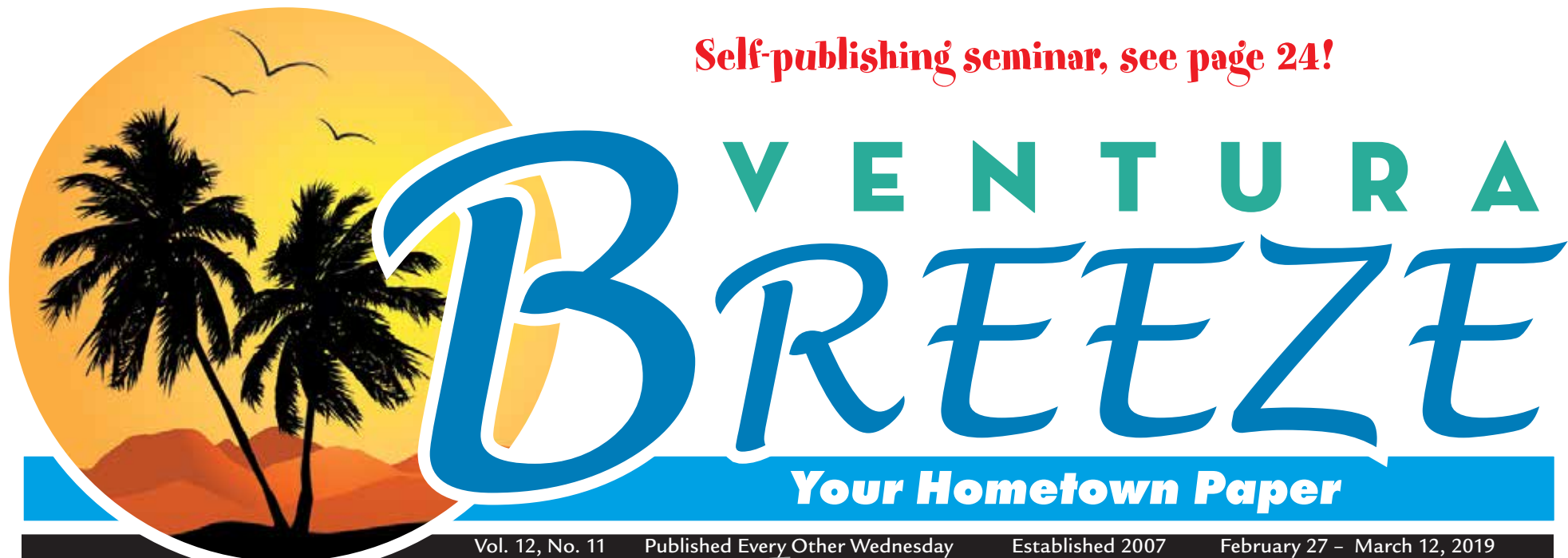


Self-publishing seminar, see page 24!



Vol. 12, No. 11 Published Every Other Wednesday Established 2007 February 27 – March 12, 2019



Students had the opportunity to chat with Ventura's Mayor Matt LaVere (he's the bigger one). Photo by VCS parent Manjula Perera.

“Spread Peace and Love” mural by VCS students on display

On Thursday, February 21st, 50 third graders from Ventura Charter School of Arts and Global Education (VCS) walked two miles to Ventura City Hall for a highly anticipated field trip. This journey was a celebration of the unveiling of their “Spread Peace and Love” mural on display in City Hall. The spirit of this peaceful mural is to be a traveling art peace around the city. When third-grade VCS teachers Emily Noel and Kim “Flow” Hansmeier reached out to Ventura City Hall to be the first hosts of the art piece, City Hall was instantly supportive and excited.

Kathryn Dippong Lawson, Ventura City Hall's Cultural Arts, Education & Historic Supervisor, helped coordinate this special event. The day involved a glance at Ventura's historical art pieces within City Hall on a guided tour from Tobie Roach, the City of Ventura's Public Art Specialist. Students had many opportunities to learn about famous, local artists and to connect with art through reflection, observations, and questions.

The field trip concluded with a “Mayor Meet Up” as students had the unique opportunity to chat with Ventura's Mayor Matt LaVere. Mayor LaVere then concluded the incredible experience by unveiling the student's art piece of peace. Many high fives, cheers, and peace signs were given and joyful pictures were taken with the Mayor.

Continued on page 3



Friends, councilmembers and city staff joined Jim to celebrate his new street.

There's a new street in Ventura: James Monahan Way

Former Ventura Mayor and City Councilman Jim Monahan may no longer serve on the City Council, but his legacy will now live on forever.

A newly named street, James Monahan

Way is at Poli Street and the City Hall parking lot as well as the gateway to the Ventura Botanical Gardens.

Monahan was honored with this street designation at his retirement council

meeting in December. In his unprecedented run, Monahan served on the City Council from 1977 to 2018. He stepped down in December, having chosen to not seek reelection.

The street designation caps a year of honors for Monahan, who also recently accepted the 2018 Citizen of the Year Award from the Ventura Chamber of Commerce.

Among the countless ways that Monahan has touched the community is in his enthusiastic leadership and as founder of the St. Patrick's Day Parade. American flags fly everywhere on patriotic holidays because of his work to organize volunteers to hang them. He's also known citywide for his work advocating for the people of Ventura Avenue, where his father started American Welding in 1928 and where he still maintains an office.

An early advocate for a Veterans Home in Ventura County, Monahan got to see that happen, and he continues to serve on the Gold Coast Veterans Home Foundation. He has retired from elected office but certainly not from community service.



Ventura is learning important lessons from the Thomas Fire.

City of Ventura releases Thomas Fire after action review

The City of Ventura has released its after action review of the Thomas Fire that analyzes the City's immediate response and initial recovery operations for the unprecedented disaster. The goal of the 23-page report is to evaluate what

was done, examine lessons learned, and identify areas for future implementation, many of which have already been underway over the past year. The review is available online at www.cityofventura.ca.gov/thomasfire.

The emergency management company, Terra Firma Enterprises, created the review with participation from the City of Ventura department directors and emergency operations center (EOC) staff. Several after action review sessions were held to analyze the City's actions during the fire and post-fire recovery.

The largest fire recorded in California at the time, the Thomas Fire required an enormous response from the City, the region, and beyond. Fighting the fire necessitated a vast effort, including one of the largest deployment of firefighters in state history—more than 8,500. In Ventura, firefighters and public safety personnel initiated extensive evacuation procedures and an immediate aggressive attack on the fire. Due to the swift and well-coordinated response, the City of Ventura experienced no loss of life as a direct result of the fire.

The after action review highlights a number of the City's strengths in performance related to the fire such as the instant action by first responders to

Continued on page 3

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Good Bye Winter, Hello Spring!

City News



As Planning Director, she managed a staff of 41.

Kimberly Prillhart selected as County Resource Management Agency Director

Kimberly Prillhart has been selected as the new director of the Resource Management Agency. The appointment was made by County Executive Officer Mike Powers following a search which included strong internal and external candidates. Prillhart replaces Chris Stephens who retired in January after 13 years as the agency's director.

Prillhart started with the County in 1998 and for the past 10 years has served as the County's Planning Director. As Planning Director, she managed a staff of 41 and a \$6.1 million budget.

"Kim has consistently demonstrated leadership and expertise in navigating with her team through the many complex issues she has handled as Planning Director," said Powers. "Kim has a track record of working well with, and listening to, stakeholders with diverse perspectives in order to identify the right balance in arriving at land use decisions that support the Board of Supervisors' vision for land use in our beautiful County. This approach to leadership will serve her well in broadening her role to overseeing the critical areas of the Resource Management Agency including Environmental Health, Weights and Measures, Code Compliance and Building and Safety."

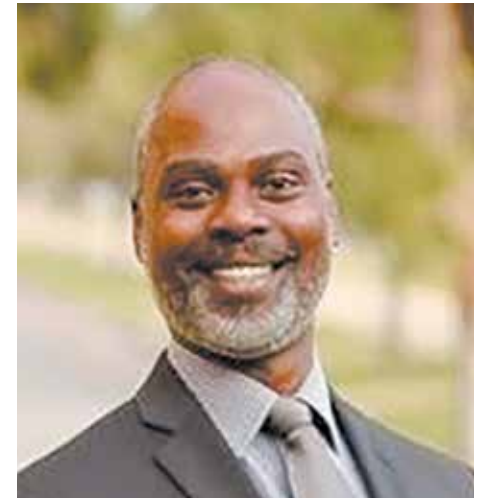
In her new role, Prillhart will oversee planning, building and environmental health; and direct the enforcement of laws and ordinances regulating land use, zoning, weights, measures and environmental protection.

"I am excited to continue to move the agency forward as we update our General Plan and look to the future of Ventura County," said Prillhart.

Prillhart began her career with the County as an intern and was then hired to work on the Surface Mining and Reclamation Act program, overseeing 27 mines. She rapidly advanced through five planning positions prior to being named as Planning Director. She has served as president of the California Counties Planning Directors Association and on the board of the California American Planning Association, and

she is a 20-year member of the American Institute of Certified Planners.

Prillhart, 56, has a degree in Environmental Studies from the University of California at Santa Barbara. She is a resident of Ventura and will start her new position at a salary of \$202,419.



Wilson began his career with VCPWA's Water and Sanitation Department.

Derrick Wilson is the new Strategic Operations Manager

The Ventura County Public Works Agency (VCPWA) has named Derrick Wilson as Strategic Operations Manager to lead the newly formed division within the Central Services Department (CSD) concentrated on planning, execution, analysis and knowledge (PEAK) management for VCPWA.

Prior to serving as VCPWA's Strategic Operations Manager, Wilson began his career with VCPWA's Water and Sanitation Department managing staff and services in the Integrated Waste Management Division. Wilson's new role will focus on agency-wide organizational excellence and continuous process improvement. He will oversee a variety of agency-wide activities which include implementation of the agency's strategic plan, tracking and reporting performance metrics, leading the Business Quality Council, and assisting departments with completing, documenting and reporting process improvements.

"Our new strategic Operations Manager is by far one of VCPWA's most important roles. Our agency operations require our full team working together with great expertise and passion to keep our communities safe, through all of our many public works projects and our immediate response to emergencies through our five departments," said Jeff Pratt, Director of VCPWA. "Derrick's key position will keep us extremely efficient and cost effective as we work on behalf of Ventura county. The safety and quality of life of our community is paramount to VCPWA."

With a combined 27 years in public service, 10 years at the County of Santa Barbara and 17 years with the County of Ventura, Wilson has successfully led teams and completed enterprise-level initiatives employing process improvement, business process redesign, change management and project leadership skills.



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City News

Thomas Fire after action review

Continued from page 1

evacuate the hillsides to save lives, early implementation of communication and outreach efforts, and prioritization of critical City services.

Ventura and the entire State of California are learning important lessons from recent wildfires, including the Thomas Fire. The City is using these lessons to increase its disaster resiliency. For example, as part of this effort, the City is moving forward with a request to create a permanent Emergency Manager. The new position will coordinate ongoing efforts, maintain compliance and provide day-to-day tactical emergency management. Although no urban water system is designed to operate under or protect against a massive, unstoppable wildfire, further investments also include obtaining and positioning additional generators to ensure that all water facilities have sufficient backup power during a prolonged, citywide power shutoff, and programs that increase water supply reliability to respond to natural and man-made hazards. Since the Thomas Fire, Ventura has also added supplemental fire resources, which includes an additional roaming fire engine that provides 40 hours a week more of service to the City.

"We continue to share our heartfelt sympathy for those who were impacted by the fire," said Fire Chief David Endaya. "We are committed to learning from this disaster and preparing for the future. This includes requests for new positions, like an Emergency Manager, that can further support and help lead our disaster response efforts. Wildfires are an unfortunate, but likely reality in California. The most resilient cities are those that listen, learn, and adapt – Ventura will do just that."

After action reviews are critical in helping communities examine and learn from disasters like the Thomas Fire. Through this experience

Ventura is driving forward with new actions, measures, and programs to better prepare for the years to come.

"Spread Peace and Love" mural

Continued from page 1

Quotes from VCS third grade artists reflecting on their big day at Ventura City Hall:


"At City Hall, we met awesome people! Kathryn and Tobie seemed very passionate about the City Hall art and they wanted to share it with us. City Hall inspired us to do more. The Mayor was much different than I thought he'd be. I thought he'd be really old. He was so fun and cool! We learned that the Mayor's job is important. The Mayor makes Ventura a better community. He's a kind person. Meeting him was an exciting opportunity. Maybe I can be the Mayor one day. The Mayor said that every day he walks into City Hall and the first thing he sees is our mural saying, 'Spread Peace and Love' and it reminds him to do that. He said the best Mayors spread peace and love."

"This mural was about kindness, spreading peace, and love to others. We went to be representatives of kindness. We went to show ourselves being a part of the community. Spreading peace, love, and kindness is all that we want to do and are going to do; all that we are. We want our community to be peaceful and kind. We are all pieces of the mural. There are 50 parts/bones of the mural."

"Our mural is a chance to express ourselves and the work we've done. Our peaceful family is open for others to join. We can all be one and bring others together. When you're kind to yourself, it makes being kind to others easier. The mural is a reminder you can be peaceful and you can set the example; it's something we don't want people to forget."

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– Charles P.
Boyle

Opinion/Editorial



Sheldon (Governor) Brown
Publisher-Editor

■ The city has released its long-awaited report on the **Thomas Fire** (article on the cover). I found the small amount of information covering the lack of water to fight the fire a little disappointing in the 25-page report.

The report says: “During the Thomas Fire, the City’s water system operated as designed. No urban water system is designed to operate under or protect against a massive, unstoppable wildfire.” Hmm, perhaps it should be.

Previous Ventura councilmember, and current Ventura County Supervisor, **Steve Bennett** has expressed the same concerns.

■ The Breeze has always had a little problem receiving an abundant amount of comments and opinions from readers, but once I criticized **Trump** (and published a political cartoon that did the same) we are finally receiving lots of opinions. This is good and makes me very happy. Please keep them coming in support of, or critical of, Trump. And other opinions are appreciated as well, of course.

■ On Nov. 6, 2012, Donald **Trump** tweeted, “The electoral college is a disaster for a democracy.” If the President says so it must be true. Maybe it is the time to take action to make sure that the loser of the election is never made President of the United States.

■ A Pennsylvania church administrator stole \$1.2 million that he and his wife used to pay for vacations, sports tickets and other personal expenses. David and Connie Reiter are charged with theft, forgery and receiving stolen property. The money was stolen from the Westminster **Presbyterian Church** in Upper St. Clair over the course of about 17 years. David Reiter had been the church’s administrator since 2001. Will they still go to heaven?

■ Isn’t it about time for Congress to pass an update to the **National Emergency Act**? The Act needs a much clearer definition of the conditions under which a President (several

have done this) can declare a national emergency. Isn’t the measles epidemic becoming a national emergency? If I were President, it would be. And we would also have a national holiday for left-handed people to show their amazing contribution to society.

■ Health officials identified another **measles** case in Clark County. There are now 65 confirmed cases in the outbreak.

Officials say 57 of the patients were not immunized, and six are not verified to have had the vaccine, and two patients had only one dose of the MMR vaccines.

The CDC says one dose of the MMR vaccine is 93 percent effective, while having two doses of the vaccine is 97 percent effective.

I know that there are people who, based on religious beliefs, don’t believe in immunizing their kids. Perhaps when we colonize Mars they can all move there and can deal with the problem that they have created. Chickenpox has also greatly increased as well in a North Carolina school where many families claim religious exemptions from vaccines. Does the **Bible** say immunization is immoral?

■ A **Catholic priest** in Michigan is facing criticism after he presided over the funeral of 18-year-old Maison Hullibarger, a straight-A student who killed himself. The priest told mourners at the service that the teen may be (but not for sure?) kept out of heaven due to the way he died.

The parents want the priest who presided over his funeral removed after they say he disparaged and condemned their son during the service. Removal may not be enough.

■ The “dark” side of the **moon** isn’t really darker than the “light” side of the moon. But that far side gets colder at night. Data from the Apollo missions had already revealed that the moon’s sunlit surface can climb to 260 degrees Fahrenheit (127 degrees Celsius) during the day and drop to minus 280 F (minus 173 C) at night. Maybe plan your space trip to another place in the sky.

■ The children of **lesbian** women

who conceived through sperm donations had no more behavioral or emotional problems than did a representative sample of others their age. Conclusion is that it is the quality of the parenting and not their sex creates stable children.

■ Even though no one has been conscripted into the United States military in more than 40 years, the Military Selective Service Act requires all American men to register when they turn 18. Men who do not register can be fined, imprisoned and denied services like federal student loans.

Judge Gray H. Miller of Federal District Court in the Southern District of Texas has ruled that because **women** can now serve in combat roles, it is unconstitutional for the United States to draft only men for the military.

He quoted the Supreme Court’s 1981 ruling that the exclusion of women from the draft was fully justified because women then were not allowed to serve in combat. But the Pentagon abolished those restrictions in 2015, opening the way for women to serve in any military role for which they could qualify.

“While historical restrictions on women in the military may have justified past discrimination, men and women are now ‘similarly situated for purposes of a draft or registration for a draft,” Judge Miller wrote in his ruling. “If there ever was a time to discuss ‘the place of women in the Armed Services,’ that time has passed.”

■ People who puff **electronic cigarettes** every day have twice the risk of heart attack, and the odds increase almost fivefold for those who use them along with traditional cigarettes, a new study suggests. “Using both products at the same time is worse than using either one separately,” said senior study author Stanton Glantz director of the Center for Tobacco Control Research and Education at the University of California, San Francisco.

Most adults who vape continue to smoke tobacco cigarettes, he added. About 66 percent of the nearly 2,300 current e-cigarette users in the study also smoked tobacco cigarettes.

Mailbox

Sheldon:

In response to a reader, you wrote on February 13th: “Don’t you think whoever gets the most votes should win?” and followed with arguments against the Electoral College.

You ask how something passed in 1787 could have any application today, citing population changes. Every provision of the Constitution, as amended and interpreted, has applied to every legal precept in the United States throughout the intervening 232 years. The justification for the Electoral College is founded on principles, not population.

You offer the standard argument against the College, which is that it is inequitable, with the votes in some states “meaning more” or being “more important” than those in another. This is true and the Founders were well aware of it, but adopted the provision for many good reasons. You’ll note that there is no mention of “democracy” anywhere in the Declaration or the Constitution, for good reason: the Founders intended to establish a Con-

stitutional Republic, not a democracy. They did not want the floating whims of a majority to jeopardize the rights of every other person, nor a perpetual floating tally of who determines, interprets or implements the Law of the Land.

Bear in mind that this is the United States of America, drawing its claim to sovereignty from each and all of the colonies (later states). The structure of the Electoral College is a direct result of the guarantee of equality “among the states”, with each having exactly two votes in the U.S. Senate. The Constitution might have never been adopted otherwise. The Electoral College is simply determined by adding the number of representatives and senators for each state. That is the fairest way to have equity in both the general population and all of the states in determining the presidency.

Bill Westmiller

Bill: Thank you for your explanation but I still don’t like it. Keep your comments coming please, what our country is all about.

Sheldon

To Sheldon

Re: Trump supporters.

Sheldon, your comments on the Electoral College are well supported. As any student of Constitution Law will see there are many clauses from 1787 that do not apply today. That is why scholars opine that the Constitution is a living document that creates and expands and yes even contracts through our history to better deal with human frailties.

Women did not have the right to vote for over 100 years plus. Breathe out. Slavery abolished. Breathe out. Nazis allowed to March in Skokie, Illinois. Breathe in. Citizen’s United. Breathe in. When one group feels like we should not breathe any longer that is contrary to what our founding fathers attempted to design. These are simple basic ideas (TRUTHS) designed to absorb the trials,

Continued on page 23

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

Community Events

Ventura Audubon Society March Events

March 3, 8:00 am Work Day Hedrick Ranch Nature Area, Leader: Sandy Hedrick 805-340-0478.

Arrive at 8:00 for self-guided birding which usually yields some interesting birds. Work from 9am – noon. Long pants and boots or closed shoes are required. Bring water, gloves & sun protection.

March 10 2019, 8:30 am Port Hueneme Exploration/Bubbling Springs, Walter B. Miranda Park, and J Street Canal to the Port Hueneme Beach. Leader: Kay Regester 805-258-1025

Bubbling Springs is a fantastic place to view many gulls and ducks up close such as Mallards and Widgeons, warblers and hummers. Then we will check out J St Canal and walk the Hueneme Beach to the East, towards the estuary, and then to the West toward the pier where we will see a variety of gulls, grebes and shorebirds.

March 12, 7:30 p.m. VAS Monthly Program: Ventura Seabird Restoration on the California Islands... with Annie Little (USFWS) at the Poinsettia Pavillion - 3451 Foothill Road, Ventura (Free to the Public)

The presentation will highlight restoration efforts for seabirds on the Channel Islands and Baja California Pacific Islands, including invasive species removal, habitat restoration, and social attraction.

March 16, 8:00 am Carpinteria Salt Marsh, Leader: Tevin Schmitt 661-904-1563

The Salt Marsh Reserve is an excellent birding location due to the estuary, wetlands, and upland habitats. Special birds of concern can be found here, including Belding's Savannah Sparrow, and White-tailed Kite. Several species of heron are often seen at once.

March 17, 8:30-10:30 am Camino Real, Leader: Reann Koener 805-701-1919

Camino Real is a grassy park surrounded by pines and eucalyptus and is an excellent place to see birds. Target birds will include Red Shouldered Hawk, Pacific-slope Flycatcher, Yellow Warbler and Townsend's Warbler.

March 19, 8:30 am Lake Casitas. Leader: Adele Fergusson 805-415-4304

Join us for a walk by the lake. We will be looking for hummingbirds, western bluebirds, blackbirds, grosbeaks, gnatcatchers as well as ducks, geese and waterfowl.

March 23, 8:30 am Lake Los Carneros and Santa Barbara Hot Spots, Leader: Adele Fergusson 805-415-4304

We will walk around this lovely lake, we should see a variety of shorebirds and possibly some rails, blackbirds, munia, white tailed kites, etc. Afterwards we will stop at a park in downtown Santa Barbara to see if there are any migrating vagrants. Bring your lunch and if we have time we will stop at the creek in Carpinteria on the way back to Ventura.

March 31, 8:30 AM Canada Larga; Leader: Linda Easter 818-519-2833

Meet near the beginning of the road off Hwy 33. We will carpool from that location as we walk and drive this long county road. Target species will include Barn Owl, Western Bluebirds, Lark Sparrow, Roadrunner, Phainopepla and various species of swallows.

Ventura Libraries March Events

Avenue Library Children & Family Events Bilingual Early Literacy Class 3/4, 11, 18, & 25 Mondays @ 5:30-6:30pm

Join us for storytelling, nursery rhymes, and more!

Lego Play 3/7, 14, 21, & 28 Thursdays @ 3 –5pm

Bring your imagination and experiment with creative designs.

Adult Classes & Events Laubach Literacy English Classes 3/4, 11, 18, & 25 Mondays @ 10:30-11:30am 3/5, 12, 19, & 26 Tuesdays @ 9-10am & @ 10-11am 3/6, 13, 20, & 27 Wednesdays @ 11:30am -12:30pm 3/7, 14, 21, & 28 Thursdays @ 10--11am

Introductory English classes offered through Laubach Literacy. Make an appointment today, call (805) 385-9584. Wherever You Are Adult Computer Instruction – by AppointmentCall the Avenue Library to make an appointment for 30 minutes of 1 on 1 computer tutorial.

E.P. Foster Library Local Author Talk- Florencia Ramirez 3/9 Saturday @ 1-2:30pm Join author Florencia Ramirez in her discussion about her book “Eat Less Water.” Ms. Ramirez’ book “takes the reader on a journey to meet American’s food producers growing food with less water. The author exposes the seldom-seen connection between dwindling water resources and the choices we make when shopping for groceries for our families and offers us the solution that begins in the kitchen.”

A Matter of Balance Class 3/5, 12, 19, & 26 Tuesdays @ 1-3pm The Ventura County Area Agency on Aging presents this practical, award-winning fall prevention class. For more information and to register please contact: Dina Ontiveras 805-477-7343.

Venture (a) Out In The County...a Sierra Club Educational Series 3/12 Tuesday @ 5:30-7pm Join us as we learn about hiking, camping and natural resources in and around Ventura County.

Children’s Events Early Literacy Class 3/5, 12, 19, & 26 Tuesdays & 3/6, 13, 20, & 27 Wednesdays @ 10:30am Join us for stories, poems, music, movement, a simple craft, and fun!

Teen Happenings Virtual Reality 3/5, 12, 19, & 26 Tuesdays @ 3:30-5:30pm Explore the virtual world with different VR platform including Oculus Rift and HTC Vive. This event is for ages 13-17.

Hill Road Library Family & Children’s Ongoing Events

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Early Literacy Class 3/6, 13, 20, & 27 Wednesdays @ 10:30am

Join us for stories, poems, music, movement, a simple craft, and fun! Aimed at ages 0-5.

Children’s Special Events Discover Science 3/12 Tuesday @ 4pm

Explore science concepts through hands-on experiments with Rachel Chang. Ages 8+

Adult Events Medicare 101 3/14 Thursday @ 2:30pm

Join us for this workshop about Medicare basics. Learn how to sign up and file claims. Ask the expert all your questions! For adults.

Book Club: All the Light We Cannot See by Anthony Doerr 3/26 Tuesday @ 6pm

Join us for this lively book discussion. Ask for a reserved copy from a staff member at Hill Road Library.

Saticoy Library Children & Family Events Early Literacy Class 3/5, 12, 19, & 26 Tuesdays @ 10am

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

Paws for Reading 3/23 Saturday @ 12pm

Read aloud to registered therapy dogs. For additional information or to schedule an appointment, call 805) 671-5148.

Adult Classes & Events English Classes 3/4, 11, 18, & 25 Mondays & 3/6, 13, 20, & 27 Wednesdays @ 3- 5pm

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

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. Free dance lessons 6:45 - 7:15p.m. Call Rick 805- 415-8842 for more information.

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

Ventura’s ACBL Duplicate Bridge Club offers games for all levels of play. Learn the game, play with your peers, and earn master points while you are having fun. There is a game every day of the week. Check out their website at www.vcbridge.org

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

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 back to the Museum. 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 In-

Continued on page 6

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55+ 🐾



Community Events

Ojai news and events

Chamber On The Mountain presents Cellist Zlatomir Fung, who recently captured First Prize at the 2018 Schoenfeld International String Competition, as well as the competition's sole performance engagement prize for a concert with Poland's Poznan Philharmonic Orchestra.

Mr. Fung will be accompanied by Pianist Janice Carissa, who was recently awarded the 2018 Career Grant Winner of Charlotte White's Salon De Virtuosi. Ms. Carissa was a Young Scholar of Lang Lang's International Music Foundation; the runner-up in the 2014 piano competition at the American Academy of Conducting at Aspen Music Festival and School; Star Performance Award Winner of the 2012 American Protégé International Music Talent Competition in New York; the runner-up in Indonesia Pusaka International Piano Competition in 2011; and the Top Prize Winner of the IBLA Foundation's 2006 International Piano Competition.

The program includes selections from 11 Capricci for Solo Cello by Joseph Dall'Abaco; Baal Shem, B. 47 by Ernest Bloch; Sequenza XIV for Cello by Luciano Berio; Premiere by Katherine Balch; Sonata in E Minor, Op. 38 by Johannes Brahms.

The Beatrice Wood Center for the Arts is pleased to present a performance by Jim Kimo West on Saturday, March 2, 2019 at pm. West, recognized as one of the world's top slack key guitarists, will perform selections from his Grammy-nominated album Moku Maluhia: Peaceful Island as well as classic works.

West is a prolific composer with a generous output of new, exciting slack key guitar originals. In addition he writes and produces music for too numerous to mention feature films and television shows.

Gretchen Simpson will visit the Ojai Library at 1 p.m. on Saturday, March 16, 2019, to deliver a talk entitled "Artistic Visions of a Growing America." Ms. Simpson comes to us via the Santa Barbara Museum of Art's Community Speakers Program.

A living artist views their surroundings with an eye that is both immediate and thoughtful. The result on their canvas can be a historical record which is informative as well as provocative. At times, however, a painting is also disturbing and cautionary. The art of this remarkable era reveals all the growing pains of a society rushing into its future.

A representative from the U.S. Census Bureau will visit the Ojai Library at 3 p.m. on Friday, March 15, 2019, to deliver a 2020 Census recruiting and application workshop.

The 2020 Census is hiring in Ojai and Ventura County! All are invited to attend an informal workshop at the Ojai Library to learn more about this opportunity. The workshop will include a presentation of the variety of jobs available, the qualifications required for 2020 Census work, and the method for submitting your application.

Beginning on March 10, the Ojai Library's Fiber Fun with Kids group will meet on Sundays from 2-3 p.m. for a weekly crochet workshop.

This workshop will focus on basic crochet skills.

Crochet is both entertaining and educational. Participating in this type of crafting helps to improve problem solving, reading, and fine motor skills. Kids who take part in this program will learn to crochet different shapes that will help them to design and build all kinds of fun projects.

Kids age 8 and up will enjoy this engaging activity with a STEAM focus. Materials are provided by the Ojai Valley Library Friends & Foundation. Supplies are limited.

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

The Ojai Library is located at 111 East Ojai Avenue in Ojai, CA. 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.

Ventura events

Continued from page 5

vestment Group meet on Mondays for an informal discussion of recent economic events. Topics cover current events that affect stocks, funds, real estate, and interest-bearing investments. The meeting is from 10 - 11:30 a.m. at the Coffee Bean & Tea Leaf at Telephone Road and Main Street. Visitors and potential members are welcomed. There are no dues or requirements to participate, and all levels of experience are welcomed.

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

The Ventura County Philatelic Society meet on the first and third Mondays each month at 7:30 p.m. at the Church of the Foothills, 6279 Foothill Rd Admission and parking are free. Come for a great evening. Contact: Bill Garner (805) 320-1601 or sockonthenose@gmail.com

Come share if you have had heart surgery or stent implant. Group meets the first Tuesday each month at Lemon Wood Mobile Park, 850 Johnson Dr. They have excellent speakers, leading cardiologists, nutritionists, dietitians from our area. Contact Richard Hatcher at 805-644-2733.

Co-Dependents Anonymous (CoDa) is a 12-step fellowship of men and women whose common purpose is recovery from codependence in the development and maintenance of healthy relationships. Every Friday at 6 p.m. at the Unitarian Universalist Church, 5654 Ralston (enter through side door off parking lot). Further information Deva 805-814-5650 or Maryann

The Ventura Retired Men's group meets on the first and third Tuesday each month at 11:30 a.m. at the Elks lodge on Knoll Drive in Ventura. Drop by to introduce yourself and we'll treat you to lunch so you can sample our activities and banter and hear our program/speaker of the day. Call Bob Likins at 805-587-1233. **Feb. 27: "The College Area Community Council will meet on Wednesday, at 7 p.m. A representative from the Ventura Fire Department and Representatives from Ventura College and the police department will give brief updates and answer questions.** Wright

SUMMER VIBES

Summer Camp Registration Opens March 1

For details visit:
URL: ciymca.org/camp



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Community Events

Event Center at 57 Day Rd. Free parking is available adjacent to the Event Center. collegeareacouncil.com/map Call 805-644-8695 for more information.

Feb. 28: Portuguese Fraternal Society of America will hold its monthly meeting on Thursday, February 28th. This meeting is open to any person of Portuguese descent, or, interested in the Portuguese culture. Main Street Restaurant and Steakhouse, 3159 East Main Street at 11:30 a.m. for a 12p.m., no host luncheon / meeting. For more information and reservation, please call Cora Corella at 805- 483-6285, or, Yvonne Westervelt at 805- 483-4168.

March 2: On Saturday, from 1- 3 p.m. Ventura Friends of the Library celebrate their 50th anniversary at the Adult Center, 550 N Ventura Avenue, and continuing at the nearby Avenue Library at 606 N. Ventura Avenue. Best-selling bi-lingual author Amada Perez will read from her latest book, “Nana’s Big Surprise.” Noted creative artist Judee Hauer will help children create folk art dolls from clothes pins. Inlakech Cultural Arts will add Mariachi music to the festivities. have refreshments from Lala’s Panaderia. At Avenue Library, Amada Perez will sign copies of her book, 50 of which will be given to children attending.

March 2: You are warmly invited to a Pre-Lenten Evensong on Saturday, at 5 pm. Mozart’s compact and joyous Sparrow Mass in C (K. 220) will be featured along with charming short pieces by Telemann for trumpet and keyboard. Conducted by Helen Farson. Admission is always free. Ventura Seventh-day Adventist Church, 6300 Telephone Rd. Please call 805-641-9646 if more information is desired.

March 3: The 1892 Dudley Historic House Museum will be open for docent-led tours from 1 - 4 p.m. Admission is free. The museum is located at the corner of Loma Vista and Ashwood streets, 197 N. Ashwood. For information please call 805- 642-3345 or visit the website at www.dudleyhouse.org.

March 3: Old-Time Country Bluegrass Gospel Music Assoc. Meeting on Sunday 2-4p.m. Poinsettia Pavilion, 3451 Foothill Rd. Free admission, music on stage and jamming. Free parking Open to Public. For more information call, 805-517-1131 or visit Facebook: OTCBGMA

March 3: The inaugural concert of CHICO’s World Music Gala will feature music of the Orient: Ode to Hero and Ode to Love (2015) is an award-winning Double Erhu Concerto composed by Chinese composer Bo-Chan Li (1992-). The Erhu Concerto will be performed by the internationally renowned Taiwanese Erhu masters, Dr. Ming-Yen Lee and Dr. Hsin-Chiu Lin. Sunday, at 3 p.m., at First United Methodist Church of Ventura, 1338 E. Santa Clara Street.

March 5 & 12: 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. Message: The unfailing love of God. No matter where you are or have been in life, God loves you faithfully and brings hope and grace. Cost is \$30 for book and registration (scholarships available). Please join us to experience God’s gift of love, forgiveness and great fellowship. For childcare needs or questions please call Helen 805-644-3886. cpcventura.org

PRIMROSE EXCURSIONS

A Dog’s Tail Exhibit at CA Science Ctr

“No No Nanette” Candlelight Dinner Theater

Boysenberry Festival at Knott’s Berry Farm

March Field Air Museum & Old Spaghetti Factory

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March 8: The General George S. Patton, Jr. Chapter, Sons of the American Revolution luncheon meeting will take place at 11:30 AM, the Poinsettia Pavilion, 3451 Foothill Road. The program concerning U.S. history will be presented by Rev. Cliff Johnson. All SAR & DAR Com-patriots, friends, and visitors are welcome to attend. If you choose lunch is \$20. For additional information or for assistance in determining your possible Revolutionary War genealogical roots, please call Bill Bays (805) 650-3036 or Robert Taylor (805)216-7992. For information regarding SAR membership and chapter activities, please visit the chapter website at <http://pattonpatriots.org>.

March 13: The Ventura County Camera Club will hold a meeting on Wednesday, at 6:30 p.m. at the Poinsettia Pavilion. The first part of the meeting will be an instructional workshop. This will be

followed by the showing of member images. A professional photographer from the area will critique member’s prints and digital images. Anyone with an interest in photography is welcome and admission is free. Only members may submit images for critique. See WWW.VenturaCountyCameraClub.com for more information about the club and examples of member’s work or call 805-908-5663.

March 12: The Ventura Parkinson’s Disease Support Group and the Parkinson’s Association of Santa Barbara (PASB) invite you to attend a joint meeting on Tuesday from 2:15 - 3:30 p.m. at the Presbyterian Church 4575 Auhay at Arroyo, Santa Barbara. Special guest speaker Dr. Neal S. Hermanowicz will present “Parkinson’s Disease, more than Motor
Continued on page 10



NOTICE OF AVAILABILITY

Subject: Notice of Availability of a Draft Environmental Impact Report
Project: State Water Interconnection Project (SCH No. 2018031010)
Public Review Period: February 19, 2019 to April 5, 2019

This Notice of Availability has been prepared to notify responsible and trustee agencies and the public that the City of San Buenaventura (City of Ventura/ City), as the Lead Agency, has prepared an Environmental Impact Report (EIR) pursuant to the California Environmental Quality Act for implementation of the State Water Interconnection Project.

Project Description Summary: The project would enable delivery of State Water Project (SWP) water by wheeling water through the Metropolitan Water District of Southern California and Calleguas Municipal Water District water systems to the City of Ventura. The pipeline facilities (the “interconnection”) would also facilitate direct delivery of SWP water to United Water Conserva-tion District and direct or in-lieu delivery of SWP water to Casitas Municipal Water District. In addition, the interconnection would allow the City to deliver water to Calleguas during an outage of Calleguas’ imported water supplies. The interconnection would be a pipeline used to transport water between Calleguas’ and the City’s distribution systems.

Project Location: The pipeline would be approximately 7 miles in length originating in the easterly portion of the City of Ventura (Henderson Road be-tween South Saticoy Avenue and South Wells Road) and traversing southerly and easterly through unincorporated Ventura County to the southwestern end of the City of Camarillo (near the intersection of Camino Tierra Santa and Via Zamora). There are no hazardous waste facilities, waste property, or disposal sites pursuant to Section 65962.5 of the Government Code included as part of the project.

Environmental Impacts: The Draft EIR identified potentially significant envi-ronmental impacts to 1) Biological Resources, 2) Cultural Resources, 3) Geolo-gy and Soils, 4) Hazards and Hazardous Materials, 5) Noise, 6) Transportation, and 7) Tribal Cultural Resources. The preliminary conclusions of the Draft EIR indicate that no impacts were found to be significant and unavoidable.

Public Comments: The City of Ventura is soliciting the views of responsible and trustee agencies, as well as members of the public, including interested persons, organizations, and agencies, as to the analysis of the environmental information evaluated in the EIR. Comments on the Draft EIR will be used by the City Council when considering approval of the project and any related discretionary approvals. The EIR will also be used by other local, state, and federal agencies in considering the project, as well as permits and approvals needed for project implementation.

All comments on the Draft EIR are due no later than April 5, 2019. Please send your comments to the mailing address or email address shown below. Include a return address or email address and a contact name with your comments.

City of Ventura, Ventura Water
Betsy Cooper
501 Poli Street
Ventura, CA 93002-0099
bcooper@cityofventura.ca.gov

Notice of Public Meeting: A public meeting will be held, as part of the City’s regularly scheduled Water Commission meeting, to provide a brief overview of the State Water Interconnection Project environmental analysis. After the pre-sentation, there will be time for questions. All comments on the Draft EIR must be submitted in writing. Written comment forms will be supplied for those who wish to submit comments at the meeting. All other written comments should be submitted to the address or email address indicated above at any time prior to the public comment due date of April 5, 2019. The meeting will be held as follows:

Date: February 26, 2019
Time: 5:30 P.M.
Location: Ventura City Hall, Community Meeting Room (Room 202)
501 Poli Street
Ventura, CA 93001

Document Availability: Copies of the Draft EIR are available for review at:

- City of Ventura Planning Division, 501 Poli Street, Room 117, Ventura, CA 93001
- City of Ventura E.P. Foster Library, 651 E. Main Street, Ventura, CA 93001
- City of Ventura Avenue Library, 606 N. Ventura Avenue, Ventura, CA 93001
- County of Ventura Saticoy Library, 1292 Los Angeles Avenue, Ventura, CA 93004
- <https://www.cityofventura.ca.gov/1348/State-Water-Interconnection>

News & Notes



Annabelle Augustine interviews Allison Villas and Grace Johnston-Glick about their Thomas Fire experiences.

Upcoming community events with CAPS

CAPS Media continues to broadcast great member programming including a fascinating travel show and one covering environmental topics, current event programming and even short form dramatic films. Our members also cover many local events and performances. We continue to broadcast our award winning Thomas Fire Stories program with new episodes on the way.

There are some exciting annual events coming up that CAPS Media supports. These community events include the 31st Annual County Ventura St. Patrick’s Day Parade and the Ventura Education Partnership’s 18th Annual Festival of Talent. Both events showcase the best of what the Ventura community has to offer. Per-formers, artists, groups, non-profits and businesses are many of those who embrace and represent civic pride.

More screenings of The Perfect Firestorm – The Thomas Fire Story documentary will be held in Santa Paula on Saturday, March 9th at 1pm & 3pm at the Ventura County Agriculture Museum. This is a free event, open to the public, no reservations are required. The documentary is available for viewing on the CAPS Media website homepage at capsmedia.org.

Look for new videos on the channels from the Fire and Police Departments addressing safety and preparedness and job recruiting. Videos covering Sandbag Basics, Ready for the Rainy season, Fire Safe Council as well Ventura Police re-cruitment videos and Crime and Safety Update.

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. Attend the March orientation class and become a member. For a low membership fee of \$25 you will receive hands-on instruc-tion in videography, video editing, radio production (additional fee required) and more. You will have access to our state-of-the-art facilities including our fully equipped studio and will receive invites to special events including our Producers Caucus. Don’t miss out. Go to 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.

Gold Coast Concert Chorus and Ventura College Chorus premier works

The Gold Coast Concert Chorus (GCCC) combined with Ventura College Chorus, under the direction of Elizabeth Helms, will present their second concert of the 2018/2019 season on Saturday, March 16, 2019 at St. Columba’s Episcopal Church in Camarillo. The concert will feature three remarkable choral works by renowned American composers. Frostiana: Seven Country Songs, a seven-movement suite of songs composed by Randall Thompson to selected poems of Robert Frost will be followed by Requiem written by Mack Wilberg for the legendary Mormon Taberna- cle Choir in 2007. However, the centerpiece of the concert is Words, a short composition focused on bullying at school and on-line culture authored by Joan Szymko, an acclaimed composer and dynamic choral conductor based in the Pacific Northwest.

GCCC has jointly commissioned this piece as a part of choruses to benefit the programs and services of Chorus America.

Szymko explains the purpose and the structure of her composition, “Words attempts to both reveal and to reach three distinct groups: the bullied, the bullies and bystanders who enable bullying by doing nothing.”

GCCC is a non- audition community chorus that brings together a diverse group of 100-plus singers who desire to expand their musical talents and share their love of the choral music with the community of Ventura County.

For more information, go to GoldCoast-Chorus.org or call 805-616-7269.

Two chances to meet your Ventura police officers

The community is invited to come together with Ventura Police Officers in a friendly, informal environment



News & Notes

to discuss community issues, build relationships and enjoy a good cup of coffee for Coffee with a Cop which will be held at Starbucks located at 4722 Telephone Road, on March 14 from 9:00 am to 10:30 am.

Most contacts police officers have with the public happen during emergencies or emotional situations. Those situations are not always the most effective times for relationship building and some community members may feel that officers are unapproachable on the street or during the course of their duties. Coffee with a Cop breaks down barriers and allows time for relaxed one-on-one interaction.

Engaging the community in public safety efforts is a top priority of the Ventura Police Department. We share the community's concerns and make every effort to address them. We offer monthly opportunities at Community Council meetings to learn about crime trends and crime prevention. We also provide regular community meetings and neighborhood meetings upon request. Coffee with a Cop is an additional opportunity for residents to get to know the officers that serve Ventura.

The program aims to advance the practice of community policing through improving relationships between police officers and community members one cup of coffee at a time. Coffee with a Cop provides an opportunity for community members to ask questions and learn more about the department's service. There is no formal agenda, just a casual opportunity to voice concerns and share ideas. This is a no host event.

The Ventura Police Department and Ventura Police Community Foundation are partnering with the Midtown Community Council and Pacific View Mall for Food Truck Friday on March 15, from 5:00 p.m. to 9:00 p.m. at the Pacific View Mall parking lot nearest to Trader Joes. The event features nearly 20 food, dessert and coffee trucks. Live music, face painting, a patrol car and Ventura Police K9s will be featured at this family friendly event.

Community members are invited to stop by the Ventura Police booth to visit with Ventura Police Officers and K9s and learn about the efforts of the Ventura Police Community Foundation in supporting public safety. Important safety information will be available and glow sticks will be provided to children while supplies last.

Food Truck Friday has helped support the Adopt-A-School Program which has provided beautification projects through a portion of event profits and community partnerships since the Food Truck event began in October 2012.

Residents are encouraged to learn more about their neighborhood Community Council. Ventura has seven neighborhood councils and any resident; business owner or property owner can join their area group. Ventura Police crime and safety updates are provided at each of the monthly community council meetings offering an opportunity for residents to get to know their local patrol officers. For more information please call 805-339-4317.



Meredith comes to the City from local non-profit Downtown Ventura Partners.

City of Ventura names Safe & Clean Program Manager

The City of Ventura announced that Meredith Hart has been named Safe & Clean Program Manager within the City Manager's Office. This selection fills a key management position in the City and supports the City Council's goal to develop and implement an action plan to enhance the safe and clean initiative objectives.

Mayor Matt LaVere said, "One of the City Council's most important priorities in 2019 is supporting our Safe & Clean Initiative. That is why I am so excited to have Meredith Hart join the City team as our new Safe & Clean Manager. Meredith's impressive background and strong work ethic make her the ideal person to lead the City team as we continue our work to open a 24/7 homeless shelter, while at the same time continuing our extensive efforts to make Ventura the safer and cleaner city we all desire."

In her new role, Meredith will focus on achieving Council's goal to open a year-round homeless shelter, creating educational campaigns on Safe & Clean initiatives, offering outreach opportunities for the community, addressing blight and cleanliness issues, and concentrating on the improvement of private/public partnerships to improve services and reduce homelessness. As one component to the multi-departmental focus on Safe & Clean, Meredith will work closely to encourage cohesiveness and collaboration throughout the City.

Meredith comes to the City from nine years as Deputy Director with local non-profit Downtown Ventura Partners (DVP). During that time, Meredith was instrumental in the implementation of the Downtown Ambassadors, the Family Reconnection Program and has had an active role in the Winter Warming shelters, Community Intervention Court, the Patrol Task Force, the Downtown Safe and Clean Debris Removal Team and the annual Point-in-Time Homeless Count.

Meredith is a graduate from the University of Southern California and is a proud alumni of Buena High School.

"I am energized to be a part of the City of Ventura team and to help guide the City to achievements in reducing homelessness, creating safer and cleaner public spaces, and encouraging the community to become part of the solutions. We're right at the peak of being able to do so much good," said Meredith.

AIDS Walk

Diversity Collective Ventura County will host the 5th Annual AIDS Walk Ventura on March 2, from 9:00am-1:00pm in Park Plaza, in Downtown Ventura.

Continued on page 16

Lynn's Consignments

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Evensong

You are warmly invited to a Pre-Lenten Evensong on Saturday, March 2 at 5 pm. Mozart's compact and joyous Sparrow Mass in C (K. 220) will be featured along with charming short pieces by Tele-mann for trumpet and keyboard. Buxtehude's exuberant setting of the chorale Du Frieden - furst, Herr Jesu Christ (You Prince of Peace, Lord Jesus Christ), BuxWV20 will round out our hour of musical meditation. Featuring Randy Jones, trumpet. Vocal soloists include Patricia Lathrop-McPherson, Karen Sonnenschein, Christian Quilici, Joseph Montanaro and Jim Ayars, along with a chamber ensemble. Conducted by Helen Farson. Admission is always free. Ventura Seventh-day Adventist Church, 6300 Telephone Rd. Please call 805-641-9646 if more information is desired.

8TH ANNUAL GOLDEN FUTURE 50+ SENIOR EXPO

Saturday, March 2nd
10am-2:30pm
Oxnard Performing Arts & Convention Center
800 Hobson Way
Oxnard, CA 93030

FREE Admission!
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INFORMATION: 805-716-3303 (You can also register at the door!)




Gentlemen, I give you "Gumshoe."

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

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Share it with someone you love!

Protecting our water supply and securing our future together

by Matt LaVere

Mayor, City of San Buenaventura

The City of Ventura and its water customers have relied on the Ventura River as a primary source of drinking water for more than a century. Today, however, the region's water supply is changing as the Ventura River watershed faces new, complex challenges. To protect our local water resources and safeguard the watershed for the future, we must change our approach to managing it now.

Statewide drought conditions and the impacts of climate change have created shifts in our watershed and a strain on our region's already limited water supply. At the same time, the demand for water is increasing as the Ventura River watershed's users are multiplying. Coupled together, these factors have placed the watershed under increased pressure and at risk.

As long-standing environmental stewards, the City of Ventura has proactively made conservation a way of life by reducing our water use and investing in drought resilient programs such as recycled water, infrastructure upgrades, water-efficient best practices and diversification of our supply portfolio. Today, Ventura's water customers use 30% less water than they did 20 years ago, despite reasonable population growth. I'm incredibly proud of this track record and our impressive progress. But the reality is – we need to do more to protect and preserve the watershed, and we can't do it alone. The City represents only a small portion of the total water used by more than 100 agencies, businesses, farmers and individuals who also use the watershed.

In 2014, Santa Barbara Channelkeeper, a non-profit environmental organization, filed a lawsuit seeking to curtail the City's water rights limiting its use of the Ventura River – one element of the interconnected watershed we all rely on. While we understand the overarching concern of diminishing water supplies and its impact on both our community and vital habitats for species like the steelhead trout, the original suit from Channelkeeper is not a viable path forward. The litigation arbitrarily targets just one user, the City of Ventura, to shoulder the responsibility for hundreds of other water users and focuses solely on one source of water, the Ventura River. Simply put – it's an inef-

fective and short-sighted solution, and we need a better one.

The City of Ventura is proposing a long-term solution to protect the watershed and those who depend on it. By collaborating with all the local water interests, evaluating the entire interconnected system holistically and determining the legal water rights of each user, we can ensure that these complex challenges are addressed in a comprehensive and enforceable way.

As Mayor, I believe if we work together, we can build on our existing framework that not only safeguards our water future but also protects the precious ecosystems in the Ventura River watershed. The City remains committed to a locally-driven and collaborative approach that protects, properly manages and sustains the watershed to do just that.

Ventura events

Continued from page 7

Symptoms". Reservations are not required. See the full article in the Senior Living pull-out section. For more information call PASB at 805-683-1326 or call Patty at 805-766-6070.

March 14: Thursday, from 11:30 – 1p.m. Ventura Holistic Chamber of Commerce will be hosting their monthly Chapter Meeting. This month's topic is "Women's Empowerment: 4 Steps to Rebirth at Midlife!" Harbor Cove Café, 1867 Spinnaker Drive. All holistic professionals, practitioners, businesses and resource providers are welcomed to join for lunch, networking, business development and fun. There is a \$12 fee which includes lunch and beverage. Please come a bit early to network and be sure to bring plenty of business cards to share. Please RSVP by contacting Julie Ridenour, Chapter President, 805-223-1207.

March 17: The Christian Science churches of Ojai and Ventura will host a free, hour-long talk entitled "Time is not a Factor in Your Life" on Sunday, at 2 p.m. at the E. P. Foster Library, Topping Room, 651 E. Main St. Dave Hohle will speak on how to gain dominion over time by understanding better how you can live in the timeless, constant present of the spiritual now. For more information, go to PrayerThatHeals.org.

News & Notes



Cayetano School Wilson, Stroh, Wilson, AIA.

Design in the Making: Ventura County Architecture

The Museum of Ventura County and the American Institute of Architects Ventura County (AIAVC) present Design in the Making, a community Architectural Exhibit exploring the dynamic role of architects and designers in affecting positive change in our community through the creative design process. Admission is Free for museum and AIA members, \$5 for non-members. For more information, visit venturamuseum.org or call 805-653-0323.

Design in the Making runs through May 19, 2019 and will feature the Museum of Ventura County's architectural archives opened to the public for the very first time, and local built and un-built projects highlighting the evolving conversation inherent within the design process with a window into the future.

"Ventura County's architectural diversity creates a landscape of historic relevance that defines the vernacular of our culture," said Anna Bermudez, curator for the Museum. "The exhibit will present a cross-section of styles that reflect the influences of immigration and its cultural impact on housing and community buildings throughout the decades and throughout the county.

Accompanying the exhibition, programs throughout the duration of the exhibit include live interactive design charrettes where Designers-In-Residence

and Community will come together to create solutions to local place making issues. The AIAVC will host a Scholarship Fundraiser to benefit students planning on pursuing careers in architecture, and to announce the 2019 Scholarship Recipients, Friday, May 3, 2019 from 6-9 p.m. followed by a free activity, "Kid Draw Architecture," on Sunday, May 5, 2019 from 2-4pm. For more information visit AIAVC or call 805-749-6809.

This exhibit is made possible through the generous sponsorship of Ashley & Vance Engineering, Coast Reprographics, Mary Follenweider AIA, Neel Lighting, and Staples Construction. Additional support provided by the City of Ventura, Ventura County, and private funders.

Established in 1965, the AIAVC is a member-driven organization providing advocacy, leadership, and resources for architects. Its mission is to promote personal and corporate growth, strength and sustainability of the membership as architects and citizens of Ventura County. This is done by Engaging, Encouraging and Educating the membership and the community at large. For more information visit AIAVC or call 805-749-6809.

For more information, visit venturamuseum.org.



Dr. Joseph Cahill poses next to artists rendering of improvements to Ventura Botanical Gardens.

Membership event held for VBG

On a recent Saturday, at Spice Topia in Ventura, Ventura's Botanical Gardens held a membership event from 11 am to 3 pm.

"There are many aspects to the botanical gardens. It's a place to explore, it's a place of rejuvenation and relaxation, and at the same time, there is an educational component," said Joe Cahill, Executive Director. Over 3000 plants are now in the garden's

collection, and that is scheduled to double in the next year," he added.

Annual membership to the Gardens is \$45 per year and EBT cardholders get free membership, with all the benefits of paid membership. There are free guided tours that members can sign up for, and eighteen and under are free of cost. Educational groups and their group leaders are always free.



St. Patrick's Day Celebration!

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Senior Living

Pull Out Section



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Food for thought at Cypress Place Senior Living

Are you thinking about an Independent Living lifestyle outside of your own home? One where you no longer need to cook, take care of the water heater, leaky roof, or overgrown yard? Or perhaps you are just looking for a retirement living environment that provides more social interaction, and the opportunity to develop new friendships.

On Thursday March 7, from 12 noon to 2pm, Cypress Place Independent Living in Ventura will be offering a free Lunch & Learn presentation to discuss the Independent Living lifestyle.

Come discover what retirement

living is all about - and when to know it is the right time to move. Experience a Cypress Place Senior Living chef prepared healthy buffet. Enjoy exploring the options available to active seniors not ready for assisted living, but ready to enjoy an enhanced, vibrant lifestyle outside of their own home.

Lunch is free, but space is limited, so please call 805-650-8000 to rsvp.

Cypress Place Independent Living is at 1220 Cypress Point Lane, Ventura. To learn more about Cypress Place Senior Living of Ventura, visit their web site at www.cypressplaceseniorliving.com.

Parkinson's Disease...more than Motor Symptoms

by Patty Jenkins

If you are like a lot of people, when you hear the words Parkinson's Disease you are likely to think of someone who has shaking arms and/or hands or other involuntary bodily movements. That is usually just the tip of the iceberg for people who have this disease. The Parkinson's Association of Santa Barbara and the Ventura Parkinson's Disease Support Group are pleased to announce a joint meeting with a presentation by Neal S. Hermanowicz MD on Tuesday March 12th from 2:15PM to 3:30PM at St. Andrews Presbyterian Church, 4575 Auhay at Arroyo, Santa Barbara. We invite you to take this opportunity to hear Dr. Hermanowicz talk about the many

facets of Parkinson's Disease and his clinical and trial experiences treating this very individualized disease.

Dr. Hermanowicz is a board certified neurologist with fellowship training in Movement Disorders. He is a Professor of Neurology, and Director of the UC Irvine Program for Parkinson's Disease & Movement Disorders. Dr. Hermanowicz is also the Vice-Chair for Clinical Affairs in the Department of Neurology at UC Irvine.

Dr. Hermanowicz spends the majority of his time in patient care and is also engaged in clinical research, clinical trial and education. He has published numerous articles that can be found on PubMed.gov, the National Library of Medicine - National Institutes of Health and other medical journals.

The Ventura Parkinson's Disease Support Group and the Parkinson's Association of Santa Barbara (PASB) welcome the public along with our Group members, their care-partners and new friends who find themselves navigating the challenges of Parkinson's Disease and other neurological conditions. We



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www.CypressPlaceSeniorLiving.com

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want to thank Acadia Pharmaceutical for sponsoring this important and informative meeting.

Refreshments will be served and reservations are not required. There is plenty of free parking where the March 12th meeting will be held at St. Andrews Presbyterian Church; 4575 Auhay at Arroyo; Santa Barbara. Directions: Driving north on 101, exit at Hwy 154 and turn left at State Street. Travel on State until you pass under the RR tracks. Continue for 3 blocks and turn left onto Auhay Drive. On Auhay, turn left onto Arroyo. Drive 1 block and turn left into the church parking lot. The meeting is in the first building on your left. For more information feel free to call PASB at 805-683-1326 or Patty at 805-766-6070. The Ventura Parkinson Disease Support Group will resume regular meetings at our Ventura location on April 10th.

Annual Golden Future 50+ Senior Expo

Golden Future Expos Inc. is pleased to announce a new and exciting change to the 8th Annual Golden Future 50+ Senior Expo. We have moved to the Oxnard Performing Arts & Convention Center located at 800 Hobson Way, Oxnard. This annual event has also moved to the month of March and will be held on Saturday, March 2nd 2019 from 10:00am – 2:30pm.

The expo will feature 60 vendors with products, services, and resources tailored for Baby Boomers, Seniors, Caregivers, and Friends/Family.

Highlights Include:

Continued on page 13



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Senior Living



Exercise is safe for almost everyone. Photo by Michael Gordon, taken at Cypress Place Senior Living.

Exercise is fun and healthy

Exercise is safe for almost everyone. In fact, studies show that people with arthritis, high blood pressure, or heart disease benefit from regular exercise and physical activity. In some cases, exercise actually can improve some of these conditions.

Your heart keeps your body running. As you grow older, some changes in the heart and blood vessels are normal, but others are caused by disease.

Choices you might make every day can contribute to heart disease.

To keep your heart healthy, be more physically active. Aim for 30 minutes of moderate-intensity activity on most or all days of the week. It doesn't have to be done all at once—10-minute periods will do.

If you smoke, quit. It's never too late to get some benefit from quitting smoking.

Follow a heart-healthy diet. Choose low-fat foods and those that are low in salt. Eat plenty of fruits and vegetables, and foods high in fiber.

Keep a healthy weight. Your healthcare provider can check your weight and height to learn your BMI (body mass index). A BMI of 25 or higher means you are at risk for heart disease, as well as diabetes and other health conditions.

You can take small steps to prevent or delay the onset of type 2 diabetes by reaching and maintaining a healthy weight, moving more, and making smart food choices. If you already have diabetes, exercise and physical activity can help manage the disease and help you stay healthy longer.

Put away the remote control—get up to change the TV channel. Stretch during commercial breaks.

Walk around when you talk on the phone.

Take more steps by parking the car farther away from stores, movie theaters, or your office.

Learn more about preventing and managing diabetes from the National Diabetes Education Program.

Exercise is safe for almost everyone. For people with arthritis, exercise can reduce joint pain and stiffness. It can also help with losing weight, which

reduces stress on the joints.

Flexibility exercises can help keep joints moving, relieve stiffness, and give you more freedom of movement for everyday activities. Examples of flexibility exercises include upper- and lower-body stretching, yoga, and tai chi.

Strengthening exercises will help you maintain or add to your muscle strength. Strong muscles support and protect joints. Weight-bearing exercises, such as weight lifting, fall into this category. You can use bottles of water or soup cans if you don't have weights.

Endurance exercises make the heart and arteries healthier and may lessen swelling in some joints. Try low-impact options such as swimming and biking.

If you have a chronic condition, before beginning any exercise program, talk with your health care provider about the best activities for you to try.

You may need to avoid some types of activity when joints are swollen or inflamed. If you have pain in a specific joint area, for example, you may need to focus on another area for a day or two.

Osteoporosis is a disease that weakens bones to the point where they break easily—most often in the hip, spine, and wrist. Osteoporosis is more common in women, but men also have this disease.

The good news is there are things you can do at any age to prevent weakened bones, such as including regular weight-bearing exercise in your life, eating foods rich in calcium and vitamin D, stopping smoking, and limiting how much alcohol you drink.

Your bones and muscles will be stronger if you are physically active. Weight-bearing exercises, done three to four times a week, are best for preventing osteoporosis. Walking, jogging, playing tennis, and dancing are examples of weight-bearing exercises. Try some strengthening and balance exercises too. They may help you avoid falls, which could cause a broken bone.



Order could help small businesses to offer savings plans.

The executive order on retirement savings

by Jayson Cohen
American Legacy Solutions

President Donald Trump signed an executive order Friday, August 31, that proposes asking for reviews on changing certain rules for tax-deferred retirement savings such as 401(k)s and individual retirement accounts, or IRAs. Trump signed the order during a scheduled visit to Charlotte, N.C., and asked the Treasury Department to review the rules for mandatory withdrawals from 401(k)s and IRAs. These mandatory withdrawals are better known as RMDs, and they are required in the year the owner of these tax-deferred accounts turns 70 1/2. According to the Wall Street Journal, the White House is promoting these actions to better prepare the workforce for retirement.

The executive order has tasked the Labor Department to consider permitting small businesses to join together in offering combined 401(k) plans, as detailed by POLITICO. Currently, the Labor Department does not allow unrelated small businesses to offer joint open multiple employer 401(k) plans. The executive order is requesting the Labor Department to search for ways to decrease administrative and paperwork requirements that might be prohibitive to small businesses offering savings plans.

These open multiple employer plans would supposedly help more small businesses to offer their employees savings

Continued on page 13

Senior Living

All about Shingles

You probably don't remember having chickenpox as a child or getting a chicken-pox vaccine.

If you have had chickenpox, you are at risk of shingles, and you won't soon forget the severe pain it can cause.

The first sign of shingles is usually pain, which can be severe. After a few days, a person with shingles may develop a rash and fluid-filled blisters. Shingles can also cause burning, numbness, itching, and sensitivity to touch.

If you have had chickenpox, you can get shingles at some point during your lifetime. Almost one in three Americans will get shingles at least once, and the risk increases with age.

There are some medications available that can improve some of the shingles symptoms. These antiviral medicines do not cure shingles, but they can shorten the duration and lessen the severity of the illness.

A shingles vaccine can lower the risk of getting the illness. A new vaccine, Shingrix, was approved in late 2017 and is much more effective than previous vaccines.

If you think you may have shingles, visit your doctor as soon as possible to get treatment. If you haven't had shingles, or even if you have, get a vaccine to give yourself the best protection from the illness.

Executive order on retirement

Continued from page 12
plans because of the decreased expenses incurred if the plans are jointly administered by several businesses. As reported by POLITICO, Preston Rutledge, assistant secretary of the Employee Benefits Security Administration at the Labor Department, said "Basically, we will be trying to find policy ideas that will help make joining a 410(k) plan a more attractive proposition for small employers."

Currently, holders of tax-deferred retirement accounts are required to begin minimum withdrawals from the accounts beginning the year they turn 70 1/2. These RMDs are predetermined amounts in a table set by the IRS according to age and must be taken on an annual basis. The purpose of the withdrawals is for the government

to start collecting the taxes owed on these accounts, which have enjoyed tax-free status until then.

According to CNBC, the reviews would be of the life expectancy tables from the IRS for the purpose of updating the tables, which may allow retirees to withdraw lower RMDs from their tax-deferred retirement accounts. These tables were last updated in 2002, and the average life expectancy has risen since then from under 77 to 78 1/2, as derived from data compiled from the Federal Reserve Bank of St. Louis and noted by CNBC.

This would be helpful to retirees because the tax hit of these withdrawals can be spread out more over a longer period of time. Taking large withdrawals can significantly increase income levels, which translates to a higher tax bracket for many. These smaller distributions can also help those who have inherited tax-deferred accounts and are taking distributions.

If the rules for open multiple employer plans are relaxed, small business owners could join with other, dissimilar small business and implement savings plans for their employees. That could help these business owners attract more skilled employees because of the retirement savings plans added to their employee benefit packages.

Annual Golden Future 50+

Continued from page 11
Free Admission & Free Parking
Health Screenings (Blood Pressure, Carotid Artery/Stroke, Blood Glucose, DNA Cancer Screenings, Pulse Oximeter & More)
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Mini Job & Volunteer Fair
Food Truck to Purchase Lunch
Bingo with Cash Prizes
DIY Arts & Crafts

The Golden Future 50+ Senior Expo connects local seniors, their families and caretakers with a variety of services and resources available to them. "This expo has become an important annual event for Ventura County," states Toyia Moore Borrelli, Event Director. Visit www.goldenfutureseniorexpo for a complete schedule. Attendees can pre-register online or at the door.



Grey Law provides Ventura County residents 60 years or older private, one-on-one legal consultation via phone or in-person. Call 805-658-2266 for more information and to make an appointment.

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ESTIMATES BY PHONE



When the County Museum Docents convened their monthly meeting they recognized the work of The Native Daughters of the Golden West, Poinsettia Parlor #318. They were recognized for their work on renovating the Ortega Adobe on Main St. and maintaining it. A special history presentation was made by Ernie and Rosie Calvillo.

Photo by Michael Gordon.

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This 'n' That



Cutting the ribbon is City of Ventura Mayor Matt LaVere surrounded by people that made it happen.

Ribbon cutting held for Riverside Apartments

A ribbon cutting ceremony was held Wednesday, February 20, for Riverside Street Apartments, a new 23-unit affordable housing community located at 791 Riverside Drive, Ventura. The project was developed by W & J Investments, LLC and built by Judson Builders, Inc. of Ventura.

The community is composed of two- and three- bedroom apartments with an onsite community center featuring computer stations and a large screen TV. Outdoor amenities include a playground and mini-soccer field. Constructed sustainability, the project is built with zero net energy consumption due to its solar water heating and solar electrical generation as well as a ground water recharge system. Additionally,

the community connects to the Ventura River Bike Trail which is located right behind the property.

Project collaborators represented at the ceremony were W & J Investments, City of Ventura, City of Ventura Planning Department, J. E. Armstrong Architects, Housing Authority of San Buenaventura, Integrity Housing, Chase Bank, Judson Builders, FPI Management and Ventura Chamber of Commerce.

"One of the City of Ventura's most critical priorities is to create affordable housing options for its residents," said Mayor Matt LaVere. "This beautiful project, a collaboration of multiple partners, brings us closer to achieving that goal."

Rotary Club of Ventura South to host Mardi Gras Fundraiser

The Rotary Club of Ventura South will host its 4th annual Mardi Gras fundraiser in support of Turning Point Foundation on Sunday, March 3. The gala event begins at 3:00 p.m. at the Tower Club, 300 E. Esplanade Drive in Oxnard, and will feature traditional New Orleans jazz and food, silent and live auctions of exciting items, and a view from the foothills to the Channel Islands that only the Tower Club can provide.

For over 30 years, Turning Point Foundation, a local Ventura County non-profit (Tax ID #0213467), has operated community-based mental health programs. Turning Point's programs address the full range of personal needs, including a homeless shelter to meet necessary physical and safety requirements, supported housing to provide decent, affordable housing for those permanently disabled by mental health issues, and rehabilitation and socialization centers to provide meaningful, productive activities, companionship and a sense of purpose.

Because of the myths and stigmas attached to mental illness, many people struggle with its effects alone and

unaware that their symptoms can be controlled by medication and the functional problems they experience can be addressed through rehabilitation and support services. Turning Point works with clients to reverse the devastating effects of their illnesses, such as job loss, homelessness, isolation, addiction, incarceration, and even thoughts of suicide.

Tickets for the event are \$50, and there is also a variety of sponsorships available for businesses and individuals. Contact Suki Sir at Turning Point Foundation (ssir@tpf-vc.org / 805-947-5400). Proceeds from the event will go directly to Turning Point Foundation and other charitable causes supported by Ventura Rotary South. As they say in New Orleans, "Laissez Les bon Temps Roulez" (Let the Good Times Roll)!

The Rotary Club of Ventura South is one of more than 35,000 Rotary clubs with 1.2 million members around the world. Rotary members believe that we have a shared responsibility to take action on our world's most persistent issues. Our clubs work together to promote peace; fight disease; provide clean water, sanitation, and hygiene; save mothers and children; support education; and grow local economies. Rotary Ventura South meets at noon every Monday at the Tower Club in Oxnard (300 E. Esplanade Drive, 22nd Floor). Visitors are always welcome. For more information, visit venturasouthrotary.org.

This 'n' That



More than half of the Ventura River watershed land area is undeveloped. Photo by Kathy Bremer

Sustainability Now News

Friends of the Ventura River: a dedicated coalition ensuring our community's sustainability

by Maryann Ridini Spencer
(@MaryannRidiniSpencer)

The Ventura River watershed, made up of the Santa Ynez Mountains, chaparral, and the cities of Ojai and Ventura, is comprised of approximately 226 square miles with mountains and foothills ranging from 6,010 feet to sea level. Located within this watershed is the Ventura River, which flows about 16.2 miles from the confluence of Matilija Creek and North Fork Matilija Creek to the Ventura River Estuary at the Pacific Ocean.

For the community, the fact that more than half of the Ventura River watershed land area is undeveloped and protected terrain holds a special meaning for residents and visitors alike. The beautiful, wide open spaces and cherished vistas of this natural habitat afford people living in city neighborhoods a chance to connect to the native, rural environment.

In 1972, biologist Mark Capelli, who sought to restore the steelhead to the Ventura River, founded Friends of the Ventura River ("Friends"), an organization which has since evolved into a coalition of individuals, government entities and community groups who have joined together to protect and enhance the Ventura River watershed to ensure quality of life, recreational access and the future sustainability of the area. The group is comprised of non-profits, local, federal and state agencies, community groups, businesses, and individuals. It currently meets irregularly to share ideas, projects & discuss potential solutions to problematic issues.

Friend's efforts to express the community's appreciation for the River and surrounding land led to a National Park Service Technical grant from the NPS Rivers, Trails and Conservation Assistance Program. The grant allowed Friends to develop a trail map and led to the formation of the Ventura River Parkway Trail (which includes the Ventura River Trail and the Ojai Valley Trail). On June 7, 2014, the trail was designated as a National Recreation Trail. (<http://www.nrtdatabase.org/trailDetail.php?recordID=3866>)

"The dedication, hands down, was one of our biggest accomplishments to

date, and accompanied the cooperative efforts of the Ventura Land Trust, the City, and County of Ventura, the Ojai Valley Land Conservancy, and others who worked diligently to remove trash and arundo from the Ventura River," said Kathy Bremer, Secretary. "There are roughly a little over 1200 trails designated as national recreation trails. People love to walk, hike, cycle, and bird watch along the Parkway and adjacent land trust trails and research shows how essential it is for our overall health to have a place in nature where we can get-away and immerse ourselves for a time."

Brainstorming within the community to discuss concerns and pool resources and contacts is another vital aspect of Friends.

"The Ventura River Parkway has long had a problem with trash and human waste," said Bremer. "So, when our group meets, we tackle issues like this, and we work together about what we can do to remedy issues that impact on our water quality. We essentially come together share information, find out who's doing what, what concerns there are, and we work to find solutions together."

Since its founding, community leaders such as Patagonia's Founder Yvon Chouinard got involved, and today, Friends of the Ventura River also partners with organizations like the Ventura Land Trust, California State Parks, Surfrider, the Sierra Club, SOAR, Ojai Valley Land Conservancy, Ventura Watershed Council, Wishtoyo Foundation, Santa Barbara Channelkeeper, and other organizations (full list is available at friendsofventurariver.org).

Through the Friends of the Ventura River quarterly newsletter, community news and information is distributed alerting the public about a myriad of activities including River and Beach Clean-ups, water happenings and events, watershed studies, city initiatives and programs, and more.

"We encourage the public to get involved with our mission and to sign up for our newsletter to stay informed on work in the watershed, community meetings, events & volunteer opportunities. Every individual makes a difference when it comes to ensuring the longevity and sustainability of the natural areas surrounding our beautiful community," said Bremer.

To view a Ventura River Parkway map, join the mailing list, and find out about upcoming community events, Visit: <http://friendsofventurariver.org>.

Oxnard Salsa Festival accepting applications for Community Stage

Dates for the 26th Annual Oxnard Salsa Festival are July 27 and 28, 2019. Attracting visitors from throughout southern California, the festival is a celebration of everything salsa – the food, music and dance. It takes place at Plaza Park, Fifth and "B" streets in historic downtown Oxnard from 11:00 a.m. to 7:00 p.m. both days.

Festival organizers are currently

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accepting applications from local dance and vocal performers who would like to showcase their talent on the festival's Community Stage. Fourteen performance time slots are available and will be filled on a first come, first served basis. Acts will be chosen at the discretion of the festival committee. A Community Stage application is online at www.OxnardSalsaFestival.com/Community-Stage.

Presented by the Oxnard Downtowners, the annual event attracts an estimated 35,000 attendees who love spicy foods and sizzling entertainment.

Highlights include live salsa bands, salsa dance lessons, a salsa recipe challenge and a "Dancing With Our Community Stars" competition on Sunday. The two days also feature a vendor marketplace, international foods and a kids' zone.

Event admission and parking are free. Main stage open seating is \$5 per person. In the last 10 years, the festival has raised a half a million dollars for the local community by supporting and partnering with non-profits. For festival information, call 805.535.4060 or visit www.OxnardSalsaFestival.com and on Facebook.



We certainly hope that they put iodine on this boo-boo before the bandages.

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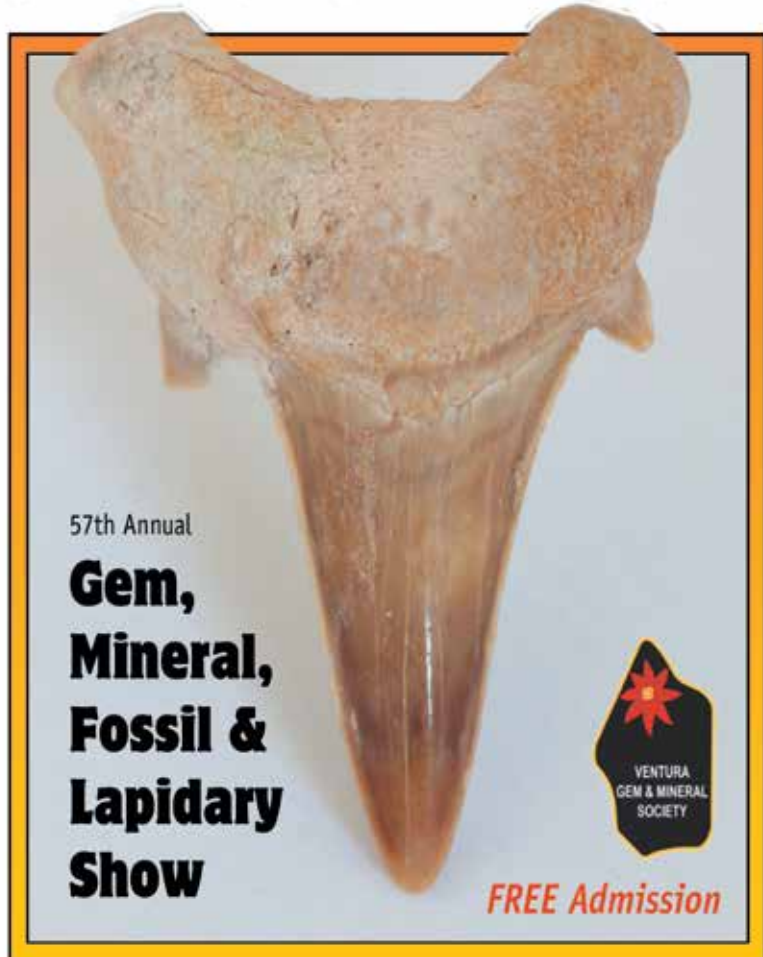
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57th Annual

Gem, Mineral, Fossil & Lapidary Show

FREE Admission

Sat. 10 AM - 5 PM • Sun. 10 AM - 4 PM • More info: vgms.org

March 2 & 3, 2019

Gems & Minerals • Fossils • Exhibits • Dealers
Kids' Activities • Demonstrations • Silent Auctions
Raffle Prizes • Jewelry • Country Store • Plant Sale

Ventura County Fairgrounds, 10 W. Harbor Blvd., Ventura CA 93001



Volunteers John Garcia, Kamryn Hansen and Jenn Harkey joined hundreds of others as part of the Homeless Count. Photo by Jenn Harkey.

United Way thanks the volunteers

United Way of Ventura County would like to thank the 400 volunteers who fanned out across the community recently as part of the 2019 Ventura County Point-In-Time Homeless Count.

The Ventura County Continuum of Care (VC CoC) joined with UWVC and many other community organizations to conduct the annual count and individual surveys, a requirement to receive U.S. Department of Housing and Urban Development funding. Volunteer teams spread out through Ventura, Camarillo, Ojai, Santa Paula, Thousand Oaks, Fillmore, Oxnard, Simi Valley, Port Hueneme, Moorpark and unincorporated areas on Jan. 22, with follow-up taking place at service sites throughout the week.

"Our goal is to help all Ventura County residents reach their full potential in education, financial stability, and health," said Eric Harrison, CEO of United Way of Ventura County. "Through the surveys

volunteers collected, we find out more about what resources are needed most and where they can be directed. We're so grateful to everyone who came out and did a wonderful job."

UWVC has hosted volunteer sign-ups on its www.volunteerventuracounty.org website over the last three years. Teams went out in the early morning through mid-day to places where unsheltered homeless persons are known to gather to conduct the count and surveys.

The Ventura County Continuum of Care will release results of the count in the coming months.

"The Point-In-Time count is an important annual activity that helps inform the VC CoC of the needs of persons who are experiencing homelessness," said Tara Carruth, County Executive Office, Ventura County Continuum of Care. "This snapshot data of one day of homelessness assists with evaluating and monitoring trends in demographics and needs of the population. Volunteer participation is a great value in this process since the count data results in State and Federal funding for housing and services for homeless individuals and families. Thank you to all of the volunteers who assisted with this year's efforts."

Since 1945, United Way of Ventura County has advanced the common good by creating opportunities for a better life for all. Our focus is on education, income and health, because these are the building blocks for a good quality of life. We support local services and programs that are more than just 'stop gap' measures, but rather solutions that help create lasting change. We invite everyone to be part of the change by giving, advocating and volunteering. When we work together in common purpose, we LIVE UNITED. For more information about United Way of Ventura County, visit www.vcunitedway.org.

This 'n' That



Veronica Slavin, Dan Feliz, George Alger, Sandra Siepak and Michelle Hoover are all part of the Our Ventura TV team. In-studio interview productions are done in association with CAPS Media Center.

Our Ventura TV surpassed 900 video/tv productions

Our Ventura TV is an award-winning, weekly talk-show television series broadcast on Ventura cable channel 6 TV and also published on OurVentura.com as well as on social media networks. For over ten years the programs have been, and still are, primarily about nonprofits, local leaders, artists and organizations who contribute in some way to the Ventura County community. Anyone who contributes to the theme of "People doing good things in Ventura County" and the surrounding area is welcome to be interviewed as a guest.

The show's executive producer, George Alger, stated, "We started producing in-studio cable TV segments in 2008. In 2010 we also posted them online. Since then, we've posted over 900 segments that were created in and out of the studio and each week a new show is broadcast on Ventura cable channel 6 and posted online."

In-studio interview productions are done in association with CAPS Media Center in Ventura, which broadcasts the programming for channels 6 and 15 cable television.

The Our Ventura TV production team includes on-air hosts and a behind-the-camera crew who bring the interviews and other segments onto local TV as well as online. Our Ventura TV Host, Sandra Siepak stated that the mission of the series is to "Connect our viewers with those making a difference for the better

here in Ventura County."

Show Director, Michelle Hoover, added that, "There are no fees for guests who speak about nonprofit or noncommercial messages." The weekly cable TV series is sponsored by Nonprofit Fire, Skyworks Marketing and GWC Productions. The Our Ventura TV team, including interview hosts and behind-the-camera technical crew contribute to the show's success.

Additionally, the production team also creates video and TV segments for commercial messages and businesses in the community. Paid video and TV production services include:

- * TV Commercials
- * Business Interviews
- * Facility Tour Videos
- * Product Videos
- * "How To" Videos
- * Public Service Announcements
- * Infomercials
- * Documentaries

Our Ventura TV shows are broadcast every week on Ventura cable channel 6. The majority of shows feature guests who are interviewed about their expertise and/or community activities. Additionally, there are music, theatrical and other entertainment productions.

To become a guest on Our Ventura TV, just visit OurVentura.com and click "Contact."

Visit OurVentura.com for more information or email George Alger at info@ourventura.com.

AIDS Walk

Continued from page 9

Ongina, HIV activist and contestant in Ru Paul's Drag Race, will host the event for over 2,000 participants.

There is no entry fee, and registration for AIDS Walk 2019 is now open. We will kick off the 5k walk at 10:00 am. Participants are welcome to take advantage of our free health fair, providing information and service from over 20 health-related agencies.

Diversity Collective is proud to host this event in partnership with Ventura County Public Health, and with the help of numerous volunteers and sponsors. Together, we can reduce and eventually stop the spread of HIV/

AIDS in Ventura County.

Diversity Collective Ventura County is a community based nonprofit 501c3 organization promoting advocacy, education, and mental and physical health for the LGBTQ community in Ventura County, California via our community resource center, programs and community events. We are the parent organization of Ventura County Pride, AIDS Walk Ventura and The Diversity Gala.

Participants can register at www.diversitycollectivevc.org/aids-walk-ventura.

Sponsors are urged to contact Diversity Collective Ventura County at 805.644.5428 or email info@diversitycollective.org.

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.

Vandalism Arrests

On February 9, at approximately 4:45pm, the Ventura Police Department Command Center received a call from a security guard who reported that he caught two subjects in the process of spray painting the side of a building at 2975 Johnson Dr., the former Toys R Us. The security guard said the two subjects fled from the area on foot, although a vehicle that possibly belonged to them was still parked near the building.

Officers responded to the scene and upon arrival observed two subjects, later identified as 22 year old Oxnard resident Edgar Cardenas and 23 year old Ventura resident Victor Rivas, walking a short distance away and detained them. Cardenas and Rivas matched the description of the two subjects given to dispatch by the security guard.

During a search of Cardenas and Rivas, officers found them to be in possession of graffiti tools and there was physical evidence that indicated they had recently been using spray paint. Inside the vehicle, which belonged to Cardenas, officers found additional evidence showing them to be involved in the vandalism.

Both were arrested for felony vandalism for causing more than \$400 in damage, possession of graffiti tools and conspiracy to commit vandalism. Rivas had an additional charge of being in possession of a controlled substance.

A review of the Ventura County Superior Court website shows that Cardenas has a prior conviction in 2017 for carrying a loaded firearm. Rivas did not show to have any prior convictions.

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

Vehicle Pursuit and Arrest

On February 15, at approximately 12:45pm, Ventura Police detectives received information from detectives with VenCATT (Ventura County Combined Auto Theft Task Force) of a stolen vehicle in the area of Mills Road and Main Street in the city of Ventura. Detectives with the Ventura Police Street Crimes Unit located the vehicle in the area and requested patrol officers to help stop the vehicle.

The suspect, 25 year old Camarillo resident Daniel Cantero, entered the 101 freeway south towards Oxnard and exited at Ventura Road in Oxnard. While on the off-ramp Ventura PD patrol officers caught up to the vehicle. The Officers attempted a traffic stop on the stolen vehicle near the Collection in Oxnard. Instead of stopping the suspect led officers on a vehicle pursuit that ended at the corner of Forest Park Blvd. and Vineyard Ave. At that point, Cantero ran from the vehicle and led officers on a brief foot pursuit ending with the Cantero being caught. Neither Cantero nor the officers were injured during the incident.

Cantero was arrested for Felony evading arrest in a vehicle, possession of a stolen vehicle, and possession of a controlled substance.

A review of the Ventura County Superior Court website shows that Cantero was arrested 14 times in 2018 for

several theft and drug-related charges.

Residential Burglary Arrest

On February 16, at approximately 12:30pm, the Ventura Police Department Command Center received a 911 call of an interrupted residential burglary that just occurred at an apartment in the 6600 block of Thille St. The victim arrived home and when he entered the apartment, confronted the suspect who had entered the apartment by forcing open a locked window. The suspect, later identified as 24 year old Ventura resident John Pritchard, was known to the victim as the relative of a roommate, but knew that Pritchard did not have permission to be inside the apartment. Pritchard fled from the apartment on foot.

Officers responding to the call saw Pritchard on foot several blocks away and detained him. He was found to be in possession of property taken from the apartment. Pritchard was positively identified and arrested.

Pritchard was arrested for burglary. No one was injured as a result of this incident.

A review of the Ventura County Superior Court website shows that Pritchard has prior arrests in 2019 and 2017 for narcotics, which resulted in a pretrial diversion in accordance with Prop 47, and a conviction for petty theft in 2017.

Sexual Assault and Burglary

On February 16, at approximately 1:30am, the Ventura Police Department Command Center received a 911 call from an adult female reporting that she had just been sexually assaulted inside her residence in the 500 block of Howard St. The suspect, later identified as 33 year old Oxnard resident Omar Velazquez-Lara, who was known to the victim had entered the residence through an unlocked door and fled after assaulting the victim. He also made threats towards the victim. Officers checked the area, but were unable to locate him.

Detectives received information that Velazquez-Lara was going to the Ventura Harbor with plans to meet with the victim. Detectives observed his vehicle in the 1500 block of Spinnaker Dr. and conducted a traffic stop. Velazquez-Lara was taken into custody without incident.

After being taken to the Ventura Police Department, Velazquez-Lara was arrested for forcible rape, burglary and dissuading a victim.

Arrest for Manufacturing Heroin, Possession for Sales of a Controlled Substance, and Maintaining a Place for Illegal Drugs Use.

On February 19, at 2:45am, officers conducted proactive foot patrols in the 3300 block of E. Main St. During this time they saw a male, later identified as 27 year old Christopher Diaz, acting suspicious and trying to hide from them in an alley. Officers contacted Diaz and detained him.

During the investigation that followed it was determined Diaz had a room at a local motel which he was using to manufacture larger quantities of heroin. It was further established that he possessed the illegal drugs for future sales. Additionally, Diaz was allowing others in his room to engage in the unlawful use of controlled substances. Diaz was arrested for the above charges and booked in Ventura County Jail.

Arson Arrest

On November 29, 2018 at approximately 5:25 pm, a fire was reported in a storage room at Target located at 245 S. Mills Rd, Ventura. The suspect was

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captured on video surveillance leaving the storage room shortly before the fire alarm and fire sprinkler system was activated. Ventura City Fire Arson Investigators responded, and determined the fire was incendiary by nature. The estimated damage to the property was over \$100,000.00.

During the course of the investigation major crimes detectives identified the suspect as 46 year old Donnie Jenkins. On February 22, Jenkins was located in the 4200 block of Main St. where he was arrested for the charge of arson.

Harbor Patrol Blotter

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

2-9 9:55am, received a report of a vessel sinking in the keys. Officers responded, pumped out the 16ft electric craft and towed it to the boatyard for haul-out.

11:15pm, contacted 3 fishermen on an 8ft inflatable in the Harbor entrance for multiple hoopnetting and safety violations. Their voyage was terminated; they were escorted to the L/R due to lack of navigation lights and no lifejackets.

2-11 4:53pm, received a report of a local transient trespassing in the restrooms of Ventura Isle Marina. Officers responded with Ventura Police to the call. The transient was searched for contraband and issued a no trespass order.

2-13 9:15am, received a report of an individual unconscious in the 1597 Spinnaker restrooms. Officers responded and found the individual unresponsive. Eventually the individual was awakened and removed from the restroom. He is a local transient who is under a no trespass order and he left the area quickly.

2-14 8:37pm, received a report of a

flare sighting with the flare landing near the intersection at Harbor Blvd and Olivas. A search was conducted, including utilizing night-vision to search the area for a disabled vessel, but none found.

2-15 1:10pm, received a report of a hazard-to-navigation, a large tree branch caught underneath a sailboat in VWM. Officers responded but were unable to dislodge the object, a dive service was called to remove the object.

2-16 8:57am, received a report of a sailing vessel bow line unsecured at VIM end-tie. Officers responded and re-secured the vessel to its berthing.

3:25pm, officers observed and reported several oiled grebes near the launch ramp to sea bird rescue. They assisted capturing the birds for oil/tar removal.

2-17 2:55pm, received a report of a pedal boat besieged by the wind near the launch ramp. Officers responded in the fireboat, found the pedal boat, took the two passengers aboard and towed the vessel to the rental dock in the Harbor village

2-18 10:40am, dispatched to a man slumped over his steering wheel near 1691 Spinnaker. Officers responded and found a 70 year old unresponsive but with a pulse. Eventually he regained consciousness and was taken by ambulance to local hospital for further evaluation by AMR.

2-19 11:50am, received a report of a vessel taking on water at VHV. Officers responded in the vehicle with a portable de-watering pump. After a quick assessment officers de-watered approximately 80 gallons of water out of the vessel forward hatch, but were unable to get to the bilge. A bilge pump was discovered and officers were able to get it working and dewatered the boat.

3:59pm, dispatched to an assault victim at Marina Park. Officers staged in Boat 19 at the city dock to Marina Park. The patient was treated at the scene by AMR and Ventura fire department.

Weekly SUDOKU

Answer

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

King Crossword

Answers

Solution time: 27 mins.

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

The Pet Page



Dedicated to Scamp

Two members of the U.S. House of Representatives re-introduced a bill that would make malicious acts of animal cruelty a felony nationwide. A person convicted of the crime could face a fine or up to seven years in prison, or both.

The bill, known as the Preventing Animal Cruel and Torture (PACT) Act, is co-sponsored by Democrat Ted Deutch and Republican Vern Buchanan. PACT would criminalize “crushing, burning, drowning, suffocating and impaling animals.” The measure would also address bestiality and other attempts to sexually exploit animals.

The legislation contains exceptions for hunting, veterinary care, and actions necessary to protect life or property from a serious threat from an animal.

The Humane Society Legislative Fund supports the measure, noting that while most states consider certain acts of animal cruelty a felony, some penalties are still considered misdemeanors. The bill earned 284 bipartisan co-sponsors and more than 200 law enforcement endorsements in the previous session of Congress.

Larger-brained dogs outperform smaller dogs on measures of executive functions—a set of cognitive processes that are necessary for controlling and coordinating other cognitive abilities and behaviors. In particular, bigger dogs have better short-term memory and self-control than smaller ones, according to the study in Animal Cognition.

“The jury is out on why, necessarily, brain size might relate to cognition,” says lead study author Daniel Horschler, an anthropology doctoral student and member of the University of Arizona’s Arizona Canine Cognition Center. “We think of it as probably a proxy for something else going on, whether it’s the number of neurons that matters or differences in connectivity between neurons. Nobody’s really sure yet, but

we’re interested in figuring out what those deeper things are.”

Canine brain size does not seem to be associated with all types of intelligence, however. Horschler found that brain size didn’t predict a dog’s performance on tests of social intelligence, which the researchers measured by testing each dog’s ability to follow human pointing gestures. It also wasn’t associated with a dog’s inferential and physical reasoning ability.

The study’s findings mirror what scientists have previously found to be true in primates—that brain size is associated with executive functioning, but not other types of intelligence.

Horschler’s study uses data from more than 7,000 purebred domestic dogs from 74 different breeds. Breed standards offered estimates of brain size.

By Beth Mueller

Acne plagues many teenagers and even adults, but did you know that animals get pimples too? Dr. Jason Pieper, a board-certified veterinary dermatologist at the University of Illinois Veterinary Teaching Hospital in Urbana, sees a few cases of pet acne every year.

Acne occurs when a hair follicle becomes plugged. Hair follicles lie within the skin. They cradle the root of a hair shaft, which grows out of the middle of the follicle, and supply the hair with protective oils from attached glands.

The chin is the most common location for acne in dogs and cats. Sometimes the acne can be seen around the lips and muzzle. It may appear red, brown, or black (like a blackhead), or it may look like pustules (pimples).

One theory is that the acne is a result of damage to the hair follicle, for example, when the pet drinks water from its bowl and repeatedly bumps its chin. A damaged hair follicle may become plugged with oils.

To treat acne, it is important to keep the area clean and dry. The chin and muzzle area are often wet from drinking, which can predispose that area to re-occurring acne. Pet owners can use a

Scamp Club

(Scampclub pets are not for adoption.)



Cisco is a male, mini Australian Shepherd, 4-years-old, likes to eat and loves belly rubs (just like Breezy).

Join Scamp Club

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

washcloth to gently clean the area.

New Year’s resolutions for the pet owner

I will schedule my pet’s yearly wellness exam with her veterinarian. I will ensure that my pet remains up to date on her vaccinations and invest in another year of flea, tick and heartworm preventative for her.

I will speak with my veterinarian about the healthiest diet for my pet and work to feed him a high-quality diet. I will avoid overfeeding him, understanding that obesity in dogs and cats leads to many health problems and a reduced

quality of life.

I will give my pet an informal in-home exam every month, being sure to look inside her ears, examine her eyes for discharge or other changes, lift her tail to ensure she has a clean and healthy rear end, and pet her carefully all over to check for lumps, bumps or wounds. I will contact my veterinarian promptly if I notice anything new or amiss.

I will invest in new toys for my pet. Even though he chews most of them up, I will find a way to incorporate chew toys into my budget if these are his favorite. When I cannot meet his demand for



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Jock and Livi at CMH Ocean Tower volunteering and bringing puppy love to all.

The Pet Page

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

Forever homes wanted

Hi: I'm Princeton a very loving 6 year old American Staffordshire Terrier X. I'm in need of a new home as sadly my owner passed away unexpectedly. I loved her very much and will miss her dearly. I'm energetic but I love to snuggle too. I'll need an active human, no couch potatoes please. I love cats, but not small dogs. Please stop by and meet me, I'm sure to win you over. Canine Adoption and Rescue League C.A.R.L.



County Animal Services - Camarillo location - 600 Aviation Drive
Chewie A678624

Chewie has been in foster care for over a month now and he is a wonderful, extremely easygoing little guy. He loves talking walks, running and hiking. He's great with kids. He enjoys being in a car or simply chilling on the couch. He is a perfect companion. He has lived successfully with other dogs and cats. You can meet Chewie by contacting our foster coordinator at vcar.foster@ventura.org. Ventura



The Pet Page

chew toys, I will invest in puzzle toys, activity feeders, bones and other enrichment items that allow him to chew and destroy without breaking the bank. I will clean up after my pet so that her litterbox or yard is clean and free of feces. I will practice calling my pet to come for a treat at least once a day, using a

clear and happy voice and calling by name ("Fido, Come!") I will try this from various rooms in the house and also the yard, and will practice more often if I notice he does not reliably come when called. I will remember that cats can learn to come when called, too, and will save my cat's favorite treats or toys to be delivered when I call him to me.


REWARD LOST DOG.

XENA - Black, medium sized Shepherd mix 5 years old. Wearing red collar with her license and tag with Xena and phone# 805-207-0235. If you see her, please contact Nancy Broadhead 805-207-0235 or Cappi Patterson 805-766-5920.




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by Pam Baumgardner
VenturaRocks.com

Let's talk about ensuring we have jazz in town, and not just every now and then. I'm talking about a venue where you can count on not only local artists having a place to showcase their talent, but a jazz house where world-class musicians travel to Ventura (some actually live here) to play in front of an appreciative audience. Of course, I'm talking about Squashed Grapes re-opening at their new location in mid-town Ventura. If you'd like to weigh in, then you are invited to attend the obligatory public hearing to be held at Ventura City Hall in the Council Chambers on Wednesday, April 10, at 6 pm; please mark it on your calendar now. I'll be there, and I'm personally inviting you to come help Adam and Josh reopen Squashed Grapes. Long live The Grape!

Sorry to report we've lost another venue for live music. I'd like to thank Kristen Shubert for the past few years for running Vintura at the Wine Rack and offering not only a lovely place to hang, a crew happy to describe the wines available but for also supporting Ventura's music scene by providing an eclectic mix of artists on their stage. Unfortunately, she lost her lease but she went out in fine fashion by selling everything in the venue from bottles of wine at half off, to all items in the store, cushions to artwork. Her last day for music was Monday, February 25, with artists showing up to jam as a final send off.

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 2/27: Shore Break
Bombay Bar & Grill
143 S. California Street
 Thursdays, Friday & Saturdays:
 DJs
Café Fiore
66 S. California Street
 Wed 2/27: Fabulous Hangovers
The Cave

Quick Notes: The Black Angus at Main and Telephone now offers live music 5:30 – 8:30 pm on Thursdays; The Grape presents Doug Webb featuring Danny Carey (TOOL) at the Hong Kong Inn on Saturday, March 2; Pennywise plays the Ventura Theater, Saturday, March 2, Zoe on Friday, March 8; Salzer's has an in-store performance from Trouble in the Wind on Friday, March 1 at 6 pm; the Ventura College Symphony Orchestra's Concertos night will be Saturday, March 2; Bank of Books will have three bands in the house for an all ages show on Saturday, March 9, at 6 pm featuring The Crawdads, The References and King Archie; Luicidal Tendencies, featuring members of Suicidal Tendencies play The Garage on Tuesday, March 5, along with IDecline, Sick Sense and F.S.K.D.; and finally Jodi Farrell will once again highlight her students with a performance workshop at Namba on Saturday, March 9, at noon.

Just a side note, The Lantern Festival seemed to be a success if you're solely going by the number of people participating. I hope they'll be back next year, maybe advertise a little more and I hope the weather cooperates with less wind. Of course, it could have been worse, it could have rained.

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. For updated music listings daily, go to www.VenturaRocks.com.

Music Calendar

For more events go to VenturaRocks.com

Bank of Books
748 E. Main Street
 Music 6-8 pm
 Sat 3/9: The Crowdads, The
 References, King Archie

Black Angus
4718 Telephone Road
 Music 5:30 – 8:30 pm
 Thursdays: Mark David Undercov-
 er

Blue Agave
185 E. Santa Clara
 Fridays: Mariachi Band; DJ
 Saturdays: DJ

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 2/27: Shore Break

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

Café Fiore
66 S. California Street
 Wed 2/27: Fabulous Hangovers

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

Copa Cubana
Ventura Harbor Village
 Music 7 pm; Sundays 4 pm
 Mondays: Smokey & Friends
 Tuesdays: The Jerry McWorter Trio
 Fri 3/1: Brandon Ragan Project

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 rant**
593 E. Main Street
 Sun 3/4: The Sunday Drivers (4
 pm)

Discovery
1888 Thompson Blvd
 Thurs 2/28: Kyle Smith (single
 release party)
 Fri 3/1: Wailing Souls, Arise Roots
 Thurs 3/2: In the End
 Thurs 3/7: After the Smoke
 Fri 3/8: Shania Twin
 Sat 3/9: Heavy Petty
 Sun 3/10: E.N. Young

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

El Rey Cantina
294 E. Main Street
 Fridays: DJ
 Saturdays: DJ

Four Brix Winery
2290 Eastman Avenue
 Music 5:30 – 7:30 pm
 Fri 3/8: 50 Sticks of Dynamite

Garage

1091 Scandia Avenue
Mondays: Karaoke
Tues 3/5: Luicidal, IDecline, Sick Sense, F.S.K.D.

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

Golden China
760 S. Seaward
(805) 652-0688
Karaoke seven nights a week 9 pm
Tuesdays 7 pm: Open Mic

Grapes and Hops
454 E. Main Street
Wed & Thurs 6 pm; Fri & Sat 8 pm, Sun 4 pm
Fri 3/1: Morganfield Burnett
Sat 3/2: Jim Gustin and Truth Jones
Sun 3/3: The Tossers
Wed 3/6: The Swillys
Fri 3/8: Monty Byrom
Sat 3/9: Ricky Z
Sun 3/10: Shawn Jones

Hong Kong Inn
435 E. Thompson Blvd
"The Grape Presents Jazz" series
Wed 2/27: Milo Sledge
Thurs 2/28: RJ Root & Friends
Fri 3/1: Jazz Express
Sat 3/2: Doug Webb Group w/ Danny Carey (TOOL)
Tues 3/5: Jazz Jam hosted by Hans Ottsen
Fri 3/8: Mphaka
Sat 3/9: The Barrelhouse Wailers

Keynote Lounge
10245 E. Telephone Road
Tues, Wed and Sun: Karaoke
Thursdays: Open mic night
Fri 3/1: Magnificent Bastards
Sat 3/2: Crosscut 805
Fri 3/8: DJ AVG
Sat 3/9: Old School

Leashless Brewing
585 E. Thompson Blvd.
Fri 3/1: BeJammington
Sat 3/2: The Alpine Camp
Tues 3/5: The Listening Room
Fri 3/8: Mark Masson & Friends
Sat 3/9: Fallen Angels
Tues 3/12: Robert Quindaro

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

Made West Brewing
1744 Donlon Street
Thurs 6 pm; Sat 4 pm; Sun 3 pm
Thurs 2/28: Kyle Swan
Sat 3/2: Milo Sledge Trio
Sun 3/3: Trouble in the Wind
Thurs 3/7: Matt Sayles & Gues
Sat 3/9: The Dynasties
Sun 3/10: Cheyene Skye

Majestic Ventura Theater
26 S. Chestnut Street
Sat 3/2: Pennywise
Fri 3/8: Zoe

Museum of Ventura County
100 E. Main Street
Sun 3/10: Camerata Pacifica Ives & Beethoven

Namba
47 S. Oak Street
Fri 3/8: Carlo Fierens
Sat 3/9: Jodi Farrell's Performance Workshop (Noon)

Oak and Main
419 E. Main Street
Sundays: Sing Time Karoke
Tuesdays: Beers Brothers Open Mic
Wed 2/27: Mark & Guil Duo
Thurs 2/28: The Volt per Octaves
Fri 3/1: Brother Earl & the Cousins
Sat 3/2: Elements

Wed 3/6: Brian Martinez
 Fri 3/8: Blues Bullet, Inside Break
 Sat 3/9: The Mighty Cash Cats,
 Silver Threads
O'Leary's
6555 Telephone Road
 Wed: Karaoke
Paddy's
2 W. Main Street
 Wednesdays: Karaoke
 Fri & Sat: DJs
Poinsettia Pavilion
3451 Foothill Road
 Sun 3/3: Old Time Country
 Bluegrass (2-4 pm)
Red Cove
1809 E. Main Street
 Thursdays: Open Jam night
Saloon
456 E. Main Street
 Music at 10 pm
 Sat 3/9: Noble Grizwald
Salzer's Records
5777 Valentine Road
 Fri 3/1: Trouble in the Wind (6
 pm)
Sandbox Coffeehouse
204 E. Thompson Blvd
805-641-1025
 Thurs 3 pm, Weekends noon
 Thursdays Open Mic
 Sat 3/2: Steve Bedau
 Sun 3/3: Casey Ahern
 Sun 3/10: James Lawless
Sans Souci
21 S. Chestnut
 Sundays: DJ Darko
 Mondays: Karaoke
 Tuesdays: DJ Nick Dean
 Wednesdays: Open mic
 Thursdays: DJ Spinobi
 Sat 3/2: Infirmities, Hillview
 Fri 3/8: DJ Pistolero
 Sat 3/9: Outlaw Inlaws
The Shores Restaurant
1031 Harbor Blvd, Oxnard
 Fri 3/1: Karen Eden
 Sat 3/2: Pull the Trigger
 Sun 3/3: Dave Parsonage
 Fri 3/8: Milo Sledge
 Sat 3/9: Teresa Russell & Cocobilli
 Sun 3/10: Shay Moulder
Star Lounge
343 E Main Street
 Thurs 2/28: Katie Shorey
The Tavern
211 E. Santa Clara Street
(805) 643-3264
 Sundays: DJ Steezy Steve
 Tuesdays: Karaoke
 Thursdays: Get Right DJ
Ventura College Performing
Arts Center
4700 Loma Vista Road
 Sat 3/2: VC Symphony Orchestra
 Concertos Night
Winchester's
632 E. Main Street
(805) 653-7446
 Music at 7:00 pm; Sundays at 5
 pm
 Fri 3/1: Karen 805
 Sat 3/2: The Tossers
 Sun 3/3: The Ventucky String
 Band
 Fri 3/8: Natalie Wattre
 Sat 3/9: National Cat
 Sun 3/10: Crooked Eye Crossroads
1901 Speakeasy
649 South B Street, Oxnard
 Fri 3/1: Rich Sheldon
 Sat 3/2: Gigi Worth
 Fri 3/8: Shawn Jones
 Sat 3/9: The Swillys
The 805 Bar
Ventura Harbor
 Music at Noon
 Saturdays: Kenny Devoe
 Sundays: Kenny Devoe



Sunshine, Wings, Honey – mixed media on board, **Lisa Skyheart Marshall**

Buenaventura Art Association artists will present some creative flights of fancy in “Things With Wings,” a Feb. 28-March 24 exhibit at the Buenaventura Gallery.

This member’s show theme is intentionally broad and includes “birds, bees, airplanes, angels, dragons and more.” Juror for this show is Lisa Mahoney, a plein-air painter and teacher.

Opening reception will be 6-9 p.m. March 1, during Ventura’s First Friday gallery crawl, when many of the city’s art groups open their studios so visitors can mingle and talk with the artists.

Buenaventura Gallery, 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 co-operative and its programs, visit www.buenaventuragallery.org or call 648-1235 during gallery hours.



Learning To See, landscape by Becky.

FOTM Learning To See Art Showcase

Featuring art by Turning Point Foundation Clients

March 13 – April 1, 2019

Public Reception March 20 from 1:30 – 2:30 pm

At Ambrosia by Caffrodite 7:00am – 3:00pm (closed Tuesdays)
1987 E Main Street-805.628.9289.

Join Focus on the Masters Archive and Library (FOTM) and Turning Point Foundation for an exhibition featuring artwork created in FOTM’s Learning To See (LTS) art program through Turning Point’s Quality of Life Project by residents of Board and Care Homes who struggle with mental and physical health challenges this exhibition celebrates their endeavors and serves as inspiration for all in our community.

Turning Point’s Quality of Life members have been exploring their creative spirits through weekly art programs with the LTS program for over 4 years. Each class offers them the valuable opportunity to engage

with others, express creativity, practice physical dexterity, and gain a sense of accomplishment as they face the challenges of living with mental illness.

Turning Point Foundation addresses the critical community support needs of mentally ill adults, serving more than 500 clients each year through its shelter, supported housing and rehabilitation programs. Turning Point improves our communities by helping those facing mental illness remain or become functioning, integral community members. They are a critical support organization for families dealing with the devastation of mental illness.

Participating locations The Elms in Ventura and Sunrise Manor in Oxnard.

For more information about Learning To See, contact Aimee@FocusOnTheMasters.com or 805.653.2501

Turning Point Foundation (805) 652-0000 TurningPointFoundation.org

Planning your solo show - Artists’ Talk
Saturday, March 16, 10:00am - 12:00 pm

Instructor: **Darlene Roker**

Sooner or later, many artists dream of having their own solo show, yet they wonder about all the details involved. The President of BAA’s Board, Darlene Roker, says,

“If this is you, help is at hand! After putting on numerous solo shows, both in Ventura and Santa Barbara, I’ve learned some of what works and what doesn’t. Let me walk you through the process, from creating a theme to opening night reception. It’s really quite do-able!”

Cost: \$5.00 - Public Fee (non-member)

Free - BAA members

Buenaventura Gallery

432 N. Ventura Ave.

At the Bell Arts Factory, entrance at the corner of Harrison and Ventura Ave.



Ventura Artists Union presents “Nature 101”, the exhibition runs through April 14 at Art City Studio Gallery. This show will be all encompassing from the flea to giant creatures we all share this space together. We all have equal importance. We are all ‘Citizens of the Earth’, and possibly beyond? Cohabitation at times is difficult....but in the safety of the Art Gallery cohabitation is easy, sharing this space is easy. This will be up to the Artists psyche and their imagination. Curated by **Joe Palmoutsos**
Reception is Saturday, March 2 at 4pm. Art City Gallery 197 Dubbers st. 648-1690.
www.artcitygalleryandstudios.com

For three weekends in March the ARTLIFE Foundation will exhibit new Mail Art from around the world, the US, and Ventura, in a show that reprises artist Joe Cardella’s 25-year promotion of Mail (Postal) Art.

The “plein air” exhibit of 200 mailed-in pieces of art from 20 countries and 13 states is at 539 Howard Street, Ventura. This is the site of Cardella’s home/studio and the ARTLIFE Foundation.

The time is 2:00 to 6:00 pm on March 9-10, March 16-17 and March 23-24. The event is free, with a reception on the first Saturday, March 9.

Parking will be scarce, so walk or car pool if you can. The Vons parking lot on Borchard is not far away.

<http://joecardellalegacy.blogspot.com>

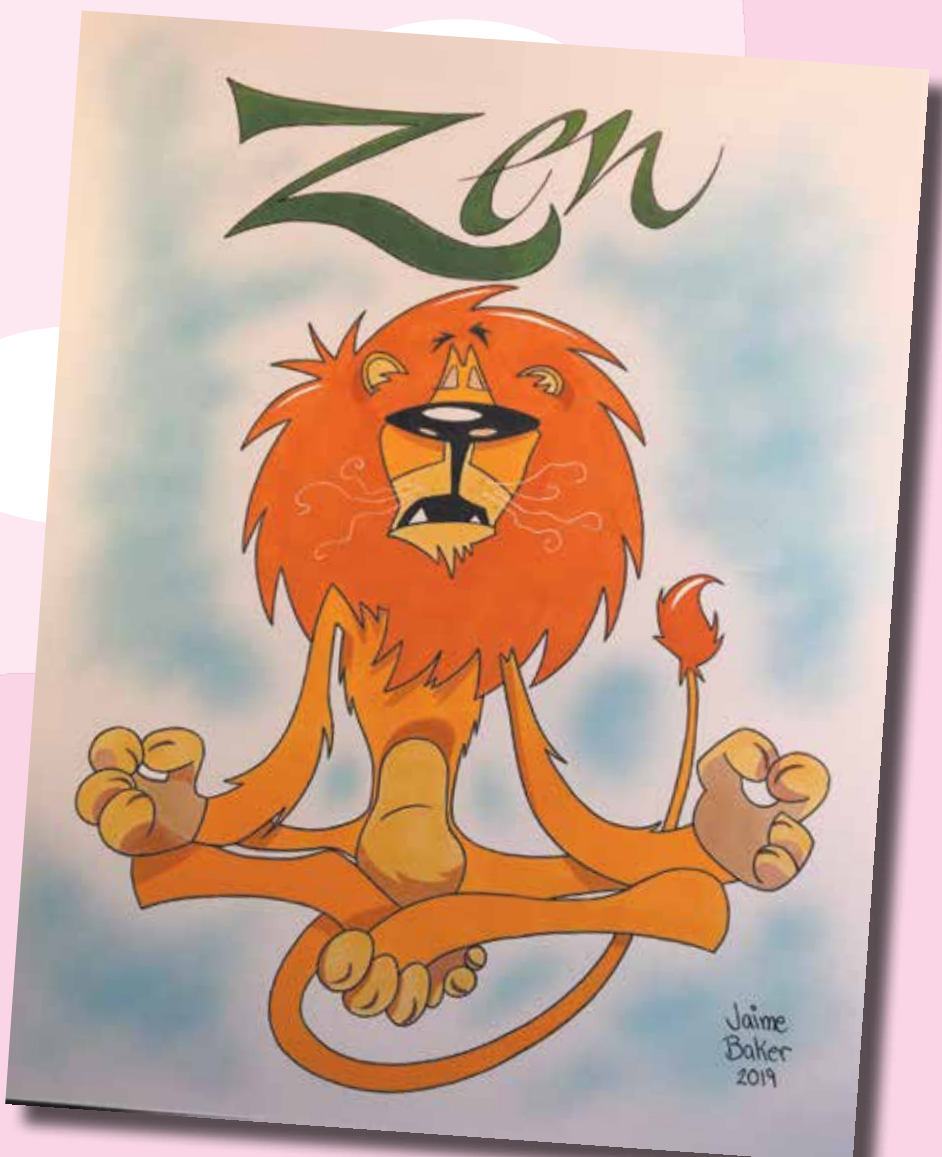
The ARTLIFE Inc Board, Bob Chianese, Nell Panelli, Jonell McLain, Curtis Cormane, Pete Ippel
Artlifeinc72@gmail.com.

Ventura County Potters’ Guild Gallery

Featured Artist **Karin Mac** until March 31

Meet the artist Monday March 4th, 11 - 6 pm

German-born ceramic artist Karin Mac made the first of many visits to India with her husband Jatindar Singh Mac in the late 1960s, and has made art inspired by India ever since. In 1980, she immigrated to the United States with her husband and their three sons. While studying art in Southern California, Karin fell in love with pottery. Ventura Harbor Village, 1567 Spinnaker Drive Suite 105 (805) 644-6800



To see more of **Jaime Baker’s** art, go to WayOuttaLine on Etsy and Way Outta Line Caricatures on Instagram and Facebook.

Lighter Breeze

Baby Blues



Barney Google and Snuffy Smith



Beetle Bailey



Moose and Molly



Crock



Hagar the Horrible



Solutions on page 17

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

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

Weekly SUDOKU

by Linda Thistle

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

DIFFICULTY THIS WEEK: ◆◆◆

◆ Moderate ◆◆ Challenging
◆◆◆ HOO BOY!

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Solutions on page 17

King Crossword

ACROSS

- 1 Beavers' structure
4 Second letter
8 Wild and crazy
12 Indivisible
13 Mideast airline
14 Sheltered
15 Gin, e.g.
17 Grad rags?
18 First murderer
19 Iron
20 Suitor
22 Paddock parent
24 Long-running Broadway musical
25 Pheasant or grouse
29 Fuss
30 Dental filling
31 Ultramodern (Pref.)
32 Backyard attraction
34 Somewhere out there
35 Feedbag fodder
36 Surprise big-time
37 Engine
40 Unwanted email
41 On in years
42 Morning garb
46 Entreaty
47 "Super-food"

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		

- berry
48 Grecian vessel
49 Transmit
50 Group of cattle
51 Despondent
27 Caboose's place
28 Collegian quarters
30 Construction piece
33 Gizmo
34 Winged
36 Garden intruder
37 3-Down's creations
38 Leering look
39 Adolescent
40 Luminary
42 "Humbug!"
43 Expert
44 Lingerie item
45 Conclusion

DOWN

- 1 "What's up, —?"
2 Literary collection
3 16th-century cartographer
4 Start
5 Verve
6 Highland hat
7 Brewery prod-
8 Capital of Croatia
9 Shaving cream additive
10 Information
11 Longings
16 Speaker's spot
19 Quarry
20 Wound cover
21 Gully
22 Soda shop orders
23 Asian nurse
25 Summertime pest
26 Notorious

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ARIES (March 21 to April 19) Your efforts in behalf of a colleague do not go unnoticed, let alone unappreciated. Meanwhile, arrange to spend more time investigating that troubling fact you recently uncovered.

TAURUS (April 20 to May 20) Devoting a lot of time to a current career move means having less time for those in your private life. But once you explain the circumstances, they should understand and be supportive.

GEMINI (May 21 to June 20) Organizing your many duties in order of importance should help you get through them pretty quickly. Additional information puts that still-to-be-made decision in a new light.

CANCER (June 21 to July 22) Lingerin bad feelings over a recent misunderstanding should fade as reconciliation efforts continue. Meanwhile, vacation plans might need to be revised because of new developments.

LEO (July 23 to August 22) Love dominates the Lion's heart this week, with Cupid shooting arrows at single Leos and Leonas looking for romance. Partnered pairs also enjoy strengthened relationships.

VIRGO (August 23 to September 22) "Getting to Know You" should be the single Virgo's theme song as you and that special person discover more about one another. That workplace

situation needs looking into.

LIBRA (September 23 to October 22) You might be upset at having your objectivity questioned in the handling of a dispute. But it would be wise to re-examine your feelings to make sure you're being fair with both sides.

SCORPIO (October 23 to November 21) A family dispute creates mixed feelings about how you hope it will be ultimately resolved. Best advice: Stay out of it and let the involved parties work it through by themselves.

SAGITTARIUS (November 22 to December 21) Making an effort to smooth over even the smallest obstacles now will go a long way to assuring that things run smoothly once you're set to move on with your plans.

CAPRICORN (December 22 to January 19) A challenge to your authority can be upsetting, but your longtime supporters want you to defend your position so you can win over even your most adamant detractors.

AQUARIUS (January 20 to February 18) Being unable to get involved in a friend's problem calls for an honest approach. Provide explanations, not excuses. Another friend might be able to offer support for your decision.

PISCES (February 19 to March 20) You find yourself swimming in circles, looking for some way to get back on a straight course. But things get easier once you're able to refocus your energies.

BORN THIS WEEK: You're known for your charm and your wisdom, and there's no one who wouldn't want you to be part of his or her life.

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Show Time

A View from House Seats

Ojai Theater relives opening

by Shirley Lorraine

The Ojai Art Center is recognized statewide as being the oldest continually operating non-profit Art Center. Let's face it, 80 years is a long time to engage the community in all forms of art, music, theater, dance and more. To celebrate and honor this longevity, the Art Center Theater has mounted a reprise production of the first play ever to grace the Art Center stage – Night Must Fall by Emyln Williams.

Set in the English countryside in 1939, the psychological thriller is at once understated and complex. In other words, typically British.

Opening the action with a monologue, the role of Lord Chief Justice is played by a different member of the community every performance. What a nice way to include community leaders in the anniversary celebration.

A woman goes missing which becomes the talk of the town. The Manor's mistress, Mrs. Bramson, is a wheelchair-bound cranky busybody. Surrounding her are a snappy Cockney cook, a nurse, a naïve young maid and an unhappy poetry-writing niece and her suitor. Enter the maid's paramour who enchants Mrs. Bramson and settles in, to the disdain of almost everyone.

All the while the murder is still to be solved and everyone is a suspect. When the body is found in the manor's rubbish, the local inspector arrives to question each, and the fun really begins. All the characters who live in and enter the Manor are decidedly unique and definitive in their characters.

Mrs. Bramson, played by Sindy McKay, is a crafty, controlling old woman. McKay leads the audience into her world with aplomb. She is frequently confronted by her outspoken cook, Laura Ring. The innocent Dora, the maid, is given just the right touch by Brett Baxter. Stoic Nurse Libby is given dimension by Denise Heller.

The wary niece, Olivia, played by Angelica Smith, is a study to watch as her emotions are subtle yet easily readable.

Stephen Shareaux does a nice turn as Hubert, Olivia's consistently rejected suitor. Louis Graham as the formidable Inspector Belsize is just right in the role. The quirky character of Dan, the uninvited guest who stayed, is wonderfully manic. David Nelson Taylor takes on the role with fervor.

As the play unfolds, the audience is treated to many possibilities of how it happened and who did it. There are surprises along the way as well as twists and turns, as there should be in a good murder mystery. Director Richard Camp has assembled a strong cast to perform this memorable play.

Authentic period setting of the manor's interior is enhanced by spot-on costuming by Tracey Williams Sutton.

As a well-needed bonus, the theater now has new theater seats, a new sound and light booth (no longer in the back of the audience seating) and other small but noticeable improvements. The Arts Center thanks the community for their generosity in making these alterations possible. What a terrific way to say thank you for the last 80 years, and a grand welcome to the next 80.

Night Must Fall runs through March 10. Friday and Saturday performances are at 7:30 p.m., Sunday performances are at 2 p.m. General admission \$25, senior and art center members, \$20, under age 25 \$10. Season tickets are now available for purchase. Ojai Art Center Theater, 113 S. Montgomery, Ojai. www.ojaiact.org or (805) 640-8797 for reservations. "Night Must Fall" runs through March 10. Performances are Fridays and Saturdays at 7:30 p.m., and Sundays at 2 p.m. For tickets, call 805-640-8797 or go to OjaiAct.org. The Ojai Art Center Theater is at 113 S. Montgomery St.

Isn't It Romantic



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

By: Victoria Usher

Isn't It Romantic is a 2019 romantic comedy film that was directed by Todd Strauss-Schulson. It was produced by Rebel Wilson, Todd Garner, Gina Matthews, and Grant Scharbo. The story was by Erin Cardillo. The screenplay was by Erin Cardillo, Dana Fox, and Katie Silberman. The cinematography was by Simon Duggan. The music was by John Debney. It was edited by Andrew Marcus. The production design was done by Sharon Seymour. The film was distributed by Warner Bros. Pictures and released in cinemas on February 13th, 2019. It was announced on January 30th, 2019 that the film will be released on Netflix internationally on February 28th, 2019. The stars of the film include Rebel Wilson, Liam Hemsworth, Adam DeVine, Priyanka Chopra, Betty Gilpin, Jennifer Saunders, and Tom Ellis.

In the film, Natalie (Rebel Wilson) is an Australian architect living in New York City. Natalie wakes up after being knocked unconscious and mugged on the subway to find that her world has literally been

turned into a PG-13 romantic comedy. In Natalie's real-life romantic comedy, her tiny apartment is now a luxurious studio apartment, the grimy streets of New York City are now full of bright colors, regular stores have been replaced by beautiful flower shops, and there are pigeons flying up above in heart-shaped formation. Natalie's best friend at work has now become her work enemy, and a gorgeous real estate investor (Liam Hemsworth) shows obvious interest in her. Natalie's other best friend, Josh (Adam Devine) is the only one who appears to be exactly the same as before, and the only one who still notices all the good things in her the same exact way he did before.

There are a few moments throughout the film that are exciting in an unexpected way, referencing scenes from other well-known romantic comedies such as: When Harry Met Sally, Pretty Woman, Notting Hill, and 13 Going On 30. What really makes this film refreshingly different from other romantic comedies is that it makes fun of the romantic comedy genre while expressing the beauty and importance of real love at the same time. Isn't It Romantic is a truly wild and entertaining ride. (Rated: PG-13) (Running Time: 1h 28m)

Mailbox

Continued from page 4
tribulations, and vicissitudes anticipated by these founders after long consider-



GOLD
COAST
CONCERT
CHORUS

Gold Coast
Concert Chorus

and Ventura College Chorus
Elizabeth Helms, Artistic Director

The Road
Not Taken

Saturday, March 16, 2019 at 2:00pm

NEW VENUE!

St. Columba's Episcopal Church
1251 Las Posas Road, Camarillo

PERFORMANCES

Frostiana, Seven Country Songs by Randall Thompson
Requiem by Mack Wilberg

The premier of a new work about bullying,
co-commissioned by GCCC, Words by Joan Szymko

INSTRUMENTALISTS

Jessica Helms - Piano Mark Holmstrom - Organ

\$18 - Adults | \$15 - Seniors/Students | \$5 - Children
More info at GoldCoastChorus.org or call (805) 616-7269



ing the failures of past governments such as the Roman Empire.
Lou Vigorita

Dear Sheldon,
I would like to commend yourself and The Ventura Breeze for taking a stand to comment on the lame decision-making by our current President. Isn't that what a free press is about? He is an unfortunate and dangerous politician because he puts His businesses ahead of The People. We see evidence of this daily. I just hope the investigations trying to uncover the truth about who he is and what he has been doing are released to All the American electorate. Then let them judge. A Democracy is only as good as the People. Suzanna Ballmer, Ventura
Suzanna: Who am I to disagree with a smart person like you?
Sheldon

Editor:
I'm wondering how long it will be before CalTrans corrects their mistake on the NB Main Street exit from the US101 and CA126?
After the repaving work, the re-striping of the off ramp did not include the original limit line but did include the crosswalk. The sensors to trip the signal have been moved to past the original limit line. This causes vehicles to go all the way to the crosswalk and can't see the traffic signal above them.
When I went to the CalTrans website to report this issue, the robot recognized that an issue had been previously reported at this location.
Maybe CalTrans will get around to fixing it someday. In the meantime drivers will be craning their neck to see the traffic signal. Or stop before the main sensor and wait forever.
Tim Hansen
Ventura

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

Discovery
VENTURA

LIVE MUSIC • BOWLING • FOOD & DRINK

2/28: KYLE SMITH'S SINGLE RELEASE PARTY
W. SENSI TRAILS
3/1: ELI MAC
3/2: UFC 235: JONES VS SMITH
3/2: IN THE END - TRIBUTE TO LINKIN PARK
3/8: SHANIA TWAIN - TRIBUTE TO SHANIA TWAIN
3/10: E.N YOUNG
3/14: SYNRGY X TRUE ZION X WHY WORRY
3/16: MIDGET WRESTLING - SHAMROCK SLAM



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



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

You’re Invited to a
Free Gourmet Dinner & Workshop

Stress, Hormones & Your Health
The True Cause of Belly Fat
(Yes, this is for you men too)



- Tuesday, March 5th - 6PM**
Imagine Your Life Without Belly Fat!
- Learn how Hormone Imbalances – man or woman – can distort your midsection into a large belly and prevent weight loss even with dieting and exercise.
 - Learn how Hormone Imbalances can affect your sleep cycles, carbohydrate cravings and fat burning.
 - Learn why “Counting Calories” doesn’t work for belly fat.
 - LEARN WHAT REALLY WORKS for permanent loss of belly fat and bulges.

Stress, Health and Hormones – Ventura
Mar. 5th: Mimi’s Cafe
3375 E. Main St., Ventura

Stunning Research now suggests that **TYPE II Diabetes** can begin to be **REVERSED** in as little as **1 WEEK**.



Wed., March 13th - 6PM- Ventura
Wed., March 20th - 6PM- Oxnard
We will share Natural & Simple Take Home Techniques and an Emerging Clinical Approach that’s utilized to help patients facilitate the Reversal of Type II Diabetes.

- Learn how to:**
- LOWER and STABILIZE Blood Sugar
 - LOSE WEIGHT without exercise or fad diets
 - DECREASE RISK FACTORS for diabetic complications and an early death

Type II Diabetes - Ventura
Mar. 13th: Mimi’s Cafe
3375 E. Main St., Ventura

Type II Diabetes - Oxnard
Mar. 20th: Red Lobster
1740 Ventura Blvd., Oxnard



CENTRAL COAST
CENTER FOR INTEGRATIVE HEALTH

Please RSVP code B0227 to (805) 507-5189

Limited Seating. May bring guests. Adults only.

Presentation by Tiffany N Caplan DC & Brent A Caplan DC, Board Certified in Integrative Medicine by the American Association of Integrative Medicine, Certified Functional Medicine Practitioner and Active Member of the Institute for Functional Medicine

You’ve been
challenged,
Ventura!

by **Sergio Coppa**
MBA Marketing Manager

Ventura small businesses and organizations have been challenged to unleash the power of their community. Joining forces with Vitalant, formerly United Blood Services, is a winning formula for patients in our community. Together, we transform lives each and every day, right here at home. Opportunities to be an agent of positive change don’t come by every day, but by accepting this challenge and by challenging your employees, vendors, friends, family, and social media tribe to transform lives, that’s just what you’ll do. Take the challenge to build a donation team who will use their gifts to promote your own blood drive in Vitalant’s Ventura donor center.

Patients supported by Ventura area blood donations require 100 donations every day. Many people believe that most blood is needed after major disasters. However, daily personal emergencies and ongoing medical needs of local patients require a constant and ready blood supply. It’s the blood already on hospital shelves that saves lives. Over the past 5 years the community’s donor base has been shrinking as the donor population ages. Because of this, the call to action for new donors is a continual process by Vitalant and blood donation

centers across the country. Oftentimes, the reason a person donates is because someone close to them is in need of a transfusion and then they become very passionate about blood donation and influence their friends and family to donate. Educating potential donors to ignite that passion before someone is affected by a personal tragedy is one reason for this challenge, the more donors we have as a community, the more secure our blood supply will remain.

How you can participate: Dedicate and book a day to sponsor your drive from April 1 through June 30 and recruit a minimum of 10 team members to sign up to be ready to donate. Donors who donate at your drive will receive credit for your challenge team. The team with the most donations from April 1 – June 30 will not only receive bragging rights, but will receive a trophy, an advertisement in the Ventura Breeze, with a write up about how awesome your team is. With a congratulatory post on Vitalant’s Facebook, Instagram and Twitter pages. Plus, your team will receive a scrumptious coffee and pastry breakfast.

Contact Laura Segura to join the challenge at 1.805.406.7602 or by e-mail at LSegura@vitalant.org. Vitalan, 2223 Eastman Ave, STE A, Ventura, CA 93003.

