26: SUBLIME DAY
1/26: SHAKY FEELIN'

CELEBRATING
3 YEARS
BOB MARLEY STYLE

THURSDAY, JANUARY 17TH

FRIDAY, JANUARY 18TH

SATURDAY, JANUARY 19TH

WEDNESDAY, JANUARY 23RD

THU JAN 24

FRIDAY, JANUARY 25TH

FULL CALENDAR & INFO
DISCOVERYVENTURA.COM
1888 E. THOMPSON BLVD.



3.15%
APY*

CERTIFICATE
SPECIAL!

START 2019 OFF RIGHT BY GETTING MORE
FOR YOUR HARD-EARNED SAVINGS!

16-MONTH CERTIFICATE

MINIMUM \$1,000

Open online or at your
local branch today!

Ventura | 1794 S. Victoria Avenue, Unit B

Channel Islands | 1651 E. Channel Islands Boulevard

North Oxnard | 1921 N. Oxnard Boulevard

Camarillo | 761 Daily Drive, Suite 100

Visit our website for more branch locations!

PremierAmerica

CREDIT UNION

PremierAmerica.com/NYCD | 800-772-4000

*APY=Annual Percentage Yield. Rate effective January 14, 2019. Offer and rate may change or end without notice. A penalty may apply for early withdrawal. A deposit to be maintained in a share savings account (\$5.00 for consumers and \$250.00 for businesses) is required to join Premier America Credit Union. Insured by NCUA.

This 'n' That



Turn off your cell phone before you get to the dining table.

Sustainability Now News

Do you live in a TMT (Too Much Technology) Zone?

by Maryann Ridini Spencer
(@MaryannRidiniSpencer)

Have you ever been out to dinner and had your friend, family member or partner answer their cell phone and talk for a few minutes, leaving you out of the conversation? Maybe you've been involved in a heart-to-heart, and just at the moment you were going to divulge the most important detail, you were told to "hold that thought" while your friend or family member answered their cell phone? Do you often find your partner or friend mysteriously glued to their iPad or computer keyboard much to your chagrin? Without the risk of being too crass, sometimes technology bites. If you've ever been in any one of the above situations, you've experienced, first hand, the frustration of being upstaged by modern technology, or as my old boss jokingly used to tell his victims, "by a bigger name."

Connecting with the people in our lives – our friends, family, and our special someone – is vital to our health and wellbeing. Being kind and generous with our undivided attention can go a long way. Connecting on a face-to-face, technology-free, personal basis is paramount. Especially in this fast-paced, stressful era of job downsizing, mergers & acquisitions and where digital technology rules, it can be easy for the ones you love (or for you) to become alienated living in the TMT (Too Much Technology) Zone.

How to live TMT Free

Turn off your cell phone before you get to the dining table.

Enjoy a Sunday meal with the entire family – create time together to talk and interact minus the electronics.

On a date or at a business meeting? Power your phone OFF (or ask the person

you're with to do the same). You can pick up your messages later. You might also select your "alternate" greeting, letting folks know you are in a meeting and will return their call later.

Let your weekends or vacation truly be "time off." Use your email "vacation message" or select your alternate voicemail message to tell clients, friends, and associates you'll call on Monday when you're back at the office. If you find that you have to be available to respond, try to designate a specific time of day that won't interfere with your dedicated activities.

Great Examples of How to Use Technology

In the mood to share an expression of love? Go for it. Just don't text or send images of anything you don't want to appear on the front page of the Sunday papers (you never know with technology!). LOL.

A quick "thank you," to share an expression of gratitude.

A reminder for an important appointment, service, task, or time sensitive task.

Keeping in mind the importance of in-person sharing of essential feelings, thoughts and ideas, talk to those in your life about technology abuse and set up some ground rules. Connecting on a personal level and nurturing your important relationships by being TMT Free, or at least controlling your impulses to reach for your iPhone or tablet, can have extremely pleasing results. Enjoying the warmth of loving, appreciative and attentive arms around you can warm up the day or night and fill the heart more than any text or chat on Facebook or Twitter.

Fire in the Arundell Barranca

On Jan. 5, at 4pm, the Ventura County Fire Communication Center received multiple reports of a structure fire in the area of Whittier Ct. in the City of Ventura. Ventura City Fire Department resources were quickly dispatched and arrived to find a fire burning in heavy vegetation in the Arundell Barranca to the rear of the reported address. The first arriving fire resources reported a well-established ¼ acre vegetation and tree fire burning in and

around the Arundell Barranca adjacent to Camino Real Park. Early detection by alert residents and the quick actions of firefighters using multiple hand lines to contain, control and extinguish the fire eliminated the threat to residential exposures and property. The fire was contained to ¼ acre.

The quick and coordinated actions of firefighters eliminated the immediate impact to any residential structures or residential property. Fire resources were committed for approximately 2 hours and no civilian or fire personnel injuries were reported. The cause of the fire is under investigation and the incident was released to Ventura Parks Department for vegetation removal and fence line repairs.