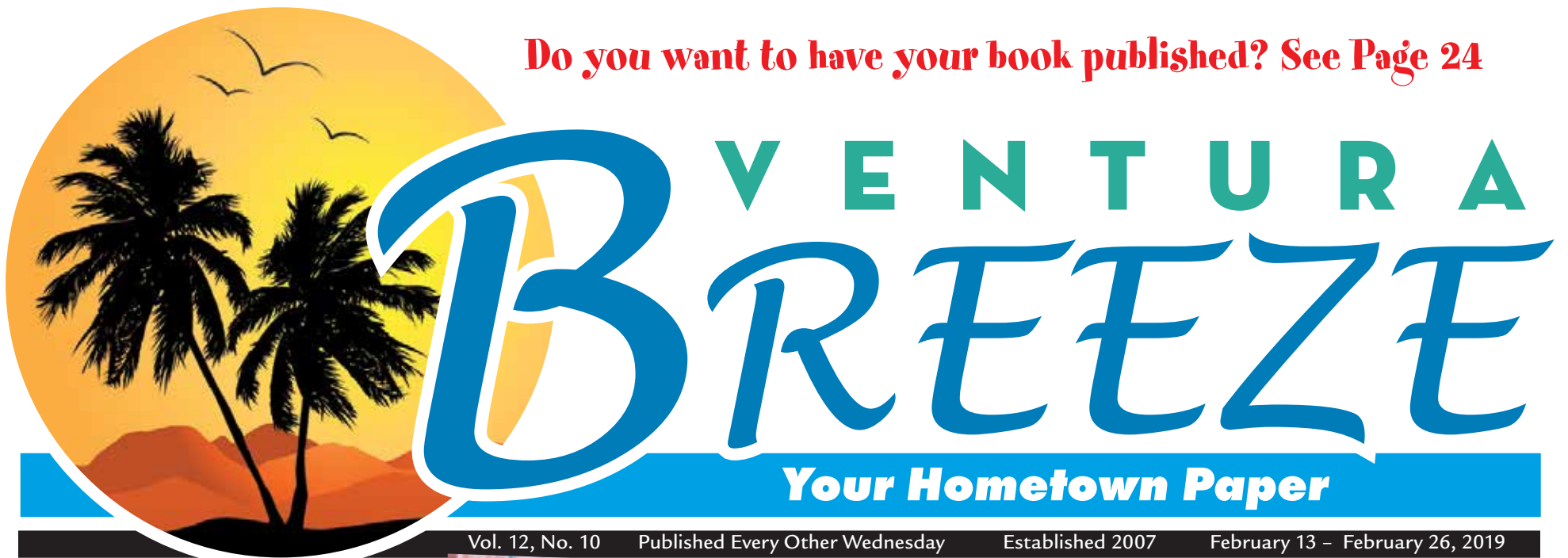


Do you want to have your book published? See Page 24



Vol. 12, No. 10

Published Every Other Wednesday

Established 2007

February 13 – February 26, 2019



A group of volunteers is sorting Thanksgiving baskets.

**Sustainability Now News**

## Project Understanding: Serving People in Need in Ventura County-Part 2

by **Maryann Ridini Spencer**  
(@MaryannRidiniSpencer)

Project Understanding, founded with the support of the community and many faith-based congregations has been serving Ventura County for over 40 years. Their goal of moving clients out of homelessness providing support, food, housing, and educational programs, has been instrumental in fostering hope and transforming lives of thousands of individuals.

How Project Understanding serves people in need in Ventura County:

### **First Step Center**

Individuals needing assistance provide information on their special circumstance at The First Step Center. Intake forms can be found online at [projectunderstanding.org](http://projectunderstanding.org) or by visiting Project Understanding, 2734 Johnson Drive, Suite E, Ventura, Monday, Tuesday, Wednesday or Friday from 9:00 am to 1:00 pm, (805) 652-1326. Afterward, clients are evaluated and contacted by an Intake Specialist who puts together a game plan for the client including objectives, resources, and referrals which might include DMV reduced fee vouchers, utility payment

*Continued on page 19*



Mental Health Technician Diana Gasmi, Officer Rebecca Kofman and Officer Derek Donswyk meet with a lady in need.

## Mental Health Technician paired up with Ventura Police Officers

The Ventura Police Department now has a full-time mental health technician embedded within the Ventura Police Patrol Task Force. The technician will be responsible for case management and

outreach for the homeless population suffering from mental health issues. The effort is a partnership with Ventura County Behavioral Health and is funded

*Continued on page 19*



Last year's parade drew a record crowd in the thousands.

## Entry into the 2019 County Ventura St. Patrick's Day Parade just got easier

Parade entries are now being accepted for the 31st annual County Ventura St. Patrick's Day Parade, scheduled on Saturday, March 16, along Main Street in downtown Ventura.

It will please prospective entrants to know that the entry process has become much easier this year. Just open the parade website and follow the simple all-online procedure to submit your entry form and pay via PayPal. Entry deadline is Thursday, March 7; only the first 100 entries will be accepted.

The County Ventura St. Patrick's Day Parade is presented each year by the Ventura Elks Lodge No. 1430. Last year's parade, honoring first responders in the wake of the devastating Thomas Fire, drew a record crowd in the thousands.

The 2019 parade promises to be another heartfelt event. With the theme "Memories of the Past," it will feature a very special grand marshal contingent: an esteemed lineup of past grand marshals led by the one and only Jim Monahan. A longtime and much revered civic leader including on the St. Patrick's Day Parade Committee, Monahan stepped down this year after 41 years as a Ventura City Council member.

*Continued on page 2*



James Lockwood Fair Public Relations and Marketing Director congratulating the 2018 winners.

## VC Fair announces 10th annual poster contest for county youth

The 2019 Ventura County Fair has announced the Call for Entries for the 10th annual poster contest. The contest is open to young artists in grades 5 - 12 who reside in Ventura County.

The theme of the 2019 Fair is "A Country Fair with Ocean Air" and will serve as the familiar guideline to the imagery.

*Continued on page 5*

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Hypnosis Rising has held their grand opening ribbon-cutting. Photo by Michael Gordon.

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**2019 County Ventura St. Patrick's Parade**  
Continued from page 1

For more information on the parade and to enter, visit [venturastpatricksdaysparade.com](http://venturastpatricksdaysparade.com).

If you have any entry questions, call Elks Club chair Lance Baird at 805-415-2053; parade committee member Dan McGrath at 805-231-2779; or parade committee member Aaron Gaston at 805-340-8217.

For other parade details, contact Faye McDonald at [funelda@yahoo.com](mailto:funelda@yahoo.com) or 805-340-7525; Tim O'Neil at [tim@shamrocksf.com](mailto:tim@shamrocksf.com) or 805-320-3181; or Jim Monahan at [jim.monahan@att.net](mailto:jim.monahan@att.net) or 805--643-4275.



# City News



“Banjo Gal” Donna Lynn works full-time as a social worker for the county.

## Creativity, service inspire local “Banjo Gal”

by Jill Forman

Banjo player, songwriter and singer Donna Lynn Caskey isn’t sure where the nickname “Banjo Gal” came from, but it suits her. “It just kind of stuck,” she says; “people forget my name.”

Growing up in Virginia, and at college in the Blue Ridge Mountains, she dreamed about banjos and got “weepy” when she heard them. “It had my name on it.” She loves music and the power of songs, “...spooky things that move me emotionally.”

Although she came from a musical family and actually had a banjo for a couple of years, she didn’t start playing until she was in her 20’s. She got a scholarship to the Campbell Folk School in Brasstown, North Carolina, an intensive week-long banjo class that left her with “bloody cuticles and shredded fingernails.” Immersing oneself into a new instrument is “...a good way to start...by the third day, it clicked.”

After working a variety of jobs in Virginia and a stint in Peru taking care of sick kids, she decided to come to Santa Barbara for grad school. She

had just started with the banjo, so she brought her instrument, a backpack, and a suitcase. Within three months she had written her first song, “Gold in the Mud,” which has been used in several church services, talking about the worthiness of every person. She is passionate about the creative process. “Making things and sharing them is service. Encouraging people is also service.” Another of her songs includes the line, “Everyone is worthy...all are welcome at the table.”

Speaking of service, Donna Lynn works full-time as a social worker for the county. She sees creativity and service as the themes of her life and finds that the stability of a consistent job fuels her own creativity. Phrases and melodies come to her in dreams at times. As a child she would sing to herself “...when nobody could hear me.”

Folk music is “...the music of the people.” The first banjos, for instance, were made by enslaved peoples trying to recreate the instruments of West Africa in the mountains and flatlands of the American South. “Anybody can write a song...sing it to your dog. It’s a human birthright to be creative and do it your own way.”

In addition to songs, she makes art: drawing, painting and mixed media. Her college degree is in Art, and her home displays her work. Plus a large collection of banjos, a couple of guitars, and a fiddle!

Donna Lynn has two CD’s, “Nameless Heart” and “The Love Still Shows.” Both are entirely songs she wrote herself, in varied styles, “...not stereotyped.” Something has to strike her emotionally in order to make a song out of it. She performs in the L.A. area at times and is part of that music scene, but it is not financially rewarding. There are a few singer-songwriter showcases she is part of, a house concert in Oakland, some benefit concerts, churches and art spaces.

CD’s can be purchased directly, and her events calendar viewed, at <http://www.donnalynncaskey.com> or at shows. Another alternative to download or buy CD’s is <https://store.cdbaby.com>.

She doesn’t do a lot of local shows, but will be performing at NAMBA Performing Arts Space in Downtown Ventura on March 23 at 8 p.m. Tickets will be \$20 at the door or can be bought at <http://www.nambaarts.com>.

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# VENTURA BREEZE

Your Hometown Paper

Member, Ventura Chamber of Commerce

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

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a process of  
creation, it  
is never  
experienced as a  
mere product.  
– Paul Klee

## Opinion/Editorial



Sheldon (Governor) Brown  
Publisher-Editor

■ I hope you enjoy reading the enclosed **Harbor View** insert and learn lots about our wonderful Harbor.

■ Have you written a book – or have been thinking about

**self-publishing** and don't know where to start? If so, The Breeze is presenting a self-publishing seminar on March 24. (see ad on page 24 to learn all about it).

■ Okay, I give up - no more **Trump** comments by me (or cartoons by others). Readers, of course, are welcome to send in your comments about any topic. So, keep sending in those opinions. I do reserve the right to comment though on opinions, which I am doing below. As always, if you write to support Trump, please tell us why you think he is a good President.

From a reader:

Dear Editor,

*I'm from out of town and visit for business every 6 weeks. While here, I enjoy reading your newspaper. Although I have no comment on the disrespectful cartoon you published (I didn't see it) in your response to Beth Brokken, you had to add for the record that Hillary received over two million votes than President Trump. I believe a fair comparison would be to publish a map of the USA with every county and by color of the winner. You will see President Trump winning most of the country and Hillary winning the large cities. The large cities don't speak for me and most hard working Americans. This is also true for this state and our recent elections. Very sad with the 2018 results.*

Jeffrey "Putt" Mills

Gavilan Hills, CA

Sheldon's email response: Thanks for sending - will be in February 13 issue. Don't you think whoever gets the **most votes should win?**

Jeff: Absolutely not. The electoral college checks the balance of the big city to rural America.

Sheldon: The Convention approved the Committee's Electoral College proposal, with minor modifications, on September 6, 1787. How could

something passed in 1787 possibly have any application to today? The population in 1787 was under 4 million - today it is 326 million - and the flag had 13 stars. And, some historians believe that the whole purpose of the College was to keep slavery alive and well.

Using that concept, the vote of a person in Charlotte (population 860,000) means more than a vote in Ojai (population 8,000). If someone lives in New York, but moves to Georgia, their vote is now more important. It's a ridiculous law that has absolutely no meaning today and should be removed. This isn't 1778.

Can you imagine what would have happened if Trump had received two million more votes than Hillary and she won the election because of the Electoral College? Instead of carrying MAGA posters, Trump supporting would be carrying **ATEC** (abolish the electoral college) posters.

Okay if I quote Trump? "Since the founding of our nation, many of our greatest strides – from gaining our independence to abolition of civil rights to extending the vote for women – have been led by people of faith."

■ From the LA Times: "Los Angeles recorded its highest level of **hate crimes** in a decade, with a nearly 13% increase in 2018 over the year before."

■ I hear some people in Ventura complaining saying this: "Well, Ventura is screwing us again and making us become part of the **Clean Power Alliance** without getting our approval." Almost 40 cities, as well as unincorporated parts of Los Angeles and Ventura counties have adopted it. And if you don't want to be a part of it, all you need to do is go to their Web site and "opt out" - it's as simple as that.

Clean Power Alliance customers will still receive their bills from Edison.

■ 2018, on average, was the fourth **hottest year** around the planet since modern record-keeping began in 1880 and 2019 is predicted to be even hotter.

The hottest five years on record

are, in fact, the last five years.

■ The 1099 tax forms have an income field to add "Fishing boat proceeds". Are fishing boat proceeds different than other income? Do any of you understand this?

■ Want to prolong your **life expectancy** by more than a decade? A new study suggests that you can do just that by following these five healthy habits: Never smoke, maintain a healthy body-mass index, keep up moderate to vigorous exercise, don't drink too much alcohol, and eat a healthy diet (and read the Ventura Breeze to keep your mind sharp).

Adhering to those five lifestyle factors at age 50, compared with not adhering to any of them, was associated with 14 additional years of life expectancy among women and 12.2 additional years among men in the study, which was recently published in the journal Circulation.

■ Southern California **Edison** has submitted a wildfire mitigation plan to the California Public Utilities Commission. This was required by Senate Bill 901 passed in 2018. They plan to cut down thousands of trees in high-risk fire areas and inspect thousands of miles of power lines. The question is, will these efforts result in higher utility bills for users?

Hoping to reduce wildfire risks and increase the growth of native plants, conservation groups in the San Diego area have removed palm trees which burn like Roan candles. And their fronds are blown by high winds easily spreading fires. Removing trees is always disturbing to see but certain species just burn too easily.

■ Apparently, members of **Homo Neanderthalensis** were the height of sophistication. These ancient hominins ranged across Europe and parts of Asia for more than 300,000 years while producing tools, jewelry and impressive cave art. They cared for their sick and elderly and even performed a primitive kind of dentistry without anesthesia. And, we all contain between 2-4% of Neanderthal DNA, so the next time someone calls you a Neanderthal, just say "thank you."

## Mailbox

to editor

Regarding the recent article about the city paying Harbor Church such a large sum of money for their land in the buyout-to-stop-adult-feeding-services: perhaps using their Christian ethic, the church members will take all excess funds they received (beyond reasonable payment for the facilities) and "donate in-kind" services establishing homeless programming in an area that is appropriate and obtain proper permitting to ensure health/safety/environmental standards of service and for the benefit of the homeless. Templates include Project Understanding's programs and those similar.

Thanks

Laura Flores

Dear Sheldon

Thank you for running the article in the Breeze about Circle of Friends now accepting new members. It was a hit! Ten women showed up at our February 6 luncheon with an interest in becoming members. Fantastic success and definitely because the Breeze is so well read!

Marion Phalan

Breeze:

I know that a temporary homeless shelter is opened in Oxnard that is to serve Oxnard and Ventura. I think this is good to a point. How is someone from Ventura supposed to get to Oxnard to stay in the shelter? Getting there for people in Oxnard is difficult enough.

I think Ventura will have a permanent shelter open by the end of the year I certainly hope so. As a caring society certainly, we must provide some shelter for the homeless specially when it is 30-40° out and raining.

I have friends that say they are just a bunch of bums that like living that life without working. I say to them "why don't you spend a night out sleeping in 40° weather in the rain and then let me know if that would be a lifestyle that anyone would really choose to live. Going through trash cans is not a way to make a living and some homeless are hoping to find food in the trash cans.

I read this in the VC Star (is it okay if I say VC Star?) "The shelter is currently seeking donations of men's and women's clothing of all sizes (sweat shirts and pants, T-shirts,

Continued on page 16

## Oooops

In our last issue we had an article on the March for Justice but we failed to mention a few dignitaries who were there that we should have. Our new Deputy Mayor Sofia Rubalcava (she's in the photo) and new Council Member Lorrie Brown was also there. And all four of Ventura's women council members spoke.

Also in attendance was State Assembly Member Monique Limon and, with great speeches were Senator Hannah-Beth Jackson and Representative Julia Brownley.

We encourage you to send your opinions to [opinions@venturabreeze.com](mailto:opinions@venturabreeze.com). Please limit them to about 300 words





# Community Events



The dome is a gathering place at River Haven.

## Volunteers replace community dome cover at River Haven

by Jill Forman

Young adults swarmed over the skeleton of the large geodesic dome in the center of River Haven. A lift was lowering a giant canvas covering. Outside and inside the dome Turning Point staff, volunteers, reporters, residents (and dogs) gave advice, took pictures and helped pull on the new cover which was stiff and hard to unfurl and place. Overhead, a drone recorded the event. It was quite a scene.

Thanks to a grant from the Kenrose Kitchen Table Fund, River Haven is getting some much-needed upgrades: the new dome cover, solar panels for each residence with small individual refrigerators, and stoves for the Community Dome. Residents are grateful; the refurbished dome will be “...warmer, cleaner, and collect less dust.” And the future installation of solar panels will allow them to have better lights and their own refrigerators. At the moment they have solar-powered lanterns, and cold food can only be stored in four refrigerators in the large dome. The new stoves in the dome will replace a “camp stove” that has been shared by the 20-22 residents.

In addition to the food storage and preparation, the dome has multiple couches, chairs, desks and shelves. It is a gathering place with room for everyone, so making it more comfortable and efficient will be a welcome improvement. New windows make it much lighter and more cheerful, and the windows are easily replaceable.

“This is exciting,” said a resident.

Many of the volunteers have on t-shirts that say “Service Above Self.” This is Rotaract, a group associated with

Rotary; they are young professionals - teachers, real estate agents, engineers, sales executives, bankers - who are a service arm of the organization. At one moment, they were indeed “Above,” many of them climbing all over the dome and adjusting the new exterior. First they had to spend a good hour talking out screws and other devices fastening the old cover to the foundation and door frames.

Students from Ventura College’s Human Services program helped out also, as did an intern from the Solar Tech Program at Moorpark College. The intern will be coordinating the installation of the mini solar systems for the individual residences.

River Haven is a transitional living facility operated by Turning Point Foundation, which offers 14 community-based mental health programs at 11 locations. 85-91% of the residents are able to obtain permanent housing. Jason Meek, Executive Director of Turning Point, states “We are a community resources, accessible to everybody.”

### VC Fair announces

*Continued from page 1*

Artwork may be created in any medium but may not include the use of glitter, metallic paint, or 3 dimensional objects attached to the artwork.

Poster designs will be judged on theme, originality, composition and skill. Entries will be accepted until the entry deadline, Friday, April 5. Entries can be brought to the Fairgrounds administration office at 10

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The Eye Clinic is currently looking for an optometrist that would like to help others in our community by performing eye exams and vision test. This is a paid position for once a week at about 4 hours.

The Ventura Rotary Club, Ventura Downtown Lions Club and the Salvation Army of Ventura have partnered to bring the community a free Eye Clinic. The goal and vision is to provide free eye glasses for those in need. Patients are seen each Thursday from 7:30 AM to 9:00 AM except holidays.

The Eye Clinic is located inside the Salvation Army Hope Center, 155 S Oak St, Ventura.

W. Harbor Blvd. in Ventura. Office hours are Monday through Friday from 8AM until 5PM. Please note Fairgrounds offices are closed daily from 12-1PM for the lunch hour.

Prizes will be awarded to the top three entries, First prize: \$500, Second Prize: \$250, Third Prize: \$100. All contestants will receive 2 admission tickets for the 2019 Ventura County Fair.

The winning design will be featured on posters, souvenirs, advertisements, social media and other Fair promotions. Second and third place winners will

also be used in various applications. All contest entries will be displayed in the Youth Expo at the Ventura County Fair.

The Ventura County Fair will begin its annual 12-day run Wednesday, July 31 and continue until Sunday, August 11.

Rules, deadlines and other information can be found on the Fair website, www.venturacountyfair.org. For more information about the contest call 648-3376 or send an email to info@venturacountyfair.org. (Please put “Poster Contest” in the subject line)





# VENTURA

## County Fairgrounds



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# Community Events

## Ventura events

by Ana Baker

**Ventura Poinsettia Dance Club Monday nights 7:30 - 9:45 p.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.

**Cross Town Hikers join in on Wednesday nights for a moderate-paced hike that includes views of Ventura from the cross, a walk out to the end of the pier, and a stroll along the Promenade.** Four miles with an 800-foot elevation gain. Meet at 7 p.m. sharp at the fountain across the street from the Mission. Join Facebook page for more information: <https://www.facebook.com/groups/800215670039426/>

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

**First Wednesday, of each month, 6 - 10 p.m., Gold Coast Modular Railroad Club meets at the Murphy Auto Museum, Oxnard.** Now exhibiting Saturdays and Sundays, 10 - 4 p.m. Visitors and new members are welcome. Member initiation fee \$10, monthly dues \$20, \$10 for Juniors. Murphy Auto Museum, 2230 Statham Blvd., Oxnard. [www.gcmrc.com](http://www.gcmrc.com). For more information, call (805) 229-7429.

**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

**Feb. 17: The Ventura and Santa Barbara County chapter of the National Association of Watch and Clock Collectors (NAWCC) will meet Sunday, in the Campus Student Center of Ventura College, 4667 Telegraph Road.** The regular meeting starts at noon and at 11 a.m. there will be an informal workshop. There will be a mart followed by lunch and an informational meeting and a program at 1 p.m. The program will be a presentation by Ken McWilliams on "Wooden Works Clocks". There is a \$5 admission charge. Lunch will be available for \$5. Monthly meetings are held on the 3rd Sunday of each month at the Ventura College. More information about chapter 190 can be found at [www.nawcc-ch190.com](http://www.nawcc-ch190.com).

**Feb. 19, 26: LifeSource Women's Bible Study from 9 - 11:15 a.m. Community Presbyterian Church located at 1555 Poli St.** Every Tuesday morning following the school calendar. Study: "Hosea" by Jennifer Rothschild, who was blind at age 15. Cost is \$30 for book and registration (scholarships available). Please join to experience God's gift of love, forgiveness and great fellowship. For childcare needs or questions please call Helen 805-644-3886. [cpcventura.org](http://cpcventura.org)

**Feb. 21: The regular monthly meeting of Assistance League of Ventura County will be on Thursday, at the Chapter**

**House, 913 East Santa Clara Street.** The meeting begins at 10 a.m. Men and women are welcome, and there is no age requirement. 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. Find more information on the Website: [assistanceleagueventura.org](http://assistanceleagueventura.org), like us on Facebook, Instagram, or email [alvconline@hotmail.com](mailto:alvconline@hotmail.com). Telephone: 805-643-2458 Monday - Thursday 8 - 2 p.m.

**Feb. 21: Alex McIntyre, Ventura's new City Manager, heads the agenda for the meeting of the East Ventura Community Council.** In addition, a representative from Ventura's Police Department will present an update on crime in the area. The meeting starts at 7 p.m. at the First Assembly of God Church, 346 N. Kimball Road. The public is encouraged to attend and participate. For more information, contact Marie Lakin, Chairperson: [Eastventuracc@gmail.com](mailto:Eastventuracc@gmail.com).

**Feb. 22: 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.** 4th Friday of each month, 7 p.m. - 10 p.m. Listeners welcome! Mike Wittlin, (805) 750-8281.

**Feb. 23: Every town has its stories, and Ventura County's beloved The Townies Podcast is ready to prove it** by bringing their biannual Block Party - a free community event - to the wonderful Museum of Ventura County on Saturday, at 7:00 pm. The Block Party begins at 7:00 pm with a cocktail party in the courtyard of the Museum of Ventura County, followed by an hour of the best of the best of Townie stories starting at 8:00 pm in the Museum's lovely Martin V. and Martha K. Smith Pavilion. Then the night continues in the courtyard with food trucks, games, awesome merchandise and a killer DJ set by Mikael Jorgensen. For more information, visit [thetowniesinc.org/events/](http://thetowniesinc.org/events/).

**Feb. 24: Acclaimed author Kimberly Davis Basso will visit the Hill Road Library at 12 p.m. on Sunday, to present her inspirational book, I'm a Little Brain Dead.** Basso's book is a thoughtful and humorous take on her experience as a stroke survivor. You'll get an inside look at being a middle-aged stroke patient as she hosts a neurological event, juggles doctors and undergoes a heart procedure. 1070 S. Hill Road. Hours of service are 10 - 6 p.m. Monday through Wednesday, 2 - 6 p.m. Thursday, and 10 - 2 p.m. Friday through Sunday.

**March 2: Want to learn about fly fishing??** The Sespe Flyfishers of Ventura will be conducting an introductory class on Fly Fishing and Casting the Fly Rod on the "First Saturday" in March from 9- 11 a.m. and you are invited to join at Chumash Park, Petit and Waco, in East Ventura (off Telephone Rd). There is no charge, and all are welcome. Whether you are experienced or a complete novice we want to help you learn and enjoy this great sport. If you don't yet have your own rod just come and use one of ours. For more information: Bob Smith at (805) 647-3522. [www.sespeflyfishers.org](http://www.sespeflyfishers.org)

**March 23: Laubach Literacy of Ventura County will hold a free training for new tutors on Saturday, from 8:30 - 4 p.m.** Laubach is an all-volunteer non-profit organization teaching English as a Second Language to adults 18 and over. New tutors are always needed. Knowledge of a foreign language is not necessary, nor is prior teaching experience. For more information and to register for the workshop please call 805-385-9584.

## PRIMROSE EXCURSIONS

### Spring Trips!

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*Annual Surprise Tour*  
*March Field Air Museum & Old Spaghetti Factory*  
*SuihoEn Japanese Garden & Yamato*  
*Utah Getaway and Catalina Island Escape*  
*Phantom of the Opera*

### Travel Show

**Thursday, February 21st**  
**11am - noon**  
 Learn about these great trips!  
**On the Trail of the Pilgrims**  
*5/25/20 - 5/31/20*  
**Sensations of Lyon & Provence River Cruise**  
*5/12/20 - 5/23/20 Free Air Deal!*  
 Incentives & Special Discounts for attending the Travel Show. RSVP

Event Location: 1500 Palma Dr., Ventura  
 Call to receive a detailed flyer.

## 805.535.5170 primroseexcursions.com

## Ojai news and events

**At 1:30 p.m. on Saturday, February 16, 2019, Grandmaster Qin will visit the Ojai Library to deliver a presentation on the Life-Force Energy Expo and Immersion.**

The Life-Force Energy Expo and Immersion explores the Qigong method of cultivating bio force energy. Grandmaster Qin comes from China, and will discuss the transmission of powerful, healing Qi energy with the audience.

Grandmaster Qin began meditation at age three with her grandmother and developed her abilities and higher awareness in early childhood. She was the only female student of several venerable grandmaster teachers in China. Founder and renowned grandmaster of Qinway Qigong, she has taught this art and science in China and America.

**Kathryn Padgett will visit the Ojai Library at 1 p.m. on Saturday, February 23, 2019, to deliver a talk entitled "Monsters: The Dark Side of Human Imagination."** Ms. Padgett comes via the Santa Barbara Museum of Art's Community Speakers Program.

This presentation covers some of the many kinds of monsters imagined by humans and how they have been depicted in visual and performing arts. Enjoy learning about Frankenstein, Dracula, gorgons, demons, cyclops, Cerberus, the Minotaur, and many more.

**Communications consultant, attorney, and senior peer counselor Judy Devore will visit the Ojai Library at 2 p.m. on Friday, February 22, 2019, to deliver a presentation titled "Walking on Eggshells and Communicating with Adult Kids."**

Judy Devore, attorney and communications consultant, will discuss a powerful method she developed to address the "eggshell" issue. Neither mediation nor therapy, her method enlists seniors' willingness to look carefully at, and make use of, their own life experience. Although she developed her method with the maternal mind and skill-sets in mind, all seniors are welcome to listen and learn.

**Anagarika Sucinno will visit the Ojai Library at 2 p.m. on Sunday, February 17, 2019, to deliver an introductory talk titled "The Search for Silence in Turbulent Times."**

Are people inevitably stuck in history's turbulence and personal suffering? How does a Buddhist/Taoist respond to the turmoil of the current world situation? Is it even possible to find peace and silence for oneself? Should one go out and "reform" the situation, or is finding personal silence enough?

These events are 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.

**Join Rev. Karen S. Wylie at The Ojai Retreat on Sunday, February 17, from 11:00 a.m. - 2:00 p.m. for a gathering devoted to love.**

Randee Vasilakos, RScP, assists and will anchor the morning in a consciousness of prayer and healing.

The Ojai Retreat is at 160 Besant Road, Ojai. People of all faiths and traditions, or no tradition, are welcome to attend.

The retreat is by donation; \$20  
*Continued on page 14*

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News & Notes



ECTV students Sienna Shaifer, Bella Welch, Mohamad Abdulah, Josh Brook, Eleana Newton, Gina Favazzo, Claire Villegas, Jessica Llamas, Keegan Pancretz and Jacob.

CAPS Media and ECTV win  
ACM Wave awards

Congratulations to CAPS Media producers and students from El Camino High School for winning WAVE Awards at the recent ACM conference in Long Beach. The WAVE Awards (Western Alliance Video Excellence) were presented at the recent Alliance for Community Media conference. The competition was open to residents in Arizona, California, Colorado, Hawaii, Nevada, and New Mexico.

CAPS Media's won for the "Thomas Fire Stories - Clark Tulberg, Thomas Aquinas College" story in the category of Community Issues. The ECTV students won three awards: "ECTV - Peace Corps and Amber Bassett" in the Educational Access category, "ECTV - Women's Rights and Hijabs" in the Underserved Voices category and "ECTV Chicano Art and Mariachi" in the Community Event category.

This is the third year in a row that ECTV teams have won awards at the ACM Western Region conference. Students in the CAPS Media/El Camino media internship program master the skills and art of video production and digital storytelling. The ECTV topics and stories are selected, developed and produced by the El Camino team members. All of the ECTV programs are available on the CAPS Media website at [capsmedia.org/videos](http://capsmedia.org/videos).

Happy 2nd Birthday! CAPS RADIO KPPQ 104.1FM

Two short years ago CAPS Media launched CAPS Radio - KPPQ-104.1 FM, Ventura's public access radio station serving the community 24x7 from the CAPS Media Center.

CAPS Radio brings together a passionate group of deejays, personalities and producers. During the past two years the station has continued to expand its voice and has become an essential part of the fabric of Ventura's conversation and entertainment.

Listen to KPPQ throughout the county @ 104.1FM, on the myTuner app or streaming on [capsmedia.org](http://capsmedia.org). The program schedule and information is available at [capsmedia.org/radio](http://capsmedia.org/radio). Share all that Ventura has to offer by joining the crew and inviting your friends to listen to KPPQ.

For those who missed the initial screenings of The Perfect Firestorm - The Thomas Fire Story in December, two additional screenings are scheduled at the Museum of Ventura County Agriculture Museum in Santa Paula on Saturday, March 9th at 1pm & 3pm. This is a free

event, open to the public, no reservations are required. Also, in response to requests from the community, the documentary is open for viewing on the CAPS Media website homepage - [capsmedia.org](http://capsmedia.org).

Explore the possibilities at CAPS Media. If you have an interest in community television or radio production, or are just curious, drop by the CAPS Media Center on the first Thursday of the month and learn how to become a member of CAPS and join our community of enthusiastic and engaged member/producers. A CAPS Media staff member directs a tour of the television studio and radio station, demonstrates the equipment and resources that are available, and answers questions about the benefits of becoming a CAPS Media member for only \$25 per year.

Member/Producers receive hands-on instruction in videography, video editing, radio production and more. Once certified, member/producers check out CAPS Media's video cameras, tripods, audio gear and other production equipment to record their project and craft the story they want to tell. Go to [capsmedia.org](http://capsmedia.org) for information or call 805-658-0500.

CAPS Media's mission is to create an engaged and informed community through participation in electronic media.



Third graders working on their mural "Spread Peace and Love."

We made the  
mural to spread  
kindness

Third graders of Ventura Charter School of Global Arts and Education (VCS) have been taking part in a project created by their teachers called, "Moment of Peace." Days start with a read-aloud story or hands-on activity in the theme of teaching peace. Sometimes students



# News & Notes

greet their day outside and take part in teambuilding games. Other mornings take a moment for students to relate to characters in books dealing with challenges in the life of a child. These books raise meaningful and relatable discussions. Writing and acting out peaceful solutions is lifelong learning for these students. The culminating event of this project is a collaborative mural created by the VCS third graders. The mural reading “Spread Peace and Love” was created with the intent to be a roving art piece around our city.

Quotes from VCS third-grade artists explaining their mural process and purpose:

“We made the mural to spread kindness and to make people realize that you can change someone’s whole entire day by being kind. We are doing this to spread peace and love. We also made this for ourselves as a reminder that you have to love yourself so that you can be kind, confident, and spread kindness and love to others. We made a mural to help and remind others that they are never alone.

“Our teachers coordinated fifty students and parent helpers to create this work of art. It took lots of communication and care to share the painting work so it didn’t turn into a mess. It’s a six-foot square peace mural that reads, “Spread Peace and Love”. We want to spread peace because we want to teach kindness.

“At VCS we practice NVC (Nonviolent Communication) to learn about listening, being honest, kind, and peaceful. This is the message of our mural. We worked on it as a family. We want to bring the community together so that the community can feel more like a family too. Everyone has a kind heart inside. Everyone can be kind. We made some mistakes on our mural but we learned that mistakes are valuable and no one is perfect. This is a city-wide piece of hope for more love in the world. One smudge of paint can make an entire flower bloom.”aint can make an entire flower bloom.”



Nuvi Mehta introduced the artists for the Silver Anniversary.

## Ventura Music Festival announces Silver Anniversary lineup

On Monday, January 28, a presentation was held at the Museum of Ventura County for the “Silver Anniversary Festival Preview” for the Ventura Music Festival new season. The program included artist previews of the Festival’s July line-up along with live music and refreshments.

Always informative and entertaining Nuvi Mehta – VMF Janet & Mark L. Goldenson Artistic Director, who presented

the artists on a large screen, told the standing room only audience that a “major star” was set to close the year in November, but that the artist’s name must remain a secret for some months. “Wait till May,” he said; “you’ll love it.”

VMF Board president Richard Reisman provided the endnote to the sponsor gathering by announcing that the VMF Board had voted unanimously to invest Miriam Schwab’s recent \$1.3 million bequest in a special endowment-like VMF Legacy Fund. “The Festival is celebrating its 25th Anniversary with an investment in our future,” Reisman said. “We’re stable financially with a prudent cash reserve. What we didn’t have was a fund to grow for the future. Now, thanks to Miriam, we have created a substantial Legacy Fund. Donors can join our Legacy Circle with a planned gift and be sponsors in perpetuity while the Fund – and the music – continue to grow.”

Leading off the year on February 9th were Anderson & Roe, lauded as “the most exciting piano duo on the planet.” Then in a special concert on May 10th NICO – the New Ideas Chamber Orchestra – take center stage as “the rock stars of chamber music.” Both events at the Ventura College Performing Arts Center.

The 2019 musical lineup consists of: 7/12: Festival headliners and acclaimed vocal groups are The Summit: Manhattan Transfer meets Take 6 as the renowned groups join forces to wow audiences at the Oxnard PACC

7/13: Celebrated guitarist Christopher Parkening joins renowned baritone Jubilant Sykes in a recital ranging from classical and jazz to American spirituals at the Ventura College Performing Arts Center

7/14: Calidore String Quartet brings “synergistic brilliance and ferocious commitment” to the Ventura College Performing Arts Center

7/19: Youth jazz pianist star-on-the-rise and “brightest light” Joey Alexander at the Ventura College Performing Arts center

7/20: Ranky Tanky brings Gullah culture and “soulful honey for the ears” through a prism of African, gospel and R&B music at the Ventura College Performing Arts Center

7/22: Rastrelli Cello Quartet’s “simply infectious” musical sizzle at the Ventura College Performing Arts Center

Additionally, the festival will host a “Tea & Trumpets” at the Ventura Pierpont Inn, where guests will enjoy a four-course English tea with the Festival Brass Quinter’s hallmark wit, humor and fanfare on 7/11, as well as a free public concert with high octane Latin guitar ensemble Incendio at Mission Park in Ventura on 7/18. For times, updates and more details in the coming months, follow the festival on Facebook, Instagram and Twitter.

The 25th annual Ventura Music Festival will take place on July 11-15 and July 20-22, 2018 at the Ventura College Performing Arts Center, located at 4700 Loma Vista Road, Ventura CA 93003 unless otherwise noted above. Tickets will range in price from \$25-\$50 (special student rates excepted) and will be available for purchase in April. For more information please visit [www.ventura-musicfestival.org](http://www.ventura-musicfestival.org) or call (805) 648-3146.

Since 1994, the mission of the Ventura Music Festival has been to bring world-class music to the community, foster audience-artist relationships, and enhance the joy of music through diverse programs for all ages. VMF seeks to create an inclusive, welcoming environment in which people both see and hear themselves reflected in the music.

For more information and to purchase tickets, please visit [www.venturamusicfestival.org](http://www.venturamusicfestival.org).

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Wearing their new uniforms are volunteers Mary Wdowicki, Louise Sherman, Cecilia Ortiz and Clara Alvini.

Something old, something new, something borrowed and something blue describes the CMH Auxiliary Volunteer’s department new uniforms. Out with the old color of pink tops. Please visit the new hospital to see the hospital and the new uniforms. The volunteers are always looking for new male and female volunteers so talk to them about that when there.

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**Location for Women with Low Thyroid:**  
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- Learn about a Drug-Free, Evidence-Based approach that has helped thousands of people feel like themselves again.

**Location for Autoimmune Conditions:**  
Mimi’s Cafe  
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## Ventura writers win awards

The Ventura County Writers Club is proud to announce the winners of its 18th annual short story contest. “We received some of the best stories in the youth category we have ever had,” says VCWC President Rhonda Noda. First place winner, in the high school category, Lauryn Trimmer (17) won \$100 for her story Shooting Stars. Ms. Trimmer hopes to work in the publishing industry after college. Second place in the high school category went to San Jose sophomore Elaine Zhai for her story Snatched. She frequently writes for her school newspaper and for Harker DECA, a leadership program. Third place in the high school category is El Camino High School student Danielle Shew for The Candy Stalker.

The first place prize of \$500 in the adult category went to long-time Westlake resident, artist and published author, Kathleen Auth for her story Todd O’Brian. The second-place winning story The Cat is by Camarillo resident, author, editor Sheli Ellsworth. Psychologist Glenn Rowe of Moorpark placed third for his story Déjà vu.

Adult honorable mentions were Venturans Woody Woodburn for Full House, Empty House and The Guardian of the Gorge by Charlotte Rossler.

High school honorable mentions include Shattered Glass by Danielle Shew and Sir Maxwell’s Great Escape by El Camino High School student Annabella Page (16).

The club, established in 1933, was organized to encourage the draft of writing. Go to [venturacountywriters.com](http://venturacountywriters.com) for information.

## News & Notes



Hillman entertained the crowd with some funny and decades old stories.

## Chris Hillman performs at The Museum of Ventura County

by Mark Stienecker

In correlation with his Museum of Ventura County historical exhibit, “Chris Hillman: Time Between”, Chris Hillman, along with his longtime musical collaborator, Herb Pedersen, performed before a standing room only crowd in the Martin V. & Martha K. Smith Pavilion.

The longtime Ventura resident has written and performed his songs with some of histories more storied bands: The Byrds, The Flying Burrito Brothers, Manassas and The Desert Rose Band.

Before performing a few of his well-known songs, Mr. Hillman entertained the crowd with some funny and decades old stories, including life on the road around the world with “The Byrds” after their number one hit, “Mr. Tambourine Man” was an international hit.

Other stories included his early fascination with Kentucky Bluegrass Music, his meeting up with Steven Stills to form the band, Manassas, and how The Flying Burrito Brothers came to fruition. His last tear jerker story entailed his collaboration with Tom Petty on his 2017 hit

album, “Bidin My Time”. Chris and Tom, along with some of the Heartbreakers, David Crosby and Roger McGuinn, wrote and performed songs together, the last musical project for Tom, who passed away unexpectedly, months later.

The “Chris Hillman: Time Between” exhibit is on display from now until March 31st. May of the musical artifacts include some of Chris’s guitars/mandolin, a few of his flashy outfits worn on stage over the years, many gold and platinum records from albums by each of his bands and many, many framed pictures and posters from a career not many have lived.


Speaking about the exhibit, Chris stated, “I am very honored to be a part of the Museum of Ventura County’s exhibit on my life in music. I feel so blessed to have been able to seek out and accomplish all that I dreamed of as a young man”.

The Museum of Ventura County is open to the public, Tuesday thru Sunday. For more information: call 805-653-0323 or visit their website at: [Ventura-museum.org](http://Ventura-museum.org).

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Christina Shaffer, The Law Office of Christina Shaffer


Education Advocate of the Year  
Lisa Barreto, Ribbons of Life Breast Cancer Foundation

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A CONTEST FOR ANIMAL LOVERS



What corner in Ventura is this(hint: it’s on the west side)? The winner gets 2 tickets to RESCUECON, a convention like no other, where the human-animal bond takes center stage on February 23-24, 2019. See Pet Page on 18 for all of the details. Answer to [editor@venturabreeze.com](mailto:editor@venturabreeze.com).

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Your Hometown Paper



# Senior Living

*Pull Out Section*



“Now that I’m retired I can complete my ‘to do’ list.”

## Retirement should not scare women

by Jayson Cohen  
*American Legacy Solutions*

Halloween may be an appropriate time for a good scare, we should limit unwanted surprises in retirement! Generalizations may not necessarily reflect your individual circumstance although there are fact-based reasons why the average woman faces greater hurdles than the average man does in securing her retirement. However, an awareness of the negatives and a proactive plan to take full advantage of some positives should demonstrate that retirement should not scare women.

**More years of retirement and with**

**fewer assets**

The deck is stacked against some women before they even think about enjoying their first day of retirement. Some of the factors include:

- Longer life expectancy
- Greater likelihood of being the surviving spouse
- Wage gap as compared to male counterparts
- Less working years due to child rearing and caring for aging parents

One factor that may be interpreted as either a positive or negative is risk



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tolerance. Women tend to invest more conservatively than men, which can lead to lower potential returns. Conversely, conservative investors tend to move money around less often and continuity can lead to more consistent growth in the long term.

**Take control**

Where one starts is seldom as important as where one ends up. Consider these strategic goals to level the retirement playing field:

- **Save –** Start early, continue to save and save as much as possible. 20 percent of income is a nice goal but maximizing what is practical is the ultimate goal.
- **Know what is needed –** In our sunset years, we tend to fear dying less than outliving our retirement money. One way to prevent that is to begin with knowledge of what it costs to live. Be realistic about expenses that are fixed and what will no longer be needed once work is no longer in the picture. Ideally, the fixed expenses of one year of retirement living is generated annually by retirement income.
- **Invest the savings –** This comes with one caveat – invest savings once an emergency fund for unexpected expenses is established. Most experts recommend six months of living expenses in cash assets as a minimum. Once that is accomplished, an asset allocation plan should be devised based primarily on age and ultimate financial goals.
- **Keep working –** Other than the satisfaction work can provide as well as a longer timeline to save, extending work past age 65 pays dividends in social security benefits. Although many women are concerned social security may one day fail, experts predict its pending demise is over exaggerated. One thing that is certain is that the longer a worker

waits before taking benefits, the better. Consider that at age 62 a worker receives 70 percent her full retirement benefits, but that number rises to 132 percent at age 70.

**Include an estate plan**

Careful planning includes what-if scenarios. Take the time to set up a will and more preferably a trust, as well as a financial power of attorney and durable power of attorney for healthcare.

There’s no reason any woman should fear retirement. A realistic analysis, a well-crafted plan and disciplined execution will go a long way towards a secure and serene future. We are here to help, give us a call, today.



Enjoy lunch at the Ventura Ave. Senior Center.

## Valentine’s Day luncheon

Join the City of Ventura Senior Nutrition Program for a Valentine’s Day luncheon. Seating is limited and pre-registration is required by calling or visiting the Ventura Avenue Adult Center at 805-648-3035. A suggested donation for patrons 60+ is \$3.00, and a \$6.50 fee applies to patrons under 60. Café Days Valentine’s Day Luncheon Thursday, Feb. 14 Westside Café, 550 N. Ventura Ave. Eastside Café, 750 N. Petit Ave.



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## Senior Living



"This new app is really good, wish I could read it!"

### New app displays what original Medicare covers

The Medicare & Medicaid Services (CMS) launched a new app that gives consumers a modernized Medicare experience with direct access on a mobile device to some of the most-used content on Medicare.gov.

The new "What's Covered" app lets people with Original Medicare, caregivers and others quickly see whether Medicare covers a specific medical item or service. Consumers can now use their mobile device to more easily get accurate, consistent Original Medicare coverage information in the doctor's office, the hospital, or anywhere else they use their mobile device.

In addition to the "What's Covered" app, through Blue Button 2.0 the agency is enabling beneficiaries to connect their claims data to applications and tools developed by innovative private-sector companies to help them understand,

use, and share their health data.

"eMedicare is one of several initiatives focused on modernizing Medicare and empowering patients with information they need to get the best value from their Medicare coverage," said CMS Administrator Seema Verma. "President Trump is delivering on his commitment to Medicare by modernizing tools that deliver health information in the most convenient way possible. This new app is the next in a suite of products designed to give consumers more access and control over their Medicare information."

CMS created the app to meet the needs of the growing population of people with Medicare. The Medicare population is projected to increase almost 50 percent by 2030—from 54 million beneficiaries in 2015 to more than 80 million beneficiaries in 2030. As of 2016, about two-thirds of Medicare beneficiaries indicate they use the Internet daily or almost daily (65 percent).

Questions about what Medicare covers are some of the most frequent inquiries that CMS receives. There are approximately 15 million page views annually for coverage-related questions. Medicare.gov and 1-800 MEDICARE receives over 3 million coverage-related calls each year.

CMS launched the eMedicare initiative in 2018 to empower beneficiaries with cost and quality information. Other tools in the eMedicare suite include:

Enhanced interactive online decision support to help people better understand and evaluate their Medicare coverage options and costs between Medicare and Medicare Advantage.

A new online service that lets people



# Senior Living

quickly see how different coverage choices will affect their estimated out-of-pocket costs.

New price transparency tools that let consumers compare the national average costs of certain procedures between settings, so people can see what they'll pay for procedures done in a hospital outpatient department versus an ambulatory surgical center.

### A new webchat option in the Medicare Plan Finder.

New easy-to-use surveys across Medicare.gov so consumers can continue to tell us what they want.

The eMedicare initiative expands and improves on current consumer service options. People with Medicare will continue to have access to paper copies of the Medicare & You handbook and Medicare Summary Notices.

The What's Covered app is available for free in both Google Play and the Apple App Store. The app is available in Google Play at: <https://play.google.com/store/apps/details?id=gov.medicare.coverage>, and is available in the Apple App Store at: <https://itunes.apple.com/us/app/whats-covered/id1444143600?mt=8>.

## Feeling dizzy? One of these culprits could be to blame

Bouts of dizziness are common for seniors, with 30 percent of people over age 60 and 50 percent of people over age 85 experiencing dizziness. But while this issue is common, that does not mean it can be shrugged off as a natural part of aging.

With the right care, dizziness can often be treated. Here are five things that can cause dizziness and what can be done to treat it.

### Vertigo

You may think vertigo and dizziness are the same thing, but vertigo is a specific kind of dizziness in which individuals feel like their world is spinning. The most common kind of dizziness for seniors is benign paroxysmal positional vertigo (BPPV), which is caused by crystals in the inner ear becoming dislodged. If BPPV is the cause of your dizziness, it can be treated with some simple maneuvers that help the crystals move back into place.

"Vertigo can not only be frustrating for seniors, but it can also be deadly," says Clay Gardner, executive director at Vista Knoll Specialized Care Facility. "Untreated, dizziness can lead to falls, which can cause broken bones and even death. Getting appropriate treatment can help cure vertigo and avoid dangerous complications."

### Infections

Sudden vertigo that lasts up to a week could be the result of a prior infection. Vestibular neuritis is often caused by a viral respiratory illness like the flu that causes the nerve cells in the inner ear to become inflamed. Vertigo caused by infections can be treated with anti-nausea medication or physical therapy. Steroids for inflammation can also help bring down the swelling in the inner ear.

### Medications

Some medications can cause dizziness, especially among elderly patients. For people with high blood

pressure, hypertension medication could be to blame for dizziness that happens when they get up too quickly. Other medications like salicylates and some cancer drugs can cause permanent damage to the inner ear, affecting a person's hearing and balance. Unfortunately, people who are taking medicine for dizziness could actually end up with more dizziness, as some sedatives can worsen the symptoms.

### Meniere's Syndrome

If you have dizziness along with ringing in your ear, distorted hearing, and nausea, you may have Meniere's syndrome. These attacks can last for a few minutes or for several hours. Meniere's can be treated on several fronts, including diet and medication. Limiting salt and caffeine can help, and anti-nausea medication might provide some relief.

### Stroke or TIA

Strokes, or transient ischemic attacks (TIA), aren't the most common reasons for dizziness in seniors, but they are one of the most serious. Because time is of the essence when treating a stroke, it is important to rule stroke out when sudden dizziness occurs. Symptoms of a stroke can be similar to vestibular neuritis, so you should seek medical attention the first time you experience dizziness to figure out what is causing it. People who are having a stroke often have other symptoms like confusion, numbness, or slurred speech. Even without other symptoms, someone with dizziness could still be having a stroke or TIA, which can lead to a stroke.

Dizziness is a common complaint among seniors, but it does not need to be a fact of life. If you are experiencing dizziness, get medical attention. Your doctor can help determine what is causing your dizziness and figure out the best treatment.

## When it comes to vision coverage, beneficiaries' options are extremely limited


by The My Medicare Matters Team

About 1.3 billion people in the world live with some form of vision impairment. The reasons vary but the fact is, your risk of developing vision problems drastically increases as you age. Over 91% of people age 55+ use some form of vision correction, so having access to quality vision care is critical as you get older. Issues with vision can increase the risk of falls, driving incidents, and impacting quality of life.

Medicare plans cover a wide variety of services including doctor visits, home health care, and a range of preventive screenings and treatments, but when it comes to vision coverage, beneficiaries' options are extremely limited. So, what are the available options when you retire?

Vision coverage through Original Medicare is limited to mostly preventive and emergency services. Original


*Continued on page 14*



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## VCAAA and AARP Partner to Offer Free Tax Preparation for Ventura County Residents

The Ventura County Area Agency on Aging and the AARP Foundation are partnering to offer tax preparation services to residents of Ventura County. This service is free and available to anyone of low to moderate income and may be especially suited to those 50 and older.

To receive services, individuals must bring all necessary documentation, including applicable Social Security cards, a photo ID, a copy of 2017 tax returns, and 2018 documents showing income from all sources including wages, Social Security, interest, dividends, investments, self-employment and pensions. For individuals that

itemize deductions, please provide total figures for each category of deduction, including medical, charitable contributions, property tax, and mortgage interest. Any individual that received a health insurance statement (Form 1095-A, 1095-B or 1095-C), is asked to also bring the required documentation. Volunteers are unable to prepare returns for married taxpayers who file separate returns, or for taxpayers with rental property income. Volunteers are also unable to prepare out-of-state tax returns.

AARP representatives will be available on Mondays and Wednesdays from 12 p.m. – 4 p.m. through April 15 at the VCAAA offices located at 646 County Square Drive in Ventura. No appointment is necessary, and participants are not required to be AARP members. This location is accessible to individuals with disabilities.

The AARP Foundation operates the AARP Tax-Aide program under a cooperative agreement with the IRS. To help you complete your tax forms, AARP's trained and IRS-certified volunteers will see personal information that you give them about you and your finances. This information is strictly confidential. We will not share your information with anyone except as necessary to accurate-

## Senior Living

ly file your tax returns or as otherwise required by law. AARP Foundation Tax-Aide has more than 5,000 locations in neighborhood libraries, malls, banks, community centers and senior centers. There's no fee and no sales pitch for other services and AARP membership is not required.

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, people 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

### When it comes to vision

*Continued from page 13*

Medicare generally doesn't cover routine eye exams for eyeglasses or contact lenses. Medicare Part A covers medical emergency related to your vision if you are admitted to the hospital and Medicare Part B covers preventive treatments and screening related to diseases affecting your vision.

Medicare Part B covers annual glaucoma test for at-risk individuals which includes those with diabetes, African-Americans aged 50+, Hispanics aged 65+, and/or those with a family history of glaucoma. Annual exams to test for diabetic retinopathy among diabetics, diagnostic tests and screenings for macular degeneration, cataract surgery and one pair of post-surgery eyeglasses or contact lenses are also covered. Medicare will only pay for contact lenses or eyeglasses from a supplier enrolled in Medicare. For each of these services, the out-of-pocket costs is the 20% Medicare-approved amount, and Part B deductible.

One of the easiest options for vision

coverage when you retire is Medicare Part C. Part C includes the same emergency and preventive benefits included with Original Medicare, but some Part C plans may also offer additional benefits that include a yearly eye exam, eyeglass frames and lenses, or contact lenses. The cost and coverage for these services vary from plan to plan. The best way to find a Medicare Advantage plan that covers all the services you need is to compare plans online or speak with a licensed benefits advisor.

Enrolling in a Medicare Advantage plan to receive vision coverage is not necessarily the best option for everyone, but that doesn't mean you should not be able to get adequate vision coverage. There are national and local programs available that can provide vision care for little to no cost, but there may be additional requirements to participate and resources may be limited.

As you begin to research your Medicare options keep in mind the enhanced services you may need to maintain, or maybe even improve your quality of life. Having yearly eye exams and updated prescriptions or dental cleanings and fillings may not be the things you consider when choosing a Medicare plan, but they should be.

To get help discovering a plan that covers your needs try taking our Medicare Questionnaire, which allows you to compare plans online or connects you to free professional advice from licensed benefits advisors. You can also contact your local State Health Assistance Insurance Program (SHIP) for access to federally-funded Medicare counseling from trained staff members.

Ventura has a free eye clinic run by the Ventura Rotary Club, Ventura Downtown Lions Club and the Salvation Army of Ventura. Patients are seen each Thursday from 7:30 AM to 9:00 AM except holidays.

The Eye Clinic is located inside the Salvation Army Hope Center 155 S Oak St.

## This 'n' That

### Visitors savor handcrafted clam chowder in celebration of National Clam Chowder Day

Do you like your chowders creamy and rich or with a tangy tomato-base? Chowder is a common food staple among seaside communities, with 10 varieties of this heartwarming dish served seaside at Ventura Harbor Village restaurants. Discover your favorite rendition of Clam

Chowder at the 2nd Annual Chowder Taste in Ventura Harbor Village on Sunday, February 24 from 11am to 3pm. In celebration of an annual National Clam Chowder Day (which is February 25, 2019) visitors are encouraged to stroll the waterfront for a taste of seven sensational chowders for only \$10 a ticket the day before on February 24.

The event coincides with the historical Tall Ships, Lady Washington & Hawaiian Chieftain, docked in Ventura Harbor Village until March 5th. Guests will be able to arrive early to board the ship for a Dockside Tour from 10am to 1pm, browse coastal shops and galleries, bask in the sunshine with live music, and partake in the delish Chowder Taste options from 11am to 3pm.

The Seaside Promenade Stage boasts the Carrillo Trio all afternoon and Chowder Taste tickets will be sold on a first come, first serve basis at the Village Visitor Booth nearby. Guests should arrive early and come prepared with \$10 cash per person. Chowder Taste tickets will be sold until 2:30pm (pending availability).

New this year, chowder enthusiasts will have the opportunity to guarantee a spot for the experience ahead of time. Eager guests can head to Ventura Harbor Village to purchase Chowder Taste pre-sale tickets on select dates prior to the event (weather pending). Dates for presale tickets are February 16th from 10am to 1pm, February 17th from 2pm to 5pm, & February 23rd from 10am to 1pm (all weather pending) on the Village Promenade at the Village Visitor Booth. Those who buy pre-sale must bring a Valid ID to redeem a Taste Card and wristband the day of the event.

Rev. Karen is the author of Into Me See: A Book for Daily Inspiration, available on Amazon and her website.

**Performances To Grow On will present Origami Tales with Kuniko Yamamoto on Saturday, March 9th at 2 pm at the Ojai Art Center, located at 113 South Montgomery.** Tickets are available at [ptgo.org](http://ptgo.org). Tickets are \$15 for adults and \$10 for children.

Charming Japanese folktales are combined with traditional musical instruments, magical masks, origami and mime to create storytelling that will have audience spellbound in their seats. From Disney Epcot Center and The Kennedy Center through Eskimo villages, Kuniko's marvelous presentations promote cross-cultural communication and understanding in an entertaining way.

**On Sunday, February 17th, from 7:00 p.m. to 9:30 p.m., Ojai Jazz Concerts will present Bruce Forman, guitar virtuoso, in solo concert performing his Jazz Libretto "The Red Guitar."** General admission is \$20 and for students, it is \$10. Tickets can be purchased at [www.ojaijazzconcerts.com](http://www.ojaijazzconcerts.com). The Ojai Art Center is located at 113 South Montgomery Street. For more information, call 805-746-0936.

### Ojai news and events

*Continued from page 7*

is suggested. For more information, contact Rev. Karen at 310-968-8928, or register online at [www.karensywylie.com](http://www.karensywylie.com).

### No Delay in Trash & Recyclables or Green Waste Pick Up Due to the Presidents' Day Holiday

Presidents' Day will be celebrated on Monday, February 18. We will have regularly scheduled trash and recyclables or green waste collection the week of February 17-23 in the Cities of Ventura and Ojai.

**Thank you and Happy Holiday  
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# This 'n' That

## Ventura Water has a wonderful opportunity to be more transparent

by VREG Leaders

In Ventura, the city staff uses the Brown Act to do precisely the opposite of what lawmakers created it to do.

Legislators designed the California Brown Act to end “back room” deals and bring local government out into the open. Ventura Water uses it to throttle the flow of information instead.

Ventura established a Water Commission to advise Ventura Water. Before the Commission, Ventura Water operated with little oversight. Even with the Water Commission, Ventura Water continues to control all meeting agendas and minutes. At best, this restricts the flow of information to the City Council. At worst, information flow is non-existent. The City Council doesn’t receive any meaningful information that may help with their future choices.

Ventura Water forces the City Council to get their information from the General Manager. Thus circumventing the reason the city established the Water Commission.

Because the Water Commission minutes show only action items, all discussion of issues are as though they never happened. So, when the City Council looks to the minutes for any records of issues or concerns, the minutes are no help. Nor are they sufficiently transparent to Ventura’s citizens.

Ventura Water deals with a water system that impacts all Ventura citizens directly. In August 2018, the department violated the Federal Clean Water Safety standards. Ventura Water breached the Total Trihalomethanes (TTHM) drinking water standard. The results could lead to harmful health effects over time. Ailments such as cancer and adverse reproductive outcomes can happen. Ventura Water has corrected the problem, but that’s not the issue.

At issue is how Ventura Water communicated the problem and the solution.

You may not have heard about the incident. It’s not because Ventura Water didn’t announce it. They did the minimum notification. They reported

the incident to residents in the affected area by mail. They also posted it on their website. They took out an ad in the Ventura County Star, too.

Ventura Water fulfilled the letter of the law, but it may have missed the intent behind it. Meeting the legal requirement seems to be the minimum standard. Yet setting the bar at the lowest level may place everyone’s health at risk in the future.

**Not The Only Incident In 2018**

In July, Ventura Water withheld information from the Water Commission. A panel of experts examined Direct Potable Reuse (DPR) of treated wastewater. The experts found DPR for drinking purposes was a threat to public safety. The City Council did not know that. They were only alerted to that fact after private citizens brought it to their attention.

*Editor’s Comments*

*Ventura Water needs to be more transparent. The City Council allows it to operate in secrecy and subterfuge. Stop. Ventura’s citizens deserve and expect open communication. Here’s what the Council should do:*

*First, make hiring Ventura Water’s next General Manager a priority. Insist City Manager Alex McIntyre interview the Water Commissioners. So Mr. McIntyre may form his own opinion, he should talk to the Water Commissioners without Water Department staff present. The goal is to get the knowledge and details of the history of Ventura Water and gain the perspective to understand what lies ahead in the next six years.*

*Second, have the Water Commission’s Chairman set the meeting agendas, with input from all commissioners.*

*Third, ensure all Water Commission’s minutes reflect topics and discussions from all meetings.*

*Fourth, have the Water Commission Chairman provide a written report to the City Council on a quarterly basis.*

*Fifth, expand the communication channels Ventura Water uses to inform the public. Set the standard higher than the minimum legal standard.*



Keanna was in Blackwell’s class for only a short time.

# Teacher learns new lessons from foster student

In the last year of her 40-year teaching career, Karen Blackwell shares what a Foster VC Kids student taught

her and encourages other community members to help at-risk youth.

Karen Blackwell has dedicated 40 years of her life to teaching middle school and high school students. For the last 25 years she taught at Ventura High School where, in August 2017, she first met Keanna, a senior in her English class. As a high school English teacher, Blackwell explained that sometimes her students would share their personal situations through their writing assignments. It was through her student’s writing that Blackwell learned about the challenges faced by some of the foster youth in her class.

Keanna wrote what her definition of family is: “A family is not defined by the relation of blood, but by the connection in heart.” Blackwell’s reaction to her student’s profound quote, “That gives me chills. Keanna has so much talent and ability. With the right support and opportunities, she can do a lot.”

Keanna was in Blackwell’s class only for a short time before the youth was placed in a new foster home in another

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city. When that placement didn’t work out, Keanna returned to Ventura and to Ventura High School. Upon her return, Keanna was encouraged by her friends to audition for the school talent show – something she was very shy about doing. Blackwell was the talent show organizer and recalls Keanna’s hesitant yet stunning audition. “I cried at her talent,” shared Blackwell. “Keanna is completely self-taught on how to play the piano, and she played beautifully with a song she composed herself. It was absolutely wonderful.”

Through her connection with Keanna and others, Blackwell says she learned personally how foster youth “have more challenges than other kids who live in a loving, nurturing environment. The cards are stacked against them.” Yet, Blackwell adds, “I’m impressed by how well they do despite these challenges. They are resilient.”

Blackwell believes it’s important for all children, especially foster youth, to explore and develop what they’re good at doing. “Every kid has a special talent and needs an opportunity to try something,” said Blackwell. She encourages community members to step up and provide youth with music or art lessons, sports activities or other extracurriculars.

Ventura County Children and Family Services’ Foster VC Kids works with community members and partners to ensure children have a safe and stable home environment while strengthening the families around them, so the youth feel supported, encouraged and loved.

Jaci Johnson, Program Coordinator/Resource Family Recruitment, Development & Support for Ventura County Children and Family Services’ Foster VC Kids says, “Karen’s story is a testament to how vital it is for our at-risk youth to have guidance, encouragement and a safe, stable adult in their life – both at home and at school. And, we have an opportunity to be inspired by the resiliency of these amazing youth.”

Learn more about becoming a resource parent or a mentor to let a foster child know there are people in our community who believe in them, visit FosterVCKids.org.

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

# Free CERT training

by Joe Morelli  
Fire Marshal

Ventura City Fire Department Offering Community Emergency Response Training (CERT) to residents: As residents, you serve a critical role in emergency response operations whether it is preserving lives, protecting property, or providing other essential services to the community. The Ventura City Fire Department would like to invite you join our Community Emergency Response Training Program beginning Wednesday, March 6, 2019. The training sessions provide an excellent opportunity to meet and work with other city staff and members of the community.

With the use of grant monies, we were fortunate to hire an experienced outside trainer who makes the classes fun and informative. The topics covered include:

- Disaster/emergency preparedness
- Fire safety and suppression
- Disaster medical (treatment and triage evaluation)
- Light search and rescue
- Organizing/managing a CERT team
- Disaster psychology
- Terrorism and CERT

Training is limited to 60 people and will be held on 5 consecutive Wednesdays from 6:00 to 9:00 p.m., beginning March 6, 2019, please note: the last class will be held on Tuesday, April 9th, 6:00-9:00pm and all classes will be held at Police/Fire Headquarters, 1425 Dowell Drive, Ventura. A final exercise will be held on Saturday, April 13, 2019, providing students the opportunity to work in multiple groups on common disaster problems.

Please contact Kris Edwards at 805-658-4717 or [cert@cityofventura.ca.gov](mailto:cert@cityofventura.ca.gov) if you are interested in joining us. We hope to see you there!

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Hear Amada Perez read from her latest book, "Nana's Big Surprise."

## A Golden Year for Ventura Friends of the Library

This is a Golden Year for Ventura Friends of the Library, the dedicated volunteers who help support Ventura's four branch libraries, (Avenue Library, E.P. Foster Library, Hill Road Library and Saticoy Library), manage the bookshop in E.P. Foster Library and organize regular book sales to raise funds for the libraries' various requirements, from books, to furniture, computers and new creative programs.

The active non-profit group will celebrate its 50th Anniversary with a quartet of festive events through the year, beginning with a kick off birthday party on Saturday March 2 from 1:00 – 3:00 p.m. at the Adult Center, 550 N Ventura Avenue, and continuing at the nearby Avenue Library at 606 N. Ventura Avenue. The actual library is an appropriate venue for this landmark historic library event. The red brick apartment building Casa de Anza, which houses the library at street level, was built in 1929, and is designated an architectural landmark by the Ventura Historic Preservation Committee.

"We encourage friends and families to join us for a festive afternoon," says

FOL President Mary Olson. "There will be music, refreshments and other surprises." We invite parents to bring their children to hear best-selling bi-lingual author Amada Perez read from her latest book, "Nana's Big Surprise." Noted creative artist Judee Hauer will be on hand to help children create folk art dolls from clothes pins. Inlakech Cultural Arts will add Mariachi music to the festivities.

The second part of the celebration, taking place in Avenue Library itself, includes the awarding of raffle prizes and 50 complimentary signed copies of Amada Perez' book. Dates have been floated for the other trio of birthday parties: E.P. Foster in the summer, Saticoy in September and a grand finale drumroll at Hill Road in October with the popular Harmonix Singers and their artistic director Miriam Arichea.

In 1969, the year FOL was founded, membership totaled 82 and book sales amounted to \$470. Over the past decade, Ventura Friends of the Library has contributed more than a million dollars to Ventura's libraries, including \$200,700 contributed to the opening of the Hill Road branch in 2018. Surely a local success story and a notable achievement in the field of education and communication.

### Mailbox

*Continued from page 4*

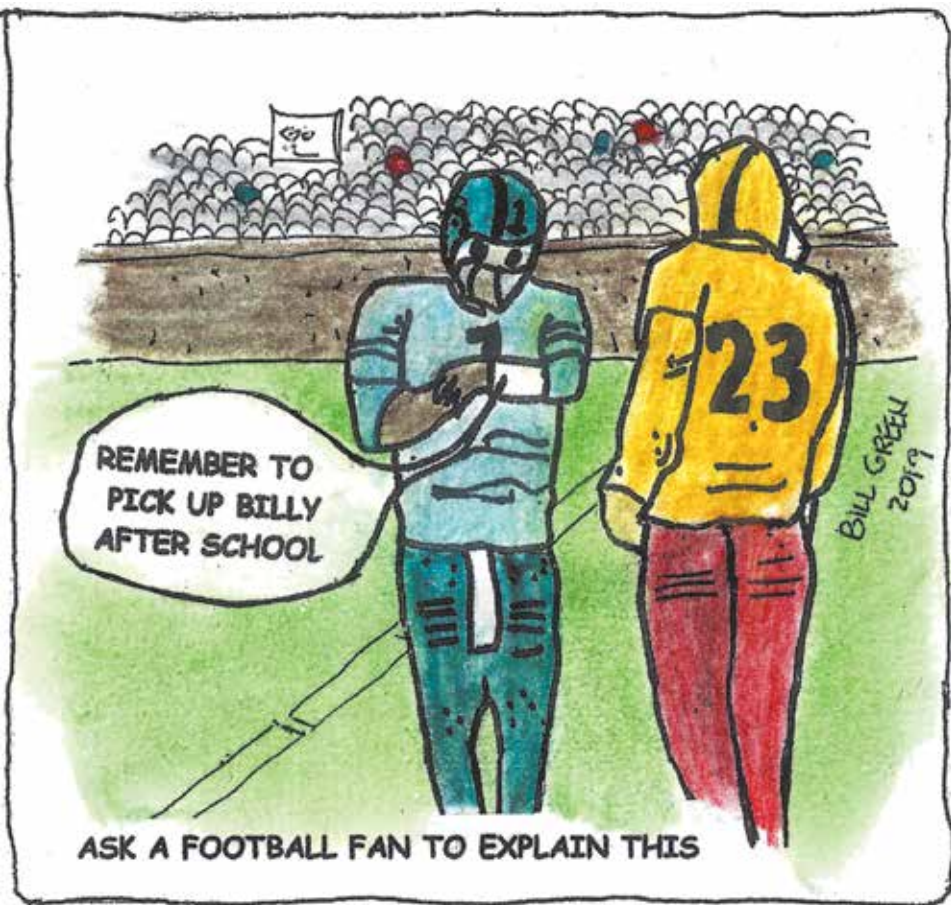
socks, shoe laces, flip-flops and underwear); personal care items (tooth brush, hair brush, nail clippers) and disposable dining ware (bowls, plates and cups). Those who are interested in donating should call the shelter at 805-612-7381 to set a drop-off time. For more information about volunteering at the homeless shelter, call 805-247-0335."

Serra Bell (living in a nice warm house in Ventura)

Serra

*Thanks for your kind concerns and it is okay if you say the VC Star as long as you don't call it the Star Free Press which it hasn't been called for a very long time, but folks still call it that.*

### Green with Envy



## This 'n' That



Girl Scouts Cadence Oerlemans, Isis Nuno, Cameron Long and Claire Erickson were on hand at the Scout Service Center.

## Both young women and young men celebrated together

From twilight hikes, to festive launch parties and campouts, thousands of Scouts, parents, and volunteers celebrated nationwide as the Boy Scouts of America welcomed for the first time both young women and young men ages 11-17 into its most iconic program.

Members of Troop 1176 from Ventura were on hand at the Scout Service Center in Camarillo to help kick off the festivities. The girls turned in their official charter paperwork, before performing their first official duty as members of Scouts BSA, raising the American flag at the Scout Center.

For more than five decades, the Boy Scouts of America has been welcoming young women into its Venturing, Exploring, Sea Scouts and STEM Scouts programs. And today, the BSA is further expanding that legacy by welcoming young women into Scouts BSA. By welcoming boys and girls into these iconic Scouting programs, the Boy

Scouts of America is responding to the requests of families who, for years, have sought these opportunities for every member of their family.

Through participation in all-girl troops, young women that join Scouts BSA will learn from the same program, earn the same merit badges and achieve the same advancements that boys have earned for nearly 109 years in the Boy Scout program.

For more than 100 years, the pinnacle of the Scouting experience for some has been achieving the highest rank of Eagle Scout. Starting today, young women can begin the journey toward that goal, and the BSA will ensure that all new Scouts BSA members have a fair opportunity to earn the prestigious Eagle Scout rank. The BSA will celebrate their inaugural class of female Eagle Scouts in 2020. To learn more or join, visit [www.Scouting.org/ScoutsBSA](http://www.Scouting.org/ScoutsBSA).



Resee Jones - Ladies Ministry Team Leader, Troy Jones - Worship Pastor, Jim Duran - Lead Pastor, Don Knisley - Associate Pastor, Margaret Rosenberger (86 years old) - Associate Pastor, James Gonzales - Associate Pastor, Terry Long - Associate Pastor and Doug Long - Associate Pastor receiving their recognition from Duran. Photo by Richard Lieberman.

## River Community Church honors Ventura's best

On Feb. 6 The River Community Church (TRC) held their Annual All Church Meeting at the TRC Conference Center the church's annual meeting. Lead Pastor Jim Duran was the MC for the evening event.

The evening highlighted the churches' special partnership with the Downtown Ventura Partners and Kevin Clerici, who spoke at the event. Pastor Jim welcomed City Council Member Cheryl Heitmann and Publisher Sheldon

Brown to the event.

Pastor Duran stated "I am so blessed to work alongside a group of people that have a heart to serve our community. I am thrilled The River Community Church has a great relationship with The Downtown Ventura Partners as well as with the City of Ventura. We celebrate our collaborations and the amazing things God accomplished through our ministry this past year.

*Continued on page 16*



# 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.

## Stolen Vehicle and Prohibited Person in Possession of a Gun

On February 5, at 7:40pm , patrol officers responded to a suspicious vehicle parked in the 1600 block of Walter Street. When officers arrived, they discovered the vehicle was reported as stolen and was occupied. The suspect, Nicholas Gebber(25), was detained and a subsequent search of the vehicle revealed a handgun with an obliterated serial number, stolen property and a methamphetamine smoking pipe. The suspect is prohibited from possessing a firearm.

At the conclusion of the investigation, Gebber was booked for possessing a stolen vehicle, being a prohibited person in possession of a firearm, possessing a firearm with an obliterated serial number, possession of stolen property and possession of drug paraphernalia. A review of the Ventura County Superior Court Website revealed he has been arrested 14 times since 2015. The listed charges include drug possession, possession of drug paraphernalia, prowling, burglary and possession of stolen vehicles.

## Armed Robbery

On February 6, at about 6:26 pm, the Ventura Police Department Command Center received a call of an armed robbery at the Subway Restaurant located at 4624 Telephone Road in the City of Ventura. The caller stated that the suspect had a gun with him and demanded money from the cash register. The suspect fled with an unknown amount of cash.

Ventura Police Department patrol officers arrived on scene shortly after receiving the call. Officers saw a subject possibly matching the description of the suspect walking southbound on Telephone Road near

Transport Street. As the officers attempted to contact the suspect, he fled by running southbound through the commercial area and eventually ran into the orchard located south of Transport Street and west of Telephone Road. The suspect dropped a bag containing an assault rifle, a loaded magazine for the assault rifle, cash, and some items of clothing.

Officers set up a perimeter around the orchard and began a search for the suspect. Multiple Ventura Police Department K-9's were conducting a training exercise nearby and were able to respond to the orchard within a few minutes. One of the K-9's was used to conduct a track of the suspect from his last known location. The K-9 led the officers directly to the suspect, who was hiding in a tree in the orchard. The suspect did not immediately respond to the orders of the officers, so the K-9 was used to assist in the apprehension. The suspect received minor injuries during the apprehension.

The suspect, later identified as Eugene Hernandez (43 unknown residence) , had a felony warrant out of San Bernardino County for a parole violation. In addition to his warrant, Hernandez will be charged with robbery, felon in possession of a firearm, possession of a high capacity magazine, possession of an assault rifle, and resisting arrest.

## Woman found deceased at the Harbor

Judith Campbell, 80, of Ventura was found deceased after the Ventura Police Department received a report of a possible body in the water at the Harbor. Her death was determined to be an accidental drowning, according to the Ventura County Medical Examiner's Office. Officials said that the cause of death did not appear to be suspicious in nature.

# Ventura Police Officers' Association presents extreme mud challenge

The Ventura Police Officers' Association presents the 6th annual Ventura Eco Extreme Mud Challenge hosted by the Ventura Land Trust on April 27, 2019. The event will take place at a new location at Harmon Canyon which is located off Foothill Road and Kimball Road in East Ventura.

The event features a 5k mud challenge that kicks off at 10:30 am. Registration is \$50 and includes a goody bag, event t-shirt, finishers medal and event timing. A 1k kids mud challenge is also offered with a 9:30 start time and \$20 registration fee.

Some of the challenging and exciting obstacles will include mud pits, hurdles, low crawls, tube tunnel crawls, tire runs and lots of mud!

The goal of this event is to create a fun and challenging adventure while raising scholarship funds for the Dee Dowell Memorial Scholarship. Sergeant Dowell is the only Ventura Police Officer killed in the line of duty 40 years ago. The Dee Dowell Scholarship Fund was created in 2002 and has provided over \$109,000 in financial assistance to 96 college-bound students.

Registration is now open! Sponsorships are also welcome. [www.VenturaEcoX.com](http://www.VenturaEcoX.com)

# Harbor Patrol Blotter

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

**1-23** 11:49am, dispatched to a vehicle vs pedestrian at Harbor and Schooner. Officers responded and found a cyclist who suffered minor injuries but was transported to local hospital for further evaluation.

**1-24** 3:45pm, received a request for assistance from a disabled sailboat. Officers responded, placed the vessel into a sidetie and towed to VWM C-dock.

7:09pm, received dispatch to a fall victim at the Ventura Marina Community. Officers responded and assisted VFD/AMR with a 70 year old female with moderate injuries from the fall. She was transported to local hospital by AMR.

**1-25** 2:18pm, dispatched to water rescue, swimmers in a rip current at Marina Park. Officers responded and assisted VFD and State Parks

VENTURA TOWNEHOUSE

CALIFORNIA'S CROWN JEWEL IN RETIREMENT LIVING

Watching the sunset over the ocean never gets old...

4900 Telegraph Road, Ventura, CA 93003

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[www.venturatownehouse.com](http://www.venturatownehouse.com)

CA LIC# 565801810



with the rescue.

**1-26** 3:33pm, received a dispatch to an unconscious person at Ventura Marina community. Officers responded and assisted VFD/AMR with the call.

**1-27** 4:15pm, contacted by captain of a disabled sailing vessel at the #2 Buoy. They have lost power and need assistance. Officers responded and assisted.

**1-28** 9:48am, dispatched to River Haven for assistance. Officers responded and assisted VFD/AMR with a patient suffering breathing problems. He was treated and transported to local hospital for his injuries.

3:05pm, officers removed a hazard to navigation, a large log at the laun. ramp.

**1-29** 3:45pm, received dispatch to a 50ft vessel on fire, 8 miles South of the Harbor. Officers responded with VFD engine 2 to the vessel in the shipping lane. After experiencing rough seas, HP fireboat began fire suppression of the commercial fishing vessel. During the firefight, the fireboats plumbing failed and dewatering of the bilge began. US coast guard took over the call. The vessel burned for a few hours and was eventually towed to its homeport in LA.

**1-30** 11:54am, dispatched to a drowning victim at VWM A-dock. Officers responded with VFD/AMR and discovered an elderly female DOA in the water, then pulled onto the dock. The incident was handled by Ventura PD.

**1-31** 7:15am, officers observed significant weather, lightning strikes, very close to the harbor, strong downpours and loud thunder.

**2-1** 1:40pm, while on patrol in Boat17, officers observed a hazard to navigation, an abandoned hoopnet at the North end of the breakwall and removed it.

**2-2** 11:25am, received a report of a vessel taking on water at VWM D-dock. Officers responded, dewatered the vessel and searched for a source, but UTL.

3:35pm, measuring 2.3 inches of rain from the most recent new storm.

**2-3** 7:30am, receiving multiple calls about hazards to navigation all throughout the harbor, logs and other various debris. Also monitoring large waves breaking across the entrance. Officers communicating with captains about safe transits.

2:45pm, officers escorting a sailboat attempting to enter the harbor. 5:05pm,Beach Hazard assessment:6-8ft NW swells, massive erosion and wood debris littering the beach from Harbor cove to Santa Clara Rivermouth.

# Answer in a Breeze

*Wondering why City Hall seems to have added three super-bright spotlights facing directly behind on to the hillsides. Most County regulations discourage all but down-facing lights to reduce disturbance to wildlife.*  
Debra Barringer

We have spot lights to illuminate our parking lot for our visitors and employee safety at night to get to their cars. We will see if it is illuminating the Ventura Botanical Garden and hillside. We are aware of the "night sky" requirement. I know there has been very bright lights behind the hillside, but I am not aware of where the lighting is coming from.

Thank you,  
Mary Joyce Ivers  
CPFP Interim Public Works Director

Have a question? Send to [editor@venturabreeze.com](mailto:editor@venturabreeze.com) and we will try to get you an answer.





# The Pet Page



## Dedicated to Scamp

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

Three Clinics in February: Oxnard Performing Arts Center, on Saturday 23rd and

Sunday 24th. Located at 800 Hobson Way, Oxnard and the third in the SPAN Thrift Store parking lot 110 N. Olive St. (behind Vons on Main) on Thursday, February 28th.

Please call to schedule an appointment 805-584-3823.

■ On Thursday, February 7, a three-year old birthday party was held for Sir Charles. The party was held at Rincon Brewery and featured music by Kirby Ali, a raffle and a special birthday cake. Charles is a Bernese Mountain Dog certified therapy dog at Kids & Families Together. Charles roams around the office and loves greeting people especially the kids who can sit on him, pull his tail and some can even ride him around.

Kids & Families Together is one of the county's leading contractors providing services to children and families within Ventura County's child welfare system. The not-for-profit organization was founded in January 2000 by David and Faith Friedlander, along with other passionate community members with the purpose of providing services to families that have come together through adoption, kinship care (most often grandparents raising grandchildren) and/or foster (now called resource) care.

To learn more about Kids & Families Together and support their efforts contact them at (805) 643-1446 or connect@kidsandfamilies.org and www.kidsandfamilies.org.

■ The Oxnard Performing Arts Center (The PACC) presents RESCUECON, a convention like no other, where the human-animal bond takes center stage. Through visual and performing arts, hands-on workshops, talks by inspiring individuals, an artisan marketplace, and so much more, attendees will learn, play, explore, and, above all, refresh their relationship with animals... and each other.

On February 23-24, 2019, RESCUECON sets out to promote the welfare of all animals (wildlife and farm animals too!), create a culturally-enriching environment, and provide interactive opportunities for learning, making, connecting, and relaxing. Keynote speakers include Kitten Lady (Hannah Shaw) and Ellie Laks, co-founder of the Gentle Barn. The goal of event is to rally animal lovers in the region and, in turn, strengthen the local rescue landscape.

In addition, there will be a free Adoption Fair with adoptable animals from Ventura County Animal Services (VCAS), the Bunny Brigade, Surfcats Rescue, C.A.R.L., and a \$10 spay and neuter clinic provided by Simi Valley Spay & Neuter Clinic, arts and crafts, and activities for families.

A percentage of ticket sales benefits VCAS, this year's featured

nonprofit partner.

From 11AM - 5PM

General Admission \$25/day

\$40/weekend

Adoption Fair is Free.

800 Hobson Way, Oxnard

(805) 486-2424

oxnardperformingarts.com

rescuecon.org

Tickets are available at the box office between 12-6pm, Monday thru Saturday, by calling (805) 486-2424 or by purchase online, oxnardperformingarts.com.

■ Dog owners are urged to check their canned foods after Hill's Pet Nutrition announced the voluntary recall of a select products because of excessive amounts of Vitamin D.

The recall notes that "the affected canned dog foods were distributed through retail pet stores and veterinary clinics nationwide" though "no dry foods, cat foods, or treats are affected." Owners who bought the affected foods should dispose of the product and discontinue feeding it to any animals. Unopened containers may be returned to retailers.

Hill's Pet Nutrition encourages anyone looking for more information to visit their website or call 1-800-445-5777. A list of the affected foods and the full FDA recall notice can be found here.

Though it is an essential vitamin for many functions, too much of any good thing can be harmful. According to the FDA, the danger in being exposed to high levels of vitamin D depends on the length of exposure. Symptoms include vomiting, weakness, loss of appetite, increased thirst & urination, seizures, abdominal pain, and sudden weight loss.

■ By Jane E. Brody

Humans are not the only residents of the United States who are getting fatter every year. So, unsurprisingly, are our furry friends — the dogs and cats that share our lives and, too often, our tendency to overeat.

Unlike their owners, however, the family dog or cat cannot open the refrigerator or gain access to snacks in high cupboards without human assistance, which means the responsibility for pet obesity rests with you-know-who.

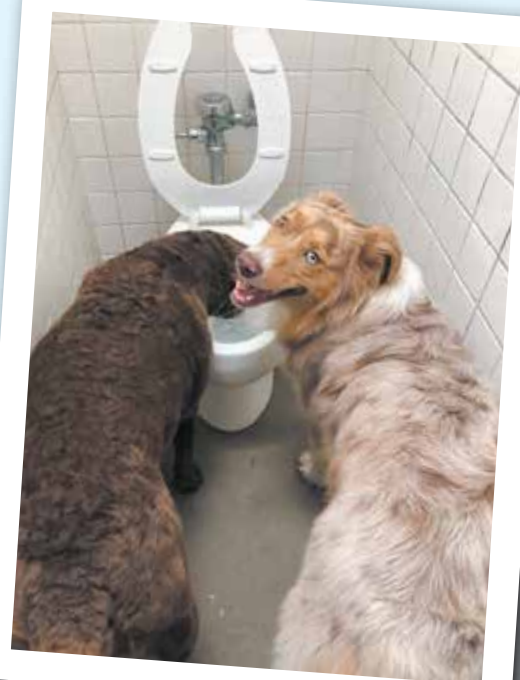
Veterinarians report that nearly half the dogs they see are overweight or obese, although only 17 % of owners acknowledge that their pets are too fat.

"Others know their pet is overweight but don't think it's a problem," said Deborah Linder, who heads the Tufts Obesity Clinic for Animals Clinical Nutrition Service.

According to Nationwide, the country's largest provider of pet health insurance, obesity among dogs and cats has risen for eight years in a row, along with claims for ailments related to being overweight. In 2017, obesity-related insurance claims for veterinary expenses exceeded \$69 million, a 24 % increase over the last eight years, Nationwide reported in January. With only 2 % of pets covered by insurance, the costs to owners of overweight pets is likely to be in the billions.

## Scamp Club

(Scampclub pets are not for adoption.)



Hi: I'm Pheobe, another lucky dog. My mom rescued me when I was 10-days-old and bottle fed me. I'm a big girl now and love people and running on the beach. Happy to be living life

## Join Scamp Club

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



Jason Sleffenauer - Rincon Brewery, Luisa Hwatt - Rincon Brewery, Rachael Ashleman - owner of Charles and Micky & Alma Bilgren - Rincon Brewery at the party for Charles. Photo by Bernie Goldstein.

## Help Wanted

Mechanical Engineer—Assess project requirements.

Design & implement cost-effective equipment modifications. Test, modify and re-test car wash equipment and subsystems. Utilize CAD/modelling software. Must have Bachelor's in Mechanical/Electrical Eng. or any engineering field + 1 yr. exp. as a Mechanical Eng. working on components & interfaces of car wash equipment.

Mail resume to:

**Waterdrops Express Carwash,  
1811 East Channel Island Blvd.  
Oxnard, CA 93033. Attn. Sam Siam.**

**\$10 Low/No Income Spay & Neuter**  
Sat. / Sun, Feb. 23rd & 24th  
Oxnard Performing Arts Center  
800 Hobson Way, Oxnard 93030  
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**  
Thurs., Feb. 28th  
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](http://www.spanonline.org)**





# The Pet Page

Lost pet? Go to [LostCatVenturaCounty.com](http://LostCatVenturaCounty.com) or [LostDogVenturaCounty.com](http://LostDogVenturaCounty.com) - free websites for finding and posting when you've lost or found a cat or dog.

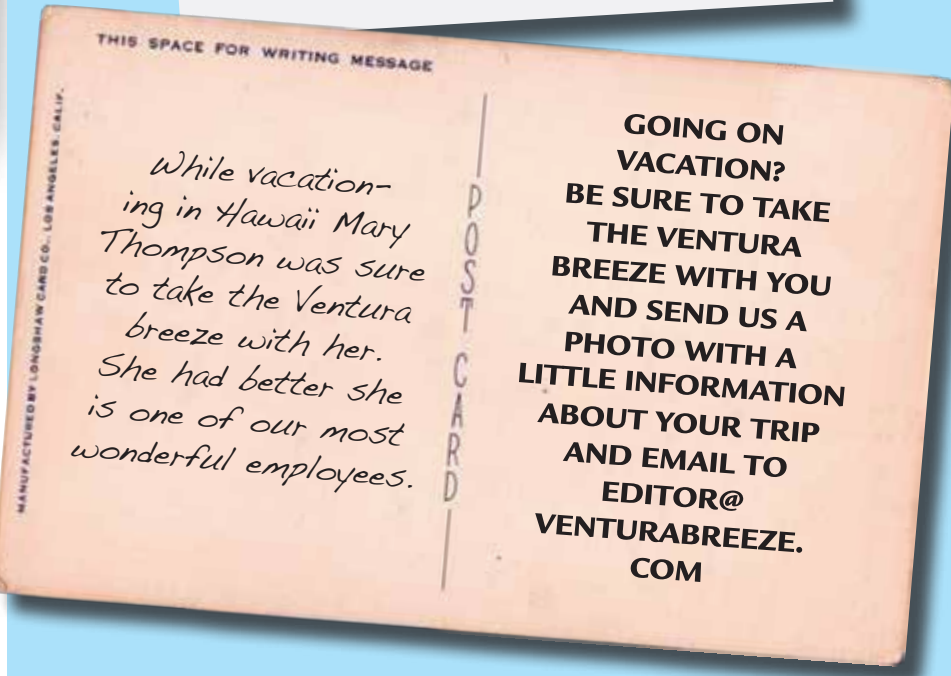
## Forever homes wanted

Hi: I'm Honey a playful 8-years-young Labrador X in need of a new home as my owner passed away. I'm an active dog who loves to play and go on walks. I'm good with children and cats (I may chase them, but I just want to play). I'm choosy with other dogs, so I'd do best as the only dog in the home. I've had formal training and know some basics - come, sit, stay and I walk well on a leash. If you have room in your heart and home for me, please stop by to meet me. Canine Adoption and Rescue League C.A.R.L.



Look at this handsome face and those adorable ears! Pony Boy is a fun, young dog who was brought to the shelter by a Good Samaritan who found him roaming in the streets. The person who found him reported that Pony Boy got along well with her older large dog and her younger small dog. He also did great with the small child (3-years old) in the house, as well as with an elderly family member. He is very friendly

and loves getting petted and snuggled. Come meet Pony Boy and make him part of your family! Ventura County Animal Services - Simi location - 670 W. Los Angeles Ave. Pony Boy A701241



## This 'n' That

### Project Understanding

*Continued from page 1*  
assistance through Community Action, and rental assistance through H2H.

### Food Pantry

Project Understanding's Food Pantry provides groceries on a weekly basis to families and individuals in need. A majority of the food on their shelves is donated or purchased from Food Share. For help with food, clients are invited to come to the Pantry, 2734 Johnson Drive, Suite E, Ventura, 93003, (805) 652-1326, 9:00 am - 1:00 pm on Monday, Tuesday, Wednesday, or Friday. A picture ID is required.

### Housing

#### Homeless to Home (H2H)

For homeless requiring help to find housing, the H2H office is open weekdays 9:00 am to 4:00 pm. The requirements for the intake portion of the application include:

- Proof of Income (last 2 check stubs, SSI/SSA/Disability award letter or bank statement if direct deposit, food stamps, and/or unemployment stubs).
- Proof of Address - rental agreement; if renting a room or a letter from the landlord
- Proof of Dependents/Custody - rental agreement (if listed on it), legal paperwork and awarding custody,
- If homeless, an ID and mailing address are required.

For homeless looking to find housing, contact H2H at (805) 231-2299, weekdays, 9:00 am to 4:00 pm. Hank Koozhekanani is Program

Manager.

Shore at the WAV

Shore at the WAV provides Case Management of previously homeless families and individuals obtaining them permanent, supportive housing subsidized by Section 8 funds. The office is open weekdays, 9:00 am to 4:00 pm. Appointments are required by calling (805) 628-3332. Kristie King is the Case Manager. Requirements for consideration are the same H2H.

Intake forms for both H2H and Shore at the WAV can be found at [projectunderstanding.org](http://projectunderstanding.org). Tender Life Maternity Home

Located at 871 E. Thompson Boulevard in Ventura, Tender Life Maternity Home provides homeless pregnant women with safe housing and various support services promoting self-sufficiency. Program requirements include that a client be homeless and pregnant (with no other children), a phone and in-person interview, at least 30 days of sobriety (proof if available), no felonies preferred (decided on a case by case basis), proof of legal status, proof of income (or Cal Works). Severe mental health clients are not able to be housed. Domestic violence clients must have completed a 30-day domestic violence shelter before being considered. Intake forms are found at [projectunderstanding.org](http://projectunderstanding.org).

### Tutoring

The Tutoring Centers at Project Understanding

Students grades K-5, recommend-

ed by their instructors, are assigned to volunteer tutors who provide one-to-one assistance with school work. Currently, Project Understanding has 11 tutoring centers throughout Ventura County, in El Rio, Oxnard, Santa Paula, Saticoy, and Ventura. For more information, contact Tutoring Manager Carolyn Pillado, (805) 652-1326 x303.

Project Understanding "Giving a hand up, not a handout." Find out more at [projectunderstanding.org](http://projectunderstanding.org)

### Mental Health Technician

*Continued from page 1*

through a Triage Grant.

"We are not going to arrest our way out of homelessness. Instead, we must find more innovative ways to identify and address the individual needs of our homeless residents. This new partnership between VPD and Ventura County Behavioral Health is exactly the type of innovative approach we need to address the mental health issues prevalent in our homeless population. Not only will it lead to more effective policing, it will also provide critical services and support to help our homeless get off the streets," said Mayor Matt LaVere.

Diana Gasmi has been selected to fulfill the technician position. She is a bilingual Community Services Coordinator for Ventura County Behavioral Health, where she has been employed for the past 12 years in providing outreach and engagement to individuals with psychiatric disabilities in different regions

throughout Ventura County. She has experience in psychiatric assessment, diagnostic and evaluation needs as well as the ability to provide advocacy, case management, and linkage to public benefits and appropriate community referrals.

"Partnering with Behavioral Health is a positive step in addressing the mental health of our homeless population," said Ventura Police Commander Rick Murray.

The Patrol Task Force is engaged in what's called restorative policing, or street outreach. This means that officers are working with chronic vagrancy offenders or displaced individuals, by uniting them with family or friends if they desire or getting them appropriate medical attention, they need to get off the streets. The mental health technician will come along side officers to assist in evaluating individuals and connecting them to resources for long term solutions.

The effort is part of the Safe and Clean Initiative which was adopted by Ventura City Council in 2011. The initiative redirects limited City resources and utilizes partnerships so that public places remain safe and clean for everyone to enjoy. The approach to Safe and Clean public places has five core elements that strive to align municipal, private philanthropy, business and non-profit resources. By mobilizing local entities, sharing data and involving key stakeholders across sectors the City of Ventura aims to retain secure public places.





by Pam Baumgardner  
VenturaRocks.com

I am so happy to hear that Surf Rodeo is on again for this year and I just found out it will be in a new location moving from Pierpont Beach to the Ventura Pier. No word on bands yet, but you won't want to make any vacation plans for the weekend of July 13 and 14.

Another festival will be testing Ventura out, it's called the Lantern Festival which will be held on Saturday, February 16, with live music from Cardiod, Nightgown and Pretty Polly. This family friendly event will of course feature hundreds of lanterns hanging, yours is included in the price of your ticket which range from \$29 to \$75 for VIP passes. I found this one on Facebook.

Holy moly, don't even think I'd forget about Valentine's Day. Okay, the long and short of it goes like this, we have lovey dovey to total animosity. Let's start on the lovey dovey side with the Toni Jannotta Jazz Trio at Vintura at the Wine Rack, Rick Whitfield at Café Fiore, Warren Takahaski at The Cave, The Gypsy Blues band continues their weekly residency at The Blue Room next to the Comedy Club in the Harbor, there's the weekly Bluegrass jam at the Boatyard Pub at the Harbor, then for the harder side of the coin, it's Danko Jones and Nashville Pussy at Discovery and finally HeWhoCannotBeNamed and the Devros at The Tavern. Good luck!

Quick Notes: Jerry's Middle Finger with The Alligators will be at the Golden China on Saturday, February 16; El Rey Cantina is hosting a fundraiser for The Young and Brave Foundation with Timmy Curran and Friends performing on Saturday, February 23; Several local spanning several genres have pulled their resources for a Notes for Notes fundraiser at the Ventura Theater on Saturday, February 23, featuring Astreyas, Disrupted Euphoria, Doc Martin Band and Eleven Point Two; a roots rock band out of Portland called Wanderlodge will be working their way through town with a handful of dates including one at Made West Brewing on Saturday, February 16, Topa Topa Brewing Co. on Thursday, February 21, and Winchesters on Friday, February 22; and a Johnny Cash Birthday Bash with the Mighty Cash Cats and Silver Threads will be at Bombay's on Sunday, February 24, the show starts at 6 pm with no cover charge.

Finally, huge congratulations to Teresa James & the Rhythm Tramps for earning a Grammy nomination for this year's Best Contemporary Blues Album for her 10th album, "Here in Babylon" as well as a huge shout out to Jesse Siebenberg who worked with Lady Gaga and Bradley Cooper on "Shallow" with Lukas Nelson and Promise of the Real. "Shallow" won the Grammy for Best Song Written for visual Media and for Best Pop Duo/Group Performance.

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

**The Blue Room**  
**Ventura Harbor Village**  
**(Next to Comedy Club)**  
Thursdays: Gypsy Blues Band  
**Boatyard Pub**  
**Ventura Harbor Village**  
Monday-Thursday 6 pm, Friday & Saturday 7 pm  
Mondays: Milo Sledge  
Tuesdays: Jason Ho/Frank Barajas  
Thursdays: Bluegrass Jam  
Wed 2/13: Shore Break  
Fri 2/15: Corsican Bros.  
Sat 2/16: Epitome of Dreams  
Sun 2/17: Big Adventure Duo  
Wed 2/20: Karen Eden  
Fri 2/22: Two's Company  
Sat 2/23: Teresa Russell & Stephen  
**Bombay Bar & Grill**  
**143 S. California Street**  
Thursdays, Friday & Saturdays: DJs  
Sun 2/24: Might Cash Cats, Silver Threads (6 pm)  
**Café Fiore**  
**66 S. California Street**  
Wed 2/13: Big Adventure  
Thurs 2/14: Rick Whitfield  
Fri 2/15: Instone  
Sat 2/16: Hoger's Heroes  
Tues 2/19: The Sixth  
Wed 2/20: Big Adventure  
Fri 2/22: Action Down  
Sat 2/23: Otis Hayes  
Tues 2/26: Taboo  
**Copa Cubana**  
**Ventura Harbor Village**  
Music 7 pm; Sundays 4 pm  
Mondays: Smokey & Friends  
Tuesdays: The Jerry McWorter Trio  
Fri 2/15: House Arrest  
Sat 2/16: Havana Cinco  
Sun 2/17: Brandon Ragan  
Fri 2/22: Jerry McWorter  
Sat 2/23: Havana Cinco  
Sun 2/24: Karen Eden  
**Dargan's Irish Rub & Restaurant**  
**593 E. Main Street**  
Sun 2/17: The Sunday Drivers (4 pm)  
**Discovery**  
**1888 Thompson Blvd**  
Thurs 2/14: Danko Jones, Nashville Pussy  
Fri 2/15: Twisted Gypsy  
Sat 2/16: Which One's Pink  
Sun 2/17: Groove Session  
Thurs 2/21: Kabaka Pyramid  
Fri 2/22: Carlos Daniels  
Sat 2/23: Erotic City  
Sun 2/24: For Peace Band  
**Downtown Ventura**  
**Lantern Festival**  
**Palm Street**  
Sat 2/16: Cardiod, Nightgown and Pretty Polly  
**El Rey Cantina**  
**294 E. Main Street**  
Fridays: DJ  
Saturdays: DJ  
Sat 2/23: Timmy Curran and Friends  
**Four Brix Winery**  
**2290 Eastman Avenue**  
Music 5:30 - 7:30 pm  
Fri 2/15: Karen Eden

Fri 2/22: Curtis James  
**Garage**  
**1091 Scandia Avenue**  
Mondays: Karaoke  
Sat 2/16: The Robot Uprising, Black Adidas, V.O.C., The Hell Toupees  
Wed 2/20: Syndrome 81, Civilian, Auxilio, Form Rank  
Fri 2/22: Mormona, Fifi, Plot, Danjo  
**Gigi's Cocktails**  
**2493 Grand Avenue**  
**(805) 642-2411**  
Thurs, Fri & Sat: Karaoke  
Tues 2/29: HoneyBadger  
**Golden China**  
**760 S. Seaward**  
**(805) 652-0688**  
Karaoke seven nights a week 9 pm  
Tuesdays 7 pm: Open Mic  
Sat 2/16: Jerry's Middle Finger, The Alligators  
**Grapes and Hops**  
**454 E. Main Street**  
Wed & Thurs 6 pm; Fri & Sat 8 pm, Sun 4 pm  
Fri 2/15: Tex Pistols  
Sat 2/16: Dive Bar Messiahs  
Sun 2/17: Andy D  
Fri 2/22: Brandon Ragan Project  
Sat 2/23: Shawn Jones Trio  
Sun 2/24: RJ Mischo Duo  
**Hong Kong Inn**  
**435 E. Thompson Blvd**  
"The Grape Presents Jazz" series  
Wed 2/13: Jazz Express  
Thurs 2/14: RJ Mischo Red Hot Blues Fri 2/22: Teka & NewBossa  
**Keynote Lounge**  
**10245 E. Telephone Road**  
Tues, Wed and Sun: Karaoke  
Thursdays: Open mic night  
Fri 2/15: Crosscut 805  
Sat 2/16: CRV  
Fri 2/22: DJ AVG  
Sat 2/23: Heather's on Fire  
**Leashless Brewing**  
**585 E. Thompson Blvd.**  
Tues 2/12: Robert Quindaro  
Thurs 2/14: Will Berman  
Sat 2/16: Doc Ventura  
Tues 2/19: Acoustic Music/Poetry Listening Room  
Fri 2/22: After the Smoke  
Sat 2/23: Boom Duo  
**Made West Brewing**  
**1744 Donlon Street**  
Thurs 6 pm; Sat 4 pm; Sun 3 pm  
Thurs 2/14: Conner Cherland  
Sat 2/16: Wanderlodge  
Sun 2/17: RJ Mischo Red Hot Blues Band  
Thurs 2/21: Anna Vera  
Sat 2/23: Brother Earl  
**Majestic Ventura Theater**  
**26 S. Chestnut Street**  
Sat 2/23: Astreyas, Disrupted Euphoria, Doc Martin Band, Eleven Point Two  
**Oak and Main**  
**419 E. Main Street**  
Tuesdays: Beers Brothers Open Mic  
Thurs 2/14: Victor Vega/Gerry's Jazz  
Sun 2/17: Sing Time Karaoke  
Wed 2/20: Durango Songwriter Expo  
Fri 2/22: Frank Barajas  
Sat 2/23: Johnny & the Love Handles  
Sun 2/24: Sing Time Karaoke  
Fri & Sat: DJs  
**Panaro Brother Winery**  
**4517 Market Street**  
Music 1-4 pm  
Sat 2/16: Red Rock Road  
**Red Cove**  
**1809 E. Main Street**  
Thurs 2/14: Good Nights  
Fri 2/15: Ghetto Blaster, Old Blood, Goat Rhythm, No Divide, Hysteria  
**Sandbox Coffeehouse**  
**204 E. Thompson Blvd**  
**805-641-1025**  
Thurs 6 pm, Weekends noon  
Thursdays Open Mic

Sat 2/16: Paul Henry Gang  
Sun 2/17: Benny Bassett  
Sat 2/23: Matthew Stewart  
Sun 2/24: Steve & Ginnie  
**Sans Souci**  
**21 S. Chestnut**  
Sundays: DJ Darko  
Mondays: Karaoke  
Tuesdays: DJ Nick Dean  
Wednesdays: Open mic  
Thursdays: DJ Spinobi  
Fri 2/15: Word of Mouth  
Sat 2/16: Black Star  
Sat 2/23: Cool Arrows  
**The Shores Restaurant**  
**1031 Harbor Blvd, Oxnard**  
Thurs 2/14: Troy Edwards  
Fri 2/15: Skinny Skoony and Rey Rey  
Sat 2/16: Corsican Bros.  
Sun 2/17: Karen Eden  
Fri 2/22: Troy Edwards  
Sat 2/23: MI-6  
Sun 2/24: Teresa Russell  
**Star Lounge**  
**343 E Main Street**  
Thurs 2/14: Kyle Smith  
Fri 2/15: Shawn Jones  
Sat 2/16: Brandon Ragan  
Thurs 2/21: Karen Eden  
Fri 2/22: Mini Driver Band  
Sat 2/23: Red Rhythm  
**The Tavern**  
**211 E. Santa Clara Street**  
**(805) 643-3264**  
Sundays: DJ Steezy Steve  
Tuesdays: Karaoke  
Thursdays: Get Right DJ  
Thurs 2/14: HeWhoCannotBeNamed, The Deveros  
**Topa Mountain Winery**  
**821 W. Ojai, Avenue, Ojai**  
Music at 3 pm  
Sat 2/16: Shylah Ray  
Sun 2/17: Patricia Avis Trio  
Sat 2/23: Boogie Woogie Band  
Sun 2/24: National Cash  
**Topa Topa Brewing Co.**  
**104 E. Thompson Blvd**  
Thurs 2/21: Wanderlodge  
**Ventura Harbor Village**  
**Spinnaker Drive**  
Music at 1 pm  
Sun 2/17: Mighty Cash Cats  
**Vintura at the Wine Rack**  
**14 S. California Street**  
**(805) 653-9463**  
Sundays music at 3 pm  
Wed 2/13: Ben Buttner  
Thurs 2/14: Toni Jannotta Jazz Trio  
Fri 2/15: Karyn 805  
Sat 2/16: Ric Ash Sax & Soul  
Sun 2/17: Toni Jannotta Jazz Trio  
Wed 2/20: The Swillys  
Thurs 2/21: Carlo Fontaine  
Fri 2/22: Tommy Quayle  
Sat 2/23: Jodi Farrell  
Sun 2/24: Jason Ho  
**Winchester's**  
**632 E. Main Street**  
**(805) 653-7446**  
Music at 7:00 pm; Sundays at 5 pm  
Fri 2/15: National Cat  
Sat 2/16: Michael Monroe Goodman  
Sun 2/17: CRV Acoustic  
Fri 2/22: Wanderlodge  
Sat 2/23: Big Adventure  
Sun 2/24: Frank Barajas  
**1901 Speakeasy**  
**649 South B Street, Oxnard**  
Fri 2/15: Ventucky Old Time String Duo  
Sat 2/16: Karen Eden  
Fri 2/22: Carlo Fontaine  
Sat 2/23: Brandon Ragan  
**The 805 Bar**  
**Ventura Harbor**  
Music at Noon  
Saturdays: Kenny Devoe  
Sundays: Kenny Devoe





**Karen Payton and Adonna Ebrahimi** show together at Fox Fine Jewelry in Ventura. The joint exhibit, "Flower Power," will be from March 16-May 12, 2019 with a reception on March 16, 6- 8 p.m. It's all about the Power of Flowers and surrounding yourself with Joy. Instead of brushstrokes, Karen uses needle and thread to paint her canvas with textiles. Karen celebrates hippies with fabric portraits that look like paintings from far away. Primarily working in acrylic and incorporating other mixed media, Adonna creates bright, colorful compositions of flowers atop abstract backgrounds. The strokes and colors convey tremendous movement and energy, in a way that is almost chaotic but also somehow serene. You can see their work: [www.karenpayton.com](http://www.karenpayton.com) and [www.artistrybyadonna.com](http://www.artistrybyadonna.com) and on social media @karenpaytonart and @artistrybyadonna.



Astrid Preston will be the March Artist Spotlight

## FOTM Artist Spotlight Interview now at the Museum of Ventura County

Focus on the Masters (FOTM) Archive & Library is pleased to announce that ten artists have been selected for FOTM formal documentation for the 2019 season. FOTM is excited to partner this year with the Museum of Ventura County, where each artist's interview will be filmed before a studio audience. Documentation derived from this interview, extensive in-depth oral interviews, digitized library of the artist's work and the collection of printed materials, news articles, gallery announcements and other pertinent material, will be added to the prestigious FOTM Archive & Library.

The Artist Spotlight is open to students and faculty attending as a class assignment free of charge. FOTM is happy to assist with tracking attendance and sign-in sheets. Faculty and students are requested to make a reservation at [www.FocusOnTheMasters.com](http://www.FocusOnTheMasters.com) or call 805.653.2501.

Admission to the Artist Spotlight interviews is free for FOTM members; general admission is \$15, seniors and students with valid ID \$10. For membership information, visit [www.FocusOnTheMasters.com](http://www.FocusOnTheMasters.com).

FocusOnTheMasters.com.

AfterGLOW Fundraising Events will be planned after each interview. These popular salon style gatherings offer art enthusiasts the opportunity to visit with the featured artist while enjoying a light supper in the company of dedicated arts supporters.

The ten artists listed below were selected based on the artists' mastery of their craft and diversity of expression, the respect from their peers and their historic role in the life of our artistic heritage. Nominations are accepted year-round and can be made online at [www.FocusOnTheMasters.com](http://www.FocusOnTheMasters.com).

Artist Spotlight Series 2019 Sundays, 3 to 4:30 p.m.

February 17 - Rafael Perea de la Cabada [www.RafaelPerea.com](http://www.RafaelPerea.com)

March 17 - Astrid Preston [www.AstridPreston.com](http://www.AstridPreston.com)

April 28 - Erika Lizée [www.ErikaLizee.com](http://www.ErikaLizee.com)

May 19 - Peggy Pownall [www.Peg-Pownall.com](http://www.Peg-Pownall.com)

June 16 - Carlos Grasso [www.Carlos-Grasso.com](http://www.Carlos-Grasso.com)

July 21 - Jeff Shelton [www.JeffSheltonArchitect.com](http://www.JeffSheltonArchitect.com)

August 18 - Ichiro Irie [www.Ichiro-Irie.com](http://www.Ichiro-Irie.com)

September 15 - Mick Reinman [www.MickReinman.com](http://www.MickReinman.com)

October 13 - Hilary Brace [www.HilaryBrace.com](http://www.HilaryBrace.com)

November 17 - Linda Ekstrom [www.LindaEkstrom.com](http://www.LindaEkstrom.com)

Focus on the Masters, founded in 1994, is one of Ventura's premier arts organizations. Its mission is to document and present to a large public the lives and works of leading contemporary artists. An in-school education program based on the work of these artists is offered to Ventura County schools and, in conjunction with Turning Point Foundation, to adults with mental illness. To learn more about Focus on the Masters, go to [www.FocusOnTheMasters.com](http://www.FocusOnTheMasters.com).

Artwork from across the United States will be exhibited at Buenaventura Art Association's 33rd annual Open Competition, a show being mounted for the first time at the Museum of Ventura County.

Making the selections is California artist **William Wray**, who began his career in the comic book and animation industry with stints at Disney, Hanna-Barbera, Filmation, and Marvel and DC Comics. He studied oil painting at The Art Students League in New York, and has earned acclaim in fine art with his colorful contemporary urban landscapes in a blend of styles he calls "realistic expressionism."

First, second and third places will earn \$500, \$350 and \$250, respectively, and one-year memberships. Four honorable mentions will come with \$100 prizes and six-month memberships.

The show will run through March 2 in the Martin V. and Martha K. Smith Pavilion at the Museum. Museum admission is \$5 general, \$3 seniors and \$1 children.

BAA's new gallery home in Studio 30 at Bell Arts Factory, 432 N. Ventura Ave., is open 11 a.m.-4 p.m. Thursdays through Sundays. For more about the 65-year-old nonprofit artists cooperative and its programs, visit [www.buenaventuraartassociation.org](http://www.buenaventuraartassociation.org) or call 805-648-1235 during gallery hours.



In May of 1999, the City Council established the Municipal Art Acquisition Program to document the history of visual art in Ventura through the annual purchase of important works of art created by area artists. The collection provides increased access to art of the highest quality and of distinctive merit through its displays. This water color "Passing Storm" by **Norman Kirk** can be enjoyed in the art collection in the corridors at City Hall and could be your inspiration to enter Art Tales.



Join in on Saturday, February 23 from 4-7 at the Vita Art Center for a champagne preview reception where we will be offering complimentary champagne, wine, and refreshments. Admission is free for Members and \$10 for Non-Members.

In celebration of Women's History Month, March 2019, the Vita Art Center in collaboration with Focus on the Masters will exhibit the artwork of 4 women artist that will be interviewed and documented by Donna Granata in 2019.

This is the third annual all Women's art exhibit co-curated by Vita Art Center and Focus on the Masters.

First Friday Opening: March 1 from 6-9pm

Exhibit Dates: March 1 thru March 22

Vita Art Center, 28 West Main St.

[www.VitaArtCenter.com](http://www.VitaArtCenter.com)



# Lighter Breeze

Tiger



Arctic Circle



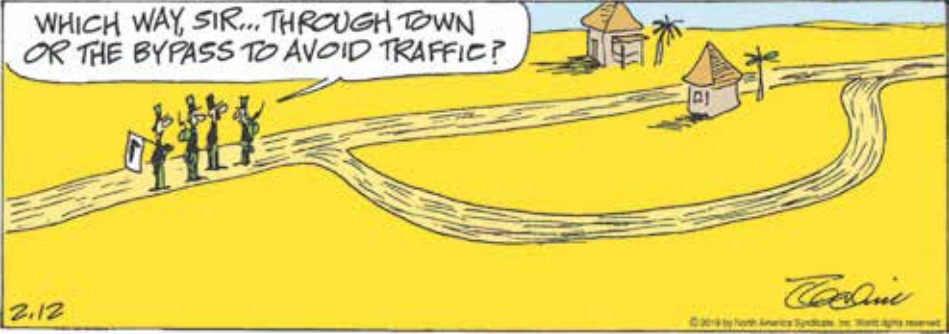
Beetle Bailey



The Brilliant Mind of Edison Lee



Crook



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 17

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

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

## Weekly SUDOKU

by Linda Thistle

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

DIFFICULTY THIS WEEK: ♦♦

♦ Moderate ♦♦ Challenging  
♦♦♦ HOO BOY!

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Solutions on page 17

## King Crossword

### ACROSS

- Departed
- Id counterpart
- Unclear view
- Hebrew month
- High-arc shot
- Leak slowly
- Wrinkly fruit
- Biden, Cheney, etc.
- Earth
- Flood
- Diner employee
- Brains of the operation
- Missteps
- Individual
- Neither mate
- Apiece
- Tin Man's prop
- Old portico
- Rd.
- Nintendo console
- Lost in reverie
- Visa rival
- Retain
- Handy
- Rivers or Collins
- Make a choice
- Oxen's onus
- Doing
- Pi follower
- English river

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			

### DOWN

- Praise highly
- Lip
- Autumn
- Win
- Pole staff?
- Republicans
- X-rated
- buddy (close pal)
- Investigate
- Submachine gun
- Kin (Abbr.)
- Petrol
- Raw rock
- Poisonous
- Midday
- Small wagon
- Line of fashion?
- Volcanic outflow
- Emulate Johnny Weir
- Logan or LAX
- Fizzy drink
- Teensy
- "Doubtfire"
- Barbershop quartet member
- Cars
- Sad
- Misplace
- Basin accessory
- "Oklahoma!" baddie
- Unclose, in verse
- Beta Kappa

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**LIBRA** (September 23 to October 22) Getting out of an obligation you didn't really want to take on can be tricky. An honest explanation of the circumstances can help. Next time, pay more attention to your usually keen instincts.

**SCORPIO** (October 23 to November 21) Use your Scorpion logic to push for a no-nonsense approach to a perplexing situation. This could help keep present and potential problems from creating more confusion.

**SAGITTARIUS** (November 22 to December 21) A friend's problem might take more time than you want to give. But staying with it once again proves the depth of your Sagittarian friendship and loyalty.

**CAPRICORN** (December 22 to January 19) The Sea Goat can benefit from an extra dose of self-confidence to unsettle your detractors, giving you the advantage of putting on a strong presentation of your position.

**AQUARIUS** (January 20 to February 18) You might want to ask a friend or relative for advice on an ongoing personal matter. But be careful not to give away information you might later wish you had kept secret.

**PISCES** (February 19 to March 20) Use the weekend for a creativity break to help restore your spiritual energy. Once that's done, you'll be back and more than ready to tackle whatever challenge you need to face.

**BORN THIS WEEK:** You get great joy out of creating beautiful things and sharing them with others who appreciate them.

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# Show Time

A View from House Seats

## Uncertainty principle explored at Rubicon

by Shirley Lorraine

The Rubicon Theatre opened its 21st season labeled “Coming of Age” with a work guaranteed to stretch your thinking and perceptions. While you’re at it, dust off your notes from physics class and review Werner Heisenberg’s Uncertainty Principle to best get a grasp on the play Heisenberg now on stage in downtown Ventura.

Penning by English playwright Simon Stephens, the two-person staging by director Katharine Farmer certainly lives up to its publicity, as “quirky” and “full of surprises”. It is a romance of sorts with as many comedic moments as dramatic. It is also deeply introspective and emotionally complex, delving into considerations of life’s myriad alternatives and potential consequences.

Alex (Joe Spano) is an older man of measured adherence to the familiar. A butcher by trade, he spends his spare time in a London train station, listening to music. Georgie (Faline England), a perky, unpredictable younger lady, appears one day, spontaneously kisses him on the neck, and quickly becomes an intriguing enigma. Their initial emotional dance where each tries to capture the other’s intents builds into a relationship that surprises both of them.

Alex’s mundane, highly routine existence is challenged by Georgie to live in the moment, be more spontaneous, explore new thoughts. Alex accepts the challenge reluctantly. Ultimately, it is their differences that attract each to the other, while both remain wary and questioning throughout. We are reminded that no matter how much we feel we can predict the behavior of another, it is important to remain cognizant of a person’s right to change their mind, going in a different direction than anticipated. It’s human nature, after all. Humans have foibles. How we handle them is what contributes to our uniqueness.

Both Faline and Spano are superb. They show how intimate an emotional connection can be and how that connection can grow. So much is said with a twitch of an eyebrow, a slight curve of the lips, a pause in dialog and action. Their minimalistic physical movement carries deep meaning, inviting the audience to focus on the actors’ words, inflections and subtle expressions as they work through the complexity of their unexpected rapport.

Alex and Georgie seem complete opposites at first. In time, however, they discover many congruities to bind

their friendship.

The 90-minute uninterrupted play actually begins before the play begins, with Spano quietly contemplating his thoughts while the muted ambiance of a busy train station continues in the background. Scenes change as thoughts do, without fanfare, the station behind a constant reminder of where this pairing began.

The play raises many questions such as what risks are involved in stepping outside of your comfort zone to try something new? If the results are potentially equal, why not try? According to Heisenberg, causality shapes events and future behavior. Is the future uncertain? Of course. Are risks involved? Yes. What do we give up if we don’t take the path of risk? The Rubicon’s production choices enable us to take risks, challenges our thinking and satisfies our desire for compelling theater.

Heisenberg plays Wednesdays to Sundays through February 17, 2019 at the Rubicon Theatre Company, 1006 E. Main St. (corner of Main and Laurel Streets) in downtown Ventura. Matinees: 2 p.m. Wednesdays, Saturdays and Sundays. Evening performances at 8 p.m., except 7 p.m. on Wednesdays, which features a post-show talk back with the cast. Ticket prices vary. The box office is open 7 days a week. There is 24-hour ticketing and seat selection online at [www.rubicontheatre.org](http://www.rubicontheatre.org). (805) 667-2900.



More than 250 people attended the Thomas Fire lecture hosted by Dr. Anderson.

## Dr. Sean Anderson returns to Ventura

On Thursday, March 7, Ventura Land Trust will kick off its 2019 Environmental Speaker Series with the

ROTARY CLUB OF VENTURA SOUTH

MARDI GRAS PARTY


Laissez Les Bon Temps Roulez


March 3rd, 2019, 3 to 7 PM

The Tower Club Penthouse

300 E. Esplanade Dr. | Oxnard, CA 93036

Tickets available at [www.tpf-vc.org/mardi-gras](http://www.tpf-vc.org/mardi-gras)





return of the ever-popular Dr. Sean Anderson. Dr. Anderson, Departmental Chair of the Environmental Science and Resource Management Program at California State University Channel Islands, will present a lecture entitled “California’s Year-Round Wildfire Season – The New Abnormal.” The program, sponsored by Ventura County Community Foundation, will begin at 7 p.m. at the Poinsettia Pavilion in Ventura, 3451 Foothill Rd.

Dr. Anderson, a highly-esteemed and broadly trained ecologist and conservation biologist with dual BA’s from UCSB, a PhD from UCLA and Postdoctoral and Research Fellowships from Stanford University, will share a one-year-post Thomas Fire recovery report card, discuss the impacts from the Hill & Woolsey Fires, explain why California’s year-round wildfire season is now our “new abnormal,” and talk about ways we can work to reverse this alarming trend.

In January, 2018, one month after the Thomas Fire, more than 250 people attended Ventura Land Trust’s post Thomas Fire lecture hosted by Dr. Anderson. His ability to combine research, science and humor while educating about important environmental topics makes him a very popular and highly sought-after speaker.

Ventura Land Trust’s Environmental Speaker Series, now in its fourth year, is one of the many ways VLT works to educate the public about important environmental topics. The lecture is being sponsored by Ventura County Community Foundation and refreshments, beer and wine will be served.

Reservations are highly encouraged. RSVP at: [www.venturalandtrust.org/events](http://www.venturalandtrust.org/events).

CALL & BOOK YOUR PRIVATE EVENT!  
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Discovery VENTURA

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2/14: DANKO JONES X NASHVILLE PUSSY X PRIMA DONNA

2/15: TWISTED GYPSY - TRIBUTE TO FLEETWOOD MAC

2/16: WHICH'S ONE PINK - TRIBUTE TO PINK FLOYD

2/17: GROOVE SESSION

2/21: KABAKA PYRAMID

2/22: CARLOS DANIELS - TRIBUTE TO JUAN GABRIEL

2/23: EROTIC CITY - TRIBUTE TO PRINCE













FULL CALENDAR & INFO  
DISCOVERYVENTURA.COM

1888 E. THOMPSON BLVD.



Join the Hokuloa on Feb. 23, 10am-2pm for an Open House on the Beach. An introduction for youth and adult Outrigger Paddling in a 6-man canoe. Provided will be a paddle, a short lesson and practice on the water at Ventura Harbor at the end of Spinnaker Dr. For more information [Hokuloaoutrigger.com](http://Hokuloaoutrigger.com).

Hokuloa is celebrating 30 years as an Outrigger Canoe Club in Ventura. They are a competitive club that participates in races along the Southern California coast. From San Diego all the way to Santa Barbara. They host their annual Ventura Challenge race in June.





The **Ventura Breeze** is presenting  
the seminar

**“Everything that you  
wanted to know about  
self-publishing but were  
afraid to ask.”**

The seminar will feature four Ventura Breeze  
writers who are self-published book authors:



**Sheli Ellsworth—**  
Award-winning author,  
editor, journalist and book  
shepherd.



**Mira Reverente—**  
A major life change  
propelled this journalist to  
self-publish Suddenly Single  
Women’s Guide to Finances.



**Maryann Ridini Spencer—**  
Award-winning screenwriter,  
producer, author, journalist  
and TV host.



**James Francis Gray—**  
Author, self-publisher of  
four books and is currently  
working on number five.

**Moderated by Breeze publisher-editor Sheldon Brown**

**Just a bit of what you will learn:**

How to get self-published • Worst part about self-publishing  
Best part about self-publishing • How to get your book in a  
distributor’s catalog

The importance of a proof copy and editing • Pricing your book  
Marketing and distribution

How to get an ISBN • Should you copyright?

How to start writing from scratch • How to self-publish  
on a budget

Should you consider Amazon?

The seminar will be held at Mimi’s Cafe, 3375 E. Main (at the  
Mall), 805-644-1388, on March 24, from noon until 3pm.

Cost is \$20.00 and includes free coffee, tea and muffins. Lunch  
will be available for purchase.

RSVP at publisher@venturabreeze.com or 805-653-0791



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**OUR ORIGINAL LOCATION  
1580 N. VENTURA AVE.**

**River Community Church honors**

*Continued from page 16*

The River Community Church provides the people of Ventura a safe space to be accepted and loved without judgment while helping them transform through housing opportunities and relational commitments.”

City Council Member Cheryl Heitmann shared her feelings about what the church is doing and the relationship with the city. “I want to thank the River Church for all you are doing for our community. From stepping up after the Thomas fire to give a helping hand to many residents who lost their homes to managing The City Center which is the best example I know of a program that truly gives people a second chance. Working with families to help guide them to make better decisions and develop the skills needed to make a better life for their children is a true gift to our city.

And your commitment this past year to the Downtown Ventura Partners to provide volunteers for their events was so appreciated. These events can’t happen without a strong volunteer core. So I want you to know that all you do to make Ventura a better place for all of us is truly appreciated by the City Council and the residents of Ventura.”

The River Community’s Outstanding Service Awards Plaques were presented to Tim Higgins’ Downtown Ventura Park Safety Ambassador” and J. Vasquez “Downtown Ventura Team Lead”. The plaques read “Thank you for serving the community and caring for others. Your partnership is invaluable and our city is a better place because of you.”

TRC Team Captains and Pastors were recognized as well as the outgoing council. A facilities improvement plan, the financial report and a Transitional Housing update were among the topics presented.

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