



VENTURA BREEZE

Your Hometown Paper

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Leadership abilities that last a lifetime.

YMCA Summer Camp is more than just child care

The Ventura Family YMCA is gearing up for another summer filled with adventure, laughter, and enriching the lives of the Y campers, parents and staff.

Summer Camp is more than just child care, Y camp creates a world of good where children find a sense of belonging, and parents are assured their child is safe and making new discoveries every day.

YCamp is accredited by the American Camp Association, which recognizes that the YMCA facilitates summer camp programs that are committed to building a safe, nurturing environment for their children.

The memories, friendships, and skills from summer camp stay with a child long after back-to-school. While a child is free to play and explore at camp, they are also developing cognitive and social-emotional abilities.

"I was a bridesmaid in a wedding of a friend I met at Y Camp. We were campers, then camp staff together. I led her entire wedding party in a repeat-after-me song we learned while at Y Camp. It was a full circle moment." Shianne Motter, former Y camper.

Play time with new friends is not time wasted. Summer Camp at the Y is structured with adventure, songs, sports, and crafts, which serve as powerful forms of self-discovery, and teachable moments. The enrollment & registration process

Continued on page 3



Surfrider volunteers cleaning up Ormand Beach. Photo by Vince Kinsch.

Sustainability Now News

Surfrider volunteers: Making a wave of difference in our community

by Maryann Ridini Spencer

The Surfrider Foundation, dedicated to the protection and enjoyment of the world's ocean, waves, and beaches, organizes activities, champions for policy change, and fights legal battles for our coasts.

Tuesday, April 2, Surfrider's Ventura

County Chapter will be holding its annual Core Volunteer Orientation and Chapter Meeting and Social from 6:30-8:00 pm at Patagonia, 235 W. Santa Clara Street. The event will feature food, drinks, and prizes for attendees.

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Senior Case Manager Jimmy Pete helps determine the eligibility of candidates for services at the facility.

New Social Services for Veterans added

by Amy Brown

The Salvation Army Family Service Center on Oak Street in Ventura has received a grant from the Department of Veterans Affairs (VA) and now has a new five bed section for transitional housing specifically for homeless veterans. The section now makes a total of 17 beds, in addition to the existing eight for men, and four for women in the large facility. The 24/7 center provides housing, three meals a day, case management, and healthcare benefits, all geared towards helping individuals make the transition from homelessness to a range of housing options in the area. The new veteran's section was added in January of this year, and has been full ever since, according to Salvation Army Program Director Sandra Troxell. "It's a great time to be a veteran—we've seen the most services ever offered during this time," says Troxell. "Our organization is well connected with providers both in and out of the county, and we are accepting veteran candidates not just locally, but from all over the country."

According to Troxell, most clients stay at the facility for an average of 90 days, although some emergency cases may only stay for 30. With the current area housing crisis, average local Ventura County rents are extremely high, avail-

Continued on page 3



The community came together with Ventura Police Officers in a friendly, informal environment to discuss community issues, build relationships and enjoy a good cup of coffee for Coffee with a Cop which was held at the new Starbucks located at 4722 Telephone Road, on March 14. Photo by Michael Gordon.

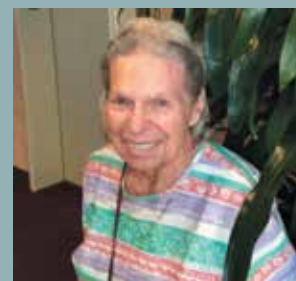
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I LOVE my apartment. I would buy it if they would let me! I love speaking with other folks here because they have been through the same things I have and this is very important. I go to lunch and sometimes don't return to my apartment until three hours later from all the talks I have with my friends! And the staff here really show they care.
Mary Honore, Resident

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Notice of Availability of a Draft Environmental Impact Report

The City of San Buenaventura (City of Ventura) as the Lead Agency under the California Environmental Quality Act (CEQA) has prepared a Draft Environmental Impact Report (DEIR) for the proposed Ventura Water Supply Projects. The proposed projects would protect the ecology of the Santa Clara River Estuary (SCRE) and develop additional water supply sources to enhance water supply reliability. Implementation of the VenturaWaterPure Project would include construction of a new advanced water purification facility (AWPF) to produce highly purified water for indirect or direct potable reuse. The construction and operation of the AWPF and associated facilities would include a product water conveyance system, groundwater injection and extraction wells, a concentrate discharge system, and reconfigured and potentially new freshwater treatment wetlands for any remaining discharges. There is potential for a significant and unavoidable impact related to construction noise from the construction of the concentrate discharge facility. The construction of a new AWPF would be located within the City of Ventura or in nearby unincorporated Ventura County within one of three proposed 5-20-acre sites. The DEIR also evaluates the potential need for an ocean desalination facility if recycled water supply from VenturaWaterPure is insufficient to meet the City's dry year water demands. The desalination facility option will only be evaluated at a program level at this time, whereas the other water supply projects will be evaluated at a project level.

Pursuant to Section 15082 of the CEQA Guidelines, the City of Ventura is soliciting comments from the public about these projects. A copy of the DEIR is available at the City Planning Division Counter, located at 501 Poli Street, Room 117, Ventura, CA 93001 and online at <https://www.venturawater.net>. The DEIR will be circulated for a 45-day period for public review, beginning March 6, 2019 and ending April 22, 2019. In accordance with the time limits mandated by CEQA, comments on the DEIR must be received by the City no later than 5:00 p.m. on April 22, 2019.

The public and interested parties are invited to comment on the proposed project, and submit written comments to Gina Dorrington at 501 Poli Street, Room 120, Ventura, CA 93002-0099, or by email at gdorrington@cityofventura.ca.gov.

A public meeting will be held, as part of the City's regularly scheduled Water Commission meeting, to provide a brief overview of the DEIR at 5:30 p.m. on March 26, 2019 at Ventura City Hall, Community Meeting Room (Room 202), 501 Poli Street, Ventura, CA 93001. The public meeting will include a brief presentation providing an overview of the proposed water supply projects and the CEQA process., there will be time for questions. Written comment forms will be supplied for those who wish to submit comments in writing at the public meeting. Written comments also may be submitted any time prior to the Public Draft EIR comment due date.

City Council Briefs

by Richard Lieberman

During a regularly scheduled meeting of the Ventura City Council recommendations and voting, along with special presentations and announcements were conducted including the Mayor for a Moment program enabling students from local schools to sit in the Mayor's chair and present an essay to the council and public.

This month Joey Baccerra from Junipero Serra Elementary School was honored as Mayor of the Moment by the City Council. Joey took the Mayor's seat and read an essay he penned. An avid sportsman Joey was lauded by teachers and administrators for his excellent academic achievements and his sportsmanlike attitude in everything he has accomplished.

Another special presentation followed A Census Presentation "The Road to the 2020 Census" given by Jesse Gonzalez, Partnership Specialist, U.S. Census Bureau, Los Angeles Regional Census Center. He discussed the importance of the census in the allocation of Federal funding for cities and how important the results will be for the City of Ventura.

The meeting then moved on to consent items:

Item 8B: Lease agreement- the City of San Buenaventura and Los Angeles SMSA Limited Partnership, dba Verizon Wireless by Air Touch Cellular, to operate a cellular site at 350 Summit Road, Ventura, Ca. (Grant Park)

Recommendation:

Approve and authorize the Mayor to sign the lease agreement

Designate the City Manager to act as the agent for the city to sign all related documents and subsequent amendments thereto to implement this agreement.

Authorize Finance and Technology to appropriate funds to the proper projects, accounts, and funds for reimbursement of expenses incurred by the city as a result of this lease agreement.

Passed by the Council

Item 8H: Sewer line replacement -Seaside wastewater Force Main Authorize the Mayor to execute a professional services agreement with Fippen Engineering, Inc. to provide construction management services, in the amount not to exceed \$135,390

Passed by the Council

Item 8I: Sewer line Replacement - Seaside Wastewater Force Main- Authorization to Execute Professional services Agreement with Padre Associates, Ic. For Environmental Consulting Services.

Recommendation:

Approve and authorize the mayor to execute a professional services agreement with Padre Associates in an amount not to exceed \$135,390

Passed by the council

Item 8E: Amend Special Event Indemnification and Insurance Requirements

Recommendation:

Amend the insurance requirements for special events based on the three-tiered structure and eliminate the requirement for vendor insurance for most Special Events.

Direct the City Attorney to draft an ordinance to amend the municipal code

Passed by the council

Item 8F: Bus Stop Use Agreement with FlixBus

Recommendation:

a. Authorize the City Manager to execute the Bus Stop Use Agreement with FlixBus

City News

7th Annual Water: Take 1 Film Festival honors local "Difference Makers"

Ventura Water announced the 2019 honorees at the 7th Annual Water: Take 1 Film Festival, a free community event held March 21 at the Buenaventura Banquet Center, in celebration of World Water Day. Ventura High School's environmental club and Surfrider Foundation's Ocean Friendly Garden program were presented with the Community Partnership Award. Local environmental advocates, Ron and Barbara Barrett received the Community Member Award, and CLEAN International was awarded the National Organization Award. All honorees received a \$500 award for their inspirational conservation efforts and commitment to elevating the value of water.

City of Ventura Mayor Matt LaVere kicked-off the film screenings of water-themed short films profiling each honoree's inspiring story. The films can be viewed at www.watertake1.com.

The Water: Take 1 Film Festival, recognizes individuals, non-profits and organizations with exemplary efforts in water conservation, resource management, and sustainability by producing short films in honor of their commitment to making a difference. The event is proudly sponsored by Carollo Engineers, Nossaman LLP, Hopkins Groundwater Consultants, and Kennedy Jenks Consultants.

"This year's honorees exemplify the critical efforts of community members that inspire change through forward thinking water conscious actions and initiatives," said Ventura Water Interim General Manager Susan Rungren.

Event sponsors Hopkins Groundwater Consultants, and Kennedy Jenks Consultants recognized Surfrider Foundation's Ocean Friendly Garden program for partnering with Ventura High School students to replace over 1,000 square feet of lawn with a new water wise garden. The new landscape was designed to save water, prevent stormwater pollution, and serve as a demonstration garden for the public.

Representatives from Nossaman LLP presented the Community Organization Award to Ron and Barbara Barrett for their leadership in protecting local watersheds and inspiring youth to care for the environment. For more than 30 years, the couple has volunteered as site leaders for the Ormond Beach annual Coastal Cleanup Day.

CLEAN International, whose mission is the eradication of waterborne illness and an end to the daily walk for water worldwide, was presented the National Foundation Award by Carollo Engineers. The Ventura-based non-profit organization advocates for clean, sustainable, and convenient water and sanitation around the world.

b. Authorize the City Manager to delegate the signing authority for a future year contract to Public Works Director.

Passed by City Council

Item 8C Consideration of 2019 Amgen Tour of California Cycling Race Contract with AEG and Agreement with Ventura Visitors Bureau and Agreement with Convention Bureau for Hotel and Team Meal Requirements

Approve the proposed Amgen Tour of California Cycling Race Contract

Authorize the interim Community Development Director to Execute an agreement with Ventura Visitors and Convention Bureau for \$82, 519 for Hotel and team meal requirements from funds already allocated by council

Passed by the Council.

12B: Museum of Ventura County Funding for Fiscal Year 2019-2020

Recommendation:

Provide direction regarding funding with the Museum of Ventura County to support general operations through June 30, 2020

Authorize the City Manager to execute a Funding and Services Agreement not to exceed \$250,000.

Passed by council with one opposing vote by Councilman Jim Friedman.

Winning entries of St. Patrick's Day parade

There were 76 parade entries. The parade theme was "Memories of the Past." The Grand Marshal was a nod to the past honoring the Grand Marshals of all the past parades, led by Jim Monahan.

The winners are:

Color Guard: Oxnard High School Air Force Junior ROTC

Bands

High School Band: (Tie) Marching Swarm of Oxnard High School, Buena High School Marching Band

Junior High School Band: Ocean View Jr. High Seahawk Marching Band

Adult Band: Pacific Coast Highlanders

Pipe Band

Families: The McGrath Family

Equestrian: El Brillante II & My Good Silver (2 single horses)

Clubs and Organizations:

Adult: Ventura Hot Rodders

Youth: Thousand Oaks High School Cheer and Stunt Team

Non-Profit: Totally Local VC

Vehicles:

Antique: Ventura County Model "A" Ford Club

Special Interest: Ventura County Corvette Club

Commercial: Rabobank

Media: (tie)

Cumulus Media, Gold Coast Broadcasting

Novelty: Surf Rodeo

Walking Entries: Billy Clower Dance Studio

Most Irish: Claddagh School of Irish Dance

Environmental Green Theme: Servpro Ventura

Restaurants and Pubs: O'Leary's Tavern

Government Agencies: Ventura City Firefighters

Mayor's Trophy: Surf Rodeo

Best in Parade (Arnold Hubbard Perpetual Trophy): O'Leary's Tavern

Judges for the parade were Roger Rice, Ventura Unified School District; Robyn Daniels, Rabobank; Celina Zacarias,



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City News

California State University Channel Islands; James Lockwood, Ventura County Fairgrounds and Connie Stahl, Elk's Lodge #1430.

New Social Services for Veterans added

Continued from page 1

ability is low, and many veterans have fixed incomes of only about \$900 per month. Approximately 50 candidates for the transitional housing services come to the Oak Street facility per month to seek help. "Some are referrals, some just come and knock on the gate, and either way I sit down right down with them to see if they are eligible" says Jimmy Pete, Salvation Army Senior Case Manager. "Veteran candidates are provided with even more coordinated and streamlined efforts, including working with County Behavioral Health. Each vet gets six different types of workers on his or her case from both Los Angeles and Ventura."

The facility's team provides up to six months of case management after placements, to provide home visits, make sure that each client is doing well, and has no problems with landlords or neighbors. The center is also planning to recruit for a Housing Navigator position, to further interface and advocate for veterans after they are connected with landlords. Pete shares that those transitioning from homelessness to housing opportunities need coaching and retraining assistance. "We provide help with some things that many of us might take for granted, including hygiene and even how to use a day planner," he says. "These are clients that might have at one point graduated from college, but now they are just beaten down from being

homeless and need the support."

Another new offering from the Family Service Center on Oak Street is for the community as a whole. The facility has a professional eye clinic, which is funded and partially staffed by volunteers from the Rotary Club and the Lion's Club. The new weekly clinic hours are Tuesdays from 9am-11am and are open to the public, no questions asked, with a local optometrist providing free eye exams, glasses and other services. The public is encouraged to arrive early, as it is first come, first served and limited to the first six of seven cases each week.

"That is what I love about the Salvation Army," shares Troxell. "It's ever changing; the organization is able to see what the community needs, and has a great ability to adapt, ask what does the community need, and adjust to fill that gap."

YMCA Summer Camp

Continued from page 1

can be completed online for the first time this year, and camp is filling up at record speed. Make sure your camper does not miss out on the best summer ever at the Y. To register, visit: www.ciyymca.org/camp

The Y is the nation's leading nonprofit committed to strengthening communities through youth development, healthy living and social responsibility. The Channel Islands YMCA serves over 46,000 individuals and provides over \$1.3 million in financial assistance to families in need for child care, YMCA memberships, away and day camps, youth sports, and teen after-school programs. For more information about the Ventura Family YMCA visit www.ciyymca.org/ventura

Hello April!
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VENTURA BREEZE

Your Hometown Paper

Member, Ventura Chamber of Commerce

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

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I have no special talents.
I am only passionately curious.
— Albert Einstein

(Oh sure, we should all have his "no special talents.")

Opinion/Editorial



Sheldon (Governor) Brown
Publisher-Editor

■ According to a report released by the Ventura County Fire Department, it has been determined that **Southern California Edison** power lines did cause the Thomas fire. Investigators concluded that the fire was started by two power lines that hit each other during high winds on Dec.4, 2017. What happens next might need to be determined in the courts.

■ Okay, I promise, no more comments from me (from readers still okay) about **Trump**, this is it. I thought that my comments would create an open, interesting, intellectual dialog, but apparently did not with certain readers.

One reader said that the Breeze used to be a nice local paper but is now too political. This is nonsense, the Breeze is exactly what it has always been (even better) except for some comments that I might make, or letters from readers. And, perhaps 2-3 political cartoons each year. Maybe 500 words out of 30,000.

I certainly hope to hear from Trump supporters about why you like him. But don't get mad if you only see letters criticizing him, because that might be all that we receive.

■ The City Council has authorized the City Manager to execute a Funding and Services Agreement not to exceed \$250,000 to the **Museum of Ventura County**. I agree with this decision. In addition to local visitors, the museum brings outsiders to Ventura.

It passed the council with one opposing vote, which came from Councilman Jim Friedman. When running for council Jim said he would only approve funding for "core" projects. I don't agree with him but can respect that he is "sticking to his guns." Is it still okay to use that phrase?

■ You will be happy to know that the value of the number **pi** has been calculated to a new world record length of 31 trillion digits, far past the previous record of 22 trillion.

Emma Haruka Iwao, a Google employee from Japan, found the new

digits with the help of the company's cloud computing service. Pi is the number you get when you divide a circle's circumference by its diameter. Very important in math.

■ It just slays me to hear people getting upset because what they post on media sites can be seen by the general public. Like, "I'm very upset that the **naked pictures** of me that I put on Facebook are being looked at." Gosh, maybe they shouldn't post them?"

Some folks are really stupid (not Breeze readers of course). In order to drive in the **carpool lane**, a driver placed two jackets filled with clothing in his car. The minimum fine for a carpool violation is \$490. For that amount, he could hire people to ride with him.

■ If you haven't heard, some employees and coaches of major universities have been taking very large bribes from parents so their kids could get into the schools. Even going so far as to photoshop their kid's heads onto the bodies of athletes so coaches could be paid to put them on their teams.

I would be very disappointed to find out that my parents paid USC \$500,000 to accept me, and that it wasn't my superior intelligents that got me in.

■ The Journal of Abnormal Psychology has reported that more young adults are experiencing **mental health issues**. The study found an increase of 65% between 2009 and 2017 of young adults reporting symptoms of depression and a significant increase in reporting serious psychological distress and, much more alarming suicidal thoughts.

The authors of the report said that digital media might play a role in this increase.

In my very unprofessional opinion, the loss of human contact as a result of digital media could be one of the problems - especially texting as a way of communicating has been very harmful.

"How did grandma sound when you spoke to her?" "I don't know we texted!"

"What did you do when mom sent you outside to play?" "I played war games on my tablet on the front porch."

■ **Measles** cases have cropped up across

the country nearly two decades since the highly contagious disease was said to be eradicated in the U.S., according to the Centers for Disease Control and Prevention. It is also on the rise throughout the world.

Some 228 measles cases were reported to the CDC in the U.S. between Jan. 1 and March 7, more than half of the 372 cases that were reported during all of 2018.

A federal judge in New York has denied a request to let 44 unvaccinated children return to school after their parents sued the Rockland County Health Department over a policy enacted in December. The parents argue that Commissioner Patricia Schnabel Ruppert's order to keep unvaccinated children out of school violates religious objections to vaccinations.

Would love to hear from readers exactly what the religious objections are? Is this contained in the bible or the ten commandments?

■ In the largest study of its kind, a team from New York University Langone School of Medicine investigated people who had suffered cardiac arrest and 'come back' to life.

Study author Dr Sam Parnia told Live Science, "They'll describe watching doctors and nurses working and they'll describe having awareness of full conversations, of visual things that were going on, that would otherwise not be known to them. He said these recollections were then verified by medical and nursing staff who reported their patients, who were technically dead, could remember details of what they were saying.

People often claim that this is evidence of an **afterlife** or the separation of the body and the

But scientists have increasingly attributed these out of body experiences to physiological processes, and it is believed they are a result of unusual brain activity caused by reduced blood flow to the brain. Death of brain cells can take hours.

■ Parents, **Spring break** is April 1 – April 5. To see the City's Spring Break camps, visit <https://www.cityofventura.ca.gov/642/Camps>

Mailbox

Ventura Breeze

I believe that Trump is one of our greatest presidents. His decisions including supreme court nominee has been superb (hopefully he gets another supreme court justice).

His main problem is that the democrats, and even a few republicans won't let him accomplish what he is trying to accomplish. Let him build the wall.

He is a great negotiator and is making great progress with North Korea. He also understands that "global warming" is nonsense. Look at the extreme cold weather even this time of the year.

Thanks
Jim Yashidi Ventura (I still read the Breeze)

Dear Editor:

Is it possible? Are there some Republicans in Congress that can see the real Trump. The bigot. The crooked bigot. The least educated; the least read person ever to have sat in that chair in the Oval Office.

Are some of those Republicans beginning to see the danger, and the damage, this, illegally elected, President is bringing down on all of us?

We once had a Democracy. A country led by the people. We are now being led -- by the nose -- by a cruel, heartless, airhead.

Where are the sane and sensible and clear thinking Republicans, I once had respect for?

Hope they start showing up --

Sincerely,
Esther Cole

Hello, Sheldon

I really like your piece/discourse with Mike Mislinay. You refuted his comments and beliefs with facts. Of course, that's assuming his beliefs aren't based on alternative facts. In that case, it's hopeless! Keep up the good work!

I've said for 2+ years, the problem is not Trump; it's the mullions who voted for him. They are our neighbors and relatives. He gave a voice to their racism and bigotry. I can't reconcile that 7 out of 10 "religious right" people who call themselves Christians support him! What happened to the common Golden Rule found in all religions; "Do unto others as you would have them do unto you."
Judith A. Beay Ventura

Editor:

I think that it is very strange that we are told that we are still in a Ventura water crises when I read that the state is no longer in crises and has lots of water. Why should we be paying so much if there is no longer a problem?

All of the utility bills have gotten so expensive that we need a break and what will happen if Edison loses millions in law suits and raises prices to pay for it?

Living costs (rents, purchasing) have gotten so high that it is difficult to even afford to live in a studio apartment.

I love living in Ventura and hate the thought of having to move.
Jane Allgood Ventura

Jane:

In our next issue we will have a very good column asking this same question.

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



Community Events

Ventura Libraries April events

Avenue Library

Children & Family Events

Bilingual Early Literacy Class

4/1, 8, 15, 22, & 29 Mondays @ 5:30-6:30pm

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

Adult Classes & Events

Laubach Literacy English Classes in the Meeting Room

4/1, 8, 15, 22, & 29 Mondays @ 10:30-11:30am

4/2, 9, 16, 23, & 30 Tuesdays @ 9-10am & @ 10-11am

4/3, 10, 17, & 24 Wednesdays @ 11:30am-12:30pm

4/4, 11, 18, & 25 Thursdays @ 10-11am

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

Pumarosa Drop-in ESL

4/3, 10, 17, & 24 Wednesdays @ 9-11am & @ 5-7pm

4/6, 13, 20, & 27 Saturdays @ 5-7pm

Drop-in ESL class for language instruction, internet, forms, and more.

E.P. Foster Library

Veterans and Families Resource Fair

4/13 Saturday @ 1-3pm

Join us to learn about resources for veterans and their families at our open house.

A California Native Plant Society Lecture

4/16 Tuesday, @ 7-9pm

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

Children's Events

Dance Party!

4/19 & 27 Friday & Saturday @ 10-11am

Enjoy non-stop music and movement for children ages 2-5 and their grownups.

Early Literacy Class

4/2, 9, 16, 23, & 30 Tuesdays &

4/3, 10, 17, & 24 Wednesdays @ 10:30am

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

Teen Happenings

Virtual Reality

4/2, 9, 16, 23, & 30 Tuesdays @ 3:30-5:30pm

Explore the virtual world with 4 different VR platforms. ALL VR HEADSETS can only be used by those aged 13 and older, this event is for ages 13-17.

Hill Road Library

Family & Children's Ongoing Events

Early Literacy Class

4/3, 10, 17, & 24 Wednesdays @ 10:30am

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

Discover Science

4/9 Tuesday @ 4pm

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

Adult Events

Medicare 101

4/18 Thursday @ 2:30pm

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

Book Club: Eleanor Oliphant Is

Completely Fine by Gail Honeyman

4/30 Tuesday @ 6pm

Join us for a lively discussion of Eleanor Oliphant Is Completely Fine by Gail Honeyman. Ask a staff member at Hill Road Library for a reserved copy.

All are welcome who have read the book!

Saticoy Library

Children & Family Events

Early Literacy Class

4/2, 9, 16, 23, & 30 Tuesdays @ 10am

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

Paws for Reading

4/27 Saturday @ 12pm

Read aloud to registered therapy dogs. A reading program designed to help improve a child's reading skills. To schedule an appointment, call 805-671-5148.

Adult Classes & Events

English Classes

4/1, 8, 15, 22, & 29 Mondays &

4/3, 10, 17, & 24 Wednesdays @ 3-5pm

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

Ventura events

by Ana Baker

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

Ballroom, swing, Latin and line dancing. \$10 members, \$12 non-members. Free dance lessons 6:45 - 7:15p.m. Call Rick 805- 415-8842 for more information.

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

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

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

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

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

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

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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. Contact Bill Garner (805) 320-1601 or sockonthenose@gmail.com.

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

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

The Ventura Retired Men's group meets on the first and third Tuesday each month at 11:30 a.m. at the Elks lodge on Knoll Drive in Ventura. Drop by to introduce yourself and we'll treat you to lunch so you can sample our activities and banter and hear our program/speaker of the day. Got a question? Call Bob Likins at 805-587-1233.

BCNN (Beach Cities Neighbors and Newcomers) is a women's club open to ladies who reside in Ventura, Oxnard and Port Hueneme. A purely social club to provide a venue by which women in our area can meet each other. You can see a listing of some of activities at <http://www.bcnnwomensclub.org/>.

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 Camino". He will introduce the audience to the Camino de Santiago de Compostela in Spain.

March 27: The College Area Community Council will meet on Wednesday, at 7 p.m. Bruce Kuebler, from the Ventura River Water District, will discuss proposed efforts to resolve the dispute over the Ventura River. Representatives from Ventura College and the police department will attend. The Council meets in the Wright Event Center at 57 Day Rd. Free parking is available adjacent to the Event Center. Call (805) 644-8695 for more information.

April 6: Ventura County physician

Dr. Megan Mescher-Cox, is inviting the public to join her on a leisurely "Walk with a Doc" to give people a chance to exercise and enjoy some free health tips. The walk is part of the international Walk with A Doc program, which gets people exercising in a fun way while learning ways to improve their health. Will begin at 9 a.m. on Saturday at the Ventura Pier boardwalk (alternatively at the Pacific View Mall in inclement weather.) It is for one hour and is free. For more information about the local walk, call 805-988-2821. Visit <https://walkwithadoc.org>.

April 6: City of Ventura Free Gardening Class. Integrated Pest Management and Beneficial Insects: It's a bug-eat-bug world. Learn how to control pests with beneficial insects in your landscape. Saturday from 10 -11:30 a.m. Avenue Adult Center 550 N. Ventura Ave. RSVP at www.venturawater.net

April 7: Old-Time Country Bluegrass Gospel Music Assoc. meeting on Sunday from 2-4 p.m. at the Poinsettia Pavilion, 3451 Foothill Rd. Free admission, music on stage and jamming. Free parking. Open to Public. For more information call, 805-517-1131 or visit Facebook: OTCBGMA.

April 7: The 1892 Dudley Historic House Museum will be open for docent-led tours from 1 - 4 p.m. A timeline photo display of Ventura's history beginning in 1866, featuring over 100 period photographs originally assembled for the City's 150th anniversary in 2016 will be featured. Admission is free. 197 N. Ashwood. For information please call (805) 642-3345 or visit www.dudleyhouse.org.

April 7: The public is invited to the Unitarian Universalist Church of

Continued on page 6

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55+



Community Events

Ventura events

Continued from page 5

Ventura for a free presentation exploring the Mixtec language, people & culture on Sunday, from 11:30 - 12:30 p.m. Presentation will be given by Mixtec Language Instructor Silvia Ventura Luna, MA, Cal State University Channel Islands - Department of Global Languages and Cultures. The Mixtec have flourished for thousands of years and regarded as among the most advanced societies in pre-Columbian America. Admission free. Free parking available at the church at 5654 Ralston Street, with overflow parking available at the "City Center" parking lot, next door at 5700 Ralston St.

April 10: The Ventura County Camera Club will hold a meeting on Wednesday, at 6:30 p.m. at the Poinsettia Pavilion. The first part of the meeting will be an instructional workshop followed by the showing of member images. A professional photographer from the area will critique member's prints and digital images. Anyone with an interest in photography is welcome and admission is free. For more information about the club call 805-908-5663 or WWW.VenturaCounty-CameraClub.com.

April 11: from 11:30 – 1PM Ventura Holistic Chamber of Commerce will be hosting their monthly Chapter Meeting. This month's topic is "3 Common Mistakes When Writing Your Website and Other Marketing Materials". At The Greek Mediterranean Restaurant in the Harbor. There is a \$12 fee which includes lunch, beverage and gratuity. Please come a bit early to network and be sure to bring plenty of business cards. RSVP by contacting Julie Ridenour, Chapter President, (805) 223-1207.

April 13: 10 - 3p.m. Ventura Friends of the Library will hold a Bag o'Books Book Sale at the Vons at Telegraph and Victoria (6040 Telegraph Rd.) Members of Ventura Friends of the Library can take home a bag of books for \$1. Non-members the price is \$3 a bag. Contact Mary Olson (805) 223-1187.

April 27: TLC Preschool Yard Sale and Pancake Breakfast, 196 N. Ashwood Avenue. Saturday, 8:00AM – noon. Free to attend. \$5.00 Pancake Breakfast - Pancakes, Sausages, Strawberries Yard sale includes furnishings/household items/children's items/clothing/outdoor items. All proceeds benefitting Trinity Lutheran Church Preschool.

May 3-5: ACBL's Nationally Sanctioned Sectional Duplicate Bridge Tourney returns to Ventura's Crosspointe Church Ventura, 5415 Ralston St. Earn Silver Master Points, 10 a.m. and 2:30 p.m. sessions. Lots of food and fun. For more information contact Josh Rosenbluth, HYPERLINK "mailto:Joshua.rosenbluth@gmail.com" Joshua.rosenbluth@gmail.com.

Ojai news and events

Bijian Fan will visit the Ojai Library at 6 p.m. on Tuesday, April 9, to deliver a workshop titled "Words Count in Math." Dr. Fan teaches math at CSU Channel Islands.

Why does math trouble so many children? It's the language.

This workshop will address this

linguistic hindrance and offer parents remedies to give children a leg-up in arithmetic development.

At 3 p.m. on Saturday, March 30, the Women's International League for Peace and Freedom (WILPF) will visit the Ojai Library to host a screening of the 2004 documentary Peace One Day. The screening will be accompanied by group discussion.

Activist and filmmaker Jeremy Gilley saw the benefits that just one day of global cease fire could bring, from the possibility of dialogue to the safe delivery of humanitarian aid, and this documentary follows his passionate quest to bring that vision to life.

Associate Professor of English Sean Carswell will visit the Ojai Library at 1 p.m. on Saturday, April 13, to deliver a presentation titled "Fresh Eyes on the Femme Fatale." Carswell is from CSU Channel Islands (CI) as part of this season's CI Library Lecture Series.

This talk will examine the femmes fatale of classic crime writers like Raymond Chandler, James M. Cain, Chester Himes, and others as a way of seeing what these characters can teach us about gender, power, and the ever-prevalent male gaze.

CSU Channel Islands hosts dozens of free public lectures at libraries throughout Ventura County as part of this program. The lecturers are experts from numerous departments at CI, including Biology, History, English, Computer Science, Political Science, Performing Arts, and Sociology to name a few.

The Ojai Library is located at 111 East Ojai Avenue. 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.

The Ojai Valley Green Coalition is proud to host the 2019 Ojai Earth Day at Libbey Park on April 20, 2019 from 11am-4pm. The Park offers a beautiful setting perfect for this fun, informative, family-friendly community celebration.

After a year of recovery from the Thomas Fire the local residents are - now more than ever - looking to improve their way of interfacing with the natural environment. The Ojai Earth Day Festival is an ideal way for continuing the conversation about advancing a green, sustainable, and resilient way of life. Just as last year, there will be a variety of engaging interactive activities, demonstrations, dynamic speakers, talented performers, environmentally-friendly exhibitors, and non-profits sharing information about living with a lighter, more compassionate footprint.

Composer/Songwriter Ray Powers, who created Valley of the Moon Suite to honor the Ojai Valley's gift of incredible nature, will be opening the Stage lineup with his gentle native flute compositions, followed by an opening ceremony by Chumash Elder Julie Tumamait-Stenslie. Then throughout the day there will be a variety of musical performances in between a series of expert speakers.

Special Olympics Southern California have partnered with Villanova Preparatory School to provide an opportunity for Special Olympics Athletics (SOSC) and Swim teams across all of Ventura County to participate in a scrimmage event where they can experience a competition atmosphere in a practice environment. This allows SOSC to record true performance standards for each athlete before they move on to compete in official competitions over the next few months.

The scrimmage event will be at Villanova Preparatory School, located at 12096 North Ventura Avenue, from 9 a.m. to 12 p.m. This event is open to the public.



News & Notes



Evan Carpenter, Jerry Breiner and Tim O'Neil at the 2019 St. Patrick's Day Parade.

Festivities with CAPS Media

The CAPS Media Crew captured the St. Patrick's Day Parade festivities, broadcasting and live streaming Ventura's 31st annual celebration on channel 6 and on capsmedia.org. More than seventy groups and performers joined in the fun and entertained thousands of parade watchers gathered along Main Street in Ventura.

The following Saturday CAPS recorded the annual Ventura Unified School District Festival of Talent extravaganza at Ventura High School. More than twenty individual and talented acts performed in the entertaining two-hour production. 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 the St. Patrick's Day Parade and the Festival of Talent productions are volunteers from our community including CAPS Media Member/Producers and students in the CAPS/El Camino High School media program (ECTV). Everyone donates their time and talent for these worthwhile and entertaining events (plus it is always fun to be part of the CAPS crew). The parade and talent show programs will replay on CAPS Media channel 6 over the next few weeks. Go to capsmedia.org/schedules to find the days and times.

CAPS Media is collaborating with the Ventura Police Department on an ongoing series of community awareness and information projects. Coordinated by Ashley Bautista, VPD Community Outreach Specialist, the projects include a series of traffic safety videos providing drivers, pedestrians and bicyclists with accurate "rules of the road." The new series is in addition to the ongoing VPD community updates and crime prevention tips produced by CAPS.

If you are part of a faith-based organization in Ventura, consider having your weekly services air on CAPS Media. As a CAPS member you will receive training in how to use the recording equipment and will be able to check out the equipment needed to record your service. Then it is a simple process to have your service air on CAPS Media channel 6 and stream on capsmedia.org. To learn more, drop a note of inquiry to info@capsmedia.org or give us a call at 805.658.0500.

Are you interested in learning how to produce a radio show or television program? Do you have a story to tell? Consider joining the growing CAPS Media community of member/producers. If you have an interest in community television or radio production, or are just curious, drop by the CAPS Media Center on the first Thursday of the month and learn how to become a member of CAPS and join our community of enthusiastic and engaged member/producers. The informal orientation class will provide all the information you need and answer any questions you may have. For a low membership fee of \$25 a year you will receive hands-on instruction in videography, video editing, radio production (additional fee required) and more. You will have access to CAPS Media's state-of-the-art facilities including video cameras, editing systems and our fully equipped studio. As a Member/Producer you will receive invites to special events including our Producers Caucus where you can network with other producers and engage in lively and informative discussions. Don't miss out. Go to capsmedia.org for information or call 805-658-0500.

Audubon events

April 6, 9 a.m. Work Day Hedrick Ranch Nature Area (HRNA) Spring Clean Up
Leader: Sandy Hedrick
805-340-0478

Arrive at 8:00 for self-guided birding which usually yields some interesting birds. This will be our Spring Clean Up we will work from 9am - noon. Long pants and boots or closed shoes are required. Bring water, gloves & sun protection.

April 9, 7:30 pm VAS Monthly Program: Feathers And Flight: A Journey To The New World Tropics Presented by Benny Isaac Jacobs-Schwartz at the Poinsettia Pavillion - 3451 Foothill Road, Ventura (Free to the Public)

Benny will share his dazzling photos, videos, and animated story-telling to bring a slice of the tropics to California. This media-rich journey will highlight some of the fascinating and unique birds that inhabit the new-world tropics.

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April 14, 7:45 a.m. Matilija Creek
Leader: Jesse Grantham ojaiswimmer@gmail.com, 805-746-0975

This will be a combined walk with CVAS. Call or email for directions.

April 20, 8:00 a.m. Fillmore Fish Hatchery/Lake Piru

Leader: Tevin Schmitt
661-904-1563

At the Fillmore Fish Hatchery there are many herons/egrets and ducks outside the cages so we will be close to the birds. Then we will carpool to Lake Piru, a reservoir located in the Los Padres Forest, stopping along the way as we see birds.

April 23, 8:30 a.m. Ventura Wildlife Ponds

Leader: Adele Fergusson
805-415-4304

Enjoy a morning of mostly waterfowl birding. Spotting scopes are always welcome.



James D. Woodburn II to be honored at the 2019 Benefactors' Ball.

The Ball will feature craft cocktails and gourmet cuisine

Three physicians in Ventura's Woodburn family, along with Community Memorial Health System Board Member Jeffrey D. Paul, will be honored at the Community Memorial Hospital Foundation's 47th Benefactors' Ball, which takes place on Saturday, April 13 at the Ventura Beach Marriott.

The public is welcome to attend and tickets are available online at www.benefactorsball.org or by calling 805-667-2881.

The Ball will feature craft cocktails and gourmet cuisine as well as live entertainment and a DJ for after-dinner dancing. The proceeds from the Benefactors' Ball will be used to purchase equipment for the Neonatal Intensive Care Unit at the new Community Memorial Hospital and to support the CMH Surgery Department.

Honored this year with the Cephas Bard Awards as CMH Physicians of the Year are brothers Dr. Douglas A. Woodburn and Dr. James D. Woodburn III. Honored as the Retired CMH Physician of the Year is their father, James D. Woodburn II. The three surgeons

have cared for thousands of patients at Community Memorial Hospital for decades and share a legacy of service to the community.

Jeffrey D. Paul, a Ventura native and the executive vice president/director of Commercial Banking for Montecito Bank & Trust, was named the Community Leader of the Year. He is deeply rooted in the community banking landscape, with over 30 years of experience in the industry. Paul currently serves on the Community Memorial Health System Board of Trustees and is a past CMHS board chair.

The Benefactors' Ball begins at 5 p.m. with cocktails followed by dinner at 6 p.m. and dancing and music at 8 p.m. For tickets and sponsorship information, please visit www.benefactorsball.org, call 805-667-2881, or email cmhf@cmhshealth.org.

Influenza update

As of February 7, 2019, Ventura County has seen 5 influenza-related deaths this flu season. To give some perspective, at this point in 2018, the county had seen 40 deaths resulting from complications from the influenza virus. Many deaths seen during a flu season occur in people who have multiple health issues, such as diabetes, dementia, or chronic obstructive pulmonary disease.

"In these people the acquisition of the flu tips the balance against them. It is likely that another severe respiratory illness at another time of year may have had a similar outcome," said Ventura County Health Officer Dr. Robert Levin. "Last year's influenza virus, H3N2, was a particularly difficult strain," he added, noting that this year the county is seeing H1N1, which is also known as the 'bird flu influenza,' and was last seen in 2010.

Patients who are at higher risk for complications include:

- Persons aged 65 years and older
- Children 5 years of age and younger, with those 2 years of age and younger particularly vulnerable
- Persons with chronic pulmonary, cardiovascular (except hypertension alone), renal, hepatic, hematological (including sickle cell disease), and metabolic disorders or neurologic and neurodevelopment conditions
- People with immunosuppression, including those caused by medications or by HIV infection
- Women who are pregnant or postpartum (within 2 weeks after delivery)
- People aged younger than 19 years who are receiving long-term aspirin therapy
- American Indians/Alaska Natives
- People with extreme obesity (i.e., body-mass index is equal to or greater than 40)
- Residents of nursing homes and other chronic-care facilities

"However, the H1N1 strain which we see circulating this year is notorious for its disproportionate severity in people in the prime of life, from childhood through 60 years of age," said Dr. Levin.

It is not too late to get immunized.

Continued on page 15



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Mitchel Sloan brings more than 20 years of experience in marketing and fundraising.

New Vice President of Resource Development & Marketing

United Way of Ventura County (UWVC) is proud to announce it has appointed Mitchel Sloan as Vice President of Resource Development & Marketing. He brings more than 20 years of experience in marketing and fundraising.

Sloan most recently served as Vice President of Development & Communications at the Alzheimer's Association California Central Coast Chapter, where he successfully led a team to increase fundraising revenue and organize philanthropic events, such as the Swing to Remember Golf Tournament. In his new role, Sloan will design and lead UWVC's fundraising campaigns and build on relationships with the community.

"Mitchel has proven time and again that he cares deeply about people and is driven to help those in need," said Eric Harrison, CEO of United Way of Ventura County. "We're looking forward to putting his skills toward assisting in

the challenges many face in our unique community."

Sloan earned his bachelor's at the University of Southern California. He worked locally as the Director of Development at the California State University Channel Islands, as well as in Colorado as Senior Executive Consultant for The Kellogg Organization. Sloan resides in Oxnard and enjoys watersports, reading, grilling and hiking.

Housing Authority awarded grant to continue family self-sufficiency services

The Housing Authority of the City of San Buenaventura (HACSB) has received over \$65,000 in funds through the U.S. Department of Housing & Urban Development (HUD) to administer HACSB's Family Self-Sufficiency (FSS) Program. HACSB's FSS Program is a service provided to residents and participants in Public Housing & Housing Choice Voucher programs to increase their earned income and reduce their dependency on public assistance and rental subsidies.

The FSS program is designed to assist families and individuals become financially independent and welfare free. Participation in the program is voluntary and requires a personal commitment by each individual. In exchange, participants receive case management services and the opportunity to establish an escrow savings account. The FSS escrow account can be established based on increases in the family's earned income during the term of the FSS

News & Notes



Las Patronas Board Members Leslie O'Brien, Michele Borchard, Lori Swanson, Wendy Eales and Rebecca Pecsok celebrated at the ball.

Las Patronas Auxiliary Assistance League® of Ventura County

A family tradition for 62 years, the Las Patronas Ball celebrated a masquerade theme this year.

The guests were welcomed by Las Patronas Chairman, Michele Borchard who presided as Master of Ceremonies for the evening.

It was a magical evening for the Las Patronas Masquerade Ball, held at the newly renovated Ventura Beach Marriott. The ballroom was filled with exquisite floral arrangements and masquerade inspired decorations. Glowing lanterns and natural tree boughs illuminated the ballroom and stage as well as mood lighting complementing the masquerade theme. Colorful masks of all types were worn by many of the guests from traditional Venetian to feather and jewel designs. The evening included a cocktail hour, a delicious dinner and dancing to the live music of Art Deco. A live auction

and photo booth were included this year and really added to the festivities.

A special guest speaker, Sally Keevy, spoke about The Assistance League School, which provides special education and therapeutic intervention for preschool children with developmental delays. Las Patronas Auxiliary was founded to support the creation of the school. The sole mission of the Las Patronas Auxiliary is to hold annual events to benefit the philanthropic programs of Assistance League® of Ventura County.

All proceeds from the ball benefit these philanthropic programs, which include the Assistance League School, Girls Club/Teen Club, B.U.F.F.Y. Bear and Operation School Bell®. The Vision for Assistance League of Ventura County is to create "A Brighter Tomorrow for Today's Children."

contract. The FSS program is 5 years in length and upon successful completion, participants can receive what is in their escrow account and use for any purpose, including debt reduction, educational expenses, or a down payment on a home.

HACSB's Chief Executive Officer Denise Wise said, "The Housing Authority has been working with our participants to ease reliance on public assistance programs and achieve financial sustainability as families. While it is challenging in the area to make the jump off of public assistance programs, we have dedicated families who are reaching their goals every day."

The latest graduate to complete their FSS commitment received an escrow check for over \$34,000 toward their goal of homeownership. HACSB plans to continue administering this successful program, assisting participants in achieving their financial goals.

The HACSB is the largest residential landlord in the City of Ventura, with 376 public housing units, more than 1,500 Section 8 vouchers, and over 450 non-profit affordable rental units. The agency is actively working to increase the supply of affordable housing and to improve the quality of life for hundreds more of the low-income residents throughout the City of Ventura.

Ventura to host 1st Annual Walk For Kids

Hundreds of supporters are anticipated to come together in support of critically ill children and their families to help raise funds and awareness at the first-ever Ventura Walk for Kids. The fun, family-friendly 5k event aims to raise \$125,000 for programs supporting families who are caring for a child with a serious injury or illness. All of the funds raised at Walk for Kids in Ventura will support the future Ronald McDonald Family Room at Ventura County Medical Center (scheduled to open in 2020).

To learn more about Walk for Kids, donate directly or register by starting or joining a team for \$25, visit www.walkforkids.org/ventura. Registration Fee: Adults (18+), \$25; Children are free. Sunday, April 7, 7:00 a.m. Registration and Activities 8:15 a.m. Opening Ceremony 9:00 a.m. Walk for Kids Begins San Buenaventura State Beach 901 San Pedro Street



On March 9, Ventura Downtown Lions Club members worked on a home in Santa Paula through the Habitat for Humanity of Ventura County.



Senior Living

Pull Out Section



Giving rides to seniors is just one of the functions of CAREGIVERS.

Volunteer caregiving marks 35 years helping frail, homebound seniors

Volunteers Assisting the Elderly, one of 25 original pilot programs launched in 1984, now joins hundreds of volunteer caregiving organizations across the nation in celebrating the 35th Anniversary of Volunteer Caregiving starting in April with National Volunteer Month. (<https://nvcnetwork.org/wp/index.php/program-map/>)

“It’s comforting to know that there is an entire month dedicated to celebrating and recognizing volunteers,” said Jay Friedman, treasurer for the National Volunteer Caregiving Network. “I chose to give my time to help seniors through Volunteer Caregiving, which is a total contrast to my ‘day-job.’ That’s one of the reasons I enjoy being a volunteer.”

Every week, thousands of volunteer caregivers across the country are lending helping hands to seniors by picking up groceries, providing a ride to the doctor or helping change a light bulb—all at no cost. “Here in Ventura County, we have hundreds of volunteers serving our current enrollment of 500 seniors,” said CAREGIVERS Executive Director Tammy Glenn. “We’re so grateful to the donors who allow us to offer these services at no cost to one of our most vulnerable populations.”

In fact, 10,000 people are turning 65 every day for the next 12 years in the United States, making support for our aging Americans one of the most critical needs of our time. “Opportunities to volunteer with seniors are abundant, and among the most rewarding of all volunteer experiences,” said Inez Russell, president of the Board of Trustees for the National Volunteer Caregiving Network. “I

can’t think of a better way to ‘pay it forward!’ Plus, we’re all headed in that direction, so now is the time to fuel a culture of care and compassion.”

To that end, Ventura County’s own CAREGIVERS serves seniors over the age of 60 who need a helping hand to remain living independently as they age. The hallmark of Volunteer Caregiving is a one-on-one match, but there are lots of ways to give a couple hours per week and make a difference.

Volunteer Caregiving is a national movement that was launched 35 years ago in 1984 by the Robert Wood Johnson Foundation’s Faith in Action program. Transportation to medical appointments is one of the most requested needs that helps seniors continue to live independently, with dignity through end-of-life.

For more information, call (805) 658-8530 or visit www.vccaregivers.org to volunteer, donate or refer a senior.

Halt the assault on Medicare

by **Thair Phillips**
President of *RetireSafe*

At his campaign rallies, President Trump promised to protect Medicare. But now, his administration is quietly embracing drastic changes that could choke off seniors’ access to lifesaving treatments.

Consider the administration’s new guidance for Medicare Advantage, which enables about 20 million Medicare beneficiaries to obtain subsidized health plans



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from private insurers. The guidance, which took effect this January, allows insurers to force beneficiaries to try older, low-cost medications before they can access more advanced, expensive drugs.

This callous practice, known as “step therapy,” was previously prohibited in Medicare Advantage because it prevents doctors from prescribing the medicines they feel will work best for each individual. During the months that patients are forced to try older, less effective treatments, their ailments can worsen, causing immense suffering and even premature death.

Administration officials have also proposed weakening key patient protections in Medicare Part D, the popular prescription drug benefit used by 44 million Americans. Right now, all Part D plans must cover all medications in six “protected classes” of therapies -- anticonvulsants (epilepsy), antidepressants (mental health), antineoplastics (cancer), antipsychotics (mental health), antiretrovirals (HIV/AIDS), and immunosuppressants (transplants).

When it created the Part D program more than a decade ago, Congress specifically protected these classes to ensure that seniors who battle cancer, HIV/AIDS, depression, and other serious diseases would have a full range of treatment options. It also leveled the playing field by ensuring that all the insurance companies that participated in Part D included medicines associated with expensive diseases in their formulary.

But the administration wants to allow Part D plans to stop covering some of the most critical medications

in these classes. It’s no surprise, then, that many of the top medical organizations in the country, including the National Kidney Foundation, the AIDS Institute, and the American Cancer Society Cancer Action Network, have lined up against this proposal.

The administration is also pursuing misguided reforms to Medicare Part B, which covers sophisticated treatments, such as gene therapies and advanced biologics, which must be administered by medical professionals in a healthcare facility. One change could slash reimbursements for some doctors who administer these treatments.

Cutting payments to doctor’s offices and clinics could force many of them to stop treating Medicare patients. The last time authorities substantially cut Part B payments, fully half of community oncologists “reported sending their Medicare patients elsewhere for chemotherapy, primarily to more expensive hospital outpatient infusion centers,” according to a survey conducted by the American Society of Clinical Oncology.

For more than half a century, Medicare has helped seniors access the care they need and deserve. Our government promised us that the Medicare taxes, which were deducted from our pay checks every payday, would be used to ensure we had acceptable health care when we retired. Up to this point, especially in Medicare Part B and Part D, that promise has been kept. Retire-Safe believes the proposed changes described above break that promise our government made to each of us.



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Wednesday, April 17th • 2:30 pm - 4:30 pm

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For more information, please call

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

Senior Living



Obtaining legal services from the VCAAA is very helpful.

VCAAA's Fundraising Arm has a new name, logo, website, and expanded purpose

The Board of what was called the Senior NutritAction Council (SNAC) announced a name change for the organization: Ventura County Area Agency on Agency Foundation (VCAAAF). Along with its new name, logo and website at www.vcaafoundation.org, the nonprofit has an expanded mission to provide support beyond nutrition services to include all Ventura County Area Agency on Aging (VCAAA) programs and activities, such as housing, care management, legal services, in-home and caregiver services, and many other services in demand that aim to improve the lives of seniors, adults with disabilities, and their caregivers.

"Our seniors need more than just food; they also need a ride to an appointment, help with public benefits applications, minor home repairs, and sometimes a friendly call from someone who cares," said Lynn McReynolds, President of the VCAAAF Board of Directors. "Knowing that so many seniors in our community are on waitlists for these and other desperately needed services, we decided to expand our organization's mission to bring together more resources to help fill in these gaps. Our new name more clearly defines what we do to support all VCAAA services and programs."

For more than 25 years, this 501(c)(3) charitable nonprofit foundation has

been dedicated to conquering hunger by reaching out to the aging population and isolated seniors located in Ventura County. However, each year a growing number of underserved older adults in our community are placed on waitlists for services that go beyond VCAAA's nutrition program. To better understand the gaps in services for older adults in our local neighborhoods, the Foundation expanded its mission and is seeking funding to assist in enhancing and maintaining community-based systems of care that provide multiple services for individuals that support independence and protect the quality of life of older persons and persons with functional impairments.

The Ventura County Area Agency on Aging Foundation is a 501(c)(3) Nonprofit Public Benefit Corporation (Tax ID: 77-0168920) organized exclusively to support the Ventura County Area Agency on Aging programs and services. The mission of the Foundation is to raise funds and generate support for VCAAA programs that endeavor to improve the lives of those 60 years of age and older, adults with disabilities, and caregivers in all communities within Ventura County.

For more information or to make a donation, please visit www.vcaafoundation.org.



Fawn Parish uses stories to illustrate simple things that create a huge impact in another's life.

Local inspirational author to speak at Senior Health Expo

Have you ever asked yourself why you are on the earth? Have you ever asked why you, you very specifically, are alive? Local Ventura County author Fawn Parish has. According to Parish, your story, your past, your personality,

your treasure map of life, is intended to outlive you as you embrace another generation into their destiny.

In her book, 'How To Live A Life That Outlives You', Parish uses stories to illustrate how everyone can do some simple thing that creates a huge impact in another's life. And it is easier than you think according to the author.

Parish is bringing this message of hope and inspiration to the upcoming Cypress Place 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 Parish as keynote speaker.

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 805-650-8000 or visit the Cypress Place website at www.cypressplaceseniorliving.com/events. The Health and Wealth Expo is from 11 a.m. to 1 p.m. on Wednesday, April 10, at Cypress Place Senior Living, located at 1200 Cypress Point Lane in Ventura. The event is free and open to the public.

Announcing new and exciting changes at Genesis Programs, Inc

by Genesis staff

Last year marked our silver anniversary; we are pleased to be serving families in Ventura County for over 25 years. We have been fortunate, a fantastic and dedicated staff which allows us to continue to grow in community events and additional insurance contracts to keep reaching families in need. While we continue to utilize the best recovery

practices available, we also recognize that there has been a need to respond to the changes in the industry as well as our own company.

We are proud to announce that Athena Naranjo, Genesis Programs Clinical Director is now new owner and leader of Genesis Programs, Inc. She comes with years of experience and dedication and is committed to serving the company and community with excellence.

We are accelerating our efforts to gear up to reach out to our military families through our new contract with Tricare. We are in the final stages of becoming one of the only outpatient treatment providers to except Medi-Cal in Ventura County. In addition, we are in network with Noridian Medicare and

Continued on page 11



Senior Living



Join Sarah Osborne to learn more about what the Parkinson's Foundation's mission is.

Every 9 minutes someone is diagnosed with Parkinson's Disease

"In 2018, Jim was diagnosed with Parkinson's Disease. Every nine minutes since he was diagnosed, another person received the same devastating news. Unfortunately, each year more and more people are touched by Parkinson's Disease. A staggering one million people live with PD today in the United States and millions of family members, caregivers, friends and colleagues are impacted as well. The Parkinson's Foundation is determined to meet the needs of this growing PD community, with better information about care and treatments to live fuller, healthier lives." (Parkinson's Foundation March 14, 2019). April is Parkinson's Disease Awareness Month - what can you do about it?

Join Sarah Osborne and the Ventura Parkinson's Disease Support Group on Wednesday April 10th from 1 to 3pm at the Lexington Assisted Living (5440 Ralston St.) to learn more about what the Parkinson's Foundation's mission is and what you can do to help impact the future of Parkinson's Disease. Sarah will also present a recap of some of the important points learned at the Parkinson's Foundation's "Exercise and the Brain: The Parkinson's Connection" symposium held in Camarillo in February. You will learn a lot about the mechanics of how exercise impacts PD and how it can improve your quality of life. Sarah will lead a discussion about the types of exercises, challenges to exercising, and tips for getting started.

Information will also be presented

about the Parkinson's Foundation's upcoming "Moving Day" event on April 13th at the Ventura Promenade. Find out how you can be a part of this opportunity to bring awareness to Parkinson's Disease and help bring better treatments, quality of life and hopefully a cure some day!

Sarah Osborne is the Parkinson's Foundation Community Program Manager for California. She came to the foundation after her younger brother was diagnosed with Young Onset PD at the age of 32. Sarah's background is in healthcare marketing and she's currently pursuing a Master of Education with plans to complete a Doctorate of Education soon after. She's also been teaching Pilates, Yoga and Indoor Cycling with the YMCA since 2007 and believes in the power of movement for people with PD and for everyone!

The Ventura Parkinson's Disease Support Group welcomes the public along with our members, their care-partners and new friends who find themselves navigating the challenges of Parkinson's Disease and other neurological conditions. Thanks to the generosity of the Lexington Assisted Living, they host their meetings every second Wednesday of the month from 1 to 3pm. There is a drop-off/loading and unloading driveway in the front of the Lexington. Extra parking is graciously available across the street in the Baptist Church parking lot.

Attendees are invited to check in at the front desk for directions to the 3rd floor and sign-in at the meeting so we can keep in touch with you. Reservations are not required. For more information, call Patty at 805-766-6070. The Ventura Parkinson's Disease Support Group is an independent and volunteer-organized group, not affiliated with or a part of any other organization or group.

Announcing new and exciting changes

Continued from page 10

working diligently to insure coverage to those eligible for our Over 60 Track. All while we continue to proudly be accredited with the Commission on Accreditation of Rehabilitation Facilities International (CARF) and the Department of Health Care Services (DHCS).

Please join us April 4th from 3-4:30, at 1732 Palma Dr Ste 208 Ventura, for our Ribbon Cutting Ceremony! Welcoming Athena Naranjo as Genesis's new owner and to hear more about what Genesis Programs, has planned for the future of Ventura County!



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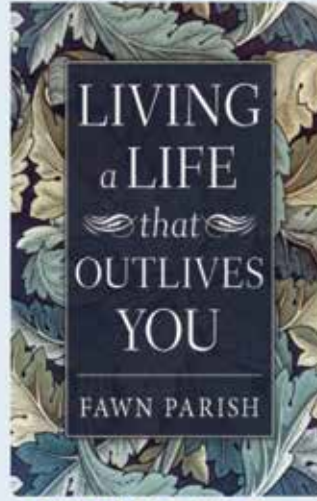
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Living a Life that Outlives You

KEYNOTE SPEAKER: Fawn Parish at 11:15 a.m.
Author of "Living A Life that Outlives You"

What do you want your legacy to be? Fawn Parish is an inspirational author, documentary filmmaker and storyteller whose work has been seen in many countries around the world. Fawn will share practical, do-it-right-now ideas on how to find purpose in your life, no matter your age.



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SUNDAYS AT THE DUDLEY HOUSE



In addition to our regular first Sunday guided tours from 1 to 4 p.m., we hope you will join us for these special events . . .

April 7: Timeline Photo Display of Ventura's history beginning in 1866, featuring over 100 period photographs—including when it snowed in 1949--originally assembled for the City's 150th anniversary in 2016.

May 5: "Kerosene Cal" (aka actor Doug Friedlander) will entertain us with tales of survival during the California Gold Rush.

June 2: Historian Beth Miller will share her collection of vintage toys from 1 to 3 p.m. Come take some time to play again!

July 7: Author/historian/ghost hunter Richard Senate will sign books and tell stories of the ghosts of America's past—early presidents, the Civil War, the Lincoln bedroom and much more. Starts at 2 p.m.

The Dudley House Museum

Corner of Ashwood & Loma Vista, 197 N. Ashwood, Ventura
Docent led tours of the 1892 historic house 1-4 p.m.

FREE

www.dudleyhouse.org

Ventura Port Commission announces new appointments

The Ventura Board of Port Commissioners has new leadership and a new member.

Commissioner Chris Stephens is now chairman of the five-member board, taking the reins from Commissioner Everard Ashworth, and Commissioner Jean Getchell takes over as board secretary. Commissioner Brian Brennan continues as vice chairman.

New to the board is local attorney Jackie Gardina. Confirmed on March 4 by the Ventura City Council, Gardina fills the post vacated by former Commissioner Jim Friedman, who left to join the Ventura City Council after he won that election in November.

With the personnel now in place, the board is set to get down to the task of enhancing life, leisure and business at Ventura Harbor.

There is much to be done, said Port District General Manager Oscar Pena. "Among many other things, in recent years, the staff has been working with the board to make infrastructure improvements throughout the harbor and Harbor Village."

"The Harbor District is ready for the busy year ahead of it," said new Chairman Stephens, a port commissioner since 2017 and retired director of the Ventura County Resource Management Agency. "We look forward to the opening of the first units at the new Portside Ventura Harbor, as well as the expanded Holiday Inn Express. In addition, we

will continue our efforts to bolster the commercial fishing industry with our pursuit of the Ventura Shellfish Enterprise project, and we will be freshening up the Harbor Village to provide an improved visitor experience."

"The future of the harbor is very much going to be intertwined with climate change and making sure that we're creating a resilient coast and a sustainable harbor," Gardina said. "Coastal communities must address climate change not just for the next five years but thinking ahead, to 10, 20, 25 years from now and beyond."

A Ventura resident, Gardina is dean and chief academic officer of the Santa Barbara and Ventura Colleges of Law. A philanthropist by nature, she has served on multiple professional and nonprofit boards, including with the American Bar Association, the State Bar of California and Servicemembers Legal Defense Network.

The District oversees the management and operations of the Ventura Harbor, a 274-acre multiple-use recreational and commercial fishing small-craft harbor, with the goal of providing a rewarding and vibrant coastal marine experience.

City of Ventura 2018 Part I Crime Statistics

In 2018, Part I Crimes in the City of Ventura totaled 3,959, representing an overall decrease of 155 Part I Crimes or 3.77 percent from 2017. The Per Capita Crime Index decreased slightly to 35.6 crimes per thousand residents,

This 'n' That

compared to 37.7 in 2017, 38.04 in 2016, and 39.2 in 2015.

Ventura's Violent Crime decreased by 3.26 percent with 15 fewer crimes reported than the previous year. Aggravated Assaults represented the most notable reduction in violent crime in 2018, with 12 fewer reported cases, and rapes decreased by nine from 63 to 54. Robberies represented the lone increase in Violent Crime increasing from 111 in 2017, to 117 in 2018. There were two homicides in 2018, equal to the previous year.

In comparison to 2017, reported Part I Property Crimes in 2018 for the City of Ventura decreased by 140 crimes or 3.8 percent. Residential burglaries accounted for the most significant reduction, a decrease of 25.95 percent or 75 total cases, while non-residential burglaries dropped by 29 reported cases from 296 to 267. Auto thefts remained relatively steady with 334 reported in 2018. Arsons doubled from 16 in 2017, to 32 in 2018. Although there was an overall reduction in Part I Property Crimes, Ventura experienced a 21.7 percent increase in thefts from vehicles which jumped from 1013 in 2017 to 1233 in 2018. Many of these were crimes of opportunity, the result of property left in plain view or vehicles left unlocked. The property loss value from Part I Property Crimes totaled \$6.2 million.

Ventura Police Officers arrested 6554 persons in 2018 and the Ventura Police Department handled approximately 98,652 calls for service compared to 93,242 calls from the previous year. The most common arrests were Narcotics related offenses, followed by Misdemeanor Bench Warrants, Drunk in Public, Probation Violations, and Drunk Driving.

The complete press release, including suspect description, can be viewed online at www.venturapd.org.

Harriet H. Samuelsson Foundation awards \$551,000 to local non-profits

The trustees of the Harriet H. Samuelsson Foundation recently awarded a total of \$551,000 in grants to 15 local non-profit organizations providing services to youth and adolescents. Grants ranged from \$10,000 to \$100,000, and were allocated to fund children's services in the coming year, including:

Local recipients were:

Academic assistance in math, reading, and language by the Boys and Girls Club of Moorpark and the Boys and Girls Club of Greater Oxnard and Port Hueneme

Teenage volunteers providing in-home senior support services by CAREGIVERS: Volunteers Assisting the Elderly

Volunteer recruitment, screening, and training to assist foster youth in Delinquency Court by CASA (Court-Appointed Special Advocates) of Ventura County

Scholarships, youth programs, and childcare services for 300 children,

including foster children and children with incarcerated parents, by Channel Islands YMCA

Youth and teen grief counseling by Livingston Memorial Visiting Nurse Association and Hospice

Grants are awarded in the spring and fall of each year. The deadline for letters of interest for fall 2019 grants is March 31, 2019. For more information about the Harriet H. Samuelsson Foundation, including instructions on how to apply for a grant, please visit the Foundation's website at www.samuelssonfoundation.org.

The Harriet H. Samuelsson Foundation was established in 2005 upon the death of Harriet H. Samuelsson, an Oxnard philanthropist, at age 96. The Foundation awards over \$1 million in grants each year to organizations providing services for the health, education, guidance, or welfare of children under the age of 18 residing in Ventura County, or to organizations conducting cancer research.

Ventura College Foundation seeks sponsors for student scholarship events

The Ventura College Foundation is seeking sponsors for several Ventura College student scholarship award events scheduled for April and May.

The inaugural Allied Health Scholarship Awards ceremony will be held Saturday, April 13 at Ventura College's Wright Event Center. This new scholarship event will honor Ventura College students interested in paramedic, nursing and other medical fields.

The 20th Annual Phoenix Scholarship Awards will be held Thursday, April 18 also at Ventura College's Wright Event Center. The Phoenix Scholarship Program was established in 1999 by VC Foundation board members to support Ventura College re-entry students. Phoenix Scholarships are designed to assist students who have minimal or no resources to pay for their education and have chosen to return to school after a break in education. The recipients are selected based on each student's academic goals and progress, together with their financial need.

The 32nd Annual Scholarship Awards luncheon will be held Saturday, May 4 at the Crowne Plaza Ventura Beach. All currently enrolled Ventura College students have access to just under 300 different scholarships through the VC Foundation.

"These events are a way to show our students how much the community appreciates their commitment to their education," says Rob van Nieuwburg, Ventura College Foundation board chair. "Our sponsors' support makes these events truly memorable for these students who have worked so hard to succeed despite sometimes daunting odds."

Sponsorship opportunities range from Gold Chest sponsors (\$500) to presenting Black Pearl sponsor (\$10,000). For more information, contact Gerry Pantoja at 805-289-6158, gpantoja@vcccd.edu.



This 'n' That



Payton and her new Koala friend.

Wish Kid cares for zoo animals

Payton Davis loves animals and wants to become a veterinarian when she grows up. She loves the San Diego Zoo, and always wanted a behind the scenes tour of how it operates. Kids Wish Network, a children's charity that grants wishes for kids with life-threatening illnesses, heard about Payton's dream and set up a trip for her and her family to visit the San Diego Zoo and be a zoo-keeper for a day.

Payton and her family drove to San Diego for her big animal adventure. During their trip, they stayed at the wonderful Sheraton San Diego Hotel and Marina. Payton loved the relaxing hotel located right on the water, especially the giant fish tank on display in the lobby. She suffers from Crohn's disease and has been hospitalized because of her condition.

Payton's zoo experience began the next morning. She was thrilled to have a one-on-one zoo keeper experience where she interacted and worked with a bunch of animals including giraffes, zebras, donkeys, a koala bear, gazelles, and Payton's absolute favorite animal, the armadillo. "They remind me of Roly Polies," said Payton. She loved spending time with the armadillo and even got to pet and wash it. She also fed the giraffes and gazelles and got to bathe and hold a koala.

After her awesome behind the scenes encounters, Payton and her family spent the rest of the day exploring the magnificent San Diego Zoo. Anna, the zoo representative even gave Payton a cute sloth stuffed animal as a special remembrance of her amazing day. Afterwards, the family enjoyed a delicious dinner at The Cheesecake Factory.

"It was thrilling for us to provide Payton with the San Diego Zoo's Keeper

for A Day experience, enabling her to explore her dream job through hands-on participation with her favorite animals," said Kids Wish Network Executive Director Tam Lai.

Kids Wish Network is a national charitable organization dedicated to infusing hope, creating happy memories, and improving the quality of life for children with life-threatening conditions and struggling with life-altering situations. KWN provides trip expenses, meals, accommodations and additional spending monies to all wish families whenever traveling as applicable. Visit www.kidswishnetwork.org to learn about our different programs and find out how you can help make dreams come true and sponsor a wish for a deserving child.

Payton is a student at Cabrillo Middle School.

Mosquitoes can transmit diseases

With warmer weather, longer days, and increased outdoor activities, a higher risk of exposure to mosquitoes is to be expected. Since mosquitoes can transmit diseases such as West Nile Virus (WNV), St. Louis Encephalitis Virus or Western Equine Encephalitis Virus, the Ventura County Environmental Health Division (Division) is advising the public to take precautions to protect against mosquito bites and assist with the effort to control mosquitoes.

To minimize exposure to mosqui-

Continued on page 19

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ESTIMATES BY PHONE



The Pet Page



Dedicated to Scamp

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

Clinic will be at the Albert H. Soliz Library - El Rio, 2820 Jourdan St., Oxnard, 93036 on

Thursday, April 4th. Please call to schedule an appointment (805) 584-3823.

■ Hill's Pet Nutrition is adding Science Diet and Prescription Diet varieties to its product recall.

They may also have toxic levels of vitamin D as other products did in a previous recall.

Hill's says consumers should stop feeding the food to their dogs and return it for a refund.

Hill's Pet Nutrition is expanding on its nationwide recall of canned dog food with potentially toxic levels of vitamin D. It took the action after saying it had received "a limited number of complaints of pet illnesses" related to additional products.

The expansion is the result of the same vitamin premix received from a U.S. supplier that caused its prior recall at the end of January.

"We believe that hundreds, if not thousands, of pets have died or become seriously ill as a result of eating Hill's foods with toxic levels of vitamin D," stated Nyran Rose Rasche, a Chicago-based attorney with Cafferty Clobes Meriwether & Sprengel, which filed a class action against Hill last month.

Caitlin Gibson, a features reporter at The Washington Post, in early February tweeted that her dog had died after consuming prescription food from Hill's and had displayed symptoms of vitamin D poisoning.

■ Jackie Rose has been selected as the new director of the county Animal Services Department. The appointment was made by County Executive Officer Mike Powers following a search which included strong internal and external candidates. Rose will be relocating from the state of Washington to assume her duties.

Rose has 12 years of executive experience in animal services. She served as the Executive Director for the Addison County Humane Society in Middlebury, Vermont; the Executive Director for the Dutchess County Society for the Prevention of Cruelty to Animals in Hyde Park, New York; and for the last three and a half years, she has been the Director of Animal Services for Multnomah County Animal Service in Portland, Oregon.

Rose will oversee the County's two animal shelters - one in Camarillo and one in Simi Valley - that care for more than 10,000 animals every year. The department also provides public education, animal cruelty investigations, immunizations and other activities for animals and their owners. Animal Services is staffed by more than 75 County employees and a large and passionate volunteer organization.

Rose, 57, is a Certified Animal Welfare Administrator and will start her new position at a salary of \$175,681.

■ **By Hanna Netisingha**

A treatment approach that has been

in practice in human medicine for decades is now offered for dogs at the University of Illinois Veterinary Teaching Hospital in Urbana.

Dr. Tisha Harper, a veterinary surgeon who specializes in orthopedics and physical rehabilitation therapy, says platelet-rich plasma joins a host of treatment options—ranging from surgery to rehab to pain medications—for conditions such as osteoarthritis in dogs.

"Every care plan is tailored individually to the patient," she says. "Just as with human patients, what might work well for one pet may not necessarily be the best thing for another pet. We explore many options when choosing the best treatment for each individual case."

Platelet-rich plasma (PRP) is derived from the patient's own blood. Veterinarians process the plasma so that it has a higher-than-usual concentration of platelets. "The plasma contains growth factors and proteins that may accelerate the healing of tendons and ligaments and may promote regeneration of cartilage or bone," says Dr. Harper.

PRP injections can decrease pain associated with arthritis by reducing inflammation in the joints. They may also help tendon or ligament injuries heal. Patients with chronic, slow, or non-healing wounds may also benefit from PRP.

Platelet-rich plasma is prepared by drawing blood from the patient. The amount of blood is dependent on how big the dog is and how severe the injury is. Once the blood is drawn, it is either filtered in order to capture the platelets, or it is centrifuged in order to separate the plasma from the erythrocytes. Both of these processes will provide the veterinarian with plasma that contains all the necessary elements.

This treatment usually takes 30 to 40 minutes to complete. It is something that can be done at your veterinarian's office in one day. For many patients, platelet-rich plasma is a one-time treatment; some patients, however, may need additional treatments. After a patient is treated with PRP, it may be necessary to restrict movement, but only for a couple of days. Afterward, there are no restrictions on movement or activity.

"It's easy to think that pets naturally slow down as they get older," says Dr. Harper. And while that may be true, she points out that the underlying problem may be osteoarthritis. "More often than not, our pets slow down due to painful arthritic joints," she says.

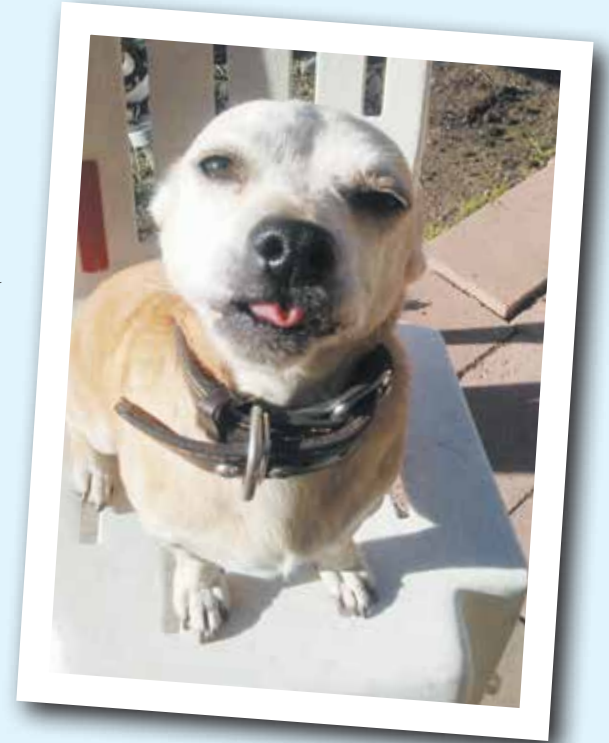
Younger pets also suffer from osteoarthritis. For this reason, pet owners should be vigilant about noticing changes in their pet's behavior and how the pet moves around. Luckily, whether the dog is young or old, treatments are available to improve the quality of life in pets with joint or lameness issues.

In addition to PRP, surgical treatment, weight loss, physical rehabilitation therapy, laser therapy, and simple pain relief medications can be effective options depending on the individual patient.

"Whatever approach is selected, pet owners need to be consistent and diligent about carrying out the recommended protocol in order for it to benefit their pet," says Dr. Harper. The rehabilitation process depends on consistency in the treatments.

Scamp Club

(Scampclub pets are not for adoption.)



Hi: I'm Bubba, a very lucky playful dog. My wonderful people found me abandoned on the sidewalk at night with no one around and took me home. I am a great guard dog! I am playful, love stuffed animals and am a joy to be with.

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.

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

It's a bird. It's a plane. No, it's me, super Max an outgoing Cattle Dog mix, in need of a new home. My parents need to take care of an elderly family member who needs daily care. I wish I could stay and they do too, but unfortunately I cannot. I'm good with other dogs, so if you have a fur baby in the home already, please bring him/her along so we can do a meet and greet. I'm also good with cats. Although I'm good with children, I bond quickly with one person and become protective, therefore I need to go to an adult only home with dog experience and with someone who is willing to continue my training. I love being around my people and want to be a part of what is going on. I'm house and crate trained and will whine and climb up on you if I have to go out. I'm used to having someone home periodically during the day. I just want to be loved and to give love. Please stop by and meet me, I'll be waiting. CARL



This little guy, Argo has been in our shelter for 100+ days. Why, you ask? Because he convinced our staff and adopters that he hates everyone! He even bit the one lady who tried to adopt him while she was putting a sweater on him. (Naughty Argo!) That being said, one of our Behavior Team members took him home and gave him a soft bed. One week later and he is a total love!

She found out that he is house trained, quiet, will sleep in a crate, likes to hike, gets along with all the dogs he has met, ok with cat, jumps into the car on his own, looooves belly rubs and affection. But you must wait to earn his trust. Ventura County Animal Services - Camarillo location - 600 Aviation Drive Argo A699200 Find Argo in kennel 80!

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\$10 Low/No Income Spay & Neuter
 Thurs., April 4th
 Albert H. Soliz Library - El Rio
 2820 Jourdan St., Oxnard, CA 93036
 Must call for appointment (805) 584-3823





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.

Attempt Vehicle Burglary Arrest

On March 14, at approximately 3am, officers responded to a report of a person attempting to break into a vehicle in the 6000 block of Cardinal Street. When officers arrived in the area, they were initially unable to find the suspect. He had fled from the area prior to their arrival. After a lengthy search, the suspect, 35 year old Ventura resident David Williams, was located and detained. The investigation confirmed he had attempted to break into a locked vehicle. At the conclusion of the investigation, he was arrested.

Armed Robbery Arrest

Over the past several weeks, Detectives with the Special Enforcement Team and Major Crimes were able to identify 23 year old Jonathan Sabalza as the suspect in the listed armed robberies.

On March 18, at approximately 6am, Ventura Police Major Crimes, Special Enforcement Team and Street Crimes Unit Detectives, along with patrol and K9, located Sabalza hiding in an apartment in the 6300 block of Whip-poorwil Street in Ventura. After a brief standoff, the suspect came out of the apartment and was arrested. During a subsequent search, the handgun used in both robberies was located.

Carjacking

On March 23, at 9am, the Ventura Police Department's Command Center received a call of a carjacking that just occurred at the Chevron gas station in the 2500 block of E. Main St. The caller was the gas station clerk, who was calling for the victim.

Officers responded and contacted the 42-year-old male victim. He told officers he was allowing an acquaintance to drive his vehicle, when they got into an argument. The acquaintance drove into the alley to the rear of the gas station and threatened to get a weapon to harm the victim if he did not get out of the vehicle. Fearing for his safety, the victim got out of the vehicle. The acquaintance, later identified as Jeffrey Gonzalez, and a female passenger fled in the vehicle.

Approximately 2 hours later, officers were on a foot patrol in the area of Chestnut St. and Thompson Blvd., when they observed the stolen vehicle parked in a parking lot. The officers checked the vehicle and found Gonzalez sleeping inside. Gonzalez was detained and arrested without incident for carjacking.

The victim was not injured during this incident and his vehicle was returned.

A review of the Ventura County Superior Court website shows that Gonzalez has a prior conviction in 2016 for possession of drug paraphernalia.

Harbor Patrol Blotter

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

3-8 Dispatched to a fall/injury in the Ventura Marina Community. Officers responded and assisted VFD/AMR with the call, providing first aid. The patient was transport-

ed to local hospital for further evaluation.

3-9 5:45pm, received a complaint of all the debris on the beaches from Harbor Cove to the Santa Clara Rivermouth. The individual was wondering if the debris were to be removed. Advised that dredging operations were to begin soon and that the debris could be moved/removed at that time with the heavy machinery (bull dozers/skip loaders) involved with the operation.

3-10 1:13pm, dispatched to a medical in the Ventura Marina Community. Officers responded and assisted VFD/AMR with a female complaining of chest pain. The patient was transported to local hospital for further evaluation.

4:40pm, while releasing a tow at the launch ramp, observed a large group of juveniles fishing on the docks. A warning was issued for the violation and the group educated about local ordinances and the priority boaters have at the L/R.

3-11 12:15pm, while on patrol in the fireboat, officers observed a whale in the entrance of the harbor between the South Jetty and the Detached breakwall. After a brief investigation, the whale was observed heading back out to sea.

4:05pm, during shift change, officers observed a sailboat in distress just South of the South jetty. Officers responded and found the vessel with 3 persons on board listing heavily on the South Jetty. The 3 persons were dangerously tossed around the boat before a tow line could be passed to the disabled 25ft sailboat. The vessel was towed off the rocks and safely delivered to its slip in VIM. The skipper and one of the passengers sustained minor injuries.

3-12 8:20am, officers observed 0.99 inches of rain in the Harbor

3-14 7:00am, while opening the beach restrooms and gates, officers observed a sweep and cleanup of homeless encampments near the Santa Clara Rivermouth

1:36pm, dispatched to an unknown medical at 2000 block of Bayshore. Officers responded and assisted Ventura Fire Department with the call.

3-15 7:03am, while on patrol observed a baby elephant seal crawling up the launch ramp. Officers contacted CIMWI (marine mammal rescue) and assisted with capturing and placing the mammal in their vehicle for further evaluation.

3-16 11:43pm, officers monitoring a mayday call on VHF 16, man overboard in the Santa Barbara channel. The call was being handled by the U.S. coast guard.

3-18 12:45pm, dispatched to a medical emergency in the Ventura Marina Community. Officers responded and assisted Ventura FD / AMR with a fall patient.

3-19 12:15pm, officers in the Fireboat and Boat 17 blocked boating traffic in the main channel of the harbor while Manson Dredging towed 1200 feet of plastic pipe onto Harbor Cove from Channel Islands Harbor for dredging operations to start soon. D-9 bull dozers moved what little sand was left on Harbor Cove, South Beach and Surfers Knoll to begin placing the dredge pipe.

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VPD joins 'Neighbors' by Ring

The Ventura Police Department has announced that it is joining the Neighbors app by Ring (available via iOS/Android here: download.ring.com/venturapd) to provide the Ventura community with real-time, local crime and safety information. The Neighbors network already has millions of users and has been instrumental in catching package thieves, stopping burglaries, and keeping neighborhoods safe.

Residents can download the free Neighbors app, join their neighborhood, and use the app to monitor neighborhood activity; share crime and safety-related videos, photos and text-based posts; and receive real-time safety alerts from their neighbors, local law enforcement and the Ring team.

"The free Neighbors app by Ring will be a valuable tool in our efforts to fight crime in our city. We appreciate the opportunity to partner with Ring and our community through this technology," said Police Chief Ken Corney.

Jamie Siminoff, Chief Inventor and Founder of Ring said: "We're excited to have the Ventura Police Department join Neighbors to keep their community up-to-date on local crime and safety information. Over the past few years we have learned that, when neighbors, the Ring team and law enforcement all work together, we can create safer communities."

Download the Neighbors app on iOS and Android at <https://download.ring.com/venturapd> or by texting venturapd to 555888 from your smartphone. Opt-in to join your neighborhood.

Customize the geographic area you want to receive notifications for (users must verify where they are located and cannot participate in other neighborhoods).

Receive real-time alerts from your

neighbors, local law enforcement and the Ring team that inform of crime and safety alerts as they happen.

View local crime and safety posts via a live feed or interactive map.

Share text updates, photos and videos taken on any device, including Ring's home security devices.

Work with your community to make neighborhoods safer.

Neighbors is a neighborhood watch app that provides real-time, local crime and safety information. Download the free Neighbors app (iOS/Android), join your neighborhood, and use the app to: monitor neighborhood activity; share crime and safety-related videos, photos and text-based posts; and receive real-time safety alerts from your neighbors, local law enforcement and the Ring team. Download Neighbors (iOS/Android) today to join your digital neighborhood watch. For more information visit www.ring.com/neighbors.

Ring's mission is to reduce crime in neighborhoods by creating a Ring of Security around homes and communities. Ring is an Amazon company. For more information, visit www.ring.com.

Influenza update

Continued from page 7

Public Health recommends immunization of all persons 6 months and older. While last year's vaccine effectiveness was limited, there is every indication that the vaccine this year is significantly more effective. Immunization can reduce the severity of illness, hospitalization and death due to influenza. It can also, of course, prevent getting the flu altogether. As a reminder, children younger than 9 years of age who have never received influenza vaccine, require 2 doses at least 4 weeks apart during their first season.

Flu vaccine can still be found at many individual doctor's offices, clinics and pharmacies and can be received for low or no cost at the two public health clinics and at the ambulatory clinics referenced at: www.vchca.org/ph

Weekly SUDOKU

Answer

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

King Crossword

Answers

Solution time: 25 mins.

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



by Pam Baumgardner
VenturaRocks.com

I love and respect the passion that is the Deadhead and Ventura has more than our fair share of them as The Grateful Dead performed no less than 11 shows here between 1982 and 1987. Returning to the fairgrounds for the third year is the Skull & Roses festival celebrating The Grateful Dead with bands playing all day Friday through Sunday, April 5 - 7 at Seaside Park at the Ventura Fairgrounds. Just a handful of the bands will be Cubensis, Stu Allen & Mars Hotel, Oteil & Friends, Melvin Seals & JGB and a dozen or so more bands. And while Seaside Park does not allow overnight parking, SkullandRoses.com reports camping is allowed in original Lot C by the Beach, and they go on to say, and I quote, that this is, "One of the most potent deadhead power spots on planet earth." Who knew!

The Ventura Theater has a number of concerts over the next two weeks including All that Remains and Attila on Thursday, March 28, The Offspring performs an acoustic show on Thursday April 4 with Johnny Two Bags opening, but in between, they'll be helping to raise money for a good cause, with Rockin' for Autism featuring local bands on Saturday, March 30 with Fallen Saints, Hologram Empire, The Rays and Raised on Vinyl. It's only a \$10 cover, but I'm sure they'll accept more.

It's always a great outing for the entire family when the Ventura County Concert Band puts on shows at the Ventura High School Auditorium. Their next one falls on Sunday, March 31 with "March Madness" beginning at 3 pm and as always, it's absolutely free to the community.

Quick Notes: Smokey & Friends Monday night residency continues at Copa Cubana, the Jerry McWorter Trio plays Tuesdays; Drug Apts out of Sacramento play The Tavern on Wednesday, March 27, with Sweet Reaper and Gunpowder Empires; it's rockabilly fun with Bad Luck Gamblers, The Cursed Bastards and Three on a Match at Red Cove on Friday, March 29; both Aaron Orbit and Owen Bucey will perform individual sets of original music at Oak & Main on Saturday, March 30; ramping up for Skull & Roses will be Jerry's Middle Finger at Discovery on Sunday, March 31 (they also perform at Skull & Roses); Jen Leigh is the featured guest for the Session with Tommy Marsh on Thursday, April 4 at Grapes and Hops; recording artist Gary Swan will be Gypsy Blues Band's special guest on Thursday, April 4 at the Blue Room in the Ventura Harbor; Yachtley Crew returns to Ventura for a date at Discovery on Saturday, April 6; and if you love the Glam Rock, don't miss Dolls, The Midnight Devils and others at Red Cove on Saturday, April 6.

Do you have any music-related news or upcoming shows you want help publicizing? Please send all information short or long to Pam@VenturaRocks.com. For updated music listings daily, go to www.VenturaRocks.com.

Music Calendar

For more events go to VenturaRocks.com

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 3/27: Finnhead Dave & Friends
Fri 3/29: Teresa Russell & Stephen Geyer
Sat 3/30: Blue Motel Room
Sun 3/31: Catterwailers

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

Café Fiore
66 S. California Street
Wed 3/27: Donna Greene
Fri 3/29: Alex Nestor
Sat 3/30: Taboo
Tues 4/2: Bernie Meisinger
Wed 4/3: Bryan McCann
Fri 4/5: Otis Hayes
Sat 4/6: Front Loaders

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

Copa Cubana
Ventura Harbor Village
Music 7 pm; Sundays 4 pm
Mondays: Smokey & Friends
Tuesdays: The Jerry McWorter Trio
Fri 3/29: Brandon Ragan Project
Fri 4/5: Brandon Ragan Project
Sun 4/7: Soul Expression

Dargan's Irish Rub & Restaurant
593 E. Main Street
Music at 4 pm
Sun 4/7: The Sunday Drivers

Discovery
1888 Thompson Blvd
Thurs 3/28: Sgt. Pepper
Fri 3/29: Corazon de Mana
Sat 3/30: Who's Bad
Sun 3/31: Jerry's Middle Finger
Thurs 4/4: The Dubbest, The Oles
Fri 4/5: Karla
Sat 4/6: Yachtley Crew

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 3/29: Inna Rude Mood
Fri 4/5: Teresa Russell & Stephen Geyer

Garage

1091 Scandia Avenue
Mondays: Karaoke
Fri 3/29: Know, Hymen Blasters, Until We Die
Sat 3/30: Hell Toupees, SRA, Agression
Sun 3/31: Dowrr, O Zorn, Easy Death (3pm)
Fri 4/5: Luicidal, IDecline, FSKD, Sick Sense

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 3/29: Diane Miller Band
Sat 3/30: Hunter and the Ducks
Thurs 4/4: The Session with Tommy Marsh & Jen Leigh
Fri 4/5: Johnny and the Love Handles
Sun 4/7: The Tossers

Hong Kong Inn

435 E. Thompson Blvd
Wed 3/27: Marina "Frenchie" Pacowski
Sat 3/30: The Andrea Hammon Band

Keynote Lounge

10245 E. Telephone Road
Tues, Wed and Sun: Karaoke
Thursdays: Open mic night
Fri 3/29: CRV
Sat 3/30: Crosscut 805
Fri 4/5: DJ-AVG
Sat 4/6: Wax Off

Leashless Brewing

585 E. Thompson Blvd.
Wed 3/27: Shore Break
Sat 3/30: Leashless House Band
Tues 4/2: Acoustic open mic
Thurs 4/4: The Alpine Camp
Fri 4/5: Boom Duo

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 3/28: Conner Cherland
Sat 3/30: The Mutineers
Sun 3/31: Corey Leiter & Raymond Joseph

Majestic Ventura Theater

26 S. Chestnut Street
Thurs 3/28: All That Remains, Attila
Sat 3/30: Fallen Saints, Hologram Empire, The Rays, Raised on Vinyl
Thurs 4/4: The Offspring, Johnny Two Bags

Margarita Villa

Ventura Harbor Village
Sun 3/31: DRB
Sat 4/6: Sin Chonies

Oak and Main

419 E. Main Street
Sundays: Sing Time Karoke
Tuesdays: Beers Brothers Open Mic
Wednesdays: Brian Nicolet
Sat 3/30: Aaron Orbit, Owen Bucey
Fri 4/5: Wishbone
Sat 4/6: The Brandon Ragan Project

O'Leary's

6555 Telephone Road
Wed: Karaoke

Paddy's

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

Plan B Winery

3520 Arundell Circle
Sun 3/31: Teresa Russell & Tom Buenger

Red Cove

1809 E. Main Street
Thursdays: Open Jam night
Fri 3/29: Bad Luck Gamblers, The Cursed Bastards, Three on a Match
Sat 4/6: Dolls, The Midnight Devils, GlamAsF*ck, LAMF

Sandbox Coffeehouse

204 E. Thompson Blvd
805-641-1025
Thurs 6 pm, Weekends noon
Thursdays Open Mic
Sun 3/31: Greg Korzen
Sat 4/6: The Hellhounds
Sun 4/7: Layers of Pink

Sans Souci

21 S. Chestnut
Sundays: DJ Darko
Mondays: Karaoke
Tuesdays: DJ Nick Dean
Wednesdays: Open mic
Thursdays: DJ Spinobi
Fri 3/29: Shevie Char
Sat 3/30: Astreyas, KC Mobley
Sat 4/6: The Focke Wolves, Big Dictator, Brainspoon

The Shores Restaurant

1031 Harbor Blvd, Oxnard
Sundays 12:30 - 3:30 pm
Fri 3/29: Shay Moulder
Sun 3/31: Karen Eden
Fri 4/5: James Broz Duo
Sat 4/6: Tommy Marsh Band
Sun 4/7: Jeff

Star Lounge

343 E. Main Street
Fri 3/29: Johnny and the Love Handles

The Tavern

211 E. Santa Clara Street
(805) 643-3264
Sundays: DJ Steezy Steve
Tuesdays: Karaoke
Thursdays: Get Right DJ
Wed 3/27: Drug Apts, Sweet Reaper, Gunpowder Empires

Topa Mountain Winery

821 W. Ojai Avenue, Ojai
Music 3-5 pm
Sat 3/30: Lasalle & Salinas
Sun 3/31: Dan Grimm

Traveler's Café

1070 E. Front Street
Music 11 - 1 pm
Sun 4/7: The Swillys

Ventura County Fairgrounds

10 W. Harbor Blvd
Fri 4/5: Skull & Roses
Sat 4/6: Skull & Roses
Sun 4/7: Skull & Roses

Ventura High School Auditorium

2 N. Catalina Street
3 pm - Free - all ages
Sun 3/31: Ventura County Concert Band

Winchester's

632 E. Main Street
(805) 653-7446
Music at 7:00 pm; Sundays at 5 pm
Fri 3/29: James Broz
Sat 3/30: Déjà vu Too
Sun 3/31: CRV Acoustic Trio
Fri 4/5: Paige Peel
Sat 4/6: The Tossers
Sun 4/7: Jodi Farrell & Jim Rankin

1901 Speakeasy

740 South B Street, Oxnard
Fri 3/29: Danny McGaw
Sat 3/30: Rat Pack Ricky
Fri 4/5: Rich Sheldon
Sat 4/6: The Swillys

The 805 Bar

Ventura Harbor
Music at Noon
Saturdays: Kenny Devoe
Sundays: Kenny Devoe



Marina Bretz Portrait of a Friend

Ventura Unified School District (VUSD) has announced the 2nd Annual VUSD Art Show, highlighting its incredibly talented K-12 student artists, will open on Thursday, April 18, 2019. A VUSD Artists Opening and Ventura Education Partnership (VEP) Reception will take place from 6-8 pm at the Museum of Ventura County. This event is open to the public with a suggested donation of \$10.00, with all proceeds supporting VUSD's Art programs.

"We are very proud of the long history Ventura Unified, and our community has of supporting the arts in our schools. Arts

education is critical in helping all of our students be well-rounded citizens in the modern economy – one where creativity and technology interact in continually evolving ways," stated Sabrena Rodriguez, VUSD Board President, and longtime Ventura Arts Collaborative member.

The juried show will run at the Museum from April 19-May 5, Tuesday-Sunday, 11 am-5 pm. During the course of the exhibit, the museum is offering a discounted family membership to all VUSD families. May 5, 2019, will be the show's closing day featuring "People's Choice Awards" and entertainment. This event will be free to the public from 11 am-5 pm.

VUSD offers an incredible array of Arts education, beginning in elementary school with curriculum-aligned art instruction for all students. The caliber of these student artists is a testament to the investment our community has made into preserving and expanding Arts education.

The show is made possible through the efforts of the Ventura Arts Collaborative, a cooperative program of Ventura Unified School District, the City of Ventura, Ventura Education Partnership and the Museum of Ventura County.

"The Museum of Ventura County is proud to collaborate with and support VUSD and VEP in their ongoing efforts to elevate the arts in the lives of Ventura youth. These young artists deserve to have their work displayed for all to enjoy," stated Denise Sindelar, Museum Programs Director.

Featured artists include:

Maria Aguilar a Senior at Buena High School where she is in her second year of art.

Marina Bretz a Senior Buena High School is a digital, watercolor, and colored pencil artist who focuses on creating playful, crisp art in a cartoonish, colorful style.

Justice McKenzie is a Sophomore Foothill Technology High School

Shea Sullivan a Junior Foothill Technology High School who since a young age, has been passionate about art and nature. **Laura Kemble** a Junior Ventura High School this is her third year of art.

For more information on the 2nd Annual VUSD Student Art Show, contact Nancy Kellogg, VUSD Elementary Art Teacher at nancy.kellogg@venturausd.org.



Magical Bird by **Jovanny**, Sheridan Way Elementary Focus on the Masters Archive & Library Learning To See Outreach Art showcases two student exhibits at local libraries Exhibit sites and dates:

Oxnard Library from April 2 – 29, 2019

251 South 'A' St., Oxnard Awards Ceremony Wednesday, April 17 at 5:30

E. P. Foster Library from April 3 – May 1, 2019

651 E Main St, Ventura Awards Ceremony, Wednesday, April 24 from 5:30

The public is invited to join Focus on the Masters Archive & Library (FOTM) for celebrations of youthful expression featuring artwork created with Learning To See Outreach (LTS). Artwork from Sierra Linda Elementary and Kamala Elementary Schools is featured at Oxnard Library with an awards ceremony April 17th at 5:30. E.P. Foster Library in Ventura is hosting Elmhurst Elementary and Sheridan Way Elementary students' artwork with a reception on Wednesday, April 24th from 5:30 – 6:30. Awards will be presented, and all are welcome to create their own beautiful leaf print with us!

FOTM documents the lives and works of extraordinary artists from our community, providing art programming for all ages. Each lesson of the innovative LTS in-school, hands-on art program is inspired by one of these artists, beginning with a PowerPoint presentation and demonstration. Students then apply themselves to their own art projects, gaining confidence and respect for themselves and others as they realize the rewards of creativity and concentrated endeavor. With an emphasis on critical thinking and innovation, art anchors them to a greater caring for their community and celebration of cultural diversity.

www.FocusOnTheMasters.com

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



The Ventura College Art Galleries, Gallery 2 and the New Media Gallery, were created in the 1970's, to showcase faculty and student works, as well as artwork by prestigious artists from throughout the country.

Empoderamienta: The Art of Latina Artists until April 18th in the New Media Gallery.

This exhibition will explore the art of Latin American women artists with an emphasis on the art object as a form of cultural, artistic, and social expression. The exhibition will also explore the historic and artistic constructs of women artists in Latin America, who re-created themselves as beguiling personalities, posed uneasily between

the worlds of artifice (art) and nature, or the instinctual life.

Art Gallery hours are Monday through Thursday, 10:00 am to 4:00 pm. For more information please call (805) 289-6040.

Parking on Campus requires a parking permit, which may be purchased from two automated yellow boxes in the West parking lot, and one automated yellow box in the North parking lot. The cost for parking is two dollars (\$2).



Picnic Pears, Bonnie Quan

Opening at the Buenaventura Gallery Con-text

Artworks with words, phrases, letters or numbers in the composition

March 28 - April 21, 2019

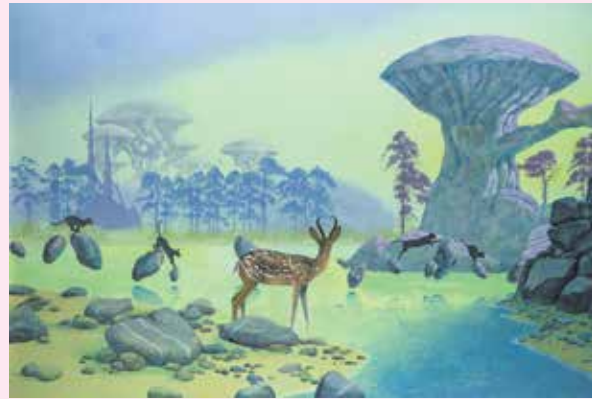
Reception: First Friday,

April 5, 6 - 9pm

Also at the Buenaventura Gallery **Michelle Nosco & Bonnie Quan.**

Michelle and Bonnie are both past winners of BAA's Outstanding Merit Award for excellence in artwork entered in other member exhibits. They are being rewarded

with this exhibit of several of their ongoing works. 432 N. Ventura Ave., #30, In the Bell Arts Factory



After traveling to the Netherlands in 2017 and Miami in 2018, The Representational Art Conference is returning to the Crowne Plaza Ventura Beach, where two California Lutheran University faculty members launched it seven years ago.

TRAC2019 will run from March 31 through

April 4, drawing international academics, artists, collectors, critics and curators to discuss and to demonstrate techniques in a broad category of the visual arts. Representational art portrays identifiable people, places and objects.

Presented by Cal Lutheran for the sixth time this year, the conference will focus on the relationship between imagination and 21st-century representational art. Boris Vallejo, whose illustrations of fantasy characters are loved throughout the world, and his wife and fellow fantasy artist Julie Bell will demonstrate their drawing and painting. One of the panel discussions will explore "The Art History of Fantasy and Science Fiction."

Tim Jenison, subject of the 2014 documentary "Tim's Vermeer," is a keynote speaker. Intrigued by how Johannes Vermeer painted photorealistically 150 years before the birth of photography, the inventor set out to recreate one of the Dutch master's paintings with the use of 17th-century technology. Other presenters include Roger Dean, the prolific creator of album covers for the rock band Yes; Z.S. Liang, an award-winning painter from Agoura Hills known for his portrayals of Native American culture; and Corinna Wagner, author of "Pathological Bodies: Medicine and Political Culture" and "Art & Soul."

Academic presentations will range from "The Body of Christ, Trauma Porn and Realism in Western Painting" to "The Monuments Nobody Asked For." TRAC2019 also will feature movie screenings and demonstrations by sculptors Brian Booth Craig and Alicia N. Ponzio and painters Virgil Elliott, Teresa Oaxaca, Scott Prior, Alexey Steele and Pamela Wilson.

Participants will take field trips to view exhibits and talk to featured artists at the Blackboard Gallery in Camarillo, Carnegie Museum in Oxnard, and Kwan Fong Gallery of Art and Culture, William Rolland Gallery of Fine Art and outdoor Chalk Festival at Cal Lutheran in Thousand Oaks. Blackboard Gallery's "The Illusionists," curated by TRAC co-founder and Cal Lutheran art professor Michael Pearce, and the Carnegie's "The Imaginary: Art Commingling Realism and Imagination" were designed to reflect the conference's focus on fantasy.

Pearce and former Cal Lutheran art faculty member Michael Lynn Adams launched TRAC in 2012 to address what they saw as a lack of critical appreciation of representational art and to explore the new directions it might take.

For more information or to register, visit trac2019.org.

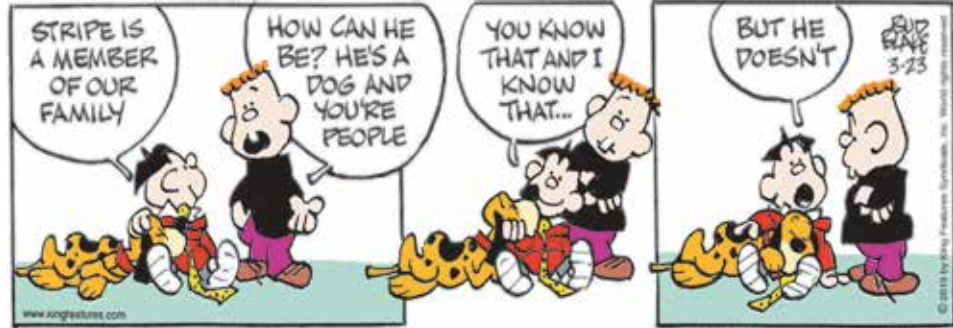


Lighter Breeze

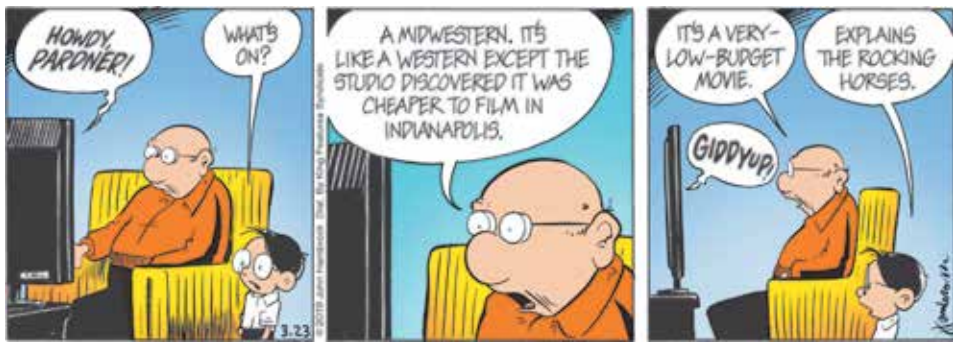
Mother Goose and Grimm



Tiger



The Brilliant Mind of Edison Lee



Pros and Cons



Hi and Lois



Blondie



Solutions on page 15

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

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

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 15

King Crossword

ACROSS

- 1 Long sandwich
- 4 Loathe
- 8 Den
- 12 Web address
- 13 Pianist Gilels
- 14 Competent
- 15 Swelled head
- 16 India's movie industry
- 18 Happen again
- 20 Thanksgiving veggie
- 21 "Show Boat" composer
- 24 Club used in sand traps
- 28 Robin Hood's forest
- 32 Night light
- 33 Tin container
- 34 Japanese wrestlers
- 36 Movie trickery, for short
- 37 Declare
- 39 Actor Clint
- 41 Archaeologist's find
- 43 Approach
- 44 Chow down
- 46 Actress Winona
- 50 "American Gothic" painter
- 55 Hearty quaff
- 56 Top-notch
- 57 Spherical do
- 58 Work with
- 59 Bosc or

| | | | | | | | | | | | | | |
|----|----|----|--|----|---|----|----|----|----|----|----|----|----|
| 1 | 2 | 3 | | 4 | 5 | 6 | 7 | | 8 | 9 | 10 | 11 | |
| 12 | | | | 13 | | | | | 14 | | | | |
| 15 | | | | 16 | | | | | 17 | | | | |
| 18 | | | | 19 | | | | 20 | | | | | |
| | | | | 21 | | 22 | 23 | | 24 | | 25 | 26 | 27 |
| 28 | 29 | 30 | | | | | | 31 | | 32 | | | |
| 33 | | | | 34 | | | | | 35 | | 36 | | |
| 37 | | | | 38 | | 39 | | | | 40 | | | |
| 41 | | | | 42 | | 43 | | | | | | | |
| | | | | 44 | | 45 | | | 46 | | 47 | 48 | 49 |
| 50 | 51 | 52 | | | | 53 | 54 | | | 55 | | | |
| 56 | | | | | | 57 | | | | 58 | | | |
| 59 | | | | | | 60 | | | | | 61 | | |

- 10 Dockworkers' org.
- 11 Roulette bet
- 17 Deviate off course
- 19 Kiev's country (Abbr.)
- 22 Libertine
- 23 "— is an island"
- 25 Erte's style
- 26 Full of energy
- 27 Oklahoma city
- 28 "The Lion King" villain
- 29 Own
- 30 Organic compound
- 31 Amount of medicine
- 35 Fame
- 38 Hot dog
- 40 Like some humor
- 42 Feline
- 45 "— the night before ..."
- 47 Smear
- 48 Otherwise
- 49 Clarinetist's need
- 50 Space
- 51 Fish eggs
- 52 Santa — winds
- 53 Frequently, in verse
- 54 Raw rock

DOWN

- 1 Litigious one
- 2 Incite
- 3 United nations
- 4 New Testament book
- 5 I love (Lat.)
- 6 Up to
- 7 — May
- 8 Marshals et al.
- 9 Blood-group letters

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LIBRA (September 23 to October 22) Your sense of justice prompts you to speak out against an unfair situation, even if you seem to be the only one who feels that way. But you soon learn that many others agree with you.

SCORPIO (October 23 to November 21) Creating a fuss is not usually your style. But that doesn't mean you should tolerate an ill-mannered attitude. Speak up for yourself, and you'll earn the respect of others.

SAGITTARIUS (November 22 to December 21) You might have a few loose ends to tie up before you can stamp your project as complete. But once that's done, you might want to celebrate with someone special in your life.

CAPRICORN (December 22 to January 19) Disappointment darkens the Goat's mood. But close friends rally to pull you through with words of encouragement. Use their confidence in you to rebuild your own self-esteem.

AQUARIUS (January 20 to February 18) An upcoming decision might be more difficult with inaccurate information. Best to recheck the data you have at hand right now to be sure it won't mislead you later.

PISCES (February 19 to March 20) An offer you previously turned down might no longer be available. But if you do some checking around, you could find something else that would suit you just fine.

BORN THIS WEEK: You believe in helping those who cannot help themselves. Although it embarrasses you, the fact is, people like you and tell you so.

ARIES (March 21 to April 19) Putting yourself in someone else's shoes isn't easy for you. But if you do it, you'll gain a better perspective of what you need to do to achieve your goals. Be open to new ideas.

TAURUS (April 20 to May 20) There are still some problems you might have to deal with before moving on to your next project. It's a good idea to accept help from those who share your objectives.

GEMINI (May 21 to June 20) It's time to recognize the difference between those who are truly concerned for you and those who simply plan to use your good nature to their advantage. New ideas become increasingly attractive.

CANCER (June 21 to July 22) Depending on a promise made becoming a promise kept could be more than a mite unwise at this time. It's best to proceed on your own rather than wait for aid that might never arrive.

LEO (July 23 to August 22) A recently revitalized relationship might not be quite what the Big Cat expected. But give yourself more time to deal with the changes. A little flexibility can go a long way. Good luck.

VIRGO (August 23 to September 22) A major change could prompt more adjustments. Some of them might be difficult to deal with at first. But hang in there, and before you know it, you'll be coasting to your next goal.

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Show Time

A View from House Seats

Rubicon's Fuddy Meers is a wild ride

by Shirley Lorraine

Several things can be expected from a Rubicon Theater production. High quality acting & production, and an opportunity to stretch your brain. The current production of Fuddy Meers, directed by Jenny Sullivan, running for just one more weekend, provides these things and more.

The fast-paced ride through life's funhouse offers a roller coaster of events and emotions. With so much going on, by the end of the first act it is easy to be confused. Never fear, however, act two brings clarity in surprising ways. The play is high-strung and decidedly politically incorrect.

The central character is Claire (Precious Chong), a woman who lives with a severe case of amnesia. Each day she must be reminded of who she is and all details of her life. Her upbeat husband Richard (Joseph Fuqua) provides her with information and a scrapbook to reference. One morning, as Richard goes to shower, a man wearing a ski mask pops out from under Claire's bed. He limps, lisps, and declares himself to be Claire's brother, Zach (Stephen Caffrey) there to save her. From what is the question.

She takes him at face value, and they drive to Claire's mother's home in the country. Mother Gertie (Deede Rescher) has had a stroke and is unable to put words in the correct order to form sentences. Her life is a different kind of funhouse.

At the window appears a foul-mouthed puppet named Binky, and his controller, Millet (Louis Lotorto). Millet and Zach have spent "time" together and are up to no good. When Richard discovers Claire is missing, he and rebellious son Kenny (Seryozha La Porte) head to Mother Gertie's house. Along the way, a traffic stop by Policewoman Heidi (Tracy A. Leigh)

results in her abduction as the two men decide she needs to accompany them to Gertie's.

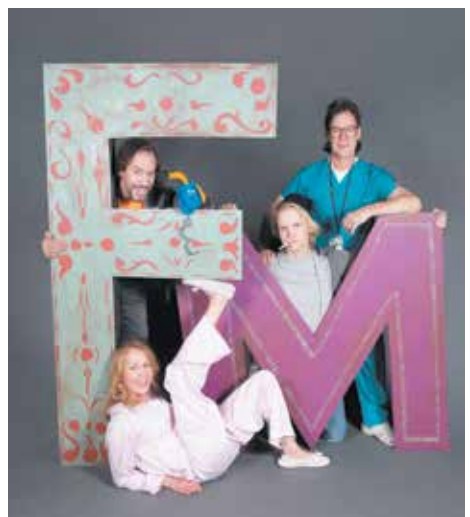
And that's just the first act! It was amusing to listen to myriad audience comments at intermission – coming up with possible reasons for the chaos and making sense of the action.

Act two reveals that nothing is what it appears to be. Every character has a secret. Claire slowly begins to remember things from her past and as facts are unraveled, flashes of clarity come forth. We realize that everyone is searching for ways to become better people. Aren't we all?

Wednesday's talk-back with the actors revealed additional character insights from both actors and audience. The theme of the play, that life is a distorted and chaotic funhouse, during which we continually discover that there is always more under the surface, is a universal and timely one. We never have all the information we need to make sense of some things. And that's okay. We just adjust what we consider to be normal in order to comprehend.

The actors are all outstanding. Each has created a definitively unique character with layers and layers of nuance. Director Sullivan allowed the actors to interpret their own journeys. As a result, each performance is slightly different. This is a wild ride worth taking.

Fuddy Meers concludes this weekend. Performances are Wednesday, March 27, 2 and 7 p.m. (p.m. show offers talk-back after), Thursday, March 27 at 7 p.m., Friday at 8 p.m., Saturday at 2 p.m. and 8 p.m. and the final show on Sunday, March 31, at 2 p.m. (805) 667-2900 or www.rubicontheatre.org for tickets. Prices vary.



Dark and zany comedy continues at the Rubicon. Photo by Jeanne Tanner.

Fuddy Meers – Really?

Rubicon Theatre Company continues the 2019 season with the dark and zany comedy Fuddy Meers. Amnesiac Claire awakens each morning as a blank slate on which her husband and teenage son must imprint the facts of her life. One morning, Claire is abducted by a

limping, lisping man who claims her husband wants to kill her. The play culminates in a cacophony of revelations, proving that everything is not as it appears to be.

Written by Pulitzer-Prize winning playwright David Lindsay-Abaire (Rabbit Hole) and directed by Artistic Associate Jenny Sullivan, Rubicon Theatre Company's production stars Stephen Caffrey as the Limping Man ("Tour of Duty" – 3 seasons, The Cripple of Inishmaan at Antaeus) Precious Chong (RTC's Dancing at Lughnasa, The Glass Menagerie) as Claire, Joseph Fuqua (RTC'S King Lear, Incognito, All My Sons-Ovation Award) as Richard, Seryozha LaPorte (Edmund in RTC's King Lear) as Kenny, DeeDee Rescher (multiple seasons with Laguna Playhouse) as Gertie, and Louis Lotorto (RTC's King Lear and The Tempest, An Enemy of the People at Ahmanson) as Millet, and Tracy A. Leigh as Heidi (Obie and NAACP Award recipient, Baby Dance: Mixed at Rubicon). Performance Times and Prices-Closes on March 31.

Wednesdays at 2 p.m. and 7 p.m. (\$25-\$55) (Talkbacks follow all

Please join us for a Lenten Evensong on Saturday, March 30 at 5 pm. featuring Pergolesi's exquisite *Stabat mater* (Lat. for Suffering mother). The centuries-old text of the *Stabat mater* invites the listener to consider the pathos of Mary as she watches her son dying on the cross. The young Neapolitan composer Pergolesi (1710-1736) likely lay dying of tuberculosis as he finished his setting of the *Stabat mater*; his expressively rich music evokes the intimacy of personal pain as well as the hope of heavenly release. Our soloists are Patricia Lathrop-McPherson and Kathleen McVicker accompanied by a professional women's string quartet. Helen Farson directs from the harpsichord. Ventura Seventh-day Adventist Church, 6300 Telephone Rd., Ventura. Service lasts approx. 50 min. Please call 805.641.9646 if more information is desired. Admission is always free.

Lenten Evensong

Wednesday evening shows)
Thursdays at 7 p.m. (\$25-\$55)
Fridays at 8 p.m. (\$25-\$55)
Saturdays at 2 p.m. and 8 p.m. (\$25-\$55)
Sundays at 2 p.m. (\$25-\$55)
Rubicon Theatre Company
Ventura's Downtown Cultural District
1006 E. Main St.
Ticket Range: \$20 - \$55 (\$120 for opening night including post-show party)
Previews: \$20-\$40
Prices above do not include a \$4 ticket service fee
Discounts Available for Groups of 10+
Discounts for Seniors 65 and over, Students, Teachers and active Military available
Box Office (for single and group tickets): 805.667.2900

Ventura County Junior Lifeguard Program

Enrollment applications are now available to youth interested in participating in the Ventura County 2019 Junior Lifeguard Program.

Applications can be picked up at the Ventura County Harbor Department at 3900 Pelican Way Oxnard, CA 93035 or online at <http://www.channelislandsharbor.org/listing/junior-lifeguard-program/>

There is a fee to enroll in the program. For more information, please call the Ventura County Harbor Patrol at (805) 973-5959.

Mosquitoes can transmit diseases

Continued from page 13

toes, eliminate standing water from your property - no matter how small; make sure doors and windows have tight-fitting screens; when outdoors, wear protective clothing and apply an EPA approved insect repellent containing DEET, picaridin, oil of lemon eucalyptus, Para-menthane-diol (PMD), or 2-undecanone. If water is stored in rain barrels or other containers, cover all openings with tight fitting lids or 1/16-inch fine mesh screen.

The Division monitors and controls mosquitoes at approximately 2,600 mosquito breeding sources throughout Ventura County. However, the Division is asking the public to assist with the mosquito control effort by reporting mosquito activity

CALL & BOOK YOUR PRIVATE EVENT!
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3/29: CORAZON DE MANA - TRIBUTE TO MANA
3/30: WHO'S BAD - TRIBUTE TO MICHAEL JACKSON
3/31: JERRY'S MIDDLE FINGER
4/4: DUBBEST X THE OLES
4/5: KARLA PEREZ - TRIBUTE TO SELENA
4/6: YACHTLEY CREW
4/11: BRET BOLLINGER & THE BAD HABITS
4/12: QUEEN NATION - TRIBUTE TO QUEEN
4/13: UFC 236 HALLOWAY VS POIRIER

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

or potential mosquito breeding sites. Mosquito complaints can be reported to the complaint HOTLINE at 805/658-4310.

Mosquito-eating fish are available to the public for use in ornamental ponds and water features. To request mosquito-eating fish call 805/662-6582. To report dead birds for WNV testing, contact the California Department of Public Health at 877/WNV-Bird (877/968-2473) or visit westnile.ca.gov.

The Division also advises the public to be alert for two invasive (non-native) mosquito species that have recently been found in several areas of California. They are *Aedes aegypti* and *Aedes albopictus*. These are small, aggressive daytime biting mosquitoes with white stripes on their back and legs. Their eggs can survive during dry months in small artificial or natural containers and can hatch in a teaspoon of water.

For additional information, visit: <https://vcrma.org/vector-control-program>.



The Ventura Police Officers' Association Presents 6th Annual
VENTURA ECO EXTREME MUD CHALLENGE
 Hosted by the Ventura Land Trust at Harmon Canyon

APRIL 27, 2019

Events: 5K Mud Challenge \$50- 10:30 am and
 1K Kids Mud Challenge \$20- 9:30 am
Event sells out, register today!

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 To Benefit The Dee Dowell Scholarship Foundation

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 March 16 - April 28,
 7 Days a Week, 9am to Sunset
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Surfrider volunteers

Continued from page 1

“The purpose of this meeting is to get everyone psyched up for our busiest time of year – Earth Month and summer,” said Sadie L. Iverson, Vice-Chair Surfrider Foundation Ventura County Chapter. “The meeting will be interactive, and attendees will learn all about Surfrider’s mission as well as get the information and skills they need to take their volunteering to the next level.”

Volunteers of all ages and walks of life are welcomed into the Surfrider fold, the only requirements being an interest, or a passion for contributing to and helping to find solutions for the issues that impact our oceans, waves, and beaches.

“Our monthly chapter meetings usually feature a guest speaker, but for this meeting, we’ll be reviewing what it means to be a Surfrider volunteer,” said Iverson. “Chapter leaders will also share their stories and photos from previous events and talk about upcoming activities and projects.”

A few of the activities one can expect as a volunteer include beach cleanups and building and planting Ocean Friendly Gardens.

“We also have jobs that can be done from home, such as data entry,” continued Iverson. “For those individuals on a schedule, we also have jobs like tabling and outreach at events. For those with more flexibility, we have activities like “Hold On To Your Butt,” ashcan patrol which involves assisting with the monitoring of the chapter’s ever-expanding network of ashcans (for cigarette butt disposal). We also need support in the areas of accounting, technology, HR, and fundraising efforts for the cause.”

If a community member has a volunteer idea that fits in with the Surfrider mission (found at surfrider.org), the organization will entertain that possibility.

“Our volunteers spend approximately three to twenty hours a month with us,”

continued Iverson. “Since all our chapters are local and grassroots-based, when someone volunteers with us, they’ll be working on issues facing us right here in Ventura County.”

In addition to helping the mission, volunteers also experience camaraderie with like-minded individuals and enjoy being part of a community of people that are working to make a difference in the sustainability of our community.

Upcoming Volunteer Events

OFG Installations – Projects to be determined shortly

Beach Cleanups – Monthly beach cleanups from California Street to Surfer’s Point are the fourth Saturday of every month except September (when the Chapter participates in the annual Coastal Cleanup Day). In addition to Ventura beaches, the chapter will be coordinating Oxnard beach cleanups.

The Ocean Friendly Restaurant Committee – Volunteers are needed to help visit Ventura County restaurants to speak with and encourage restaurant owners to become a part of this network of restaurants which foster community sustainability through environmentally-friendly practices.

The Blue Water Task Force – Volunteers are needed to be a part of a rapid response team which requires taking water samples after big storm events. There are also opportunities to assist with Surfrider Ventura County’s partnership with Foothill Technology High School. The high school program runs from November through March (weekly water testing) and volunteers would assist with tasks such as collecting water samples, teaching students to test the water samples, and reading results.

To volunteer with Surfrider Ventura County, contact volunteercordinator@ventura.surfrider.org.

If you have a sustainable story tip or event, message Maryann on Facebook.com/SustainabilityNowNews

20th Annual BRAVO AWARDS

Women Elevated!
 Celebrating the Fearless Pursuit of Success

Get Tickets at
NAWBOVC.ORG

BRAVO Awards Luncheon
 FRIDAY, APRIL 12, 2019
 11:30 AM - 2:00 PM
 SERRA CENTER, CAMARILLO

2019 BRAVO Honorees

| | |
|---|---|
| Woman Business Owner of the Year Catherine Von Burg, SimpliPhi Power | Education Advocate of the Year Lisa Barreto, Ribbons of Life Breast Cancer Foundation |
| Innovator of the Year Michelle Wilner, VIRTIS | Young Woman Entrepreneur of the Year Alison Kenis, Sugar Lab Bake Shop |
| Rising Star of the Year Breanne Cochran, The Vent Human Performance Center | NAWBO-VC Member of the Year Brenda Terzian, Doug Terzian Construction |
| Community Advocate of the Year Christina Shaffer, The Law Office of Christina Shaffer | |

Leadership in Public Policy
 Senator Hannah-Beth Jackson & Betsy Berkhemer-Credaire

Thank you to our Media Sponsor – Ventura Breeze

On March 24, the Ventura Breeze presented a self-publishing seminar at Mimi’s Café. It featured presentations by four Breeze contributing writers Mira Reverente, Maryann Ridini Spencer, James Francis Gray and Sheli Ellsworth. It was moderated by Breeze publisher-editor Sheldon Brown. After the presentations the crowd of over 30 asked many important questions that were answered by the presenters.