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McKinley has more than 12 years' experience with the National Park Service.

Ethan McKinley selected as Channel Islands National Park Superintendent

The National Park Service has selected Ethan McKinley to serve as the next superintendent of Channel Islands National Park. McKinley has been serving as the park's acting superintendent since July, following the June retirement of Superintendent Russell Galipeau.

"Ethan is one of the few National Park Service superintendents who has experience building a new national park from the ground up," said Stan Austin, regional director for the National Park Service's Pacific West Region. "With this unique perspective and his passion for building strong relationships with community stakeholders, I am confident he is the right fit for Channel Islands."

McKinley has more than 12 years' experience with the National Park Service. He comes to Channel Islands National Park from First State National Historical Park in Delaware, where he has been the superintendent since 2015.

"I am fascinated by the rich diversity of wildlife and human history represented within Channel Islands National Park," said McKinley. "The Islands and their surrounding waters constitute a world class resource just off the coast"

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Kaylie Pendleton, this year's Irish Belle for the County Ventura St. Patrick's with Councilmember Erik Nasarenko.

Patrick's Day Parade Grand Marshals and Irish Belle announced

Grand marshals of yesteryear will return to lead the 31st annual County Ventura St. Patrick's Day Parade, on Saturday, March 16, in downtown Ventura. The parade theme is "Memories of the Past."

The contingent of grand marshals will be led by parade founder and former

Ventura Mayor and Councilman Jim Monahan, who was previously grand marshal in 2008.

The whole county will turn out green for the parade, which starts at 10 a.m. at the San Buenaventura Mission on Main Street. The parades includes

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Betsy Chess is honored by Music Festival for outstanding contributions to arts and community.

VMF announces 2019 Honorees

The Board of the Ventura Music Festival is very pleased to announce its 2019 Honorees for Outstanding Contributions to the Arts and Community.

The new honorees are a prominent citizen and a prominent company, respectively: Elizabeth (Betsy) Blanchard Chess, for outstanding individual contribution, and Limoneira, for corporate contribution.

"Betsy has a unique talent for combining service and leadership," said Susan Scott, Executive Director of the Ventura Music Festival. "She has demonstrated it time and again and the list of cultural beneficiaries alone includes the New West Symphony, the Museum of Ventura County, the San Buenaventura Foundation for the Arts and the Ventura Music Festival. She gives a lot of both time and treasure to Rotary, Church and many other good things."

"As to Limoneira," continued Scott, "this 125-year-old Santa Paula-based company has contributed over \$2.5 million in the past ten years alone to a wide range of community groups for projects in education, health, human

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Dr. Rice has a proven track record of working with and for all students.

Ventura Unified School District appoints new superintendent

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

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

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

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On August 7, 2018 a ceremony was held at Ivy Lawn in honor of Sergeant Dowell's life.

Dee Dowell Memorial Scholarship

The Ventura Police Officers' Association (VPOA) is accepting applications for the 16th annual Dee Dowell Memorial

Scholarship. The scholarships will be presented in to honor Sergeant Darlon "Dee" Dowell, who was shot and killed on August 7, 1978. Sergeant Dowell is the only officer in Ventura's history to die in the line of duty.

At the time of his death, Sergeant Dowell, 32, was a nine-year veteran of the Ventura Police Department. He is remembered as a dedicated police officer, devoted husband, and loving father to his two young children.

The City of San Buenaventura named Dowell Drive, the location of police headquarters, in Sergeant Dowell's honor in 1979.

In selecting scholarship recipients, the VPOA will consider academic achievement, school and community service, and financial needs. Applications must contain all required information and be returned no later than April



Celebrating the one-year anniversary of Lynn's Consignments are owner Lynn Dralle, publisher-editor Sheldon and Senior Account Executive Breezy Gledhill. The reason she opened on March 1 was because that was her father's birthday who has passed away, but she will always have a reminder of him each year on that day.

lynnsconsignments.com, (805) 628-3289, 1975 E Main St, Ventura.

City News

12, 2019. Incomplete applications will not be considered.

Scholarship Awards:

1st Place \$5,000.00

2nd Place \$3,500.00

3rd Place \$2,000.00

Honorable Mention(s) \$500.00

Applicants must:

Be entering his/her freshman through senior year in college;

Plan a course of study related to the field of public service;

Ventura resident or have graduated from a high school in Ventura within the past three years, or a Ventura Police Department employee or employee's child.

Have a grade point average of 3.0 or better (based on a 4.0 system);

Maintain a grade point average of 3.0 or better if selected as a recipient;

Submit a resume of school and community activities, including a copy of transcripts through the most recent semester;

Submit a typed essay of 1000 words or less on "Service, what it means to me";

Submit a letter of recommendation from a public servant.

For additional information please contact Ofc. Mike Hibdon at 805-339-4443 or mhibdon@venturapd.org. Applications are available at the front desk of the Ventura Police Department on Dowell Dr.



If you would like to serve as a Ventura Aquatic Center Lifeguard, now is your chance!

Ventura Aquatic Center Lifeguard tryouts

Five reasons to apply now to be a lifeguard at the Ventura Aquatic Center:

1. No need to decide what to wear to work. Your wardrobe is a bathing suit with a uniform shirt and shorts.
2. Killer workout every day- swim between your shifts.
3. Work outdoors in Ventura. Yes, please!
4. Co-workers, you may not know any of them when you start, but by the end of it all, they will be your best friends.
5. Ability to save a life...mic dropped!

If you are over the age of 16 and would like to serve as a Ventura Aquatic Center Lifeguard, now is your chance! No certifications are necessary to try out, just a good attitude and strong swimming skills. Several tryout dates are available. Fri., March 15: 3:30-4:30 pm and 6-7 pm

Sat., March 16: 2:30-3:30 pm

Thurs., March 21: 5:30-6:30 pm

Show up to the tryout that is most convenient for you, no need to RSVP. No additional tryout dates will be added. For further questions, please contact the Ventura Aquatic Center at 805-654-7511.

City of Ventura releases draft environmental impact report for water supply projects

The City of Ventura invites community members and stakeholders interested in learning about the VenturaWaterPure project's role in a sustainable water future for Ventura to review and comment on the Ventura Water Supply Projects Draft Environmental Impact Report (Draft EIR). The public review and written comment period for the Draft EIR will run until April 19, 2019.

The City of Ventura is currently in the planning phases for the proposed VenturaWaterPure Project which includes the construction of an Advanced Water Purification Facility (AWPF) for potable reuse. Potable reuse is the proven use of recycled water to supplement drinking water supplies. After years of special studies, environmental assessment, demonstration facility testing, and stakeholder meetings, the City determined the best way to enhance environmental protection while improving local water quality and supply reliability is to divert highly treated wastewater discharges for reuse. The final product of this state-of-the-art AWPF would be a new, locally owned source of highly purified drinking water that provides Ventura with a long-term drought resilient water supply solution.

Interested persons, organizations, and agencies are invited to attend a public meeting, in conjunction with the regularly scheduled Water Commission meeting, to receive an overview and ask questions about the environmental analysis of the project.

Public Meeting Date Tuesday, March 26, 2019, 5:30 P.M., Ventura City Hall, Community Meeting Room (Room 202)

Written comments on the Draft EIR are due no later than 5 PM on Monday, April 19, 2019.

Please direct your comments to:

Gina Dorrington
City of Ventura
501 Poli Street
Ventura, CA 93002-0099
Email:

gdorrington@cityofventura.ca.gov

Upon completion of the environmental review process, the next steps include permitting, final design, and bidding for construction.

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

City of Ventura Planning Division,
501 Poli Street, Room 117

City of Ventura E.P. Foster Library,
651 E. Main Street

City of Ventura Avenue Library,
606 N. Ventura Avenue
County of Ventura Saticoy Library,
1292 Los Angeles Avenue, Ventura,
CA 93004

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Health

Hypnotherapy
versus
Psychotherapy

by **Brian Balke**
Hypnosis Rising

If we bite our nails or watch too much TV for long enough, changing our habit may seem too hard. We can suffer - or look for help. Life coaches, religions, meetups and recreational sports: any and all might bring encouragement and direction for change.

But what if that doesn't work? What if our mind is wounded?

In medicine, that's a familiar fear. When I had back pain, I worried that I might need surgery. To my relief, I healed through yoga. Stretching and strengthening solved the problem!

With the mind, we have the same options. Psychologists and psychotherapists are licensed to treat wounded minds - minds that are missing parts or overly sensitive. They are the surgeons of mental health. By law, hypnotherapists offer "vocational and avocational self-improvement." We are the yoga instructors of mental health. We help clients change themselves.

As with our bodies, we need to control mental stress to avoid serious injury. A TV addiction can lead to a job layoff or divorce. Then we have plenty of cause to be depressed.

But why hypnotherapy as opposed to buying a friend? The psychologist Irving Yalom described psychotherapy

as teaching relationship skills - a kind of friendship. How is hypnotherapy different?

Hypnosis is not a technique, but a way of learning. In hypnosis, the subconscious immediately adopts welcome suggestions as behaviors. Those changes affect the connections between our neurons and the flow of blood - a natural surgery. This happens efficiently because the critical part of our mind is comfortable and doesn't protest, "Well, that's not going to work!"

When in hypnosis you learn like you did before you started to doubt yourself.

Let's compare this to psychology, which uses drugs to modify thinking. Two chemical systems control our basic emotions: dopamine creates euphoria and norepinephrine creates fear. Imbalance between euphoria and fear is the cause of several psychological disorders. The two are kept in balance by the reasoning part of our brain.

Where a hypnotherapist would strengthen reason and balance euphoria and fear, the psychologist prescribes drugs that amplify the weaker emotion. This is like using a brace to straighten someone's back, rather than using exercise to balance their muscles

Just as in maintaining our bodies, adjusting the operation of our minds prevents serious breakdowns. Hypnotherapists help you make minor adjustments before they become major problems. And as hypnosis is a learning process, several approaches can be tried until the right one is found.

Let's think of hypnotherapy as "mental hygiene." Just as with dental

Continued on page 7

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What we
imagine is
order is merely
the prevailing
form of chaos.

– Kerry
Thornley

Opinion/Editorial



Sheldon (Governor) Brown
Publisher-Editor

■ Congratulations to my favorite music columnist, **Pam Baumgardner**, on the 10th-anniversary of providing Ventura-Rocks.com for our community. People

live by her daily listings for showing where to go for music in Ventura, and she's never once charged the artists or Ventura venues to be listed. Plus, you can read her column in the Breeze.

■ Here we go again, hopefully this appointment works out. The Board of Education has selected **Dr. Roger Rice** as the new Superintendent of the Ventura Unified School District (see cover story). And they did it without spending a lot of money to hire a search company by looking at local candidates.

■ It just got a little harder to open a store that sells **firearms** and ammunition in Ventura.

The City Council voted 7-0 to approve an ordinance that limits where in the city these businesses can be located.

Once the new rules become law, a firearms business won't be allowed to open if it's within 500' of a "sensitive use," a designation that includes schools, parks, religious institutions, day care facilities and residential zones. Such stores will need to be at least 200' away from a similar business.

The new rules limits stores to three areas based upon the zone. Limited Industrial (M-1), General Industrial (M-2) and Manufacturing Planned Development (MPD).

Even though I don't like guns much I'm not sure limiting where stores can be located serves any purpose at all.

■ A "glad they're here" to a few Ventura businesses. **Steve's Plumbing & Hardware**, 1199 E. Thompson Blvd (but don't expect to find Steve there) is a great local hardware and plumbing fixture store. Recently I went in to buy a very specific little bitty screw and a part for a ceiling light. They helped me find both and made sure they were the correct parts. And the cost was .95c – you can't beat that.

The other is **Grossman Imaging**

Centers, located at 2705 Loma Vista and specifically Alma B. who works there. She was great helping me with an MRI that my wife needed. Very understanding and made several calls to see if the procedure could be done at that location. Turns out it was very specific and could only be done at Kaiser in LA, but she was terrific.

■ **New York** is having a problem it hasn't seen recently, which is rabid raccoons in Manhattan.

The New York City Department of Health and Mental Hygiene have identified four raccoons with rabies since the start of the year. The health department is now advising residents in the area to make sure that pets are up to date with vaccinations. I hope pet owners won't object to this based on religious grounds.

■ I feel that some opinions are important enough for me to comment in my editorial. This one is from **Mike Mislinay** (it has been edited for size, but not stripped of its meaning). My comments are in caps. Sheldon:

You are constantly whining about **Trump** I DON'T THINK I WHINE BUT IF I DO, I APOLOGIZE and in the February 27th issue you continued your tantrum I ALSO DON'T HAVE TANTRUMS, UNLESS MY OPINIONS ARE NOW TANTRUMS two years into his term. AM I SUPPOSED TO STOP BECAUSE HE HAS BEEN PRESIDNET FOR TWO YEARS? You quoted Trump saying in 2012 "The electoral college is a disaster for a democracy." And then you added...."If the President says so it must be true." With all due respect my friend you must be getting forgetful. Most people of our generation still remember George H.W.Bush "No New Taxes" and the ridiculous lie from Obama "If you like the Doctor you have, you can keep your Doctor." Both comments were not true and made by Presidents. POINT BEING WHAT? WE SHOULD ACCEPT ALL PRESIDENTAIL STATEMENTS WITHOUT COMMENT OR CONCERN? These men are no different than you and me. Being President does not make you more honest or smarter. OBVIOUSLY, BUT ISN'T THAT SETTING THE STANDARD RATHER LOW? YOU WOULDN'T WANT

ME TO BE PRESIDENT? You have stated that just because Hillary won the popular vote she should be President. Even though Hillary won the national popular vote by 2.8 million votes, in California she won by 4 million votes. So I guess you could say that she won the national popular vote with California votes. Now if we changed to most votes win, then California would dictate national elections. Anyone from California running for President would probably be odds on favorite to win. WE HAVE HAD A LOT OF PRESIDENTS FROM CALIFORNIA, CORRECT? Some might all think that California, Florida, Texas and New York should determine who becomes President because they have the greatest populations but I think it is a mistake to ignore middle America and the Electoral College reminds us of the fact we all live in 1 country together and as a republic all of our votes count not just California and other big states. STILL MAKES NO SENSE TO ME THAT THE VOTE OF A PERSON IN ALABAMA MEANS MORE THAN MINE. MAYBE I'LL MOVE TO ALABAMA, SO MY VOTE HAS MORE IMPORTANCE. EDITOR: Consider the following when explaining what the writers of the electoral college were thinking.

The first census I could find with **California** in it was the 1860 census (obviously a lot lot less residents in California in 1787). In fact, California didn't become a state until 1850.

California	379,994
Georgia	1,057,286
Kentucky	1,155,684
Virginia	1,219,630
Known slaves in 1860	
California	zero
Georgia	462,198
Virginia	422,494
Mississippi	436,631
Alabama	435,080

Obviously, the writers of the **electoral college** were not thinking about California unless, in 1787, they knew that California would be a huge state one day. They probably didn't even know where California was. If so, they were better prognosticators than **Nostradamus**.

Mailbox

Breeze:

This is a song inspired by the recent rains in Ventura. Sung to the tune of "Amazing Grace".

By Hope Botwinski

Amazing Rain

Amazing rain! How sweet the smell,
That saved a drought like this!
We once were dry, but now are wet!
Was parched, but now relief!

Through many days, weeks, months,
and years.
The rain barely would come down.
Tis rain that turns the grass so green.
And rain helps flowers bloom.

The rivers rise where formerly dry,
Displacing homeless from their
"homes."
And causing mudslides – destruction in
its path.
But we will not complain.

And with the rain, comes the snowpack
To give water later on.
With natural rainfall, plants grow the
best.
The farmers will rejoice.

The Lord has promised good to me:
A rainbow in the sky.

Always the sun rise; always the
moon set.
All signs of His Providence.
Amazing rain! How sweet the sound!
See flash of lightning then - hear
thunder roar.
The earth sighs Ahh! In grate-ful
response!
The streams bubbling along!

Editor:

The battle to indict Trump is turning into a Civil War. Them -- the Trump Followers vs. the anti-Trumpers.

Trump is surrounding himself with a battery of anti-Constitution followers, determined to turn this U.S. of A from a Republic, into a Dictatorship, with Trump at the top. A la his hero Putin, and the other owners of countries like The Saudis and China. And North Korea

I know this sounds hyperbolic and hysterical. But that's Trump and what he's willing to do, along with his Republican followers, to buy himself a country.

He builds walls of people he puts into important positions like the Supreme Court and others who can hamper the Mueller investigation.

He won't go quietly -- not his style.

He'll happily lead us into a nuclear confrontation with North Korea and/or Russia, as readily as a spoiled child having a temper tantrum.

And the greed-hungry Republican followers will follow him to hell.

Hope all of you are still limber enough to curl up and hide under the bed.

Sweet dreams...

Esther Cole

Opinions:

I read in the LA Times (can I say that?) that Pope Francis warned bishops he wants "concrete measures" to stamp out sex abuse in the church. He handed out 21 proposals for cracking down on predator priests.

Seems to me the only proposal necessary should be to let them get married (to a male or female, just not 12-year olds).

Larry Dote (on online reader from Las Vegas)

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



Community Events

Ventura events

by Ana Baker

Ventura Poinsettia Dance Club Monday nights 7:30 - 9:45 p.m. Poinsettia Pavilion. Ballroom, swing, Latin and line dancing. \$10 members, \$12 non-members. 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.

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. Four miles with an 800-foot elevation gain. Meet at 7 p.m. at the fountain across the street from the Mission. For more information: <https://www.facebook.com/groups/800215670039426/>

The members of the Ventura Investment Group meet on Mondays for an informal discussion of recent economic events. Topics cover current events that affect stocks, funds, real estate, and interest-bearing investments. 10 - 11:30 a.m. at the Coffee Bean & Tea Leaf at Telephone Road and Main. 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. Bill Garner (805) 320-1601 or sockonthenose@gmail.com

Mended Hearts of Ventura if you have had heart surgery or stent implant. The first Tuesday each month at Lemon Wood Mobile Park, 850 Johnson Dr. 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. Information Deva 805-814-5650 or Maryann.

The Ventura Retired Men’s group meets on the first and third Tuesday (March 19-April 2) each month at 11:30 a.m. at the Elks lodge on Knoll Drive in Ventura. Drop by and they will treat you to lunch so you can sample the activities. Call Bob Likins at 805-587-1233.

BCNN (Beach Cities Neighbors and Newcomers) is a non-profit

women’s club open to ladies who reside in Ventura, Oxnard and Port Hueneme. They have a variety of activities in which members can share common interests. Meetings are held on the 1st Wednesday of each month from 9:30 – 11 a.m. at the Knights of Columbus Hall, 36 Figueroa St. Parking is on Santa Clara Avenue. Dues are \$30 per year. April 3rd speaker, Kurt Buckley, will present “My Comino” the Camino de Santiago de Compostela in Spain.

March 17: The Ventura and Santa Barbara County chapter of the National Association of Watch and Clock Collectors (NAWCC) will meet Sunday, in the Campus Student Center of Ventura College. The meeting starts at noon and at 11:00 there will be an informal workshop where a topic on clocks or watches will be demonstrated and discussed. There will be a mart where items will be for sale followed by lunch and an informational meeting and a program at 1:00 pm. The program will be a presentation by Sue Gary on Eberhard Baldewein and His Astronomical Clock of Dresden. There is a \$5 admission charge. Lunch will be available for \$5.00. More information about chapter 190 can be found at www.nawcc-ch190.com

March 21: Meeting of the East Ventura Community Council will be led by Betsy Cooper; city staff lead on the State Water Interconnection Project. A 30-month construction task which will begin in Camarillo and travel through many areas of East Ventura. The meeting starts at 7 p.m. at the First Assembly of God Church, 346 N. Kimball Road. The public is encouraged to attend and participate. For more information, contact Marie Lakin, Chairperson: Eastventuracc@gmail.com.

March 21: The regular monthly meeting of Assistance League of Ventura County will be on Thursday, at the Chapter House, 913 East Santa Clara St. The meeting begins at 10 a.m. Assistance League is creating “A Brighter Tomorrow for Today’s Children” through several philanthropic programs. Find more information on the Website: assistanceleagueventuracounty.org or email alvconline@hotmail.com. 805-643-2458 (Monday – Thursday 8 -2 p.m.)

March 22: (4th Friday of each month), 7:00 - 10:00 p.m. Like to play acoustic music? Songmakers.org welcomes instrumentalists, singers, and singer/songwriters at all levels to join in a free song circle at the Bell Arts Factory Community Room, 432 N. Ventura Ave. Listeners welcome! Mike Wittlin (805) 750-8281.

March 23 & 24: Olivas Adobe Used Book Sale. Our largest sale...ever! Hundreds of Books. Saturday and Sunday. Olivas Adobe, 4200 Olivas Park Dr. Tours of the historic Adobe will be available.

March 24: Come to the NAMBA performing arts space. Learn simple songs to sing together in a circle. It’s not a performance, it’s a shared experience and all are welcome. 2-4 p.m. At 47 South Oak St. Cost is \$8. (805) 628-9250 <https://nambaarts.com/>

March 28: 7:30 p. m. Working Artists Ventura (WAV) 175 S Ventura Ave. Seattle-based Flamenco dancer, Savannah Fuentes brings her latest show, Luz, an evening of Flamenco. Savannah will be joined by two exceptional Spanish Flamenco artists; guitarist Pedro Cortes and Jose Moreno. Tickets:

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general admission \$22 VIP seating \$35, student \$15, child \$8 available at www.brownpapertickets.com. <https://www.brownpapertickets.com/event/3895599>

April 3: The Ventura County Garden Club will meet on Wednesday, at Channel Islands National Park Visitor Center, 1901 Spinnaker Dr. for a walking tour of their Native Garden. The 45-minute guided walk will begin at 11 a.m., led by Master Gardener, Kelly Green. The Garden is composed entirely of native plants from the Anacapa Islands. After the native garden tour, members will meet for lunch at Le Petit Café Bakery & Restaurant, in Ventura Harbor Village. RSVP by March 27th. For further information or to RSVP call Jacquelin at (805) 816-6019 or email starrjacqualin@yahoo.com

April 6: Sport Event. Want to learn about fly fishing? On the “First Saturday” of each month the Sespe Flyfishers of Ventura conduct an introductory class on Fly Fishing and Casting the Fly Rod. There is no charge, and all are welcome. If you don’t have a fly rod, don’t worry, just come and use one of theirs. Chumash Park, Petit and Waco, 9 – 11 a.m., in East Ventura (off Telephone Rd). www.sespeflyfishers.org For more information Bob Smith at (805) 647-3522.

travel photographer.

In the Professional Photographers of Los Angeles County, she was named twice as Nature Photographer of the Year. She is a double international silver medalist with the Professional Photographers of America. Her energy and enthusiasm spill over into a workshop and adventure business that she co-founded, called “Image Adventures.”

For more information and images, go to <https://sharonlobelphotography.com>.

Join Rev. Karen S. Wylie at The Ojai Retreat on Sunday, March 17, from 11:00 a.m. – 2:00 p.m. for her Mid-Month Devotional Retreat, this time devoted to “Becoming Your Own Best Friend.”

This gathering is about tapping into true and essential nature through meditation, sharing, wisdom talks, inspiration, quiet walks in nature and sacred music. Randee Vasilakos, RScP, assists and anchors our morning in a consciousness of prayer and healing.

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

The retreat is by donation; \$20 is suggested. For more information, contact Rev. Karen at 310-968-8928, or register online at www.karensywylie.com.

Continued on page 16

Ojai news and events

The Ojai Photography Community will host award-winning travel photographer Sharon Lobel in a presentation entitled “All About Travel Photography and More” on Tuesday, March 19, at 7 p.m. in Help of Ojai’s Kent Hall, 111 W. Santa Ana St., Ojai CA. The OPC welcomes the public to attend these free events.

Lobel will share her “Suitcase for Success.” She will cover her best tools and tricks in the field, as well as how to pack camera gear using simple tools. For anyone planning a trip this year, or even just dreaming about one, Lobel’s presentation will inspire them to dig deep into their passion and discover what motivates them to become a successful

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55+ 🐾



News & Notes



One of the ECTV students manning the camera at a St. Patrick's Day Parade.

CAPS Crew Covers St Patrick's Day Parade and Festival of Talent

The CAPS Media Crew will be “wearing the green” on Saturday, March 16th broadcasting and live streaming Ventura's 31st annual St Patrick's Day Parade starting at 10 AM on channel 6. The festive event, sponsored by Ventura Elks Lodge #1430, is a community wide celebration with dancers, classic vehicles, music performances, and much more. Former City Mayor and longest serving councilmember Jim Monahan will be honored as this year's Grand Marshal along with other grand marshals of yesteryear. The parade will be live on Saturday morning and repeat throughout the following week. Check <https://www.capsmedia.org/channel-6/> to find the specific days and times.

The following Saturday, March 23rd, the CAPS Media Crew will record the Festival of Talent for Ventura Education Partnership. Under this year's theme, We've Got The Beat, the annual talent show showcases the wide range of talented students in the Ventura Unified School District. Now in its 18th year, Festival of Talent is the largest fundraising event for Ventura Education Partnership. Proceeds support innovative classroom grants through the VEP Grants program. The majority of the crew members for both productions are students in the El Camino High School media program at CAPS (ECTV). All volunteer their time and expertise for these worthwhile and entertaining events.

The award-winning El Camino High School at Ventura College production team (ECTV) is in the midst of producing an extensive media series on a topic of great importance to the students: immigration. The crew has conducted personal interviews and recorded life histories with multiple émigrés from Mexico including Gabino Aguirre, the former mayor of Santa Paula, and a woman who fled Europe as was part of the WW2 Jewish diaspora that, turned away by the US, took refuge in Uruguay. The series also includes immigrants from Germany, Belgium, Canada and Franco Spain. All of the stories are part of the ECTV series of programs that air on CAPS Channel 6. Go to www.capsmedia.org/channel-6/ for specific days and times.

Also, all of the ECTV programs are archived on the CAPS Media website under www.capsmedia.org/videos/

CAPS Media continues the important collaboration with Ventura Police Department by producing an ongoing series of community awareness and information projects. Coordinated by Ashley Bautista, VPD Community Outreach Specialist, the series includes regular community updates, crime prevention tips for the public and engaging profiles on officers on the force. On Wednesday March 27 join DJs, producers and engineers of CAPS Radio KPPQ at our open house and community meeting at 6pm at the CAPS Media Center. Learn about Ventura's community radio station and let us know what you think.

If you have an interest in community television 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. For a low membership fee of \$25 you will receive hands-on instruction 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.

Ventura Water Presents the 7th Annual Water: Take 1 Film Festival

Thursday, March 21, at 6:00 pm, at the Buenaventura Banquet Center-5882 Olivas Park Dr.

The 7th Annual Water: Take 1 Film Festival presents water-themed short films that showcase critical water issues as well as community efforts in water conservation, resource management, and sustainability. Space is limited at this free event. Please RSVP at www.watertake1.com to ensure admission.

Water: Take 1 is proudly sponsored by: Nossaman LLP, Kennedy/Jenks Consultants, Carollo Engineers, and Hopkins Groundwater Consultants, Inc.



News & Notes



The Inlakech Cultural Arts Mariachi Band played and sang.

Ventura Friends of the Library kick off 50th Birthday Year

by Jill Forman

On Read Across America Day, March 2, the Friends started celebrating 50 years of serving Ventura libraries. Events will continue throughout the year.

At the Ventura Avenue Adult Center, a short block from the Avenue Library, there was a band, goodies, crafts, speakers, and a special appearance by an award-winning local author of children’s books.

The Inlakech Cultural Arts Mariachi Band, consisting of children and teens, played and sang. They are amazing musicians and had everyone dancing in place.

Mary Olson, President of the Friends, gave a short speech: “The Friends of the Library mission is the same today as it was 50 years ago -- to let everyone know about all the great things available to them at the library and to support the library through funds raised in large part through sales of donated books. The proceeds from our first book sale in 1969 were used to buy large print books and children’s books in Spanish and English, and today we are celebrating bilingual children’s’ books with author Amada Irma Perez.”

Jim Monahan, Ventura icon, was present and gracious enough to say a few words. He has lived in the city, and the Avenue area, for 80-plus years, and believes strongly that the city’s libraries are a valuable asset.

Sofia Rubalcava, one of the new City Council members, represents the Avenue region. She is also a lifelong city resident; in fact she still lives on the street on the Westside where she was born and raised. She spoke about pride in the city, our library system and the Friends.

The Librarian of the Avenue Library, Mary Birch, expressed her apprecia-

tion of the celebration and the role the Friends play in her programs. Then she introduced the Featured Author, Amada Irma Perez.

Perez, also a Ventura resident and local bilingual educator, has written several books for children based on her own life. Her first book, “My Very Own Room,” won many awards including won numerous awards including the prestigious Tomas Rivera Children’s Book Award and was inducted into the Latino Literature Archives at the University of Southwest Texas. Her second bilingual picture book, “My Diary From Here to There,” won an award from the American Library Association. The books are illustrated by Maya Christina Gonzales with bright colors and warm family scenes.

Perez read from her book “Nana’s Big Surprise (Nana, Que Sorpresa!),” a story from her family, in English and Spanish to a group of rapt children who were encouraged to sit around her on the floor. Then she signed and gave away copies of the book to attendees. Children could also make folk art dolls from wooden clothespins, fabric scraps, and yarn set up and assisted by Judee Hauer. (Adults made quite a few of these also.) Pastries, coffee, punch and a raffle completed the festivities.

The Ventura Friends of the Library want to thank Harrison Industries for sponsoring the event. Donors included Lee and Low Books, Panaderia Lala’s, Red Barn Market, Starbucks at Vons on the Avenue, and the City of Ventura Parks and Recreation.

Future celebrations will take place at Foster Library in July, Saticoy Library in August, and Hill Road Library in October.

Community Memorial Hospital helping save lives

Over 1 million joint replacement surgeries are performed in the United States each year, with knees and hips being the most common. In the coming years, these numbers are expected to rise. Fortunately, thanks to recent advances, joint replacement surgeries are more effective than ever, and the recovery process has become easier.

The latest developments in these surgeries will be the focus of a free seminar at 6 p.m. on Wednesday, March 20. Titled “Advances in Joint Replacement Surgery,” the seminar is hosted by Community

Memorial Health System as part of its 2019 Speaker Series.

The guest speaker will be Dr. Thomas Golden, a member of the CMH medical staff with more than 30 years of experience as an orthopedic surgeon.

Dr. Golden will discuss the newer and more effective ways to perform joint replacement surgery and how patients can return to their active lifestyles. The March 20 seminar will begin at 6 p.m. at the Museum of Ventura County, 100 E. Main St. Registration is free but reservations are required. For reservations, visit www.cmhshhealth.org/rsvp or call Brown Paper Tickets at 800-838-3006.

Community Memorial Health System is a not-for-profit health system, which is comprised of Community Memorial Hospital, Ojai Valley Community Hospital, the Centers for Family Health, and various

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At the general meeting of the Olivas Adobe Historical Interpreters, held at the Adobe on March 6, Rosey and Ernie Calvillo said goodbye to their many years of volunteering and goodbye to Ventura. They are moving to San Diego to be with family. At the meeting they spoke of their love for the Adobe and the rewards of volunteering and giving tours of the Adobe. This photo was taken at the Museum of Ventura County. Interpreters and invited guests enjoyed a fine lunch and a delicious cake as they said goodbye to the Calvillos.

outpatient centers serving communities located within Ventura County, California.

More aortic valve stenosis patients will be treated locally and minimally invasively

Community Memorial Hospital has added another procedure to the growing list of minimally invasive heart procedures: transcatheter aortic valve replacement (TAVR).

TAVR is a minimally invasive surgical procedure that repairs a narrowed heart valve without removing the old, damaged valve. Instead, an artificial valve is placed in the aortic valve through the femoral artery (the large artery in the groin) using a long catheter. There’s no large surgical incision in the chest. Once the new valve is expanded, the tissue in the replacement valve regulates blood flow from the heart to the body. Previously, heart valve replacements required open-heart surgery in which the sternum is surgically separated, which typically required longer recovery for patients.

“The TAVR procedure is reducing the need for open-heart surgeries in some instances and hastening patient recovery,” said Dr. Omid Fatemi, Community Memorial Health System’s Medical Director of Structural Heart and High Risk Revascularization.

The newly opened Ocean Tower’s state-of-the-art cath lab allows CMH to expand its line-up of heart procedures that couldn’t be performed in the old hospital. Within the first week, four successful TAVR procedures have been completed at CMH, and more are planned for the near future.

The Ocean Tower cath lab has four procedure rooms and a fifth is expected to be added by next year. The new, expanded cath lab also features start-of-the art imaging equipment with superior imaging quality and new, superior diagnostic and ultrasound equipment.

TAVR is an FDA-approved procedure for people with aortic valve stenosis who are considered at intermediate or high-risk for open-heart valve replacement surgery. The FDA approval has expanded over the past few years with the outstanding results that have been achieved with this technology.

The Structural Heart Program at the new CMH offer minimally invasive procedures for heart problems, and most patients can go home the next day. Procedures include TAVR, ASD and PFO closure, and the WATCHMAN Left Atrial Appendage Closure Implant for patients with non-valvular atrial fibrillation (AF) who can take warfarin but seek a non-drug alternative to reduce their risk of AF-related stroke.

VMF announces 2019 honorees

Continued from page 1

services, arts, culture and other areas - all with the goal of enhancing community and quality of life. Founded in 1893, Limoneira today is a global agribusiness and real estate investor and a local employer of unique importance.”

The 2019 VMF Honorees will be honored with a video, dinner and live music performance at the annual VMF Honoree Awards and Cabaret Fundraiser on Thursday, April 11th at the Ventura Beach Marriott.

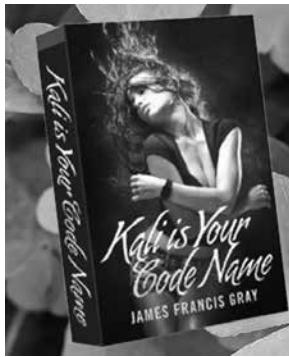
Hypnotherapy vs. Psychotherapy

Continued from page 3

hygiene, we should not be ashamed to clean up our behavior. In fact, it’s the best way to avoid more serious problems.

Many psychological and physical problems are driven by anxiety. Even if you don’t have a behavior challenge, every hypnotist will help you to remember what it feels like to be relaxed. It’s an experience worth trying and might be the first step in bringing your whole self to life.





Kali is Your Code Name

by James Francis Gray

One afternoon, Gloria Sanchez is approached by Madame Beverly Wiggins with the suggestion that Gloria, "Drop this dead-end job and hook up with me." After consideration and an envelope containing five one-hundred dollar bills, Gloria decides to join Madame Wiggins. Beverly changes Gloria's name to Kali. "Kali is Your Code Name" follows Kali on her sordid adventures, which send her to the top of her new profession, a high priced call-girl.

A story sweet as Irish Coffee



Hundreds of locals and visitors alike turn out for this week-long event.

Sustainability Now News

Totally Local VC's Ventura County AG Week

by Maryann Ridini Spencer
(@MaryannRidiniSpencer)

Totally Local VC Agricultural Education Foundation presents its third annual "Ventura County Ag Week," a celebration of Ventura County Agriculture from March 25 through March 31, 2019.

"Hundreds of locals and visitors alike turn out for this week-long event, and the crowds get larger every year," said Kat Merrick, Totally Local VC Founder. "The agriculture industry is so vital to our local economy. Considering this, Totally Local VC felt it would be great to introduce the community to its

local farmers as well as ag organizations. Throughout the week, through a series of entertaining and educational events, attendees will get the chance to learn more about the economic role agriculture plays in our community as well as the jobs available in farming, and exactly what happens from field to fork."

In 2014, Ventura County ranked No. 10 among California counties in total crop value according to the California Department of Food and Agriculture. The most recent national data put



Annual community walk marches down Main Street in support of the fight to end Human Trafficking.

12th annual 'Stop Human Trafficking and Sexual Slavery' event

by Maryssa Rillo

According to the Soroptimists website, "every 30 seconds another person becomes a victim of Human Trafficking."

On Thursday, March 7th the Soroptimists, an organization that "helps women and girls live out their dreams," held their 12th annual community walk and forum to raise awareness about human trafficking and sexual slavery.

The walk began at 5:30 p.m. and about 80 women, men and children walked from the Ventura Museum and continued down Main Street with signs while chanting, "Stop human trafficking, stop."

Following the walk there was a forum at the Ventura Museum with three guest speakers.

Karie Rothchild, a survivor and advocate for those affected by human trafficking began the forum by sharing her story as a survivor. At 13 Rothchild's mother sold her into sex trafficking in order to support her drug addiction.

Rothchild refuted the misconception that sex trafficking is all done through physical force in foreign countries

"You don't really need to be chained. It's a mental thing. There's someone whose job is entirely to get you psychologically into a place and once that's done its done. You don't have to have anything on you,"

Continued on page 19

News & Notes

Ventura county at No. 11 among all counties in the United States.

Week-Long Celebration Schedule:

The "2019 Excellence in Agriculture Awards Luncheon" on Monday, March 25 from 11:00 am to 1:00 pm kicks off the week-long celebrations. Honoring agricultural leaders from farmers, ranchers to chefs and Ag educators, the event will be held at Limoneira Ranch Visitors Center in Santa Paula. Keynote speaker is Ag Commissioner Ed Williams. Chef Jason Collis of Plated Events is luncheon caterer. Reiter Affiliated Companies and the California Strawberry Commission host the build-your-own-strawberry-shortcake dessert bar. The event is open to the public and tickets can be purchased online at totallylocalvc.com.

"Meet-the-Farmer-and-Rancher Mixer Night" will be held Wednesday, March 27 from 5:30 - 8:30 pm at McGrath Ranch & Garden, 5100 Olivas Park Drive, Ventura. Attendees are invited to mix, mingle and taste the flavors of Ventura County while listening to the music of Karen 805 and participate in a silent auction hosted by the Ventura Chapter of (CWA) California Women for Agriculture. The event is free and open to the public (no-host bar).

Saturday, March 30, families are invited to enjoy a fun-filled day of music and a locally-sourced barbecue luncheon at Oxnard Historical Farm Park, 1251 Gottfried Place, Oxnard. Admission is free. Check time details at totallylocalvc.com.

Ag Week, along with help from its sponsors, also hosts private Career Exploration Day, which, held at the Museum of Ventura County's Agricultural Museum for some 600 pre-registered students and their teachers, showcases job opportunities in the field of agriculture, food science, and culinary arts.

"One of our main goals for this week is to work with area schools to educate the youth of our community," said Merrick. "Students will hear firsthand from local farmers and chefs about the important role agriculture plays locally and hopefully open up a new world to them in terms of future job opportunities, mentorship programs, and valuable friendships."

For more information, visit: totallylocalvc.com.

tion's Strategic Planning Committee, which is developing a new multi-year plan that is incorporating input from community stakeholders and reflecting on new data and projected needs. She also serves on the Scholarship Review Committee, working with foundation staff to refine the scholarship application process so students will be more successful in applying for scholarship funds.

"Kristin's decades of experience in the community college arena have been extremely valuable to Ventura College and the foundation," says Rob van Nieuwburg, Ventura College Foundation board chair. "We look forward to having Kristin on the board where she can further offer her insights and expertise."

Ockert's long-time interest has been ensuring that everyone has access to education. "The foundation helps level the playing field for people who have few financial resources yet want the opportunity to achieve their potential through education and training," says Ockert. "The VC Foundation staff and board are very mission driven and are always looking for ways to improve services to students. As a board member, I plan to contribute perspective and experience about processes that can hopefully be helpful to the foundation as it carries out its mission."

Established in 1983, the Ventura College Foundation provides financial support to the students and the programs of Ventura College to facilitate student success and grow the impact and legacy of Ventura College as a vital community asset. The Foundation also hosts the Ventura College Foundation Marketplace; an outdoor shopping experience held every weekend on the Ventura College campus east parking lot. For more information, contact Anne Paul King at (805) 289-6461 or aking@vcccd.edu or visit www.VCgiving.org

Empowering lives through music in Ventura

by Alison Oatman

JAB gets his toddlers to wiggle with excitement to the rousing nursery rhymes he sings as he strums his guitar. To the pleasure of their mothers, the colony of two-year-olds in the room hops ecstatically from lily pad to lily pad, inspired by the colorful mats and the music. This is fun but it's also a lesson in identifying both colors and animals. "Jump on the blue fish! Now, the green owl! And now, the brown shell!" JAB sings at regular intervals.

"Pick out two scarves," JAB says, holding open a magic bag full of colorful squares of fabric. One by one, they each extract a couple of scarves. "The wheels on the bus go round and round, round and round," he croons. The excited kids gesticulate, whipping their scarves into a vibrant blur. And then JAB tapers off to a whisper: "The mommies on the bus go shh-shh-shh, shh-shh-shh, shh-shh-shh." The kids look up, open-mouthed and spellbound by the sudden change in volume.

In their first sixteen months, infants learn to roll over, sit up, crawl and walk—a triumph of gross motor skills that movement to the song "Wheels on the Bus" underscores. Eventually, thes

Continued on page 19



Ockert's long-time interest has been ensuring that everyone has access to education.

Ockert has joined the board of directors of the Ventura College Foundation.

Kristin Ockert worked with community colleges for 21 years, mostly in state level policy and program development. She currently is on the founda-



News & Notes



Cutting the ribbon were all members of Seaside Emergency Associates, staff and friends. Photo by Bernie Goldstein.

The addition to the Emergency Department at the county hospital has opened

After 1 1/2 years of renovation, and 1 1/2 years after the opening of the North Tower at Ventura County Medical Center (VCMC), the new addition to the Emergency Department at the county hospital has opened. Celebrated on Thursday, February 28th, with a ribbon cutting hosted by Seaside Emergency Associates -- which oversees both VCMC's emergency department and Santa Paula Hospital's -- the enthusiastic attendees didn't let the rain dampen their spirits. Almost 100 invited guests gathered under a tent to hear from VCMC CEO Kim Milstien, Dr. Marty Ehrlich, and County Executive Officer Mike Powers, on how the updated ED will better serve the community it's been serving for 100 years.

Twelve new patient exam rooms were added, making the total room count 34. That count includes seven triage bays, four observation rooms and one eye exam room. Also included in the renovation is a waiting room triple the size of the previous waiting room, lab space for dedicated point of care testing, dedicated rapid care space, a patient

quiet room for families, new department nurse manager's office and a staff conference room. In all, the new space added an additional 12,000 square feet.

Seaside Emergency Associates, members of the Ventura Chamber of Commerce, had their assistance in bringing the ribbon cutting ceremony to fruition. Cutting the ribbon were all members of Seaside Emergency Associates: Drs. Jeffrey Robinson, Marty Ehrlich, Scott Speier, Ted Mandryk, Rick Rutherford and Rich Cegelski, County Executive Officer Mike Powers, VCMC CEO Kim Milstien, County Supervisors Kelly Long, Linda Parks, John Zaragoza and Robert O. Huber, Health Care Agency leadership, including Director Bill Foley, Deputy Director Matt Sandova, Ventura Mayor Matt LaVere, hospital medical staff, including trauma surgeons and nurses.

Ventura County Medical Center was awarded the designation as the west county's Level II Trauma Center in 2011, and is dedicated to providing the most effective, efficient trauma care to the critically injured patient in Ventura County.



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Adam Trunell, Sr. Vice President, making presentations while Trudy Cook listens on February 8 while the CMH Auxiliary hosted their annual luncheon at the Sheraton at the Harbor.

Volunteers received their service pins and there was a change of command of presidents for the auxiliary. Norma Nick Taylor also presented a \$60,000.00 check to David Glycer VP/Chief Financial Officer. Edie Marshall is the out-going president and Trudy Cook is the new president.

Youth



Students from a previous competition in heated battle. Photo by Richard Lieberman

Blast off and fly deep into space with Robotics!

Get your game on this spring at Ventura College for the FIRST Robotics Competition. Watch 42 high school teams as they form alliances and do battle in order to secure a place at the National Competition in Texas.

In its fifth year, this regional competition has truly become a must-see event. Teams from all over the state are on board

to test their skills with some of the finest robotics teams Southern California has to offer. Bring the whole family to this free event on March 29th and 30th from 8:30 am to 5:00 pm.

Parking is also free and the enthusiasm is contagious! Cheer on your favorite team, including six new teams from Oxnard

Unified School District, Fillmore, Santa Paula and more. Don't miss it!

Questions? Email: Velma Lomax:

Vlomax@firstinspires.org or Anne Campbell: anneocamp@gmail.com

To see the event website Visit: <http://www.frcventura.com/>

To see this year's game visit: <https://www.firstinspires.org/robotics/frc/game-and-season>

To Volunteer Visit: https://my.firstinspires.org/FIRSTPortal/Login/VIMS_Login.aspx

Ethan McKinley selected

Continued from page 1

of southern California, cared for by a tireless and dedicated staff. I am honored to have the opportunity to continue the significant work started by my predecessors, and to contribute to the continued stewardship and public enjoyment of this spectacular park."

Prior to First State National Historical Park, McKinley served as the National Park Service Northeast Region's Chief of Commercial Services. He has also worked at Mount Rainier National Park, Yosemite

National Park, Glacier National Park in Montana and Gettysburg National Military Park in Pennsylvania. He got his start with the agency as a Student Conservation Association intern in 2006.

Ethan McKinley grew up in Littleton, Colorado and has a bachelor's degree in international business and French from the University of Denver. Ethan is married to Zoe McKinley and has a bulldog named Blue. He is an Eagle Scout and takes any opportunity to play in the great outdoors (hiking, camping, mountain and road biking, climbing, and mountaineering), frequently exploring national parks in his free time. He is a self-professed history buff and enjoys photography.

Channel Islands National Park encompasses five remarkable islands and their ocean environment, preserving and protecting a wealth of natural and cultural resources. Isolation over thousands of years has created unique animals, plants, and archeological resources found nowhere else on Earth and helped preserve a place where visitors can experience coastal southern California as it once was. For information about the park visit: <https://www.nps.gov/ChannelIslands>.



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ALVC volunteers have provided new school clothing to children in need.

Operation School Bell® celebrates 25 years

by Jessica Purdy

Assistance League® of Ventura County (ALVC) is proud to celebrate 25 years helping children in the Hueneme Elementary, Ocean View, Oxnard and Ventura Unified School Districts. Since 1993, through our signature philanthropic program called Operation School Bell® (OSB), ALVC volunteers have provided new school clothing to children in need, who have been referred to Operation School Bell by school personnel. Over the years we have been able to provide clothing, toiletries, school supplies, Target Gift Cards, Payless Gift Cards, and books to 25,194 students from approximately 40 schools.

Today, the need for school clothing is as great as ever as the number of impoverished children, whose parents struggle to provide them with basic necessities, continues to increase. As one principal shared in our annual program

assessment, "These children often come to school less than fully clothed. Your services are invaluable in promoting the health, wellness and feeling of safety and caring for our students. Only when their primary needs are met, can they focus on the academics and social aspects of school life."

Operation School Bell is our signature program and is managed entirely by volunteers. Normally we work out of portable classrooms which have been located at schools in two of the districts. This year, we continued having the students bussed to our site at Junipero Serra Elementary in Ventura, where they were greeted by an ALVC volunteer who helped them pick out the appropriate sizes for a polo shirt, t-shirt, sweatshirt, socks and underwear. They also received school supplies, a bag of toiletries, and a book. A \$20 Target gift card to purchase pants, shorts, or a skirt and a \$15 Payless card for shoes were given to the adult in charge for each child. Unfortunately, this year we lost our Oxnard site which served the Hueneme, Ocean View and Oxnard School Districts due to the increase in enrollment and the need for more classrooms.

We have about 40 members who are at the sites with the children, helping to transport the clothing and supplies to the sites, or preparing the paperwork necessary to keep everything moving smoothly. These volunteers donate the school supplies and along with Friends of the Camarillo Library, also donate the books. We are currently looking for another space to use in Oxnard so we can continue this program which helps so many children in need. If you know of

News & Notes

any available space that would be appropriate for this program, please contact our office at 805-643-2458.

For more information about Assistance League of Ventura County, please contact us at 805-643-2458 or alvconline@hotmail.com. You can find us at www.assistanceleagueventura-county.org as well as on Facebook and Instagram.

Richard Senate leads Ventura tours

Perry Mason is perhaps the best known legal attorney on the planet today, but few know he was created in Ventura by lawyer, Erle Stanley Gardner. This special tour will focus on his fifteen years in Ventura, the cases he tried and the people he influenced and how the city and events influenced his many mystery novels of Perry Mason. He would go on to write over 150 books, 86 of them about his popular Perry Mason character. It was in Ventura that won his best cases and made a mark as a formidable lawyer known for breaking down witnesses on the stand, a skill he transferred over to his fictional Perry Mason.

Richard Senate who will lead the tour is a long time Ventura Historian, managing both the Olivas Adobe Historic Park and the Albinger Archaeological Museum in Ventura. Mr. Senate wrote a biography of Gardner titled *Erle Stanley Gardner's Ventura: the birthplace of Perry Mason*. This tour will focus on Gardner's Ventura Years and how he came to write his first books.

March 23, 1-3pm The tour starts at the steps of City Hall, 501 Poli Street at 1 pm.

For tickets call the Recreation Department at 805-658-4726

For questions on Mr. Gardner and this tour e-mail Richard Senate; hainthunter@aol.com

On March 30th, Mr. Senate will offer a unique walking tour and talk about a horror film made in Ventura in 1961. The brain child of B-Picture director William Castle it was a film loosely based on Hitchcock's *Psycho*. It was filmed in downtown Ventura and Solvang. A rather grim film of madness and murder—it turned out rather good. The tour will discuss the movie, and show some clips that depict Ventura as it was in the 1960s. After the talk a short walking tour will be offered to view locations used in the movie. Tour starts at the Bank of Books on 748 E. Main Street in Downtown Ventura. Tickets are a modest \$6 per person. Talk starts at 7 pm. For an interview or questions e-mail Mr. Senate at hainthunter@aol.com.

An historic Women's Day Proclamation

by Alison Oatman

It was standing room only at the Women's Day Proclamation held at the Ventura City Council meeting on Monday, March 4th. After an historic election, four female council members—Sofia Rubalcava, Lorrie Brown, Cheryl Heitmann, and Christy Weir—are now on the city council, making the council the first majority female one in Ventura's history.

Ventura Deputy Mayor Rubalcava encouraged the mostly female audience—who was dressed in onion-like layers of white in honor of the suffragettes that fought for women's voting rights—to run for office, join groups and get involved in their communities.

International Women's Day on March 8th is a global day that celebrates the advancement of women and stands up against gender discrimination.

Women's rights activist and UU Church of Ventura member Diana Goodrow was on the scene at City Hall on Monday night.

"I came because it was an historic evening and I didn't want to miss it," she said. "I have been involved in addressing women's equality issues for a very, very long time, and last night was special to me." However, this is hardly the time to give up the fight for women's rights and declare victory. "This is only a very small step in addressing women's equality concerns," Goodrow concluded, "but it is a beginning."

Ventura Unified School District

Continued from page 1

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

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

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

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

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



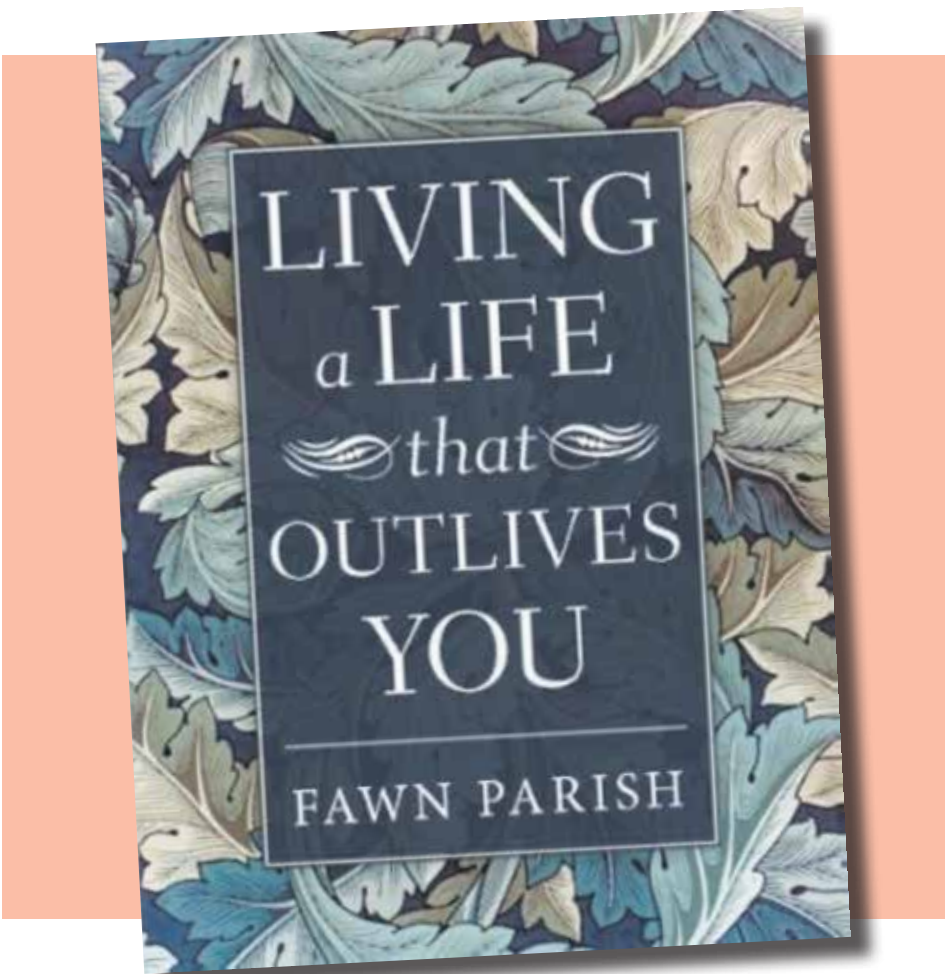
About 700 Ventura fourth-graders attended the Fire Safety Day offered by the Ventura Fire Department. The event was held at the fire department training site located on Alessandro Dr. just off of Seaward.

In leading the day Ventura Fire Chief David Endaya stated "The event helps instill in children the importance of having emergency exits in homes. And they take the information home with them to share with their parents."

The students, who take it very seriously, write essays based upon what they learned and one student will receive the Hydrant Award for the best essay.

Senior Living

Pull Out Section



Hundreds of Ventura County seniors will attend expo that promotes healthy lifestyle

Cypress Place senior living community is pleased to announce the 11th annual Health and Wealth Expo. The annual event promotes the active and engaging lifestyle of Ventura County seniors. This year's event features 35 local vendors as well as local author, Fawn Parish as keynote speaker.

The Health and Wealth Expo is from 11 a.m. to 1 p.m. on Wednesday, April 10, at Cypress Place, located at 1200 Cypress Point Lane in Ventura. The event is free and open to the public.

Over the last 11 years, the expo has featured speakers with incredible stories that inspire seniors across the area. This year's event will be no different, as local author Fawn Parish presents her book, "Living a Life that Outlives You." Parish is the author of eight books that aim to inspire. She is also a documentary filmmaker and storyteller whose work has been seen in many countries around the world.

Parish will share practical, do-it-right-now ideas on how to find purpose in your life, no matter your age.

In addition to enjoying Parish's uplifting presentation, attendees can get their blood pressure checked,

receive glucose screenings, along with balance and hearing tests. Wealth management and veteran benefit consultants will also be on hand to answer any questions. A free healthy gourmet lunch will also be provided.

Raffle prizes will be given away throughout the event, including one grand prize: a 50" HD flat screen TV. Free shuttle parking will also be available at Unitarian Universalist Church of Ventura located at 5654 Ralston Street in Ventura.

Corporate sponsors for the event are Mission Home Health, Meditech Health Services, Livingston Memorial Visiting Nurse Association, Buena Vista Hospice and UCLA Health.

For more information or to RSVP, please call 805-416-8793 or visit the Cypress Place website at www.cypressplaceseniorliving.com/events.

Cypress Place offers residents a variety of amenities, activities and residential living options. In addition to maintenance-free independent living apartments, residents have access to graduating levels of care, including assisted living and memory care. For more information, call 805-293-4708 or visit cypressplaceseniorliving.com.

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Senior Living



"We walked, now it is your turn."

A Walk for Parkinson's

The Parkinson's Foundation will host its annual Moving Day, Ventura, A Walk for Parkinson's to unite the community in the fight against Parkinson's. Funds raised through Moving Day will support cutting-edge research and community programs to improve the lives of people with Parkinson's disease and their families. On April 13, 9am -12pm at the Ventura County Fairgrounds.

More than just a walk, Moving Day Ventura is a celebration of movement featuring a kids' area, a Resource Pavilion and a special Movement Pavilion with yoga, dance, Tai Chi, Pilates and other

activities—all proven to help manage Parkinson's symptoms. Moving Day events across the country have raised nearly \$22 million dollars to improve care and advance research toward a cure.

The Parkinson's Foundation makes life better for people with Parkinson's disease by improving care and advancing research toward a cure. In everything we do, we build on the energy, experience and passion of our global Parkinson's community. For more information, visit www.parkinson.org or call (800)473-4636).

To register or donate visit www.MovingDayVenturaCounty.org.



"Oh boy, I just won a quarter!"

Bingo for you?

Who loves bingo? Everyone loves bingo! Play at the Ventura Avenue Adult Center; all residents over the age of 18 are welcome! Bingo with a 50 cent buy-in! For more information contact 805-648-3035. Mondays & Fridays, 12:30-3:30 pm. Ventura Avenue Adult Center located at 550 N. Ventura Ave.

Ventura and Oxnard advocates needed

The Ombudsman Program of Ventura County is looking for volunteers in the Ventura/Oxnard area to advocate for older, and dependent adults, living in long-term care facilities such as skilled nursing and assisted living facilities for the elderly.

Did you know that 60% of all older adult residents in skilled nursing facilities have no family or friends to speak for them? Join this program and make a difference in the lives of the forgotten,

vulnerable older adults in the Ventura and Oxnard communities.

For more information about the next training, please call Kathy Terry at Long

Term Care Services of Ventura County, Inc., Ombudsman Program at 805-656-1986, and/or visit www.ombudsmanventura.org.



Senior Living



Instructors practicing during their refresher training with the master trainer.

New Tai Chi Balance Classes in Ventura

Join as a participant or attend training and serve as an instructor.

Whether your goal this Spring is to do something for your community or something about that prickly balance problem, Tai Chi could be the answer!

Two new free senior Tai Chi classes start in April as does training to become a certified volunteer Tai Chi instructor. Registration is now open for both by calling 805-385-8019.

Tai Chi: Moving for Better Balance is a 12-week program offered by Oxnard RSVP and focused on improving the mobility and balance of older adults. Classes are free, designed for those age 50 and older, and taught by certified senior volunteers. The program is offered in Ventura, Oxnard, and Camarillo.

The evidence-based program consists of a simplified eight-form routine of Yang-style Tai Chi. Intended for beginners who can walk easily with or without assistive devices, it teaches participants balance skills and good body alignment by using coordinated and flowing movements. The classes

have been proven to reduce repeat falls by 55%.

New volunteer instructors will be trained in two full-day sessions on April 26 and 27. You must be 55 and older to volunteer. Training is free, but a commitment to teach at least two full sessions following certification is required.

New classes are offered at the following locations:

CMH Wellness and Fitness Center, 2723 E. Main Street, beginning April 2
Our Lady of the Assumption, 3175 Telegraph Road, beginning April 8

Pre-registration is required. New participants are accepted only until the third class of each session.

RSVP is a volunteer recruitment and placement program, helping people 55 and older find volunteer positions that match their interests, talent and available time. The Oxnard RSVP has almost 575 members and is sponsored by the City of Oxnard. To learn more about being an RSVP member or to discuss other volunteer opportunities, call 805-385-8023.



Another threat lurking for beneficiaries relates to the importation of prescription drugs.

Threats to Medicare continue in 2019

by Bob Blancato

Executive Director of the National Association of Nutrition and Aging Services Programs

Medicare faces numerous threats in 2019. It's time for lawmakers and healthcare advocates to attack these challenges head-on.

One threat stems from the Trump administration, which has suggested

weakening the so-called protected classes provision in Medicare "Part D."

Medicare's Part D drug benefit has enabled seniors to purchase subsidized prescription coverage from private insurers. Part D regulations require every plan to cover all medications in six protected classes of therapies, including anticonvulsants, antidepressants, anti-neoplastics, antipsychotics, antiretrovirals, and immunosuppressants. This protection ensures that older adults who battle cancer, HIV/AIDS, depression, and other serious diseases have a full range of treatment options.

The administration's proposal would allow Medicare Part D plans to stop covering some of the most popular and needed medications in these classes. Key medical and patient advocacy groups have indicated that the proposal should be withdrawn.

Another threat lurking for beneficiaries relates to the importation of prescription drugs. Some politicians argue certain drugs can be obtained cheaper if imported from other countries, assuming that price is the only factor that should motivate consumers.

However, consumers should also be concerned with the safety of imported drugs. Is the drug developed in a safe manner? Is it counterfeit? In other

Continued on page 14

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Author of "Living A Life that Outlives You"

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Senior Living

Overcoming barriers to exercise: no more excuses

Exercise is good for almost everyone, but there are so many things that can get in the way of staying active. It's time for some positive thinking. No more excuses!

Older woman holding an exercise ball in a group exercise class

Here are some tips to help you overcome those barriers and improve your health.

Try exercising first thing in the morning. Combine physical activity with a task that's already part of your day, such as walking the dog or doing household chores. If you don't have 30 minutes to be active, look for three 10-minute periods. As you progress, add more 10-minute sessions until you hit your goal!

Make exercise interesting and enjoyable. Do things you enjoy, but pick up the pace and try new activities to keep your interest alive. Being creative about your physical activity plans and regularly trying new forms of exercise prevent boredom. If you can stick with it for at least 6 months, it's a good sign that you're on your way to making physical activity a regular habit.

No more excuses: overcome exercise barriers infographic icon. Click through for full text

Read and share this infographic for tips to help you overcome exercises barriers like not having time or being too tired.

Being active doesn't have to cost a thing! All you need for brisk walking is a pair of comfortable, non-skid shoes. For strength training, you can save money by making your own weights using soup cans or water bottles. Check with your local parks and recreation department or senior center about free or low-cost exercise programs in your area.

Regular, moderate physical activity can help reduce fatigue and even help you manage stress. Exercise can also reduce feelings of depression, while improving your mood and overall emotional well-being. Once you become active, you're likely to have more energy than before. As you do more, you also may notice that you can do things more easily, faster, and for longer than before.

Be sure to choose exercises from each of the four types: endurance, strength, balance, and flexibility.

Hip fractures should be treated as emergencies

by Stacey Burling

There are good reasons that older people fear hip fractures. They can remember the days when a broken hip was often the beginning of the end. Even today, up to 30 percent of seniors who break a hip are dead in a year. Many others never get around

quite as well as they did before, which could make the difference between living at home or in assisted living, or even a nursing home.

Yet until recently, doctors often took a fairly leisurely approach to fixing broken hips. Patients would wait in bed for two or three days for surgery while doctors carefully evaluated their other medical problems. Now, spurred by research that found better results with shorter delays, hospitals are creating special programs to get more hip-fracture patients into the operating room within 24 hours or less of entering the hospital. A clinical trial in Canada is testing whether surgery within six hours should be the goal. Run by a cardiologist, this trial, known by the acronym HIP ATTACK, is treating hip-fracture victims with the kind of urgency that is now the norm for heart attack and stroke patients.

Hospitals in the Philadelphia region haven't gone that far yet, but several have created special programs to expedite care for older patients with fragile bones, whose frailty makes prolonged bed rest especially dangerous. Among them are Penn Presbyterian Medical Center, Temple University Hospital, Einstein Medical Center, and Bryn Mawr Hospital. The multidisciplinary programs also work with patients before they leave the hospital to discuss how to strengthen bones or prevent more falls.

Almost everyone who breaks a hip will get some kind of surgical repair, surgeons said.

The question is when.

Threats to Medicare

Continued from page 13

words, could it be a threat to the health of a person who uses the imported drug?

It is essential that the most stringent safety requirements be developed before there is any discussion of importation. All drugs that might be imported must pass this rigorous safety test.

In the highly-charged atmosphere around drug prices, importation will be a front and center issue. Different bills permitting everything from unlimited importation to very limited importation will be presented in this session of Congress. Sens. Chuck Grassley and Amy Klobuchar already introduced one importation bill, the "Safe and Affordable Drugs from Canada Act of 2019." However, the rallying cry from advocates must be safety first.

Another concern relates to Medicare Part D's Low-Income Subsidy (LIS) program, which enables enrollees to obtain heavily discounted prescriptions. Some influential government advisors have proposed raising these enrollees' co-pays for certain necessary prescriptions. The program is a lifeline for low-income, older adults needing prescription drugs. All efforts to squeeze this vulnerable group of older Americans must be resisted.

Further, we need to do a better job of raising awareness about the LIS program to those older Americans from minority communities who are underutilizing this important benefit.

Medicare has been an unqualified success. Politicians, from the president to representatives in Congress, have pledged to protect Medicare. Advocates should pressure them to fulfill that pledge.

This 'n' That

City of Ventura 2018 Employee and Supervisor of the Year

On February 19, the City of Ventura held an awards ceremony at City Hall to recognize fifteen employees nominated for the 2018 Employee and Supervisor of the Year. These awards recognize city employees who are role models for public service and exemplify the city's commitment to excellence.

The eleven nominees for Employee of the Year were:

Lauren Armistead – Ventura Water
Ashley Bautista – Police Department
Cheryl Bucklin – Parks, Recreation & Community Partnerships
Silvia Medrano – Public Works
Donald Nielsen – Community Development
Eric Padilla – Parks, Recreation & Community Partnerships
Daniel Ramos – Parks, Recreation & Community Partnerships
Elizabeth Richardson – Community Development
Jared Rosengren – Community Development
Vince Tovey – Community Development
Jo Gerke-Yutuc – Finance & Technology

The four nominees for Supervisor of the Year:

Yesania Anderson – Finance & Technology
Greg Morley – Finance & Technology
Kenny Welch – Police Department

John Willis – Ventura Water

Cheryl Bucklin, Recreation and Community Partnerships Coordinator, was selected as the 2018 Employee of the Year.

John Willis, Wastewater Plant Supervisor, was selected as the 2018 Supervisor of the Year.

City Manager Alexander McIntyre said, "The City of Ventura has a history of the workforce acknowledging and recognizing their exceptional peers. It's an honor and a pleasure to work with this caliber of employees!"

Operation Homefront helping military families

Welcoming a new baby to the family is exciting, but it can be tough for first time parents if finances are tight and your service member is deployed. Operation Homefront's Star-Spangled Babies program provides these new and expectant parents with early childhood education tips, baby supplies, and a support system when loved ones are far away, making it easier for service members and their growing families to welcome their newest addition.

Sister companies, the NALA and STARKART and their respective offices

Continued on page 19



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This 'n' That



Stop to say hi to Tony, he would love to meet you.

Tony the Vet

by Alison Oatman

Everyone knows Tony the Vet. For fifteen years, this disabled 72-year-old veteran has been hawking his wares—a combination of baseball caps, decals, flags and other assorted patriotic tchotchkes—on a side road next to the Target on Main Street.

Tony is a warm, spirited man who presides over his collection of carefully lettered signs with pride. “If you like your freedom, go hug a veteran,” reads one of his posters.

“You’ve got the mean people and the nice people,” Tony says. “There’s a lot of people that help me.” Tony is out every day, except when it’s raining. He lives in a black van nearby. “I’m a little entrepreneur,” he continues. “I try to make a little living. I try to be honest.”

Tony tells me he served in Vietnam from 1963-67. “He was a sergeant, a platoon leader,” his best friend Russ chimes in. Russ—a philosophical UCSB grad with pale eyes who looks like an aging surfer—is also homeless. They offer each other a great deal of emotional support.

“Tony, tell her what the stop sign stands for,” Russ says, gesturing to the crimson hexagon that dominates the cluttered display of merchandise. “It stands for ‘Sergeant Tony Offers Prayers,’” Tony says with a glint in his eye.

Russ tells me Tony is “a visible, friendly, social person” who is well-liked. “People come up, he lends an ear, he listens,” Russ says. In a part of town conducive to alcoholics and drug addicts, Tony has prevented

more than one suicide. “He’s like a surrogate dad or uncle.”

According to Tony, there is a government code that says vets are permitted to sell to stay alive in designated areas. Despite his disabled veteran’s license, Target doesn’t want him there, and neither does the city. But the police ultimately sided with Tony.

The feisty veteran has serious heart problems. During the hour that we spoke, he had to pop a nitrate pill twice. Suddenly his cell phone rang. An overwhelmed Tony blurts something out, and then abruptly ends the call. He immediately regrets hanging up, realizing it could have been someone who might help him get housing.

I ask him about his Dodgers hat. “I hope we can win the world series before I’m in the big one in the sky,” he says with a lopsided grin.

Squinting into the sun, Russ next lays out a meandering story about an eccentric woman on the freeway that everyone knew in the 1970’s. “When Tony dies people will remember him the way we knew the freeway lady in Santa Barbara,” Russ concludes. “He’s an icon.”

Russ also mentions that Tony is a former drag racer and that he has adult children. “Isn’t that right, Tony?” Russ asks. An aggravated Tony runs his fingers through his thick white beard. The interview has gone on too long, and it’s bad for business.

Just before I walk away, I see the faces of the two friends framed by the late afternoon glow as if bathed in nostalgia.

experiment, the polar vortex may have killed as many as 95 percent of the stink bugs that hadn’t found warm shelter this winter. Pests in regions of the country that typically do not experience extremely low temperatures will most likely be impacted the most, Dr. Campbell said.

Pests in these areas are least equipped with physiological and behavioral adaptations to survive the cold. Diapause, a period of inactivity for insects, may have come early in regions of the country that commonly experience winter temperatures below 50 degrees Fahrenheit.

During diapause, insects that are adapted to regions with typical cold winters undergo physiological changes that allow them to withstand low temperatures. The insects may also have sought shelter, insulating them from cold air. Perhaps these bugs decided to find shelter

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in your house! Not good.

According to Campbell, some insects are able to withstand temperatures even below zero F, with the limit for many insects that can “super freeze” being typically around minus 30 F. “That said, we won’t be entirely certain of the impacts until spring occurs,” Campbell admitted.

Despite some bugs’ ability to survive short periods of cold weather, sustained frigid conditions, like those brought about from the most recent polar vortex, could be effective at killing off even some well-prepared pests.

The entomologist with the NPMA explained further that, “in addition to the effect of extremely cold weather on pests themselves, damage to plants and other animals can also disrupt food supplies for insects in the spring and summer, driving them indoors.” As I said above, “indoors” could mean into your abode.

“Ah,” said Mr. Stinkbug, “this is a nice cozy warm house. I think my family will enjoy wintering it out here during the polar vortex. I wonder if these humans have a jacuzzi?”

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Buzzed Driving Is Drunk Driving

St. Patrick’s Day is celebrated by millions across the country, often culminating in parties where drinking is involved. Sadly, this leads to tragedies on our roadways because of drivers who choose to leave parties impaired.

During the St. Patrick’s Day weekend, March 16-17, 2019 the Ventura Police Department will have additional officers on patrol ready to stop and arrest drivers suspected of driving under the influence of alcohol and/or drugs.

According to data from the California Highway Patrol (CHP), one person was killed, and 48 others were injured in DUI crashes on St. Patrick’s Day last year. In 2017, 59 people were killed nationwide in drunk-driving crashes over the St. Patrick’s Day holiday (March 16-March 18), accounting for 37 % of all traffic deaths.

Due to St. Patrick’s Day becoming a dangerous holiday on our roads, the Ventura Police Department encourages everyone to plan ahead and use a designated sober driver, ride-share or public transportation. Even one drink can be one too many.

“Don’t even put yourself in a position where you need to ask whether you are okay to drive,” Ventura Police Sergeant Mike Brown said. “If you feel the slightest hint of a buzz, you should not be driving.”

The Ventura Police Department also wants to remind everyone that a “DUI Doesn’t Just Mean Booze.” Prescription drugs, over-the-counter medications and marijuana can all be impairing, especially in combination with alcohol or other drugs.

“We all know the dangers about driving impaired,” Ventura Police Commander Rick Murray said. “Let’s all be responsible adults and help each other get where we need to go safely.”

Funding for St. Patrick’s Day DUI enforcement is provided by a grant from the California Office of Traffic Safety, through the National Highway Traffic Safety Administration.

Wild Winter Worries

by Kevin O’Connor

Meteorologists say much of this strange weather moving south was the result of a polar vortex. Despite the many negative impacts typically associated with this recent polar vortex, the record-breaking cold may have killed some harmful, invasive species, according to a press release by the National Pest Management Association (NPMA).

“While most insects will be equipped to survive a short period of very cold weather, like the recent polar vortex, it’s likely some will die from this extreme weather event,” said Dr. Brittany Campbell, entomologist with the NPMA.

According to a Virginia Tech research



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This 'n' That Scholarship applications

When the owners of Cypress Place Senior Living in Ventura decided to create a scholarship fund for local high school students wanting to pursue a college degree, the Cypress Place Senior Living “Senior to Senior Legacy Scholarship” was created.

Cypress Place Senior Living is an independent, assisted, and memory care community for seniors. By awarding two \$2500 scholarships to local high school seniors, residents at Cypress Place are attempting to pass on opportunities for young people in the community, according to Steve Spira, executive director at Cypress Place.

Applicants need to have a verified 3.2 or higher GPA and to have applied for fall 2019 admission to a college or university with the intention of obtaining a degree. Applicants are also asked to submit an essay about their reason for pursuing higher education along with a personal account of how a senior or seniors has affected their life, including specific examples of intergenerational experiences of the applicant.

Residents on the Resident Scholarship Committee at Cypress Place will read the essays, then hold oral interviews with the semi-finalists to determine the two award winners.

The scholarships are open to all City of Ventura high school students. The deadline for submitting a completed application packet is Friday, April 19, 2019 at 5:00pm. Qualified applicants will be invited to a mandatory oral interview on May 9, 2019. The presentation of the two scholarships will be held Thursday, May 30, 2019 at 6:00p.m. at Cypress Place Senior Living. The recipients must be available to attend the presentation event to receive an award.

For more information or to receive an application packet please contact Pam Staniland, Director of Sales and Marketing at Cypress Place Senior Living, 805-656-9500 x 201, or via email at cypressildsm@isllc.com.

St. Patrick's Day Parade

Continued from page 1

floats sponsored by civic groups, nonprofits and local businesses; high school marching bands and other local bands; car clubs; horses; clowns; and the Biggest Green Pig in the World, which will again be out in its full glory. There also will be dance groups, youth groups, fun-loving adult groups and other teams entered in the parade.

While this is a fun event for parade entrants, they're also out there competing for the prized trophies that are presented at the end of the route, on the stage at Main and Chestnut. About 20 trophies, including the historic Arnold Hubbard Best in Parade Trophy, are presented to the winners.

High school senior Kaylie Pendleton of Ventura has been selected to serve as this year's Irish Belle for the Parade.

The parade's eighth Irish Belle, Pendleton will attend promotional activities supporting the event. Accompanying her in a separate convertible will be her court: Carly Hansen from Buena High and Annika Kinnaman from Foothill High.

A senior at El Camino High, Pendleton will graduate with not only her high school diploma but her associate degree from Ventura Community College. She is “a very strong student,” El Camino Principal Cheryl Burns said of Pendleton, who has

been on the El Camino principal's honor roll every semester of high school.

Pendleton is active in her community and believes in the power of giving to others. Among the many community art projects in which she's been involved is the “Havana to Ventura” mural in downtown Ventura, which she helped paint alongside Cuban artist Pedro Pulido and local artist and art teacher MB Hanrahan. In 2016, Pendleton won the Ventura Mayor's Arts Award for Student Artist of the Year. She has also traveled to Romania to help with children's literacy and assisted with an outdoor adventure camp for children. She will attend Pacific Northwest College of Art in Portland, Oregon; with her two-year degree already in hand, she plans to graduate with a bachelor's degree in two years.

Parade entrants begin to line up at 8 a.m. in the Museum of Ventura County parking lot; the community is welcome to meander down there before the parade. The blessing of the parade by Father Tom Elewaut from the San Buenaventura Mission will begin the parade at 10 a.m.

The County Ventura St. Patrick's Day Parade is presented by the Ventura Elks Lodge No. 1430. For more information about the parade, visit www.venturastpatricksdaysparade.com, email Jim Monahan at jim.monahan@att.net or email Nan Drake at nanodrake@aol.com. The parade is presented by Elks Lodge No. 1430. Parade entries will be accepted until March 7; to register, visit venturastpatricksdaysparade.com. For more information, contact Jim Monahan at jim.monahan@att.net or 805-643-4275; or Tim O'Neil at tim@sham-rocksfa.com or 805-320-3181.

Ojai news and events

Continued from page 5

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

The Ojai Valley chapter of NOW (National Organization for Women) will visit the Ojai Library at 1 p.m. & 4 p.m. on Saturday, March 23, 2019, to host two screenings and a discussion of the 2014 documentary film She's Beautiful When She's Angry.

This free community film screening is being offered in celebration of Women's History month. She's Beautiful When She's Angry takes us from the founding of NOW, with ladies in hats and gloves, to the emergence of more radical factions of women's liberation. It does not shy away from controversies over race, sexual preference, and leadership that arose in the women's movement.

Florencia Ramirez will visit the Ojai Library at 1 p.m. on Saturday, March 30, 2019, to deliver a presentation on her book Eat Less Water. Ramirez is a trained researcher at the University of Chicago's School of Public Policy.

By 2030, experts predict two-thirds of people living on this planet will not have enough water, a situation expected to result in the deaths of millions and an unprecedented rise in military conflicts. Award-winning author and water activist, Florencia Ramirez, believes that change can happen if conservation efforts focus on the 70 percent of freshwater flowing to the fields and ranches that grow food.

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

The Ojai Library is located at 111 East Ojai 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.

Elk's Lodge #1430 presents.

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Police Reports

by Cindy Summers

Police reports are provided to us by the Ventura Police Department and are not the opinions of the Ventura Breeze. All suspects mentioned are assumed to be innocent until proven guilty in a court of law.

Carjacking, Robbery, Assault with a Firearm, and Conspiracy

On February 22, at approximately 10:45pm, the victim in this case drove his car to the downtown Ventura area meet up with a female acquaintance he met through social media.

The two spent a short amount of time together and then the female contacted an unidentified male to meet up with her and the victim. The three then drove to the area of the hills above Ventura’s City Hall.

After parking, the unidentified male drew a pistol and pointed it at the victim while giving him orders. The suspects robbed the victim of his personal property, struck with the firearm, and ordered him out of the vehicle.

The victim fled toward downtown while the suspects drove away in the victim’s vehicle. The victim located bystanders and asked for help. A bystander called Ventura Police Department was contacted and officers responded.

Officers located the victim vehicle unoccupied in the area of Howard Street and Thompson Blvd at approximately 9:30am on February 23. At that time, Officers were responding to the area of Weber circle in Ventura for an armed robbery with a gun that just occurred. Officers arrived on scene and searched for the suspects but were unable to locate them.

The suspect description in the robbery matched the description given by the victims during the carjacking the night before. Detectives responded to assist in the investigation. Detectives obtained a search warrant for the suspects’ residence and attempted to serve the warrant with patrol officers at the Weber address. The suspects, 18-year-old Ventura resident Brisa Sotello Torres and 18 year old Ventura resident Joe Rodriguez, refused to come out of the residence and the Ventura Police SWAT team was activated.

After lengthy negotiations with the VPD Crisis Negotiations Team both suspects surrendered without incident.

Torres was booked at the Ventura County Jail for Carjacking, Armed Robbery, Assault with a deadly weapon, and Conspiracy to commit a crime.

Rodriguez was booked at the Ventura County Jail for Armed Robbery, Assault with a deadly weapon, and Conspiracy to commit a crime.

Possession for Sales of a Controlled Substance

On February 25 at 2:45pm, the Ventura Police Department Command Center received a 911 call of a possible residential burglary in progress at a residence in the 700 block of Temple St. The victim resident was not home at the time, but reported seeing a subject, later identified as 27 year old Ventura resident Christopher Diaz, on a security camera in the backyard of the residence. Diaz was a relative of the homeowner, but did not did not have permission to be on the property. Officers responded to call and detained Diaz as he tried hiding from officers in the backyard.

Using a Ventura Police K-9, officers searched Diaz’s vehicle, which was parked to the front of the residence. The K-9, Bolt, altered to narcotics being

inside. During a search of the vehicle’s interior, officers located a large quantity of methamphetamine, heroin, and oxycodone. It was determined Diaz was in possession of the narcotics for the purposes of sales.

Diaz was arrested for possession of a controlled substance for sales. He was not charged for prowling at the residence.

A review of the Ventura County Superior Court website shows that Diaz has an open case for an arrest on 02/19/19, for the charges of possession for sale of a controlled substance. He is currently out on bail for that arrest. Additionally, it showed Diaz has a prior conviction in 2017 and 2016 for possession of a controlled substance and for being under the influence of a controlled substance.

Domestic Dispute, Assault with a Deadly Weapon

On February 28, at approximately 8:15pm, Ventura Police Patrol officers responded to a call of a physical domestic disturbance in the parking lot of Tommy Burgers. As officers were responding to the call, they were given additional information that the suspect, 44-year-old Andrew Chavez, used his vehicle to back up into the victim purposefully. When officers arrived, they contacted the victim and learned that Chavez had left the scene.

Continuing the investigation officers went to Chavez’s home located in Oxnard to contact him. As they were arriving at his home, they saw Chavez driving away from his home. The officers turned around and caught up to Chavez and attempted to make a traffic stop on him. Chavez refused to stop, and a pursuit was started. After a short pursuit, Chavez pulled over in the parking lot of the gas station located at 2201 Gonzalez Rd.

As the officers were contacting Chavez to take him into custody, he began to resist them, and there was a brief struggle. During the struggle, Chavez received minor scratches to his forehead.

The victim refused medical treatment on scene, and no officers were injured during the arrest. Chavez was arrested for felony Domestic Violence, and Assault with a Deadly Weapon as well as misdemeanor evading and resisting arrest.

Arrest for Transportation and Sales of Methamphetamine and Heroin

The Ventura Police Department Street Crimes Unit concluded an ongoing investigation on 49-year-old Ventura resident Ernesto Macias for sales of both methamphetamine and heroin in Ventura. On March 8 at 12pm, detectives stopped Macias while driving in the area of Ralston St and Johnson Dr. During the traffic stop detectives located about an ounce of heroin packaged for sales and cash from recent narcotic sales. Detectives served search warrants on Macias’ home and his vehicles and located more illegal drugs and evidence. It was discovered that the heroin Macias was selling is laced with fentanyl, a very potent synthetic opiate which has been responsible for a significant amount of drug overdoses in Ventura County.

At the conclusion of the investigation, detectives seized over a pound of methamphetamine and half a pound of fentanyl laced heroin along with thousands of dollars in proceeds from narcotic sales. It was discovered Macias has been selling drugs throughout

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Ventura County. Macias was arrested for possession of methamphetamine and heroin for sales and transportation of narcotics for sales. He was booked at the Ventura County Jail.

Arrest for Transportation and Sales of Methamphetamine

Ventura Police Department Patrol officer conducted a traffic stop in the 6000 block of Bristol Rd. During the investigation, VPD K9 “Jag” was used for a search for contraband and he alerted on the vehicle. During a search officers located over 6 pounds of methamphetamine and thousands of dollars in proceeds from illegal drug sales.

The suspect, 33-year-old Cesar Herrera, was arrested for possession of methamphetamine for sales and transportation. He was booked at the Ventura County Jail.

Harbor Patrol Blotter

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

2-20 10:55am, dispatched to a behavioral issue at 1500 Spinnaker Drive. Officers responded and found an individual under the influence of a hallucinogenic drug. No medical was present and the 19-year-old male was arrested by VPD.

4:15pm, officers observing very strong winds, 30kts sustained/gusts to 40kts.

2-21 11:30am, while on patrol, officers observed a sailboat taking on water in its slip at VHV G-dock. Officers dewatered about 2ft of water out of the vessel.

2-22 6:35am, received a report from US coast guard reporting a 58ft motor vessel eperb activation in Ventura Harbor. After an investigation the incident was determined to be a false alarm. The device was taken off the vessel and accidentally turned on in a moving vehicle heading inland.

2-23 2:20pm, dispatched to a fall patient at Seahorse Lane. Officers

responded and assisted Ventura fire department with the patient, moving the male to his bed.

11:32pm, while on patrol in boat 17, officers issued warnings to two fishermen on a 16ft vessel near the entrance for illegal placement of hoopnets in the harbor entrance. The nets were removed and the catch returned to the sea

2-24 12:03pm, received a report of a commercial fishing vessel not securely tied to its berthing. Officers investigated and found the vessel with loose spring lines. The vessel was re-secured by officers and the owner notified.

8:35pm, received reports of transients in the restrooms of Ventura Isle Marina. Officers responded and cleared the restrooms and ensured they were secured.

9:33pm, while on patrol, officers were contacted by the manager of the Ventura Marina Community. He advised that transients were trespassing through the park. Officers assisted and helped cleared the park of trespassers.

2-25 8:40am, harbormaster giving the new Harbor Commissioner a tour of the harbor on the fireboat.

8:53pm, received a report of a pitbull on the loose in the Harbor Village from the Dockmaster. Officers responded but were unable to locate the dog.

11:53pm, monitored VHF marine radio alerting that a 17ft motor vessel is submerged at the Channel Islands Harbor breakwall. Several fishermen in the area responding to the “securite” for more information on VHF 16.

2-26 10:53am, received a report of a robbery at the Village Market. Officers responded and investigated the report of a male transient who took cookies and candy without paying for the items. The incident is under investigation.

4:45pm, report of a 19-year-old male transient acting strangely and refusing to leave the Sheraton. Officers responded and contacted the individual. He was influenced to leave the area because he was trespassing.



The Pet Page



Dedicated to Scamp

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

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

93036 on Thursday, March 21st, and seco in the SPAN Thrift Store parking lot 110 N. Olive St. (behind Vons on Main) on Thursday, March 28th. Please call to schedule an appointment 805-584-3823.

■ While two of the train cars that comprise Carlee's Train Wreck were miraculously unharmed during the Thomas Fire in December 2017, one car was destroyed and had to be carefully removed, leaving an empty footprint in its place. Finding a replacement was imperative for veteran Search Teams and canine candidates to continue preparing for this type of industrial disaster, an indispensable part of their training for real-world scenarios.

Thanks to our friends at Fillmore & Western Railway, a new passenger compartment car was located in Salinas and on Wednesday, January 9, the logistically difficult journey began down Interstate 5. After hundreds of miles and a few tire blow outs SDF received word that the train car was about to begin its ascent up Wheeler Canyon Road. When the ground finally dried out from recent storms, the car was officially placed on January 30 in Industrial Park at the top of the campus, once again completing Carlee's Train Wreck!

National Disaster Search Dog Foundation, 6800 Wheeler Canyon Road, Santa Paula (even though it seems like Ventura).

■ Dear Sheldon:

Good news is that Xena (missing dog from last issue) was located and has been returned to her rightful person. Words are inadequate to explain Xena's joy when she was returned. Xena was beside herself with joy and love and could not get close enough to Nancy or get enough of being again with her.

Thank you very much for publishing Xena's Lost Flyer in the Ventura Breeze. Often it takes a village to find a lost dog. Thank you and Ventura Breeze for always doing your part to be of service to this community and to help this community become a better, kinder place to live.

I just learned last night that Marie Callendar's on Victoria has closed. Maybe this explains the reason that though I made three separate trips to the usual Ventura Breeze paper stand where I always pick up the paper, no papers had been left and instead the box was full of trash paper. I am glad to see copies of Ventura Breeze have been left at my vet's office—East Ventura Animal Hospital way out on the east end of Telephone. Betty Okrent

■ Parks, Recreation & Community Partnerships is happy to announce the expansion of the Camino Real Dog Park. A need arose for a space that would provide smaller dogs their own space, separate from larger breeds. After considering two possible expansion areas to provide the most room, the park was expanded outward adding a 70' by 70' area. This additional 4,900 square feet of room allows for small dogs to run and play.

Pamela Hazard and her dog Shula have been two enthusiastic supporters of the project through the whole process. "It definitely fills a need for smaller dogs. Everyone who has used it has been so appreciative," said Pamela. Now that the expansion is complete, many small dogs and their owners are enjoying the extra space to play. For more information contact Tom Martin, Parks Manager at tmartin@cityofventura.ca.gov.

■ For years, we've heard that dogs can be good for human physical and mental health in part because the canines' need for exercise gets their sluggish human companions out of the house for a walk at least a couple times a day.

University of Pennsylvania researchers point out that those walks sometimes end in broken bones and trips to the emergency room for older dog walkers. They estimate that nationally, the number of dog-walking fractures in people aged 65 and older more than doubled between 2004 and 2017, from 1,671 to 4,396. During that period, the number of older adults increased by 10 percent or 4.6 million. Because the team's data included only people seen in emergency rooms, the researchers believe there likely are more dog-walking-related fractures than they were able to count.

■ New Year's resolutions for the pet owner

I will provide a treat or toy when I leave the house or crate my pet as a "consolation prize" for having to be without me.

I will practice sit/stay with my pet, and I will practice in places and situations where I may really need her to sit and stay. For example, I will practice this in the car when I open the door and before letting her out and at the front door before we go out for a walk. If my cat has the habit of jumping into my lap and spilling my morning coffee, I will practice teaching her to sit when she comes up to me so that I will have the chance to put my coffee to the side before inviting her up.

I will turn my pet's grooming needs at home into training sessions, using his favorite treats or toys to reward him for letting me brush him, bathe him or clip his nails. If my pet has more complicated grooming needs, I will invest in grooming services with a reputable and certified pet groomer.

Scamp Club

(Scampclub pets are not for adoption.)



Ladybug is 4, born in the year of the Horse. She is a full Golden Retriever.

She is a true lady, elegant and graceful, soft and fluffy, and fiercely loyal. You can see Lady at the thrift store in Ojai, she is the resident shop dog. Or maybe we should call her the Shop Queen?

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.



Disaster Search Dog Foundation has a new train.



School Resource Officer Matt Thompson spent time reading to local students in honor of Read Across America Day! The national effort kicked off 21 years ago. The day celebrates reading and the birthday of author Dr. Suess who published over 60 children's books including classics like Green Eggs and Ham and Go Dog Go.

Ventura County Libraries offer free reading times and activities for our local kids throughout the year. Learn more at <https://www.vencolibrary.org/youth/kids>.

"The more that you read, the more things you will know. The more that you learn, the more places you will go." Stated Dr. Suess.

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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

Sunshine is the best of both worlds. Ready for a good adventure, but also down for a good cuddle if that's more your thing. She's done great with other dogs, big and small. She spent some time with one of our big pit bull dogs and did great with him. She's cool and confident. She walks well on a leash and is a volunteer and staff favorite. Oh, and she pees doing a headstand which is hilarious to watch. Ventura County Animal Services - Simi location - 670 W. Los Angeles Ave. Sunshine A703849



Hi, I'm Cole 2, a cute 4-year-old Chihuahua X who was rescued from Animal Services. I'm grateful to be given a chance to find my forever home. My foster mom has been taking me to training and I'm walking well on leash. I am beginning to be comfortable with one of my foster siblings, but needed to be separated for 3 weeks. On walks when encountering bigger dogs I do show some anxiety and will bark and pull, but my foster mom is working with me on not doing that.

I would do best in a quiet home where someone is home most of the time. At this time it is not recommended that I go to a home with children. If you're a patient, loving person who is willing to continue with my training, please call to make an appointment to meet me. I can't wait to start a new chapter in my life making wonderful memories with my special someone. Canine Adoption and Rescue League C.A.R.L.

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This 'n' That

Empowering lives through music

Continued from page 8

e tots will be able to catch a ball, climb, and play tag. The waving motions also strengthen the small muscles in their hands, wrists and fingers, so that the kids can soon color and write.

JAB scours his young audience, so he can make sure each kid is at the appropriate place developmentally. How is their speech? How is their ability to count? Do they make eye contact? Do they observe boundaries? His practiced eye gauges their approximate level.

JAB—who is a certified music therapist as well as a professional musician and a composer with more than twenty years of experience under his belt—gets “in tune” with his client to invoke a healing response. He recently sang “Don’t Sit Under the Apple Tree” to an eighty-year-old woman who had been diagnosed with dementia three years before. “I’m sorry my brain isn’t better,” she told him at their first meeting. “I’m here to help you keep what you have and hopefully turn it up a notch,” JAB replied.

The first thing that JAB noticed about her house was the large collection of African art she and her husband had amassed over the years. He took out a small drum and asked her to hit it as he placed it at different nearby angles. At the next session, he introduced a West African drum called the djembe. She smacked it with her bare hands, matching exactly the therapist’s series of different rhythms, rediscovering a creative outlet that had been closed off to her since she had ceased playing the piano two years before.

JAB also does music therapy with people who suffer from addiction disorders, chronic depression and bipolar disorder.

Everyone has their own personal soundtrack: music and words that speak to them and make them feel fully alive. Certified music therapy is relatively new territory to Ventura County, and JAB is one of the few trailblazers bringing essential services to our region’s very underserved population. Under his artful expertise, music truly works magic as it empowers lives.

To find out more visit empowering-livesthroughmusic.com.

Helping military families

Continued from page 14

in Encino and Ventura are hosting donation drives for the program from now until March 15. Donated items can be dropped off at 1891 Goodyear Ave, Suite 620, Ventura.

Items needed include diapers (any size), wipes, toys 0-12 months, teething, rattlers, stroller toys, push and pull toys, onesies, blankets and towels, and hygiene products, such as diaper cream, lotion, and baby shampoo. Bigger items are always welcome, such as gyms, jumpers, soothers or sound machines, baby monitors, and baby carriers/wraps.

“We are honored to help this altruistic organization help our nation’s military families,” said Tiffani Tendell, Vice President - Communications and Business Development at the NALA, which has introduced a multitude of diverse small businesses to one of its many top-rated charity partners via its

collective cause marketing program.

Operation Homefront is a national 501(c)(3) nonprofit whose mission is to build strong, stable, and secure military families so they can thrive — not simply struggle to get by — in the communities they have worked so hard to protect.

Ninety-two percent of Operation Homefront’s expenditures go directly to programs that support tens of thousands of military families each year.

To donate directly to Operation Homefront, please visit www.operation-homefront.org/donate.

12th annual ‘Stop Human Trafficking’

Continued from page 8

Rothchild said.

According to Rothchild in 2016, 5,788 more girls went missing than boys. In 2017 that number increased to 6,942 and in 2018, 7,982 more girls than boys went missing. Rothchild encouraged everyone to pay attention to warning signs in order to help these young girls.

“Be the best you that you could be and listen to your gut and those instincts when you can,” Rothchild said. “We all can make a difference, wherever we are and pay that forward.”

Following Rothchild’s speech Kris Hart, founder and CEO of 4Kids2Kids spoke about her experiences providing aid to kids who are victims of human trafficking.

According to the Soroptimist website 4Kids2Kids “provides safe homes for sex trafficking survivors.”

According to Hart, 43 girls have enrolled in 4Kids2Kids. After being in this program three girls returned to

their families, ten girls went into foster care, five girls graduated high school, three went to college/trade school, three rented their own apartment and three testified against their traffickers.

Hart emphasized that these victims are just children and the need to educate ourselves on the issue.

“If we don’t educate ourselves then we just don’t know,” Hart said. “If you see something you have to say something and that is how we promote change, and that is how we make a difference.”

Next, Darryl Evey, Executive Director of Family Assistance Program in San Bernardino spoke and explained different legislations that help victims of human trafficking.

These bills have and will treat survivors as victims rather than criminals which in turn gives them the opportunity to prosper in life. Without such policies survivors are not given the chance to fully recover and the only way to have policies that protect these women is to have the community promote and support such bills.

“Your legislatures need to hear from you. If they get 10 phone calls or emails on a bill, they ‘think wow that’s interesting,’ if they get 20 they stop what they’re doing and look at it. So, if every one of you contact all of your legislatures these bills will absolutely pass,” said Evey

For more information on the Soroptimists you can visit their website at <http://oxnardsoroptimist.org/>. If you would like to get involved and learn more about the bills that would help these young women you can visit <http://leginfo.legislature.ca.gov/>.



by Pam Baumgardner

VenturaRocks.com

This month marks the 10-year anniversary of VenturaRocks.com. I launched the website on March 17 because...well because it was ready to roll out, no other reason. But it's great to celebrate on a day where most everyone is happy to be out enjoying live music. So, let's get to what's going on music-wise for St. Patrick's Day this year.

Dargan's will have live music throughout the day with Irish bagpipers and such; the Brian Faith Band plays the Blue Agave; Kenny Devoe at the Boatyard Pub; Brandon Ragan Project at Copa Cubana; Shawn Jones at Grapes and Hops; along with Lauren Tannenbaum, bag pipers will make an appearance at The Shores (Oxnard); Bleeding Harp plays a special show at the VFW Hall; and as always, it's a special treat when the Ventura Fire Department Band makes their scheduled appearances on St. Patrick's Day starting at Social Tap at noon, then the Boat Yard Pub at 1:15, Made West at 2, Garman's Pub (Santa Paula) at 3:30, Rincon Brewery at 4:45 and wrapping up the day with a downtown crawl at 6 pm.

The Grape has another special event I want to make you aware of, they'll be presenting an artist out of New York City, Nir Felder, on Thursday, March 14 at the Hong Kong Inn. Felder is currently one of the hottest guitarists of the New York City jazz scene, not only are we lucky to have him play for us in Ventura, but the day before you can catch him on Ellen DeGeneres show.

Quick Notes: Margarita Villa in the Harbor is ramping up their live music again as the weather warms up; Naughty Pine out of Washington bring their brand of reggae to The Garage on Wednesday, March 13; the annual "Let's Go Out!" ARC event with The Vonettes, and Seth Pettersen & Friends will be at Bombay's Saturday March 16 from 5-8 pm; MisUnderstood rocks Food Truck Friday at the mall on Friday, March 15; a new duo, Heckel & Jeckel featuring Jerry Breiner and Divebar Steve (Kramer), play Winchesters on Friday, March 15; Uli Jon Roth (Scorpions) plays the Ventura Theater on Sunday, March 24; and finally the next artist to be featured on Ventura-RockSpot will be Karen 805, you can find the video interview on VenturaRocks.com mid-March.

By the way, I'd like to invite you to tune in for the Pam Baumgardner Music Hour airing on KPPQ-LP at 104.1 FM, or online at www.CapsMedia.org/Radio, or using the MyTuner app (for your phone). I play local and independent artists in and around the 805 as well as artists who come here to play. The show airs Tuesdays at 5 with rebroadcasts Friday at 5 and Sundays at noon. Oh! And don't forget to tell a friend!

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

3/13 – 3/26

- Black Angus**
4718 Telephone Road
Music 5:30 – 8:30 pm
Thursdays: Mark David Undercover
- 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 3/13: Shore Break
Fri 3/15 Corsican Brothers
Sat 3/16: Beach City Sound Club
Sun 3/17: Kenny Devoe
Wed 3/20: Catterwailers
Fri 3/22: Two's Company
Sat 3/23: Big Adventure
Sun 3/24: Goleta Sound
- Bombay Bar & Grill**
143 S. California Street
Thursdays, Friday & Saturdays: DJs
Sat 3/16: The Vonettes, Seth Pettersen (Let's Go Out! 5-8 pm)
- Café Fiore**
66 S. California Street
Wed 3/13: Big Adventure
Fri 3/15: Jason Bourne
Sat 3/16: The Collectives
Wed 3/20: Donna Butler
Fri 3/22: Instone
Sat 3/23: Self Righteous Brothers
Sun 3/24: Jangala Roots
Tues 3/26: Donna Greene
- 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
Sun 3/17: The Brandon Ragan Project
- Dargan's Irish Rub & Restaurant**
593 E. Main Street
Sun 3/17: Irish Music throughout the day
- Discovery**
1888 Thompson Blvd
Thurs 3/14: Synrgy, True Zion, Why Worry
Fri 3/15: 40 Oz to Freedom
Sun 3/17: Dr. Madd Vibe & the Missin' Link
Thurs 3/21: Sin Chonies
Fri 3/22: Ayla Nereo w/ Elijah Ray & Amber Lily
Sat 3/23: No Duh
Sun 3/24: Groove Session
- 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 3/15: Johnny and the Love Handles
Fri 3/22: Karen Eden & Bill Macpherson
- Garage**
1091 Scandia Avenue
Mondays: Karaoke
Wed 3/13: Naughty Pine
Sat 3/16: Whiskey Business
Sun 3/17: The Freakies, The Nightmare Continues
Sat 3/23: Acid Teeth, 3 Day Holocaust, Upper Downer, Life/Fail
- 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 3/15: Tex Pistols
Sat 3/16: The Divebar Messiahs
Sun 3/17: Shawn Jones
Fri 3/22: Brandon Ragan Project
Sat 3/23: Rose Valley Thorns
Sun 3/24: Gentlemen's Blue Club
- Hong Kong Inn**
435 E. Thompson Blvd
Wed 3/13: Teresa Russell & Tom Buenger
Thurs 3/14: Nir Felder
Fri 3/15: David Gorospe and Friends
Sat 3/16: The CocoKnuts (1-4 pm) Paid Time Off (7 pm)
Sat 3/23: Velmonts
- Keynote Lounge**
10245 E. Telephone Road
Tues, Wed and Sun: Karaoke
Thursdays: Open mic night
Fri 3/15: Pull the Trigger
Sat 3/16: What the Funk
Fri 3/22: Sean Wiggins
Sat 3/23: DJ-AVG
- Leashless Brewing**
585 E. Thompson Blvd.
Fri 3/15: Boom Duo
Sat 3/16: FIDO Band
Fri 3/22: The Salty Suites
Sat 3/23: Jacob Marques
- 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 3/14: RJ Bloke
Sat 3/16: Alec Ledbetter
Sun 3/17: Ben Schneid
Thurs 3/21: Will Breman
Sat 3/23: Kyle Swan
Sun 3/24: Detroit Sportsmen's Congress
- Majestic Ventura Theater**
26 S. Chestnut Street
Sun 3/24: Uli Jon Roth
- Margarita Villa**
Ventura Harbor Village
Sat 3/16: Crosscut 805
- Namba**
47 S. Oak Street
Sat 3/16: Dave Meder Trio
Sat 3/23: Donna Lynn Caskey
- Oak and Main**
419 E. Main Street
Sundays: Sing Time Karoke
Tuesdays: Beers Brothers Open Mic
Wednesdays: Brian Nicolet
Fri 3/15: Angel Arce
Sat 3/16: Cinnamon Whiskey
Fri 3/22: Medicine Hat
Sat 3/23: Mark Masson & Friends
- O'Leary's**
6555 Telephone Road
Wed: Karaoke

- Pacific View Mall**
(outside Trader Joe's)
Food Truck Friday 7-9 0m
Fri 3/15: Misunderstood
- Paddy's**
2 W. Main Street
Wednesdays: Karaoke
Fri & Sat: DJs
- Red Cove**
1809 E. Main Street
Thursdays: Open Jam night
Sat 3/23: Joecephus & George Jonestown Massacre
- Rock and Roll Pizza**
305 Arneill Road
Sat 3/23: The Guitar and Whiskey Club
- Saloon**
456 E. Main Street
Music at 10 pm
Sat 3/16: The Colour Coast, Aloud
- Sandbox Coffeehouse**
204 E. Thompson Blvd
805-641-1025
Thurs 6 pm, Weekends noon
Thursdays Open Mic
Sun 3/17: Sarah Burton
Sat 3/23: Steve Bedau
Sun 3/24: The Hellhounds
- Sans Souci**
21 S. Chestnut
Sundays: DJ Darko
Mondays: Karaoke
Tuesdays: DJ Nick Dean
Wednesdays: Open mic
Thursdays: DJ Spinobi
Fri 3/15: Sin Chonies
Sat 3/16: Black Star
Sat 3/23: Goat Rhythm, Pink Mist, Auxilio
Sun 3/24: Narthex Structure, All-a-Blur, F.S.K.I.D., Tom Foolery
- The Shores Restaurant**
1031 Harbor Blvd, Oxnard
Fri 3/15: Gary Ballen
Sat 3/16: Unkle Monkey
Sun 3/17: Lauren Tannenbaum
Fri 3/22: Troy Edwards
Sat 3/23: The Brandon Ragan Project
Sun 3/24: Karen Eden
- The Tavern**
211 E. Santa Clara Street
(805) 643-3264
Sundays: DJ Steezy Steve
Tuesdays: Karaoke
Thursdays: Get Right DJ
Sat 3/16: Noble Grizwald, Young Million
- Topa Mountain Winery**
821 W. Ojai Avenue, Ojai
Music 3-5 pm
Sat 3/16: Rich Sheldon Trio
Sun 3/17: Will Breman
Sat 3/23: Natalie Gelman
Sun 3/24: Patricia Avis Trio
- Topa Topa Brewing Co.**
104 E. Thompson Blvd
Thurs 3/14: Matt Sayles
- VFW Hall**
3801 Market Street
Sun 3/17: Bleeding Harp (1-4 pm)
- Winchester's**
632 E. Main Street
(805) 653-7446
Music at 7:00 pm; Sundays at 5 pm
Fri 3/15: Heckel & Jeckel
Sat 3/16: Braids & Dreads
Sun 3/17: Aaron Pax Taylor
Fri 3/22: Andy D.
Sat 3/23: The Swillys
Sun 3/24: Meg & Alex
- 1901 Speakeasy**
649 South B Street, Oxnard
Fri 3/15: Bobby Campbell
Sat 3/16: Tex Pistols
Fri 3/22: The Inside Break
Sat 3/23: Karen Eden
- The 805 Bar**
Ventura Harbor
Music at Noon
Saturdays: Kenny Devoe
Sundays: Kenny Devoe



Karen Payton and Adonna Ebrahimi will display their artwork in a show titled "Flower Power" at Fox Fine Jewelry from March 14 to May 12, with an Art Reception on March 16 from 6 – 8 pm.

Karen Payton attended her first Grateful Dead concert in the late '80s, where the tie-dyes, textiles, and flowing fabrics filled her soul as much as the music. She fell in love with doing embroidery, and applied this to her art.

Instead of brushstrokes, Karen uses needle and thread to paint her canvas with textiles.

From the moment she studied art in high school, Adonna Ebrahimi knew art was the path for her. She spent 16 years after graduation working for small, family-owned advertising and marketing agencies throughout Kentucky and New Jersey.

Primarily working in acrylic and incorporating other mixed media, Adonna creates bright, colorful compositions of flowers atop abstract backgrounds.



The Museum of Ventura County is honored to host the new exhibit *Broken: A Holocaust History in Fused Glass*, on display until April 27, in the Community Gallery.

"My parents' stories were incubating in my soul," explains artist **Frances Elson**. The desire to frame her parents' experience in the Holocaust and their family's displacement in numerous immigration camps as lessons for others mended perfectly with the artistic medium of fused glass.

The exhibit consists of six beautifully detailed and touching glass panels, as well as a book of poetry by Frances Elson's sister, a memoir to her great-uncle, a compilation of Cantorial and Yiddish music, and much more.

In support of *Broken: A Holocaust History in Fused Glass*, join us at the Museum of Ventura County in the Martin V. and Martha K. Pavilion on Sunday, March 24 from

2 – 4 p.m. for *Women's Stories from the Holocaust*, a panel discussion featuring Celina Biniatz, Inga Boldt, Lee Edwards, and Frances Elson. Donna Granata, Executive Director of Focus on the Masters, will moderate this moving and hopeful discussion focused on themes of family, love and survival. Admission is free for museum members, \$5 for nonmembers.

"Fran Elson's powerful tribute to her family will be shared in a compelling and affirming Gallery tour and presentation", explains Denise Sindelar, Programs Director at the Museum.

For more information on the exhibit and museum events, visit venturamuseum.org or call (805) 653-0323.



Special Exhibit: In celebration of Women's History Month, the Vita Art Center, located at 28 W. Main St., is exhibiting the artwork of four women artists that will be formally documented by FOTM in 2019. The work of Astrid Preston, Linda Ekstrom, Peggy Pownall and Hilary Brace is on display through March 22. This is the third annual all women's art exhibit co-curated by Vita Art Center and Focus on the Masters.



Summer's Light by **Astrid Preston**
2014, oil on canvas, 57x78 inches.

A Conversation with Astrid Preston

Sunday, March 17, 2019
3 to 4:30 p.m.
Museum of Ventura County

Astrid Preston has been called "one of America's most important contemporary landscape painters." Her evolution as an artist is impressive, spanning over five decades of expression from her early days assisting her father, an architect, which influenced her linear drawings, to exploring the myriad

of contemporary art movements. Her work has been exhibited in respected galleries and is held in notable museums throughout the United States and abroad. To learn more about Astrid, visit www.AstridPreston.com.

Free to FOTM members, \$15 for public; \$10 for seniors.

Special invitation to educators and students: The Artist Spotlight is open to students attending as a class assignment free of charge. FOTM is happy to assist with tracking attendance and sign-in sheets. Reservations required.

To RSVP visit www.FocusOnTheMasters.com or call 805.653.2501.

Special Exhibit: In celebration of Women's History Month, the Vita Art Center, located at 28 W. Main St., Ventura, will exhibit the artwork of four women artists that will be formally documented by FOTM in 2019. The work of Astrid Preston, Hilary Brace, Linda Ekstrom and Peggy Pownall will be on display through March 22. This is the third annual all Women's art exhibit co-curated by Vita Art Center and Focus on the Masters.



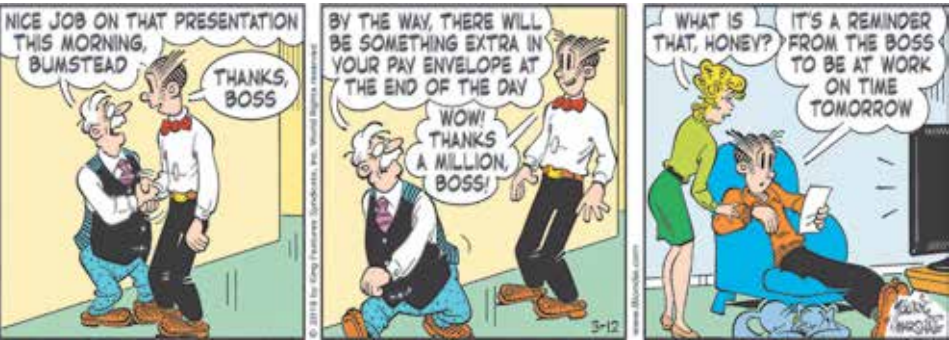
In our last issue we had an article and photo regarding the "Spread Peace and Love" mural by 50 third graders from Ventura Charter School of Arts and Global Education. The mural wasn't very well seen, here it is in all its glory.

Lighter Breeze

Baby Blues



Blondie



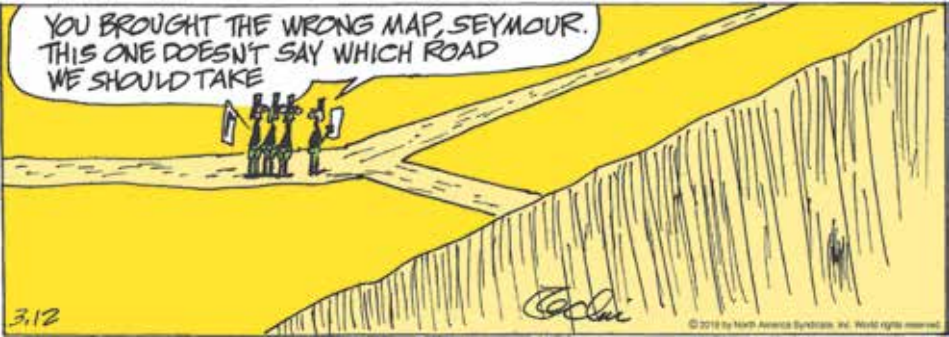
The Brilliant Mind of Edison Lee



Moose and Molly



Crook



The Unruly Old Guy



Solutions on page 17

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

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

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

- Final bio
- Enervate
- Venomous vipers
- Hawaii's capital
- Onetime head of Iran
- "What Not to Wear" specialty
- Greek vowel
- "— the season to be jolly"
- Improvised musically
- Pacific or Atlantic
- Presidential "no"
- Drink all at once
- Time between connecting flights
- Pitch
- Lively dance
- Spot on a domino
- Hollow pastry
- Grown-up nits
- Rewrite, maybe
- Luxury boat
- Forcible restraint
- A billion years
- Acknowledge
- Morning-after ailment
- Viral video, e.g.

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		

- Imagine in detail
- Scruff
- 24 hours
- Grandson of Eve
- "I, Robot" author
- Buy stuff
- de foie gras
- Roe provider
- Pork cut
- On
- Tenth mo.
- Fellow
- Franc replacement
- Man's man
- Bestowed profusely
- Grand tale
- Opulent
- Pantheon group
- Favorite
- Paul Reubens' character
- Herman
- Woolly
- Boo-Boo's buddy
- Rhett's shocking word
- Eye layer
- Cavort
- A deadly sin
- Literary collection
- Moving truck
- Id counterpart
- Notes between dos and mis

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LIBRA (September 23 to October 22) A sudden change of mind by someone you relied on could cause a delay in moving ahead with your plans. But those whom you've helped out before are prepared to return the favor.

SCORPIO (October 23 to November 21) You start the week feeling too shy to speak up in front of others. However, your self-assurance soon takes over, giving you the confidence you need to make yourself heard.

SAGITTARIUS (November 22 to December 21) One way to deal with a pesky personal dilemma this week is to meet it head-on. Insist on an explanation of why the situation reached this point and what can be done to change it.

CAPRICORN (December 22 to January 19) The creative Capricorn finds several outlets for her or his talents this week. Also note that while a romantic connection looks promising, remember to allow it to develop on its own.

AQUARIUS (January 20 to February 18) You stand out this week as the best friend a friend can have. But be careful that you don't take too many bows, or you might see gratitude replaced with resentment.

PISCES (February 19 to March 20) What seems to be an ideal investment should be checked out thoroughly before you snap at the offer and find yourself hooked by an expensive scam.

BORN THIS WEEK: Your wisdom is matched by your generosity. You are a person who people know they can rely on.

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Show Time

A View from House Seats

Conejo's Sweeny Todd delivers

by Shirley Lorraine

In the mood for something dark, brooding, frightening and thoroughly captivating? The current production of the award-winning musical thriller Sweeny Todd: The Demon Barber of Fleet Street at Conejo Players Theater in Thousand Oaks will fill the bill nicely.

The evil character of Sweeny Todd was first introduced in a Victorian penny dreadful. He has continued to come to life via book by Christopher Bond and, perhaps best known, as a musical by Stephen Sondheim. Sondheim outdid himself with the operatic score.

The story of Sweeny Todd is a dark one from start to finish. Benjamin Barker, recently released from exile in Australia, returns to London hoping to reunite with his wife and daughter. He was sent away by an unscrupulous man, Judge Turpin, who raped Barker's wife, Lucy, and took his daughter, Johanna, as his ward. Under the new name of Sweeny Todd, Barker seeks justice.

A young seaman, Anthony Hope, rescues and befriends him as he returns. Anthony becomes enamored by the beautiful Johanna, not knowing she is his friend's daughter. The judge hopes to marry her himself and does all he can to prevent the two young lovers to meet.

A barber by trade, Todd sets up his tontorial parlor above Mrs. Lovett's Meat Pie Shop to try and begin again. Widow Lovett admits that her meat pies are the worst ever, using stray animals for filling. When Todd finds out the true fate of his family, he vows to exact revenge upon the Judge, the judge's henchman, The Beadle, and others who wronged him.

Director Celeste Russi fully utilizes the intricate multi-story set by Aaron Van Etten to deliver new scenes, as well as the necessary functional tipping barber chair and chutes.

The vocally and musically challenging piece is superbly handled by the highly skilled large cast.

The cast does wear microphones for this production – a critical point to carry above the front and center orchestration led by David Fraley.

In the title role of Sweeny, John David Wallis knocks it out of the park, both vocally and in characterization. He manifests darkness inside and out without letup.

Dana Kolb as the Widow Lovett displays a fine voice and a cheeky,

humorous contrast to the brooding Todd. Wallis and Kolb are a good match who deftly tackle Sondheim's challenging score beautifully.

The ensemble creeps in and out of scenes throughout to add musical definition and context to the action. Collectively they embody their many mini-characters to full advantage. Veteran actors Steve Perren and Gary Saxer are particularly solid.

Mid-nineteenth century costumes add the right touches to the entire cast. Those worn by Judge Turpin (Kelly Green) and his servant The Beadle (Gabriel Gentile) convey the entitled attitude the characters require. Both are chillingly wonderful in their roles.

Vincent Perez is fresh and compelling as the seaman/suitor Anthony. He is complimented by Joanna Bert as Johanna.

Sweeny Todd at the Conejo Players Theater is a difficult Sondheim offering professionally presented.

Sweeny Todd Continues through March 24. Performances are Fridays and Saturdays at 8 p.m. and Sundays at 2 p.m. www.conejoplayers.org or 805-495-3715 for tickets. Adults \$20, Students, Seniors and Military \$18.



Devin Fulton practices with local and Los Angeles dancers for their upcoming contemporary dance show.

"An Indefinite Duration" Contemporary Dance Event

by Amy Brown

Ventura choreographer Devin Fulton has been dancing since age three,

and is now bringing her decades of experience to the fore in a new contemporary dance show she directs, featuring talented choreographers and dancers from both Ventura County and Los Angeles. "An Indefinite Duration" has nine pieces, each exploring the human obsession with time, from efforts to speed it up, slow it down, or turn it back, while touching on determining how to live in the present. The diverse suite of ten performers, ranging in age from 23 to 43, goes through precarious journeys like ending love, reinventing friendships and aging hiccups. Clocks are suspended above the stage, and dancers interact with them, powerfully weaving the theme of the variance of time throughout the show.

"This is the first time I've combined using local community dancers with professional performers in the same show," said Fulton. "It's been a huge growth opportunity for all of us—the beauty of it is finding ways to create an experience that works for everyone. I get to think outside of my own box, and I think the finished product is really amazing." Fulton shared that contemporary dance is, by definition, subjective, and audience members will have the opportunity to individually interpret what they see and hear. Her hope is that people get a little glimpse of many different human experiences. "They may cry a little bit, laugh a little bit, or be inspired to shimmy a little as the show unfolds," said Fulton. "Either way, we welcome the audience to come play with the hands of time by diving with us into the sometimes heavy, sometimes funny, and always multidimensional ways we exist as humans."

"An Indefinite Duration" will have 8 pm performances on March 23, 2019 at Hamsa Dance & Yoga Studio in Ojai and on March 29th and 30th at NAMBA Performing Arts Space in downtown Ventura. Its choreographers include Fulton, Gianna Burright, Brittney Nevison, Estéfano Suazo, and Anthony Arellano. Tickets are \$20 and can be purchased at www.devin-fulton.brownpapertickets.com.

Ventura County Grand Jury opens 2019-2020 Application Process

Ventura County residents have an opportunity to provide a valuable community service while learning about local government by serving on the Ventura County Grand Jury. Applica-

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

Discovery VENTURA

LIVE MUSIC • BOWLING • FOOD & DRINK

3/14: SYNRGY X TRUE ZION X WHY WORRY
3/15: SUBLIME DAY W. KYLE SMITH
3/16: MIDGET MANIA - SHAMROCK SLAM
3/17: DR. MADD VIBE & THE MISSIN' LINKS
3/22: AYLA NEREO W. ELIJAH RAY & AMBER LILY
3/23: NO DUHI - TRIBUTE TO NO DOUBT
3/24: GROOVE SESSION
3/28: SGT. PEPPER - TRIBUTE TO THE BEATLES
3/30: WHO'S BAD - TRIBUTE TO MICHAEL JACKSON
4/5: KARLA PEREZ - TRIBUTE TO SELENA

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

tions are now available for the 2019-2020 Grand Jury at <https://www.ventura.org/grand-jury>. The Grand Jury offices are located at 646 County Square Drive, 3rd Floor, Ventura.

The Grand Jury is a panel of 19 volunteers who investigate issues and citizen complaints and make recommendations to improve the operation of local government. The jury's work is presented in a published final report.

The Grand Jury may examine all aspects of Ventura County government, the 10 city governments as well as special districts and other agencies funded by tax dollars.

To become a Grand Juror, you must be 18 years or older, a U.S. citizen and a Ventura County resident for at least one year. A complete list of requirements and the application form can be found at: <https://www.ventura.org/grand-jury/become-a-grand-juror>.

Presented by

VENTURA WATER

Thank you to our Sponsors:

RSVP at www.watertake1.com

Join us
Thursday, March 21, 2019
6:00 pm for Drinks & Appetizers

Buenaventura Banquet Center
5882 Olivas Park Drive
Ventura, CA 93003

Water: Take 1 Film Festival
presents water-themed short films that showcase critical water issues as well as community efforts in water conservation, resource management, and sustainability.



This 'n' That

SEEAG seeks business/organization supporters for new mobile classroom

As part of its new Ventura County Child Wellness Initiative, Students for Eco-Education & Agriculture (SEEAG) is bringing its message of healthy eating, proper nutrition and daily exercise to classrooms throughout Ventura County using its new 30-foot-long cargo van—the “Farm Fresh Mobile Classroom.”

Over the next three years, the mobile classroom van will visit over 120 schools, reaching 10,000 Ventura County second through fourth graders, many who are Title 1 low-income children. SEEAG will introduce hands-on activities to increase children’s knowledge and preference for fresh Ventura County fruits and vegetables. As part of the program, students will get a chance to prepare healthy snacks using locally grown crops. They will also learn how to incorporate healthy living practices, good nutrition and exercise into their daily activities.

The colorful van will carry free educational supplies, Ventura County-grown farm fresh produce and recipe cards and nutrition information that students can share with their families. In addition, SEEAG will be promoting oral health by supplying free toothbrushes and dental floss.

To help cover van and transportation costs, SEEAG is making available 11 positions on the vehicle for business/organization logo placement—four on each side and three on the back.

“We want kids to get excited whenever

they see our van pull up at their school,” says Mary Maranville, SEEAG founder and CEO. “Our goal is to cultivate a deeper appreciation for our local agriculture, and healthy eating and wellness practices that will stay with these young students throughout their life.”

For more about how to add a logo to SEEAG’s Farm Fresh Mobile Classroom, visit www.SEEAG.org and click on “Support Us” (www.seeag.org/vccwi) or email SEEAG’s Emily Hidalgo at emily.hidalgo@seeag.org.

Founded in 2008, Students for Eco-Education and Agriculture (SEEAG) is a nonprofit organization that aims to help young students understand the origins of their food by bridging the gap between agriculture and consumption through its agricultural education programming. SEEAG’s “The Farm Lab” program based in Ventura County teaches schoolchildren about the origins of their food and the importance of local farmland by providing schools with classroom agricultural education and free field trips to farms. Through this program, over 25,000 elementary school students in Southern California have increased their understanding of the food journey. SEEAG also hosts annual Farm Days—Santa Barbara County Farm Day, September 28, 2019 and Ventura County Farm Day, November 9, 2019.

For more information, visit www.seeag.org or email Mary Maranville at mary@seeag.org

Red Cross: Severe shortage of type O blood

The American Red Cross has a severe shortage of type O blood and urges type O donors – as well as eligible blood and platelet donors of all blood types – to give now to ensure lifesaving patient care isn’t impacted this winter.

Type O blood is the most in-demand blood type, helping patients facing life-threatening conditions and emergencies every day. Type O negative blood can be transfused to patients with any blood type and is what emergency room personnel reach for when there’s no time to determine a patient’s blood type. Type O positive blood is also especially needed because it is the most transfused blood type and can be given to Rh-positive patients of any blood type.

Having a readily available blood supply is critical for patients like Luna Giles, who at the age of 1 1/2 has already underwent two heart surgeries and required over a dozen transfusions.

Right now, the Red Cross has less than a three-day supply of most blood types, and blood products are being distributed to hospitals faster than donations are coming in. Recent snowstorms and severe weather in many parts of the country have forced hundreds of blood drive cancellations, causing more than 20,000 blood and platelet donations to go uncollected.

Individuals of all blood types – especially type O – are asked to make an appointment to donate blood or platelets by

downloading the free American Red Cross Blood Donor App, visiting RedCrossBlood.org or calling 1-800-RED CROSS (1-800-733-2767).

Upcoming blood donation opportunities Feb. 25-March 31

3/14/2019: 8:15 a.m. - 2:15 p.m., Ventura High School, 2 North Catalina

3/18/2019: 8 a.m. - 2 p.m., Ventura College, 4667 Telegraph Road

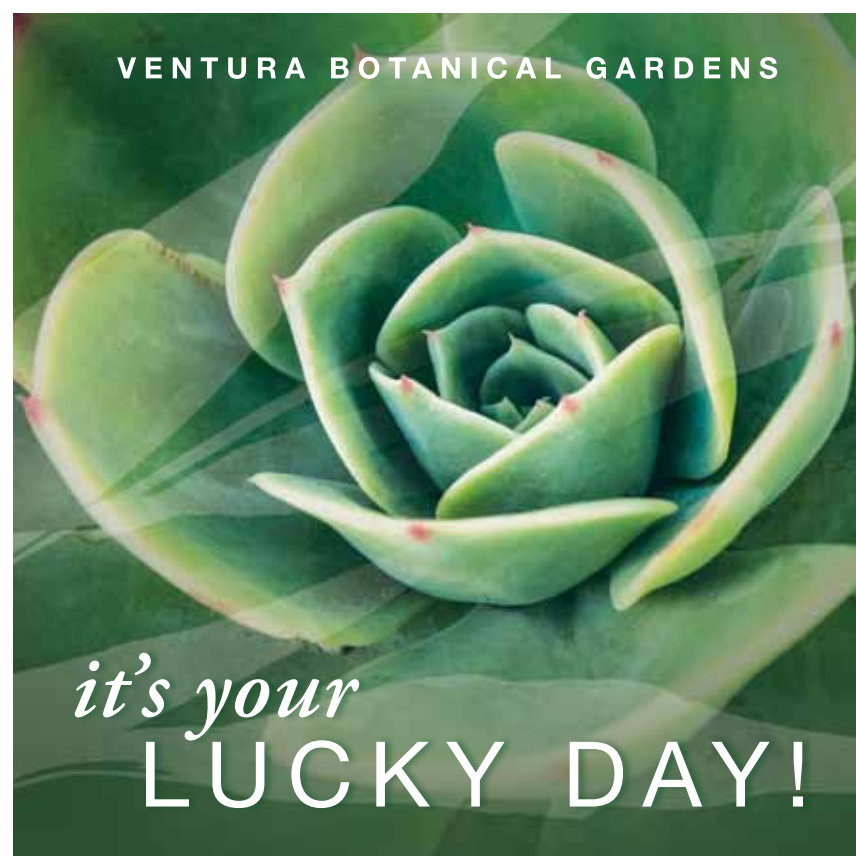
3/18/2019: 2 p.m. - 8 p.m., Ventura College, 4667 Telegraph Road

3/19/2019: 11:30 a.m. - 5:30 p.m., Knights of Columbus, 36 S. Figueroa St.

How to donate blood:

Simply download the American Red Cross Blood Donor App, visit RedCrossBlood.org or call 1-800-RED CROSS (1-800-733-2767) to make an appointment or for more information. All blood types are needed to ensure a reliable supply for patients. A blood donor card or driver’s license or two other forms of identification are required at check-in. Individuals who are 17 years of age in most states (16 with parental consent where allowed by state law), weigh at least 110 pounds and are in generally good health may be eligible to donate blood. High school students and other donors 18 years of age and younger also have to meet certain height and weight requirements.

Blood and platelet donors can save time at their next donation by using RapidPass® to complete their pre-donation reading and health history questionnaire online, on the day of their donation, before arriving at the blood drive. To get started, follow the instructions at RedCrossBlood.org/RapidPass or use the Blood Donor App.



Free Admission on St. Patrick's Day!

Bring your family and friends to enjoy the Gardens. Dogs are welcome to come too!

JOIN US

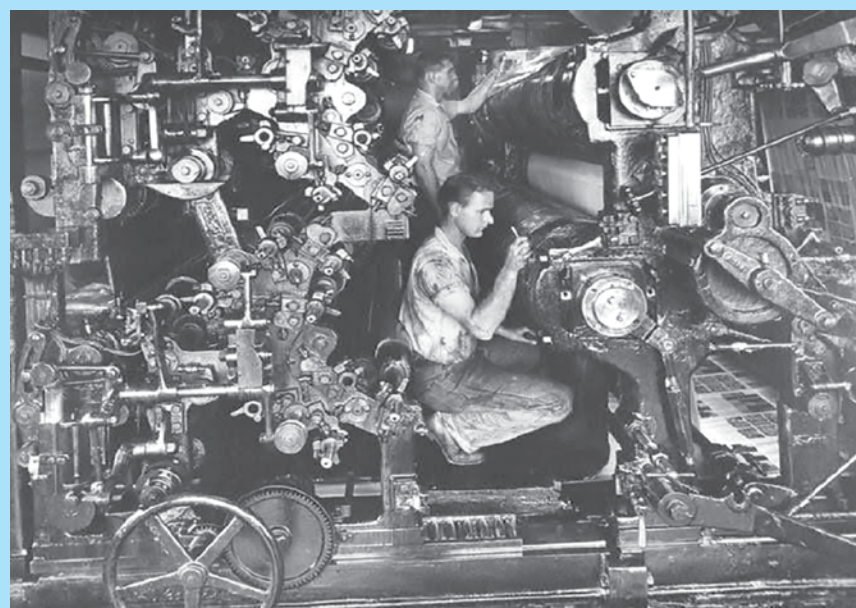
Sunday, March 17th

HOURS

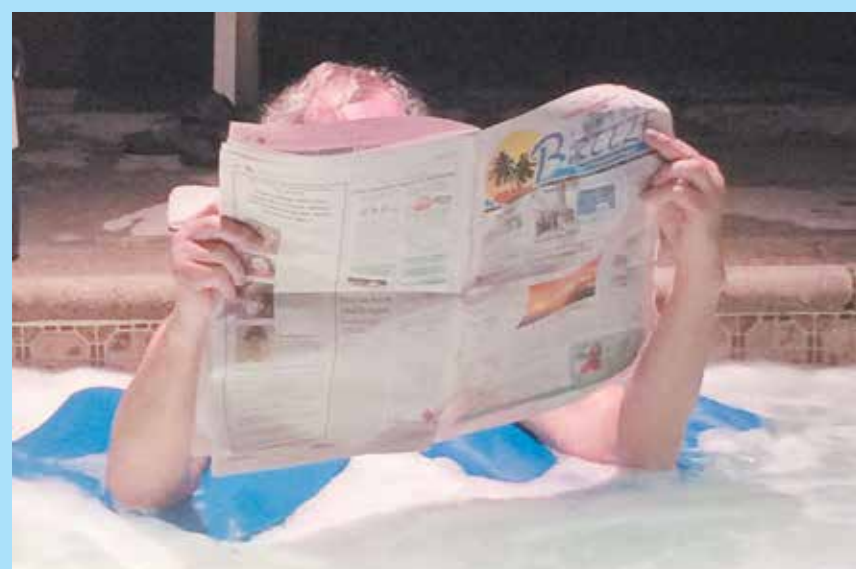
9am-5pm

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The Ventura Breeze staff busy printing the next edition of the Breeze.



Some members of the Pierpont Racquet Club can't even wait to get out of the spa to read the Breeze.