

Adopt a furry little companion, page 17!



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Presenting Alyssa Mendoza with the Audrey Woodburn Scholarship were CMHS Senior VP of Operations Adam Thunell, Dr. James Woodburn II, and Junior Volunteer Chair Marilyn Beal.

CMH Auxiliary honors junior volunteer scholarship recipients

Each year in June, the Community Memorial Hospital Auxiliary honors its graduating Junior Volunteers as they finish their high school careers and prepare for their futures. On June 10, Auxiliary members, hospital leaders and proud parents gathered to honor two special Junior Volunteers with scholarships for their continued education.

Alyssa Mendoza was awarded the Audrey Woodburn Scholarship for \$1,500. Alyssa became a Junior Volunteer in June, 2016, and served in the CMH Gift Shop and Maternal Child Health department. Over the last three years, Alyssa accumulated over 550 hours of service to the hospital. Her commitment to the patients and community earned her second place for Community Service at Foothill Technology High School. Alyssa plans to continue her education at Ventura College and major in Nursing Science.

Trinity Durborow received the Maria Cavallo Scholarship for \$3,000. Trinity has been a Junior Volunteer in the CMH Gift Shop since June 2017 and has given

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The winners of the Ventura County Fair poster contest were unveiled by James Lockwood on July 8 at a presentation at the fairgrounds. The theme of the fair is "A Country Fair with Ocean Air."

The design by Darianna Vásquez, 18, of Santa Paula, earned her first place. Her work will appear on the fair's poster and other fair materials.

Hannah Ellsberry, 17, of Camarillo, took second place and Jorja Garcia, 14, of Oxnard, received third place. They were chosen from 58 entrees.

The 144th Ventura County Fair runs July 31 to Aug. 11.

Photos by Bernie Goldstein.



On Wednesday, July 10th, the Ventura Botanical Gardens dedicated the Schwab Entrance Plaza to honor the memory of the late Miriam Schwab and her longstanding support and philanthropy for the Garden and the Arts in Ventura.

Music was performed by the Miriam and Henry Schwab Academy of Music, Ventura College.

Photo by Michael Gordon.



Victor Rodriguez, Yesenia Peña, Dr. Marlene Batista, Marco Aguilar, Sommer Frisk, Erika Martin, Jesus Garcia, Diana Terre and Ben Escobar. Ernesto Martinez, Salena Bracamontes, Veronica De La Cruz and Adan De La Torre are ready to dance.

Sustainability Now News

Community Leaders dance for Annual Oxnard Salsa Festival

by Maryann Ridini Spencer
(@MaryannRidiniSpencer)

In the vein of the hit television series, "Dancing with the Stars," on Sunday, July 28 at 1:00 pm during the 26th Annual Oxnard Salsa Festival presented by the Oxnard Downtowners, seven

community leaders paired with local top dance instructors will compete in the "2019 Dancing with Our Community Stars Dance Contest and Charity Fund-raiser." The salsa competition, sponsored

by Union Bank and La M 103.7, raises money for the dancer's favorite charities.

"Dancing with Our Community Stars" is one of the most anticipated events of the festival," says Kellie Meehan, festival executive director. "Our competitors give it everything they've got to wow the crowd, and all will raising money for wonderful local causes."

Who's competing?

Victor Rodriguez, dances with his instructor Yesenia Peña, for Cabrillo Economic Development Corporation, a nonprofit where he sits on the board. Rodriguez, an immigrant whose family settled in the Cabrillo Village farmworker community in Saticoy, is passionate about providing affordable housing and assists with the organization's mission providing comprehensive housing services and community economic development activities for individuals and families most lacking in opportunity in Ventura County.

Veronica De La Cruz, a sales manager for Union Bank, dances with instructor Adan De La Torre for Clean International, an organization dedicated to ensuring that every person around the world has access to sustainable clean

Continued on page 17

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Business



Award winning clothing stylist Deborah Yahner has opened an upscale resale boutique Ikat and Pearls Boutique. A Ventura Chamber of Commerce ribbon cutting was recently held.

40 South California Street (805) 448-9526.

Photo by Michael Gordon.

New group invites the community to participate

by Jill Forman

Laura Covault and Layla Perez are the founders and co-owners of this new theater company, Unity Theatre Collective and hope to inspire

Ventura to support, attend and take part in their productions. "We are looking for people to join our merry band of players."

Their first offering, a gender-bending take on Oscar Wilde's "The Importance of Being Earnest," just completed its run at the NAMBA center in downtown Ventura. A unique interpretation: some of the characters changed gender in the second act, couples re-assorted, and it all came to a riotous happy ending. Tea was served to the audience at small tables, and the actors brought

VENTURA COUNTY FAIR

July 31 - August 11

"A COUNTRY FAIR WITH OCEAN AIR"

FREE CONCERTS

- Styx: 7/31
- Martina McBride: 8/1
- Melissa Etheridge: 8/2
- The Ohio Players: 8/3
- The Emotions: 8/3
- Evelyn "Champagne" King: 8/3
- Banda Carnaval: 8/4
- Luis Coronel: 8/4
- Cuarto de Milla: 8/4
- X Ambassadors: 8/5
- Tommy James and the Shondells: 8/6
- Brothers Osborne: 8/6
- Daughtry: 8/7
- George Thorogood and the Destroyers: 8/8
- Collective Soul: 8/9
- Rodeo: 8/10 & 8/11

CARNIVAL WRISTBAND DAYS

- ★ Thursday, Aug 1 ★ Monday, Aug 5
- ★ Tuesday, Aug 6 ★ Thursday, Aug 8

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EXHIBITS CARNIVAL RIDES ANIMALS & MORE!

Illustration by Darianna Vásquez, age 18, Santa Paula

venturacountyfair.org **(805) 648-3376**

City News

audience members into the production by chatting with them and running through the area. The troupe of young players brought energy and novelty to their portrayals, and the full house (on the night I went) enjoyed it as much as the performers.

Covault and Perez see this working of the play as a good way to look at gender role expectations, “... to get across messages without being preachy.” They admit laughingly to always having “big ideas” and being excited about them.

They are dedicated to “...reworking traditional theater to make people rethink assumptions about gender, race, age, and culture.” And they want the citizens of Ventura to join them. “Our mission is to embrace the community, for them to be a part of our company: act, write, be technicians, give us ideas, bring forth issues to be addressed.” Hence the “Collective” in their name.

When asked why they decided to take on the difficult and quixotic task of starting a new theater group, there is more laughter. They feel Ventura is appreciative of art and creativity and they wanted to do more to help foster that appreciation. “There is a pool of talent in the area, people who have the ability to do theater but no ‘home’ to do it. We want them to have the ability to put themselves out there and fulfill their passion.” The core values of Unity are social change, insight, empathy; the plan is “... to be there for the community, to have fun and find a way to be creative.” They are open to new ideas

from community members. They feel fortunate to be involved in the educational aspect of theater. Covault is a Professor of Perform-



Laura Covault and Layla Perez are dedicated to reworking traditional theater.

ing Arts at CSUCI; Perez is a stage manager there. Perez works at Salzers, which she says helped inspire her.

They initially raised money with one-night presentations, and with the help of friends and family generated enough to put on their initial offering. They will need to fundraise again and are working on plans for that. Also, they are planning to become an official nonprofit and then can apply for grants. They want to create opportunity for those who would not normally attend theater, who see it as elitist or too expensive – free plays? a touring company? coordinate with local schools? Whatever will engage more people and make them want to join in the fun and work.

Upcoming productions will be announced in the next month. Website: www.unitytheatrecollective.com. Facebook: Unity Theatre Collective. Instagram: [#theatreforallpeople](https://www.instagram.com/theatreforallpeople).

DOWNTOWN

Ventura

Downtown Ventura's Outdoor Summer Movies. 3 Left! 7pm. Giant LED Screen. FREE!

FIELD OF DREAMS

July 26

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Aug 30

DRAGON 2

Sept 27

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VENTURA BREEZE

Your Hometown Paper

Member, Ventura Chamber of Commerce

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A man travels
the world over
in search of
what he needs
and returns
home to find it.

— George
Moore

Opinion/Editorial



Sheldon (Governor) Brown
Publisher-Editor

Sheldon is on vacation enjoying beautiful Ventura. These are snippets from previous articles for your reading pleasure.

■ A teenager died when he was **struck by a train** in Ventura. The incident happened on the tracks near Hurst Avenue and Ocean Avenue, according to a Union Pacific official. The 17-year-old male from West Hills was struck by a southbound Amtrak Pacific Surfliner train. Authorities say that his death appears to be a suicide.

Immediately, some accused the City Council because Union Pacific had removed their fences that kept people from crossing over the tracks. These fences were owned by Union Pacific and were on their property. They removed them because of the opposition to the fences by some folks living in midtown who crossed over the tracks to get to the beach.

The City Council certainly gets some things wrong, but this wasn't one of them. Can't blame them for everything ■ 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?

■ If you made \$60 million (or more) playing **basketball** you could make comments like this one and still be a great role model for kids: "Once I saw that story, I just seen a kid turning into a man. This is my career and I'm taking this. I done had enough."

■ Now that we have city council districts (four have been elected by district for now - but all council members will eventually be based upon districts when

currents terms are up) - I think that these four should have quarterly **townhall meetings** to hear what the concerns (and likes) are from their constituents.

They are: Sofia Rubalcava, Deputy Mayor - District 1; Lorrie Brown, Councilmember - District 6; Jim Friedman, Councilmember - District 5; Erik Nasarenko, Councilmember - District 4.

These are their emails if you want to contact them:

enasarenko@cityofventura.ca.gov;

srubalcava@cityofventura.gov;

jfriedman@cityofventura.ca.gov;

lbrown@cityofventura.ca.gov.

If you don't know what **district you are in**, go to <https://map.cityofventura.net/java/ccvd/> for a district map and enter your address to find out what district you are in.

■ H. Parker Hospitality has decided not to continue negotiations with the Ventura Port District for the purchase of two parcels in the **Harbor** at the end of Spinnaker Dr. Their plans were to build a high-end hotel/spa and hybrid hostel.

The stated reason is that the District was not able to provide 'clean' title for land. There are probably other reasons, but this was their stated one.

These are great parcels and will certainly be considered by other developers (oh no, the dreaded word) as soon as the title situation is resolved. About 30-years ago, the District filed for bankruptcy which, apparently has caused some concerns about the ownership of the parcels and clear title.

■ We are one of only nine cities in California to make Fortune Small Business magazine's list of the 100 **best places to live** and launch a small business. We were No. 68.

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

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

Once the new rules become law, a firearms business won't be allowed to open if it's within 500' of a "sensitive use," a designation that includes schools,

parks, religious institutions, day care facilities and residential zones. Such stores will need to be at least 200' away from a similar business.

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

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

■ During the approximately eight years publishing the Breeze prior to Trump being elected president, I never have made political comments regarding Democrats or Republicans, conservatives or liberals because it was always just Washington doing business as usual. But, I have some real problems with the **Trump presidency** and feel that I must comment.

Other than an occasional political cartoon or my column, the Breeze never takes a **political view** in our news coverage. We are not as liberal a paper as some think.

There are some readers who say they love the Ventura Breeze, but they **won't read it** anymore because of my very limited words or the occasional editorial cartoon not supporting Trump.

I think that's a ridiculous reason to stop reading the Breeze, especially if you otherwise like it. There are approximately 30,000 to 40,000 words in each issue of the Breeze, so my comments (most of which are just quoting others) are about .003% of the words in the paper.

And if you do disagree with me, you have an opportunity to be heard in the Breeze. In fact, I'm only one voice, so if several readers write in disagreeing, that is even a stronger voice than mine. So, let's hear your comments at opinions@venturebreeze.com.

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

Mailbox

Dear Sheldon Brown,

As a fellow citizen dedicated to the cause of climate justice and resilience, I hope you will urge your readers to speak out as the County Supervisors decide what to include in the Draft General Plan and Climate Action Plan on August 6 at 1:30. Many individuals and groups have proposed policies addressing climate change impacts--the increased intensity of droughts, heat waves, floods, and wildfires that scientists have forecast--through development of more local, resilient and secure food, water and energy resources. Most importantly, the Planning Commission recommended creation of an office of climate action to direct all county agencies as they implement climate action policies. An outpouring of public support will ensure this recommendation is given the serious consideration it deserves.

Sincerely,
Kathleen Wheeler, Ventura Citizen

At this time the VC Planning Department announced that the General Plan Update will be on the agenda of the regular open session of the Board of Supervisors on August 6 starting at 1:30. Written comment about the Preliminary Draft, available at vc2040.org, can be sent in advance to the Supervisors addressed to

clerkoftheboard@ventura.org and copy susan.curtis@ventura.org. The August 6 meeting will be a chance to submit comment cards and make public open verbal comment. There may be so many people wanting to comment that the time limit could be one minute (usual maximum is three minutes).

Location: Board of Supervisors Chamber, Administration Building, VC Government Center, 800 Victoria Ave, Ventura CA 93003.

Call Susan Curtis planner coordinating development of the General Plan Update. Susan.curtis@ventura.org 805-654-2497

Editor

Looking at game shows and man-on-the-street TV programs it is painfully apparent that the Citizens of the USA do not know their own history. This is clearly a problem with the educational system and the way American History is presented to the students. This is a problem that needs to be addressed.

I believe that just pointing out a problem is one thing, but every time you do this, you should also point out solutions, low cost, way to solve the problem.

One idea would be to run a well drawn

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The Ventura Breeze is looking for account executives to sell advertising space to businesses and professionals in Ventura. Part or full time. Contact editor@venturabreeze.com for more details.



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

Community Events

Ventura events

by Ana Baker

Offered at Livingston Memorial Visiting Nurse Association & Hospice 1996 Eastman Ave.

First Tuesday of the month from 1-2:30 p.m. free classes on managing life with Type 2 and Pre-Diabetes. Learn about meal planning, exercise, blood sugar monitoring, medication management and new developments for living with diabetes.

Second Monday of the month from 4 - 5 p.m. join a free joint replacement classes and learn what to expect pre and post-surgery. Learn about home safety, rehabilitation, medication and recovery.

Wednesdays evenings from 6:30 - 8 p.m. free adult bereavement support groups to individuals who have experienced a loss within the last 2 ½ years. The support groups help improve understanding of the grief process, decrease emotional pain, provides emotional and educational support.

The Compassionate Friends of West Ventura County is a support group for those who have experienced the loss of a child. Parents, grandparents, and siblings (over age 14) are all welcome. First and third Wednesday of each month at 7:00 at the Poinsettia Pavilion. Lindsay at (805) 836-9100.

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

The Ventura Investment Group

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

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

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

The Ventura County Philatelic Society meet on the first and third Mondays each month at 7:30 p.m. at the Church of the Foothills, 6279 Foothill Rd. Admission and parking are free. Come for a great evening. 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 Dr. Drop by and we’ll treat you to lunch so you can sample our activities and banter and hear our program/speaker of the day. Call Bob Likins at (805) 587-1233. We’ve got programs and activities you might enjoy as you shoot the breeze or chew the fat.

The Ventura Rotary Club, Ventura Downtown Lions Club and the Salvation Army of Ventura have partnered to bring the community a free Eye Clinic. The goal and vision are to provide free eyeglasses for those in need. Patients are seen each Tuesday from 9 - 11a.m., walk-ins only first come first served. The Eye Clinic is located inside the Salvation Army Hope Center. 155 S Oak St. **July 18: The next monthly meeting of the East Ventura Community Council will feature a panel focusing on the pros and cons of the burgeoning cannabis industry.** Scheduled to speak are Ventura Police Chief Ken Corney and Seana-Marie Sesma of Mary Jane Services Network. The agenda also includes a representative of the Ventura Police Department who will report on crime and safety in the area. Books in good condition are always accepted on behalf of Ventura Friends of the Library. The meeting starts at 7 p.m. at the Connect Church, 346 N. Kimball Road. The public is encouraged to attend and

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participate. For more information, contact Marie Lakin, Chairperson, eastventuracc@gmail.com

July 21: The Ventura and Santa Barbara County chapter of the National Association of Watch and Clock Collectors (NAWCC) will meet Sunday, in the Campus Student Center of Ventura College. The regular meeting starts at noon and at 11 a.m. There will be an informal workshop where a topic on clocks or watches will be demonstrated and discussed. There will be a mart where items will be for sale followed by lunch and an informational meeting and a program at 1 p.m. www.nawcc-ch190.com.

July 26: Like to play acoustic music? Songmakers.org welcomes instrumentalists, singers, and singer/songwriters at all levels to join in a free song circle at the Bell Arts Factory Community Room. Held on the 4th Friday of each month from 7- 10 p.m. at 432 N. Ventura Ave. Listeners welcome! Info: Mike Wittlin, (805) 750-8281.

August 3: Sespe Flyfishers of Ventura conduct an introductory class on Fly Fishing and Casting the Fly Rod. There is no charge, and all are welcome. Whether you are an experienced fly fisher or a complete novice we want to help you learn and enjoy this great sport. Chumash Park, Petit and Waco, 9-11 a.m., www.sespeflyfishers.org

fishers.org .Bob Smith at (805) 647-3522.

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

August 7: BCNN is a women’s social club open to ladies who reside in Ventura, Oxnard and Pt Hueneme. Our monthly Coffee-Speaker meetings are from 9:30 – 11 a.m. at the Knights of Columbus Hall, 36 Figueroa St. Parking is on Santa Clara Avenue. Guests are welcome a couple times before becoming a member; dues are \$30/year. Our speaker, Dr. Beverly Russel, author, publisher and creative thinker, will introduce the Labyrinth. <http://www.bcn-nwomensclub.org/>.

August 14: The Ventura County Camera Club Wednesday, at 6:30 p.m. at the Poinsettia Pavilion. The first part of the meeting will be an instructional workshop. This will be followed by the showing of member images. A local professional photographer will verbally critique member’s prints and digital images. You will find the variety of images shown and critique fascinating and will enjoy the evening. WWW. VenturaCountyCameraClub.com

Continued on page 6

Correction

In our last issue we had an article about the goats clearing the land behind the Golden China. The contacts weren’t quite correct, here they are:
<https://www.venturabrushgoats.com/>
<https://facebook.com/venturabrushgoats/>



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FRIDAY

JULY 19

JOEY ALEXANDER TRIO

SATURDAY

JULY 20

RANKY TANKY

SUNDAY

JULY 21

RASTRELLI CELLO QUARTET

www.VenturaMusicFestival.org 805-648-3146

Community Events

Ventura events

Continued from page 5

August 16: "Ventura County Mended Hearts Chapter's 40th Anniversary Celebration luncheon. Friday, 11:30 – 2 p.m. at the Board Room on the 8th floor of the old Community Memorial Hospital. Keynote speaker is Humorist/Author James Alcroft. The newly installed President of Mended Hearts International, Ron Manriquez, will personally present a special certificate commemorating our 40th Anniversary. Reservations are necessary as space is limited. Call the Larimore's (805-658-6353) no later than Monday, August 12th. "

Ojai news and events

Join Rev. Karen S. Wylie at The Ojai Retreat on Sunday, July 21, from 11:00 a.m. – 2:00 p.m. for her Mid-Month Devotional Retreat, this month celebrating "Happy Independence Day!"

"You are a genius creator," Rev. Karen says, "and if you don't like your life, you can change it by changing your own inner dialog. In doing so, you will free yourself from limiting beliefs and circumstances and begin to see that you have the power to create a new way of being in the world!"

The Ojai Retreat is at 160 Besant Road, Ojai. The retreat is by donation; \$20 is suggested. For more information, contact Rev. Karen at 310-968-8928, or register online at www.karensywylie.com. Rev. Karen is the author of Into Me See: A Book for Daily Inspiration, available on Amazon and her website.

The Beatrice Wood Center for the Arts is pleased to present Thollem McDonas, an internationally renowned pianist, keyboardist, composer, improviser, singer-songwriter, activist, author and teacher. Thollem will play pieces from his recent solo piano album, Meeting at the Parting Place, as well as an electric piece titled 13 Billion Years To Tomorrow that integrates the concepts from new scientific discoveries. Thollem will be joined by Ojai artist Emily Hay, a flutist, vocalist and pianist who incorporates the complexity of contemporary classical technique with the spontaneity and experimentation of free improvisation.

The performance will take place in Logan House at the Center on Saturday, July 20th at 7 pm. Tickets are \$25 and are available on the Beatrice Wood Center for the Arts website, by reservation at 805-646-3381, as well as at the door. The Beatrice Wood Center for the Arts is located at 8585 Ojai-Santa Paula Road in upper Ojai.

Anyone who likes to dance is invited

to attend a DJ Dance Party at the Ojai Valley Museum this month.

Dance to music by DJ Matriarchy on the museum's outdoor patio. The set list is sure to include some favorite songs. The DJ will get everyone on their feet and onto the dance floor for a fun evening.

All ages are welcome and encouraged to enjoy a hot summer night under the stars at the Ojai Valley Museum.

The event is Saturday night, July 27 from 7:30-9:30pm. Admission is \$5 at the door and free for museum members.

The Ojai Valley Museum is located at 130 W. Ojai Ave; 805 640-1390. For more information, please visit OjaiValleyMuseum.org.

Dudley House Speaker's Bureau

The Dudley House Speaker's Bureau, along with historic presenter Connie Korenstein and the Talespinners of History, now offer over twenty living history talks for school classes and community groups in need of outside speakers. Topics include twentieth-century games and toys, Victorian courting customs, the confessions of a displaced southern belle and the women's suffrage movement. New topics have been added to celebrate the life and fashions for Downton Abbey fans. The talks are offered free although donations are encouraged and a mileage fee is sometimes requested. Please call 805/641-3563 for the complete list.

Ventura Unified School District making news

The District is pleased to announce that Karin Just and Mike Wise will be serving in new roles as Ventura Unified School District (VUSD) Principals for the 2019-2020 school year. Mr. Wise will take over as the Principal of Loma Vista Elementary School and Mrs. Just will assume stewardship of Citrus Glen Elementary.

"After a rigorous interview process, Mrs. Just and Mr. Wise both stood out, demonstrating strong leadership skills and success in the field of education. We are fortunate to have exceptional staff within VUSD who are ready to progress into the role of Principal," stated Dr. Jeff Davis, Assistant Superintendent of

Continued on page 18



While enjoying Circus Vargas' 50th anniversary extravaganza in Camarillo Michael Gordon took this photo of a flying daredevil.

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Cabrillo announces scholarship recipients

Cabrillo Economic Development Corporation is pleased to announce the recipients of the 2019 Rodney Fernandez Leadership Scholarships.

This year, Cabrillo received 24 applications, and \$12,500 has been awarded to 14 recipients. Edison International provided a \$10,000 grant to be divided among STEM recipients, and another \$2,500 was distributed among recipients of all majors.

Recipients received their awards during a CEDC Board meeting July 25 at Cabrillo Economic Development Corporation.

The Ventura scholarship recipients: Angellica Ayala-Ibarra, a Ventura High School graduate, who will attend California Lutheran University as an environmental science and accounting major

Denise Castro, a Foothill Technology High School graduate, who will attend the University of California, Santa Barbara, as a global studies and education major

Yuliana Ceja, a Pacifica High School

graduate, who will attend Ventura College studying applied mathematics

Dominique Delgadillo, a Ventura High School graduate, who will attend Ventura College as a Zoology major

Julio Martinez Fernandez, a Pacifica High School graduate, who will attend the University of California, Santa Barbara, as an Earth sciences major with an emphasis in geophysics

Devin Ruiz, a Ventura High School graduate, who will be attending California State University, Channel Islands, as a mathematics major

The Rodney Fernandez Leadership Scholarship Program, created in 2011, honors the legacy of Rodney Fernandez, Cabrillo's founder and Executive Director for 30 years (1981-2011). The Scholarship continues Fernandez's legacy of community building by cultivating the leadership of residents to attain their goals and empower themselves to take action to improve the quality of life in their communities.

Cabrillo Economic Development Corporation's mission is to provide comprehensive housing services and community economic development activities through a community-building approach that facilitates self-sufficiency for individuals and families who are most lacking in opportunity in Ventura and Santa Barbara counties.

News & Notes



Children, adults, their bicycles, and little red wagons dressed up and paraded down Main Street for the annual Pushem Pullem Parade. Photo by Kenneth Roency

Summer at CAPS

CAPS Media was there on the street for the 44th annual 4th of July Street Fair and Pushem Pullem Parade. The kids, families and pets paraded down Main Street in their Independence Day best. It always fun to be a part of Ventura's festivals and parades. The Ventura Police and Fire as well as California State Parks Lifeguards worked hard to keep us safe during the 4th of July fireworks. Thanks to our public servants for what they do. The CAPS Media board of directors has openings for a couple of new board members. In the next few weeks CAPS Media Member/Producers will elect members to fill positions for board members who have moved out of the community or whose terms of office have expired. This is a great opportunity to get involved in the continuing development and future of CAPS Media. All CAPS community members are eligible to join the board of directors. Any CAPS member interested in joining the board needs to complete and submit a statement of interest/nomination form which is available at the CAPS Media Center. Forms are due by August 1st with appointment of Board members at the Annual meeting in October.

KPPQ-LP, CAPS Community radio station, broadcasting at 104.1fm and streaming online, has been hosting local non-profits to record public service announcements about their organizations and upcoming events. Do you want to get your message out? Radio is a great way to do it. Non-profits are always welcome. Contact Elizabeth at radio@capsmedia.org to schedule a time to come in and record a spot.

CAPS Media continues to record local community council meetings throughout the city. All air on CAPS Media Channel 6 and stream on capsmedia.org. Live coverage of city meetings can be found on channel 15. Go to the schedule tab on the CAPSMedia.org website for dates and times.

Visit the CAPS Media Center located at 65 Day Road on the Ventura College campus, directly across the street from Foothill high school. Everyone

is welcome to drop by and tour the center. Any community group including nonprofit, faith-based organizations, youth groups, service clubs can arrange a tour. The CAPS Media Center conference room, which accommodates up to 30 people, is available to nonprofit and educational groups for community meetings. Contact CAPS at info@capsmedia.org or call 805-658-0500.

Membership and privileges are available to anyone who lives, works or attends school in Ventura and available to members of nonprofit organizations throughout Ventura County. To find out more go to capsmedia.org/events, sign up for the next orientation class on the first Thursday of the month and discover how easy it is to become a producer at CAPS. Receive hands-on instruction in videography, video editing, radio production (additional fee required) and more. Go to capsmedia.org, or you can call 805-658-0500 to get complete information.

Discover the best of Ventura Harbor Village's Sea-Sational Leisure Activities

As if the stunning backdrop of majestic yachts and idyllic sunsets were not enough to entice you when shopping and dining seaside, add to the mix live weekend entertainment, summertime fun of Seaside Kids Club and water sports. The Ventura Harbor Village is the ideal midweek or weekend summer sojourn.

On tap for summer, is Waterfront Wednesdays boasting a host of seaside boutiques/shops, dive and drink specials, liven a mid-summer weekday with the return of this annual favorite from every Wednesday in July and August including

Kali is Your Code Name
by James Francis Gray

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

A great summer read!
www.jamesfgray.com

News & Notes

live steel drum from noon -3 pm weekly. With something for everyone, families delight in a free Kid's Scavenger Hunt (complete with prizes,) and get a chance to send a Ventura postcard to friends for free from Noon to 3 p.m.

Check out specials from numerous retailers and boutiques only on Water-front Wednesdays. Experience "must-seas" play specials offered Wednesdays only including Channel Island National Park Visitor Center for the Marine Sanctuary's Live Dive program webcast, the Ultimate Escape Rooms, Ventura Boat Rentals, and Ventura Comedy Club.

Leading the pack in what's hot for kids summertime fun in Ventura, Harbor Village is a sure bet for children with the announcement of the return of its 4rd Annual Seaside Kids Club to be held Thursdays until August 8, from 11 a.m. – noon on the water-front. Children, ages 3-10, stay busy all summer with a seaside visit where they can explore beyond the classroom with ocean -themed activities, entertainment, bubbles, and crafts boasting materials from Lakeshore Learning. Cost is \$5 per child , or become a Seaside Kids Club Member for only \$15 for all 5 with special perks. (space is limited weekly.) Sign-in begins at 10:30 AM at the Kelp Corridor outside the Village Carousel & Arcade.

Steel Drum Saturdays features an upbeat tropical vibe, celebrate the return of this popular live steel drum performance each Saturday in July and August from 1-4 p.m. at the seaside Promenade Stage.

Make a day of it arriving early to shop, relax, and dine or stop by of

the Village's top-rated restaurants for dinner with fresh seafood and refreshing hand-crafted cocktails. Live Summer Music Sundays comprises of a variety of duos and trios from 1-4 p.m. on the oceanfront Promenade Stage. Dine, sip and relax as live music spills out throughout the Village with an option to sit back and listen to music on the scenic patios, or on the water aboard a kayak, SUP, electric boat, and paddle boats for the best floating seats in the harbor. Celebrate SEA-sational summertime with these top events and activities at Ventura Harbor Village. For a complete calendar listing visit- VenturaHarborVillage.com

Assess your lung cancer risk

One in 16 people will develop lung cancer in their lifetime. Lung cancer is the leading cause of death from cancer – higher than breast, colon or prostate cancer. The good news is that lung cancer can now be found earlier and treated with less invasive methods. By finding and treating lung cancer earlier, patients are surviving lung cancer and living longer and healthier lives.

Learn more about lung cancer, your risk and new treatment methods at a free seminar on July 31 called, "Are You at Risk for Lung Cancer? Surprising Facts About How Diagnosis and Treatment of Lung Cancer Has Changed."

The presenter is CMH's new lung and heart surgery specialist Dr. Jennifer Wan, one of only 300 board certified women cardiothoracic surgeons in the

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Medieval Times - 10/12
Overnight Surprise Tour -10/24-25
Catalina Island 11/17-19
Pepperdine Theater "Ragtime" – 11/23
Holiday Getaway- 12/8-9

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nation. In addition to cardiac surgery, Dr. Wan specializes in minimally invasive approaches to lung cancer, esophageal cancer and benign foregut disease. She performs thoracoscopic surgery for lung cancer and mediastinal masses, as well as laparoscopic and thoracoscopic procedures. She also founded and co-chaired a thoracic tumor board and high-risk lung nodule committee, and helped implement a lung cancer screening program.

The free seminar begins at 6 p.m. on July 31 at the Museum of Ventura County, 100 E. Main St. For reservations, visit <http://www.cmhshealth.org/rsvp> or call Brown Paper Tickets at 800-838-3006.

Community Memorial Health System is a not-for-profit health system, which is comprised of Community Memorial Hospital, Ojai Valley

Community Hospital, the Centers for Family Health, and various outpatient centers serving communities located within Ventura County, California.

Free lunches to children and teens this summer

Avenue Library in partnership with Ventura Unified School District and Ventura County Public Health Agency, is offering free lunches to children and teens on the west side this summer. The Lunch at the Library program is

Continued on page 10

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Channel Islands Choral Association is auditioning singers from the community to join the CSU Channel Island Choir conducted by Dr. KuanFen Liu

Auditions are by appointment only August 5th - 11th



The choir meets on
Monday nights 6-8:50PM
CSUIC Campus, Malibu Hall
Rehearsals begin August 26th



To schedule an audition: downbeatplus@gmail.com
For more information: Joan Rust (805) 469-4161

www.cicachoir.org

News & Notes



The dramatic effect of the Ventura Harbor's dredging efforts is seen in this photo by John Higgins, Harbormaster.

Ventura Harbor Beaches to be summer enjoyed

The annual Ventura Harbor dredge efforts have significantly replenished the scenic harbor public beaches of both Surfers Knoll and Harbor Cove with cleaner sands and more recreation space for harbor beachgoers this summer.

Utilizing the federal funds available to dredge in 2019 with the support of Congresswoman Julia Brownley's office to ensure federal funding approval, the dredge removed 470,000 cubic yards of sand from the Harbor's entrance and sand trap area to the landside. "On behalf of the Ventura Port District Board of Port Commissioners, I would like to thank and recognize Congresswoman Brownley for her continued commitment to the Ventura Harbor dredging program," said Brian Pendleton, Deputy General Manager of Ventura Harbor.

Not only has this enhanced the harbor's beaches off Spinnaker Drive but, for nature and bird lovers, the beach replenishment has led to the emergence of more nesting grounds, for endangered bird species such as the snowy plover.

"The contrast between the beach contour before and after the dredging is remarkable," said Harbormaster John Higgins. "The wide, soft sandy beaches after the dredge are more naturally beautiful and inviting than ever."

And upon these fresh sands Ventura Harbor offers a wealth of recreational options to kick off Memorial Day weekend.

Starting with safety, the Ventura Harbor will provide lifeguard services again this summer, from Memorial Day weekend to Labor Day, at Harbor Cove and Surfers Knoll beaches. The Ventura Port District Commission unanimously approved the just-over-\$88,000 State Lifeguard contract, inclusive of a third lifeguard tower added this year. The Port District and Harbor Patrol place a high priority on public safety and always advise beachgoers to swim by guarded lifeguard towers.

In addition to swimming, surfing and sunbathing, beachgoers will have a variety of other summer recreational options available, as well. Among them: beach volleyball, on public sand courts at family-friendly Harbor Cove (commonly referred to by locals as "Mothers' Beach"), provided by local coach Jack Richards of Rincon Volleyball Club;

sea-glass searching; kite-flying; popular YOGAqua classes, on stand-up paddleboards in the calm waters of Harbor Cove Beach; and, new this summer, Paddle Into Fitness lessons, also at Harbor Cove.

For YOGAqua reservations, visit yogaqua.com. For Paddle Into Fitness reservations, visit paddleintofitness.com.

The Ventura Harbor and its beaches have become among the most popular summer destinations in the city. Beach restrooms and open-air showers are available, as well as free parking in the dedicated beach parking lots and along Spinnaker Drive. As an added service, a beach ADA wheelchair is available on a first-come, first-served basis; for availability, call ahead to Harbor Patrol at 805-642-8538.

The Ventura Harbor beaches are just steps from the Channel Islands National Park Visitor Center offering free entry daily, and the popular Ventura Harbor Village, with its many food, entertainment, and retail amenities.

For more information on Ventura Harbor beaches or lifeguard services, visit venturaharbor.com.

Free lunches to children

Continued from page 9
sponsored by a grant from the California Library Association

The Lunch at the Library helps ensure no child or teen in the west side of Ventura goes hungry during their summer school break. The program is open to all children and teens up to 18 years of age. There is no sign-up or income verification necessary. Children and teens are offered a healthy lunch along with fun activities at the Avenue Library.

The lunch continues through Thursday, July 25. Lunches are first come, first served, and are served at 11:30am, Mondays through Thursdays before the library is open to customers. Fun activities like crafts and story times follow immediately after lunch along with the summer reading program in the afternoon.

The Avenue Library is located at 606 North Ventura Ave. See hours of service at <https://www.ventcolibrary.org/locations/>; 805.643.6393.

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Senior Living

Pull Out Section



“I hope I don’t have temper tantrums when I get old!”

Elderly temper tantrums: What’s behind the outburst?

As an adult, it’s unsettling when you witness your parent having a temper tantrum for the first time. We tend to think of tantrums as only pertaining to small children or teenagers, but the truth

is that emotional outbursts can occur at any time in life. Acting out merely boils down to a loss of composure triggered by strong feelings like anger, sadness, fear or any combination of the three.

Many family caregivers are mortified and have no idea how to handle their parent lashing out in a way they’ve never experienced before. Understanding the reasons behind an outburst is crucial for determining the best way to handle one without losing your temper, too.

Seniors throw temper tantrums for a whole host of reasons. Often, it’s a result of the personality changes brought on by Alzheimer’s disease and other forms of dementia. Certain prescription medications can have negative side effects or interact with one another, causing mood swings and irritability.

If you are weathering the emotional ups and downs of an aging loved one who has dementia, there really isn’t much you

Continued on page 14

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Saturday, July 27th

- EVENT:** “Old Spanish Days” Fiesta
TIME: 11:30am – 3pm **{FREE Admission}**
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RSVP: Call 805-566-0017 by Thursday, July 25th
Seating is limited

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RCFE# 425802114



Recently the Ventura Police K-9 Division visited the Ventura Townehouse. Both residents and public enjoyed the demonstration on how these well-trained dogs help keep Ventura safe. For any love donations you may want to give the K-9 program, please contact the Ventura Townehouse at 805.642.3263.

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If a senior is still of sound mind, emphasize that home care enables them to continue living safely.

Fear of outside caregivers

by Carol Bradley Bursack

Many times, in-home caregivers' best efforts are met with anger or even abuse dished out by the elder they are intended

to care for. It is crucial for the family and hired caregiver(s) to determine the underlying reason for a senior's lack of cooperation and find ways to remedy the situation.

I believe that fear is the foundation of much of a senior's reluctance and even disrespect for non-family caregivers. The presence of an outsider may suggest to them that their family can't (or doesn't want to) take care of their needs. It also magnifies the extent of the elder's care needs, making them feel especially vulnerable. This combination of concerns can create the perfect storm, especially if they are prone to lashing out when angry. Of course, the family members who arrange these services get an earful, but the professional caregiver becomes the primary target for sending the message that outside help is neither wanted nor needed.

People of all ages dread the idea of losing their independence, but many

Senior Living

seniors are living this reality and trying to come to terms with it. Aging is hardly a graceful process, so who can blame our elders for digging their heels in?

If a senior is still of sound mind, emphasize that home care enables them to continue living safely in their own home. This in itself is an overarching symbol of independence. The right caregiver will pick up on this strong desire to be self-sufficient and provide assistance in ways that allow the senior to retain as much control as possible.

Adapting to in-home care is much smoother when the family is confident in the hire. Know what to look for in a provider and interview caregivers before services begin to determine a good match. With this approach, if something seems off, you have the opportunity to correct your decision before it actually becomes a problem.

It can be challenging to encourage a mentally healthy senior to accept outside help, but Alzheimer's disease and other forms of dementia can make this process even more complex.

Depending on the progression of the condition, a senior may not be able to fully participate in the hiring process. Nonetheless, introducing potential caregivers beforehand to see how both parties get along is still a valuable step. Dementia patients' moods and capabilities fluctuate from day to day, though, so keep this in mind when trying to help a loved one to warm up to someone new.

Paranoia, hallucinations and delusions are common symptoms that a dementia caregiver should know how to handle. Look for someone who is trained in this kind of care and knows how to communicate with and calm their clients. Having a family member present during the first few shifts while everyone gets to know each other can reassure a senior that they are safe and in good company.

A senior with dementia may not ever be comfortable with a particular caregiver, even though the aide is making a considerable effort to do everything right. Regardless of the reason, some matches just do not take, and the care team may have to simply request another caregiver.

You know your loved one best, so do whatever you can to help make them more comfortable with this new arrangement. Assure them that you are still their primary caregiver, but explain that you need help. Emphasize that the professional caregiver is there to assist both of you and that you are closely monitoring the process and their wellbeing.

Communicate openly with the caregiver and the home care company

about any challenges you experience. Understanding the source of the senior's resistance will help you cope with this problem, and a care team meeting may be instrumental in brainstorming solutions together.

Clearwater at Riverpark offers the following classes that are open to the public

Mondays - Bone Builders strength building class (9am-10:30am), Gentle Yoga with Nate (2pm-3pm)

Tuesdays - Find your Fit with Heidi (11am-11:45am), Aquatics with Mary from 1:30-2:30pm (2nd and 4th Tuesday/monthly)

Wednesdays - Gentle yoga with Nate (2pm-3pm)

Thursday - Bone Builders strength building class 9am-10:30am, Find your fit with Heidi (11am-11:45am)

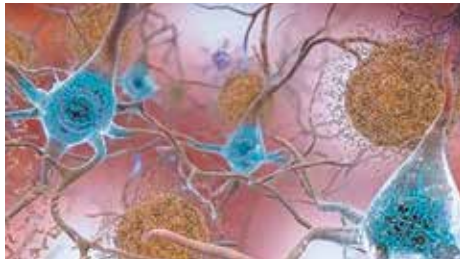
They will be having their second annual family day with residents, associates in partnership with Koinonia and their foster families on Saturday, August 8, from 11am-3pm. There will be swimming, outdoor games, a taco truck and more. This will also e open to the public.

750 Clyde River Place

Oxnard, CA 93036

805.366.3446

www.clearwateratriverpark.com



Both neurons and supporting cells had gene expression patterns.

Alzheimer's disease

by Geri Piazza

Assistant editor, NIH Research Matters

Alzheimer's disease is an irreversible brain disorder that affects more than 5 million Americans. It slowly worsens and



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Your Hometown Paper

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destroys memory and thinking skills. Previous research has linked memory and thinking problems with visible changes that take place in the brain. People with Alzheimer’s have abnormal deposits of proteins called amyloid plaques and tau tangles. Plaques obstruct communication between nerve cells (or neurons) in the brain. Tau tangles disrupt processes in the cells and cause them to die.

Treatment may slow memory loss, but there’s no cure for Alzheimer’s disease. A better understanding of how the disease progresses may lead to more effective treatments.

A research team led by Drs. Manolis Kellis and Li-Huei Tsai of the Massachusetts Institute of Technology set out to identify the unique sets of genes that are turned on, or expressed, during Alzheimer’s in every major cell type in the prefrontal cortex. This region of the brain is involved in functions affected by Alzheimer’s disease: high-level thinking, making decisions, and attention.

The study was funded in part by NIH’s National Institute on Aging (NIA) and other NIH support. Results were released online in Nature as an accelerated article preview on May 1, 2019.

Brain tissue samples were donated by religious clergy who participated in a long-term aging study. Some developed Alzheimer’s disease during the study, and all agreed to donate brain tissue for research after death. Information about plaques and tangles, cognitive function score, and other markers of Alzheimer’s disease had been collected for all the participants.

The research team assessed data from 24 people with high amyloid levels and 24 with low levels. There were equal numbers of men and women, and participants were matched for age and level of education.

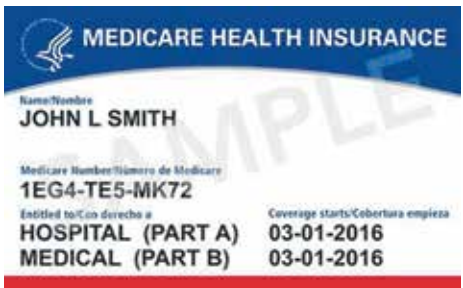
The researchers used single-cell sequencing technology to look at the genes expressed in every single cell within a sample. They analyzed protein-coding genes from more than 80,000 brain cells. They were able to distinguish six main types, including neurons and nearby supporting cells, and 40 distinct subtypes.

Both neurons and supporting cells had gene expression patterns in the Alzheimer brains that weren’t seen in the control brains. One noteworthy difference was in the genes related to myelination, the process of wrapping a fatty coating around nerve cell fibers to help them transmit signals. Another was that men and women of the same

age and disease severity had different gene expression patterns. The women’s patterns were more abnormal.

The team also compared differences in gene expression between early-stage and late-stage Alzheimer’s disease. They identified distinct changes in all the major cell types early in the disease process. Genetic signatures related to myelination were affected in most cell types, suggesting a key role in the disease.

“This study provides, in my view, the very first map for going after all of the molecular processes that are altered in Alzheimer’s disease in every single cell type that we can now reliably characterize,” Kellis says. “It opens up a completely new era for understanding Alzheimer’s.”



A dangerous new policy is blooming in Washington

by George Landrith
President of Frontiers of Freedom, a public policy think tank

Congressional leaders and some White House officials reportedly favor “binding arbitration.” This proposed reform would allow government-appointed officials to dictate how much Medicare pays for new medicines. Proponents say arbitration could slash what the government spends on drugs.

Binding arbitration is just a clever name for government price controls. It would distort the free market and limit patients’ access to the newest medicines.

Medicare covers nearly all FDA-approved drugs. Part B generally covers medicines that doctors administer through injection or IV drips, while Medicare Part D covers most pills. In each, drug prices are determined by negotiations between pharmaceutical companies and insurance companies or hospitals.

Under the proposed arbitration

system, government officials wouldn’t have to accept the prices that result from these negotiations.

Officials could call upon a third-party “arbitrator” to set the price for new drugs. If these officials trigger arbitration, pharmaceutical companies would have to suggest a fair price for their drugs and make the case to the arbitrator.

Government officials would argue for their own suggested price. After considering both sides, the arbitrator would render a final, legally binding decision.

Congressional leaders haven’t fully fleshed out the details of their proposal.

One thing is certain, however. Government officials would hand-pick arbitrators who are on their side. Arbitration isn’t a true alternative to the government setting prices -- it’s just a way for government officials to outsource the dirty work.


Since the arbitrator’s decision would be legally binding, drug manufacturers wouldn’t be able to appeal an unfair verdict. Nor would there be a way to hold arbitrators accountable.

Binding arbitration would smother medical innovation.

Successful drug development requires substantial investment. The FDA only approves about one in ten experimental medicines that begin the first phase of clinical trials. Accounting for this massive failure rate, it costs \$2.5 billion and takes more than a decade to develop a single new drug.

Drug companies rely on just a few successful drugs to recoup their investments. Price controls make this already difficult process even harder. As a result, they discourage investors from putting money towards future projects.

Continued on page 14



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Elderly temper tantrums

Continued from page 11

can do about it. Outbursts are common with many kinds of dementia and at

various stages throughout the progression of the condition. As tempting as it is to try to reason with someone who is cognitively impaired, the truth is that

Senior Living

this will only make matters worse.

Some family caregivers have dealt with a parent's stubbornness and manipulation for their entire lives, while others are seeing an increasingly unflattering new side of their aging Mom or Dad.

Dealing with elderly temper tantrums:

Schedule an appointment with your loved one's doctor to confirm that their poor behavior is not being caused by any new or worsening physical or mental health problems.

The next time your elder throws a temper tantrum, do not engage. Give it absolutely no energy. Make it clear that you are not going to listen to their outburst. Say this as calmly as possible and then walk away. Leave the room and give them plenty of time to cool down before you interact again.

If your loved one tells you that you don't love them, gently take their hand once they've calmed down and say, "I do love you. In fact, I love you so much that I have to take breaks to be able to give you the best possible care." Leave it at that and don't get into a discussion.

"No is a complete sentence." Remind yourself that you need and deserve a break, and then make it happen. It doesn't have to be an all-day event but doing something small for yourself each day will set the standard. Schedule time for respite just like you schedule all other appointments.

Eventually, your loved one will come to be more accepting of your self-care and personal boundaries. If you are consistent and unyielding with your "me time" and limitations, they will realize that you are serious and likely cut back on their attempts at emotional manipulation.

Finally, understand that the first

few times you actually follow through with these steps, you're going to feel guilty. You're going to feel like you've done something wrong or mean, but you haven't. Always putting someone else's needs before your own is not a healthy or happy way to live. Learning to prioritize self-care and banish undeserved guilt are the keys to successful, sustainable caregiving.

Try to be patient with yourself and forgiving if you make mistakes. Even if your aging loved one is never happy and won't let you live something down, cut yourself some slack. When it comes to those who are prone to temper tantrums and complaining, it often has absolutely nothing to do with you and everything to do with their own insecurities and shortcomings.

A dangerous new policy

Continued from page 13

That means fewer lifesaving drugs for patients.

Just look across the pond. Fifty years ago, Europe produced more than half of the world's medicines; America produced just 30 percent. But then, countries like Germany and the United Kingdom embraced price controls -- while the United States let the free market flourish.

Today, scientists invent more than half of the world's medicines in America. Meanwhile, the entire continent of Europe produces less than a third of medicines. American patients have access to more innovative therapies than patients anywhere else in the world -- including Europe.

Binding arbitration would sacrifice Americans' access to the most innovative medicines. Lawmakers should nip this policy in the bud before patients pay the ultimate price.

This 'n' That

Girl Scouts love state parks

by Kaylie Luedke

Girl Scouts of California's Central Coast encourages girls to have outdoor experiences along the Central Coast along with thousands of girls in hundreds of state parks across the United States.

The Girl Scouts of California's Central Coast and Girl Scouts of

the USA (GSUSA) announced their first-ever Girl Scouts Love State Parks weekend July 13-14 for girls to experience the great outdoors, an integral part of the organization's all-girl leadership program. Join Girl Scouts of California's Central Coast and thousands of girls in hundreds of state parks across the United States to find adventure, explore nature, and learn what Girl Scouts is all about.

The legacy of Girl Scouts and the outdoors is profound. Studies show that 71 percent of girl members ages

8-14 tried their first outdoor activity through the organization and half would not have had access to outdoor activities and programming if not for Girl Scouts. GSUSA's cutting-edge environmental conservation; camping; and outdoor science, technology, engineering, and math (STEM) programming is rooted in a passion for adventure and healthy risk-taking combined with taking action to protect the environment for present and future generations. Girl Scouts wants to get even more girls outside through Girl Scouts Love State Parks.

In collaboration with the National Association of State Park Directors (NASPD), Girl Scouts of California's Central Coast will hold multiple events to get girls outdoors. From July 13th - July 14th at McGrath State Beach, troops will camp overnight, hear from Park Interpreters about local bird conservation efforts and Chumash history, and do a beach clean-up service project.

"We are so excited to celebrate the love Girl Scouts has for the outdoors", said Tammie Helmuth, GSCCC CEO. "Girl Scouts of California's Central Coast offers amazing outdoor experiences for girls, including outdoor opportunities at our very own Camp Arnaz Program Center. We are so happy to be able to expand girls' opportunities to explore the outdoors at our local state parks in the Central Coast."

Neighborhoods for Learning (NfL) locations scheduled to open

First 5 Ventura County (F5VC) is pleased to join Interface Children & Family Services (ICFS) in announcing 13 Neighborhoods for Learning (NfL) locations scheduled to open in late August. Services will be provided across the county with locations in Camarillo, Fillmore, Moorpark, Oxnard, Port Hueneme, Santa Paula, Simi Valley, Thousand Oaks, and Ventura. The sites will help provide essential learning opportunities and services for Ventura County's nearly 60,000 children prenatal - 5 and their families.

This announcement marks another milestone achieved as part of F5VC's newly redesigned NfL model. First 5 Ventura County will be investing \$2.9 million annually in the First 5 Neighborhoods for Learning, powered by Interface, with classes beginning in late August and early September 2019.

"We are committed to continue delivering Parent and Child Together (PACT) Classes and family support services throughout the county and in

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This 'n' That



Each child will receive a backpack and age appropriate school supplies.

Back to school donation drive

It's that time again for families to start shopping for back to school supplies and for some, it is a financial hardship! Kids & Families Together, in partnership with Heart 2 Heart, is hosting their 9th Annual Back to School Donation Drive for foster/resource, kinship, and adopted children in Ventura County. We know school supplies can be costly on a tight budget. They want to help these families by easing their financial burden, as well as providing a fun family event. The goal is to help children start their new school year off fresh with confidence and hope! With your generosity, along with help of local businesses and community partners, they will be able to provide these supplies to at least 250 children and youth in need. Your support will help promote their learning, self-esteem building, and help motivate our youth to stay in school.

In partnership with River Community Church, there is an amazing location where each child will receive a backpack and age appropriate school supplies. They will be providing the back to school donations at the annual event on August 10th in Ventura which will include fun activities, a reading tent, touch-a-truck, donations of clothing/household goods and snacks will be provided.

A few ways you can help is through volunteering, finding sponsors, direct donations, shop at Amazon wishlist: <http://a.co/30t9ROg> and hosting a donation bin at your location.

It takes a loving village to raise these children and they hope you will be a part of that village!

Donations can be dropped off at: Kids & Families Together, Monday-Friday between 10am-4pm, 864 E. Santa Clara St., Ventura and at community locations throughout Ventura County. See website for a complete listing of drop off locations: <https://www.kidsandfamilies.org/backpack-gift-away-event/>

"Kids & Families Together is a local nonprofit who provides support, education and counseling services for individuals and families in foster care, kinship, adoption, and birth families in Ventura County. Our mission is to strengthen relationships by providing safe, supportive help that keeps family members emotionally connected to one another. For over a decade, Heart 2 Heart has been assisting foster and kinship families with durable goods to help with the children in their care such as bedding, clothes, diapers, small furniture and seasonal items such as back to school supplies. We also host families for special events throughout the year, such as our back to school event. We are here to let them know their community supports them as they raise children who cannot be at home."

If you would like to volunteer, make a donation/schedule a pick-up or host a donation bin, please contact: Jeni Futvoye, (805) 643-1446 ext. 108 or email jfutvoye@kidsandfamilies.org.

neighborhoods where our most vulnerable families and young children reside," said First 5 Ventura County Executive Director Petra Puls. "Together with ICFS, we have thoroughly reviewed and selected 13 easily accessible locations to serve as neighborhood hubs for early learning and family support services. Many of the sites are in familiar locations, like schools."

The centrally located NfL locations will offer programs including Parent and Child Together (PACT) classes to help parents and caregivers enhance their knowledge of child development and positive parenting practices to support their children's learning and development. Parent education classes provide a venue for parents to connect with peers and benefit from social support. Families will also have access to developmental screenings, assistance with care coordination and referral to services such as housing, dental, and Cal Fresh programs.

"We're excited to partner with F5VC in establishing these prime NfL locations," said Interface Executive

Director Erik Sternad. "The carefully selected NfL sites will allow us to work collaboratively to ensure our Ventura County children and families are served in the best and most cost-effective manner possible."

"To help us best serve the families with young children, F5VC and ICFS will be hosting a series of local open house events in early August offering opportunities for parents to enroll in classes and engage with the community," said Puls. "We hope our neighbors will come out and explore all we have to offer and meet our NfL staff."

The first of these events will be on Tuesday, August 13 from 9 a.m. to 3 p.m. at the Justin Early Learner Academy in Simi Valley and Sespe Elementary in Fillmore. All those interested in joining the F5VC and ICFS family to learn more about classes and programs are encouraged to drop by.

Additional locations will be announced in the next few weeks. To view a current list of locations and open house opportunities, please visit www.First5Ventura.org

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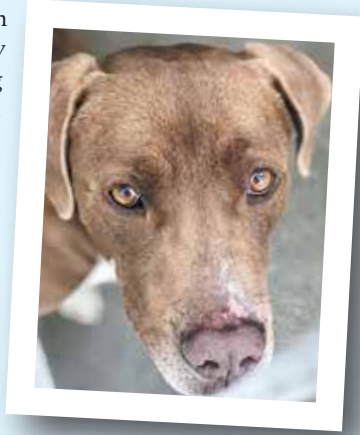
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Cosmo today! Ventura



This 'n' That

Community Leaders dance

Continued from page 1
water and sanitation.

Sommer Frisk, regional vice president of Cumulus Broadcasting, dances with instructor Jesus Garcia for Rancho Ventura Conservation Trust. As one of the nonprofit's board members, she works to support programs that permanently conserve the working landscapes located in the foothills above the City of Ventura.

Agustín "Aluche" Ballesteros (aka the cheerful and funny "Solovino" on La M 103.7 FM), dances with his instructor Erika Martin del Campo for MERITO Foundation, an organization committed to protecting the ocean by facilitating education, conservation and scientific research opportunities to multicultural youth and their communities.

Salena Bracamontes, who owns and operates two all-women State Farm offices in Ventura County, dances for Project Understanding. Bracamontes, who sits on the board, assists with Project Understanding's mission to provide hope by developing and directing resources to transform lives and community through justice, mercy, and compassion.

Dr. Marlene Batista, Director of English Learner Services at the Oxnard School District, dances with instructor Marco Aguilar for Partnerships for Safe Families, the designated child abuse prevention council in the county.

Ben Escobar, the owner/operator of Affordable Auto Glass, dances with instructor Diana Terre for a topic close to his heart — American Society for Suicide Prevention — I've Got Soul.

Escobar, who lost a close friend as well as a nephew to suicide, hopes to raise awareness of the resources available to those contemplating or struggling with depression.

Dancers will be competing for two awards. The "Judges Choice Award" presented for the best routine and the "People's Choice Award," which will be awarded to the dance team that raises the most money for their designated charity (donations made at OxnardSalsaFestival.com).

The festival, which draws approximately 35,000 annually, also features live bands, a salsa tasting tent, vendor marketplace, kid's play zone, community stage, food vendors, and more. Festival hours will be Saturday and Sunday, July 27 and 28 from 11:00 am to 7:00 pm at Park Plaza in historic downtown Oxnard. Festival admission and parking are free. Main stage open seating is \$5 and the salsa tasting tent is \$5 per person (includes salsa and chips).

For more information on the event, visit OxnardSalsaFestival.com.

Mailbox

Continued from page 4

and researched comic strip or media cartoon, to tell the story of America. It should be an honest picture of our past that would show both heroes and villains, done in an entertaining way. It would be a "cliff notes" introduction to the story that is America. It should run in the press for one year --to cover from the first landing of Europeans to the present age. It is a sad day when

young people do not know who we fought in World Wars I and II.

This might be a way to solve this education gap with the public.

Richard Senate, Ventura

Richard:

Swell idea, do you know a cartoonist that would do this for nothing? Maybe the ghost of Paul Conrad?

Ventura Breeze:

President Donald Trump said that a teleprompter mishap led to his much-mocked July 4th flub in which he talked about defending airports during the American Revolution.

"The teleprompter went out," Trump told reporters as he left the White House. "It just went out – it went kaput."

During his Independence Day speech paying tribute to the military, Trump began talking about air defenses during the American Revolution, which took place more than a century before the invention of the airplane.

"Our Army manned the air, it rammed the ramparts, it took over the airports," Trump said of the fighting

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force created by the Continental Congress in 1775.

There was no air travel in 18th Century America.

Larry Etod, Ventura

Larry:

We are shocked at his lack of revolution history. He did not mention that the air-force dropped 2 atom bombs on England which helped bring the conflict to an end.

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Photo by Dan Harding

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Saturday Sept. 21st

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This 'n' That Santa Rosa Island Corrals reopened to the public

The corral area of the main ranch at Santa Rosa Island is now open to the public following a short-term closure that was established due to contaminated soils found in the area.

The contaminants, which were associated with historic fuel storage tanks and other features in this area, included residues of petroleum, metal, and chemical pesticides.

A risk management consultant conducted a thorough and conservative review of the environmental testing results and determined the level of contaminants in the soil at the site would not result in any adverse health effects to the visitors or employees.

"Out of an abundance of caution, we closed this small section of the main ranch area on Santa Rosa Island in mid-March," said Channel Islands National Park Superintendent Ethan McKinley. "We are pleased to report that the area is now open to the public in time to enjoy the summer season on the island."

Ventura Unified School District

Continued from page 6

Human Resources.

Mrs. Just has 18 years of experiences as a professional bilingual educator, including 15 years as a classroom teacher. She has also assisted the VUSD elementary school sites as a Language Arts and Multi-tiered Systems of Support Teacher on Special Assignment for VUSD.

Mr. Wise is completing his twelfth year in the field, and his seventh year as a school site administrator. Mr. Wise currently serves as an Assistant Principal at Buena High School and previously served as an Assistant Principal at Monte Vista Middle School in Camarillo.

"Both professional educators

bring a wealth of knowledge and expertise with them. We are excited for them to start this new chapter in their careers and build upon the excellent work that Mrs. McMullen and Dr. Martinez have provided to both schools," stated Superintendent Dr. Roger Rice

The Ventura Unified School District (VUSD) Board of Education has voted to restructure current positions and vacancies providing for new job descriptions that will focus on three priority areas. At the May 14, Board of Education meeting, it was announced that Rebecca Chandler will serve in the new role of Chief Innovation Officer; Cheryl Burns will assume the role of Assistant Director of Student Support Services and Hector Guerrero will serve as Director of Educational Options.

Rebecca Chandler will focus her attention on promoting new and compelling career education programs and pathways; fostering innovation across the District and programs, and raising funds through grant-writing and business partnerships.

Cheryl Burns is currently serving as principal of El Camino High School will now focus her attention on the social and emotional learning initiatives presently taking place in the schools.

Hector Guerrero, the new Director of Educational Options, currently serves as Principal of DATA Middle School in VUSD and will now serve as site leader at El Camino High School.

Ms. Marissa Cervantes will serve as the new Principal of DeAnza (DATA) Middle School.

Ms. Cervantes has 15 years of experience in the field of education.

Ms. Cervantes, who is bilingual in English and Spanish, holds a B.A. in Sociology, an M.S. in School Counseling, and a Pupil Personnel Services Credential from California State University, Northridge, as well as, an Administrative Services Credential from California State University, Channel Islands. She also received the Association of California School Administrators Region XIII Co-Secondary Administrator Award in 2015.

For more information visit www.venturausd.org or call 805-641-5000.

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Ventura's Safe and Clean team, in collaboration with the Lift Up Your Voice to End Homelessness Project, are conducting clean ups on a regular basis in partnership with the Ventura Police Patrol Task Force, Police Cadets, and homeless individuals. Homeless individuals have been encouraged to pick up their trash and put the bags on the main Santa Clara River Bottom trail.

Over 175 bags of trash were brought to the trail and collected by the Safe & Clean team during the last clean up. This type of collaboration is an important step in addressing homeless issues while providing important street outreach to connect individuals with needed services to potentially start the journey out of homelessness.

Police Reports

by Cindy Summers

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

Vandalism Arrest

On June 30, at approximately 6:15pm, the Ventura Police Department Command Center received a 911 call of several subjects attempting to force entry into the school office at Balboa Middle School in the 200 block of S. Hill Rd. The caller was nearby the school campus and continued to up the dispatcher as officers responded to the call.

When officers arrived on scene, four subjects were detained inside the campus. All four subjects were juveniles and during the investigation officers determined the suspect, later identified as a 17-year-old male, used a permanent marker to write graffiti on several locations and office doors.

At the conclusion of the investigation, the 17-year-old suspect was arrested for vandalism and possession of prescription medication. One additional 16-year-old male juvenile was cited for being a minor in possession of alcohol. The two other additional 16-year-old males were released without charges.

With the summer season upon us and many schools not in session, the Ventura Police Department would like the public to report any suspicious activity seen around the school campuses. Anyone on a school campus while the campus is closed is considered trespassing.

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

Assault with Deadly Weapon and Possession of Methamphetamine Arrest

On July 1, at approximately 12pm, patrol officers responded to a call for service regarding a disturbance. The suspect fled on foot prior to the officers arriving; however he was located nearby by the officers and detained. The investigation revealed the suspect had previously been arrested for trespassing at the location, and on this date and time, he was contacted by the security guard for again trespassing on the property. When the security guard asked him to leave, the suspect pulled out a nine inch long railroad spike, threatened the security guard and held it in close proximity to the guard. The security guard backed away and called 911. While he was doing this, the suspect fled.

At the conclusion of the investigation, the suspect, 26 year old Andrew Martinez, was arrested for assault with a deadly weapon (felony), threatening the security guard's life (felony), possession of a dirk/dagger (misdemeanor) and possession of methamphetamine (misdemeanor).

A review of the Ventura County Superior Court's case inquiry system shows since 2016 that the suspect has been arrested four times for trespassing, three times for possession of narcotics paraphernalia, one time for possession of burglary tools and one time for possession of a banned substance.

Possession of Methamphetamine and a Concealed Handgun

On July 1, at 11:54pm, officers responded to a call for service regarding a person passed out behind the steering wheel of a car in a restaurant drive thru. When officers arrived, they contacted

the suspect, 30 year old Ventura resident Robert Gray, who was still passed out. A DUI investigation followed and the suspect was arrested. There was a vicious dog inside the car, and Ventura County Animal Control was called to take possession of the dog. After the dog was removed, officers searched the suspect's vehicle and found a concealed handgun along with methamphetamine and narcotics paraphernalia. The suspect was arrested for the drugs, the paraphernalia and the concealed weapon.

Vandalism Arrest

On July 7, at approximately 8:15pm, the Ventura Police Department Command Center received a 911 call of a subject tagging near the Cross at 699 Brakey Rd., inside Serra Cross Park. Officers responded and detained a male, later identified as 24 year old Riverside resident Moises Melendez, and a female.

During the investigation, officers spoke to a witness that saw Melendez using a spray paint can to spray graffiti on several locations inside the park. The graffiti, which was found at the base of the Cross and nearby steps, was in excess of \$400 and appeared to be gang related.

Melendez was arrested for felony vandalism and a gang enhancement. The female was not arrested and released from the scene.

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

Residential Burglary and Conspiracy Arrests

On July 9, at approximately 1:30pm, the Ventura Police Department Command Center received a 911 call of a possible residential burglary that just occurred in the 900 block of Poli St. The resident, who was home at the time, reported two subjects had just attempted to enter her residence and when confronted, fled westbound from the area on skateboards. Officers responding to the call located the two juvenile suspects a short distance away and detained them.

During the investigation officers learned that the resident was inside her home when she heard a noise in the backyard. She went to investigate the noise and found the two male juveniles near a window, and the screen removed. The juveniles fled from the backyard when confronted by the resident.

Both juveniles were arrested for attempted residential burglary and conspiracy. The resident was not injured as a result of this incident.

Harbor Patrol Blotter

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

6-28 12:15pm, dispatched to a fuel spill at the 1415 Spinnaker Dr. A commercial dive boat spilled red dyed diesel. Crew members and fuel dock employees were actively using absorbent boom and pads to retrieve the fuel. NRC was notified of the spill and it was cleaned up by the crews already working on it.

4:40pm, dispatched to a water rescue in progress at Surfers Knoll LG Tower 1. Officers responded in Rescue Boat 17 and assisted State Parks with four victims caught in a rip current. All victims were safely returned to shore.

6-29 10:47am, received a request for a tow from a disabled electric boat near the

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patrol dock. Officers took the vessel en tow with Rescue Boat 19 and safely delivered the disabled vessel to their slip in the time share docks.

11:08am, while on patrol in Rescue Boat 17, officers took a 40ft becalmed sail boat en tow out past the #2 "V" entrance buoy. The vessel was heading South.

12:04pm, received a report from VCSO of a disabled 21ft motor vessel near the Harbor entrance. Officers responded in Rescue Boat 17, found the vessel with 5 souls onboard and towed the vessel to the launch ramp safely.

6-30 12:28pm, received and observed a need for assistance for a 34ft sailboat aground near the entrance to the keys in the barranca. Officers responded in Rescue Boat 17, towed the vessel off the sand bar and safely to their dock.

3:43pm, received a report of two lost girlfriends from the boyfriends. They had all been paddle-boarding in the keys and were separated. After an exhaustive search of the harbor, the two missing persons were found at home.

7-03 3:20am, received a dispatch to a veg-

etation fire at Olivas/HarborBlvd. Officers responded and assisted VFD/CHP with the call. The fire turned out to be a homeless warming fire, it was extinguished without incident.

7-04 2:03pm, received a report of a disabled PersonalWaterCraft being swam out of the surfline at Marina Park. Officers responded in Rescue B-19 and assisted State Parks with towing the vessel out of the surfline and back to the keys.

7-05 9:31pm, received a request from VFD Battalion Chief to check the harbor and surrounding areas for damage from the recent earthquake. Officers search the harbor and surrounding areas but were unable to find any damage.

7-07 6:05pm, dispatched to a water rescue, kite surfer down at the Ventura Pier. Officers responded in Rescue Boat 19 and assisted several agencies with the call. The patient was discovered North of Surfers Point and Ventura Harbor Patrol retrieved his kite and transported it to Ventura Harbor. The victim was uninjured and retrieved his equipment at the Ventura Port District.



VENTURA
Ventura Pier
Ventura State Beach Picnic Area
Ventura Marriott
Crowne Plaza
Four Points by Sheraton

OXNARD
Embassy Suites
Mandalay Beach Resort
Channel Islands
Marine Emporium

PORT HUENEME
Holiday Inn Express

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Weekly SUDOKU

Answer

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

King Crossword

Answers

Solution time: 21 mins.

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



by Pam Baumgardner
VenturaRocks.com

The Ventura Music Festival's annual free concert will be held once again at Mission Park with Incendio (high octane Latin guitar) on Thursday, July 18, show starts at 5:30 pm. The festival's final performances will be held at the Ventura College Performing Arts Center with Joey Alexander Trio on July 19; Ranky Tanky on July 20 and Rastrelli Cello quartet on July 21.

The Ventura Fair opens August 2; this is just a reminder, if you want to take in more than 4 concerts (which are included in the price of admission), you should consider getting a WOW pass before the fair opens which gets you entry everyday saving you beaucoup bucks. See full lineup and ticket information at VenturaCountyFair.org.

Just a head's up, Spencer Makenzie's Annual End of Summer Block Party falls over the weekend of August 23 - 25. Don't miss their free concert which will fall on Saturday with Johnny and the Love Handles, Dave Rae and Madex.

I am loving all the local punk bands supporting T.S.O.L. at the Ventura Theater on Friday, July 26; just a few of the bands include Stalag 13, Ill Repute, The Grim, and The Robot Uprising.

Tequila and Taco Music Festival returns to town over the weekend of July 20 and 21 at Plaza Park with Bruno and the Hooligans, a tribute to Bruno Mars, along with Instone, Sambada, Adelaide and Upstream. Find out more at TequilaAndTacoMusicFestival.com.

Music Under the Stars series continues on Saturday nights at Olivas Adobe with Sound Effect (sold out) on July 20 and Rodeo Drive on July 27. Know this, all final shows for the rest of the summer are sold out.

Quick Notes: Munch at the Museum this month features Sandi Ellen Anderson on Thursday, July 18 (11:30 am - 1:30 pm); Pyrate Punx has a show at Hong Kong Inn with False Confession, 3 Day Holocaust, Civil Conflict and Trash on Thursday, July 18; Alpine Camp Band plays Leashless Brewing's Vtown Get Down Festival on Saturday, July 20; Bad Religion sold out for their show at Ventura Theater on Friday, July 19; Ventura's Psychedelic Summer debuts at Oak and Main on Friday, July 19 (dress up!); Jen Staves returns to Ventura with her Bluzfish Trio on Sunday, July 21 at Plan B Wine Cellars; Actor Jeff Bridges performs his music at Discovery on Wednesday, July 24; The Garage welcomes Tangles out of Vancouver on Friday, July 26; And the Caverns return to town with a show at Saloon on Friday, July 26.

Many thanks to JD Drury and his crew for pulling off another amazing Surf Rodeo. Of course, I miss them at Pierpont Beach where I could park at home and walk over, but loving the vibe at the Pier.

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

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 7/17: Finnhead Dave
Fri 7/19: Frank Barajas
Sat 7/20: Epitome of Dreams
Sun 7/21: CRV
Wed 7/24: Karen Eden
Fri 7/26: Two's Company
Sat 7/27: Teresa Russell & Stephen Geyer
Sun 7/28: Big Adventure Duo
Bombay Bar & Grill
143 S. California Street
Thursdays, Friday & Saturdays: DJs
Café Fiore
66 S. California Street
Wed 7/17: Kylie Butler
Fri 7/19: Jason Bourne
Sat 7/20: Little Alice
Sun 7/21: Casey Jones
Tues 7/23: Donna Greene
Wed 7/24: David Patt
Fri 7/26: Instone
Sat 7/27: DT Crasher
Sun 7/28: After the Smoke
Casa Bella
391 E. Main Street
Thursdays: Danny D.
The Cave
4435 McGrath Street
5:30 - 8:30 pm
Weds & Saturdays: Varon Thomas
Thurs & Fridays: Warren Takahashi
Concrete Jungle Brewing
4561 Market Street
Fri 7/19: Blocked V2, Chauncey P, Hustle Bones...
Fri 7/26: Sojai
Copa Cubana
Ventura Harbor Village
Music 7 pm; Sundays 4 pm
Tuesdays: The Jerry McWorter Trio
Wednesdays: Al Macias Jazz Open Mic
Fri 7/19: Native Vibe
Sat 7/20: Ruben Estrada
Sun 7/21: Brandon Ragan Project
Fri 7/26: Nuestro Band
Sat 7/27: Ruben Estrada
Sun 7/28: Karen Eden
Dargan's Irish Pub & Restaurant
593 E. Main Street
Sun 7/21: Sunday Drivers (4 pm)
Discovery
1888 Thompson Blvd
Thurs 7/18: Sensi Trails, Eureka Sound
Fri 7/19: Coso
Sat 7/20: Spazmatics
Sun 7/21: Sunday Morning Praise Band (11 am)
Wed 7/24: Jeff Bridges
Thurs 7/25: A Dustland Fairytale
Fri 7/26: Carlos Daniels
Sat 7/27: Agent Orange, The Bastards, Idecline
Sun 7/28: Groove Session
Downtown Ventura Special Event
Ventura Music Festival Free Concert

Mission Park
Thurs 7/18: Incendio
El Rey Cantina
294 E. Main Street
Fridays: DJ
Saturdays: DJ
Fri 7/19: Sojai
Four Brix Winery
2290 Eastman Avenue
Music 6 - 8:30 pm
Midlife Crisis
Fri 7/26: 50 Sticks of Dynamite
Garage
1091 Scandia Avenue
Fri 7/19: Ran Aground, Midmind, One Minute Run, False Patriots
Fri 7/26: Tangles, Alonso Delano, Cuddlesfish
Golden China
760 S. Seaward
(805) 652-0688
Karaoke seven nights a week 9 pm
Tuesdays 7 pm: Open Mic
Thursdays 7 pm: Open Jazz Jam
Grapes and Hops
454 E. Main Street
Wed & Thurs 6 pm; Fri & Sat 8 pm, Sun 4 pm
Fri 7/19: Crooked Eye Tommy
Fri 7/26: Lonely Avenue
Hong Kong Inn
435 E. Thompson Blvd
Thurs 7/18: False Confession, 3 Day Holocaust, Civil Conflict, Trash
Fri 7/19: Doc Ventura Band
Sat 7/20: Defeating the Purpose, September Begins, Cat OK
Sun 7/21: Vermont
Sun 7/28: Del Franklin
Keynote Lounge
10245 E. Telephone Road
Tues, Wed and Sun: Karaoke
Thursdays: Open mic night
Fri 7/19: Reign
Sat 7/20: Red Rhythm
Fri 7/26: DJ AVG
Sat 7/27: Crosscut 808
Leashless Brewing
585 E. Thompson Blvd.
Tues: Open Mic, The Listening Room
Fri 7/19: Boom Duo
Sat 7/20: Alpine Camp Band
Sat 7/27: Same Mother, Same Father
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 7/18: Peter Blackwelder
Sat 7/20: Alec Ledbetter
Sun 7/21: Milo Sledge
Thurs 7/25: Paddy Marsh
Sat 7/27: Anchor & Bear
Sun 7/28: Last Great Decade
Majestic Ventura Theater
26 S. Chestnut Street
Fri 7/19: Bad Religion
Sat 7/20: Loud & Queer
Sun 7/21: One OK Rock
Thurs 7/25: Dwight Yoakam
Fri 7/26: TSOL, Youth Brigade, Stalag 13, Ill Repute, The Robot Uprising...
Sat 7/27: Shoreline Mafia
Margarita Villa
Ventura Harbor Village
Wed 7/17: Karen Eden
Fri 7/19: Freedom of Expression
Sat 7/20: Crosscut 805
Sun 7/21: Mike Martinez
Fri 7/26: James Bros.
Sat 7/27: Blown Over
Sun 7/28: Doc Rogers Band
Oak and Main
419 E. Main Street
Tuesdays: Beers Brothers Open Mic
Thurs 7/18: Mark Masson & Friends
Fri 7/19: Psychedlic Summer
Sat 7/20: Brandon Ragan Project
Thurs 7/25: Beers Brothers Showcase
Fri 7/26: Pet Rocks
Sat 7/27: Shaky Feelin'
Olivas Adobe
4200 Olivas Park Drive

Music Under the Stars series
Sat 7/20: Sound Effect
Sat 7/27: Rodeo Drive
Plan B Winery
3520 Arundell Circle
Music 3-5 pm
Sun 7/21: Jen Staves & the Bluzfish Trio
Prime
2209 E. Thompson Blvd
Tuesdays: Danny D.
Saloon
456 E. Main Street
Music at 10 pm
Fri 7/26: The Caverns
Sandbox Coffeehouse
204 E. Thompson Blvd
805-641-1025
Thurs 6 pm, Weekends noon
Thursdays Open Mic
Sat 7/20: No Class
Sun 7/21: Feather
Sat 7/27: Steve the Singer
Sans Souci
21 S. Chestnut
Sundays: DJ Darko
Mondays: Karaoke w/ Brian Parra
Tuesdays: DJ Nick Dean
Wednesdays: Open mic
Thursdays: DJ Spinobi
The Shores Restaurant
1031 Harbor Blvd, Oxnard
Thursdays: Karaoke
Fri 7/19: Brian Faith Band
Sat 7/20: Uproots
Sun 7/21: Deborah Jenssen Band
Fri 7/26: Scott Spindel
Sat 7/27: Brandon Ragan Project
Sun 7/28: Jose Valdez Jazz Trio
The Star Lounge
343 E. Main Street
Fri 7/19: Sin Chonies
Sat 7/20: Mini Driver Band
Fri 7/26: Morganfield Burnett and da Blues
Sat 7/27: Vanise Terry Band
Sun 7/28: Mid Mind
The Tavern
211 E. Santa Clara Street
(805) 643-3264
Sundays: DJ Steezy Steve
Tuesdays: Karaoke
Thursdays: Get Right DJ
Wed 7/17: Bone Maggot, The Humble
Topa Mountain Winery
821 W. Ojai Avenue, Ojai
Music Saturdays: 5-7; Sundays 4-6
Sat 7/20: Mark Masson Duo
Sun 7/21: Bart Budwig
Sat 7/27: Rich Sheldon Trio
Sun 7/28: Patraicia Avis Trio
Traveler's Café
1070 E. Front Street
Music 11 am - 1 pm
Sun 7/21: The Swillys
Ventura Bike Hub
281 W. Main Street
Sat 7/20: Auxilio, Sordo, Trash, Slow Down, Goat Rhythm
Ventura College Performing Arts
4700 Loma Vista Road
Ventura Music Festival events:
Fri 7/19: Joey Alexander Trio
Sat 7/20: Ranky Tanky
Sun 7/21: Rastrelli Cello Quartet
Winchester's
632 E. Main Street
(805) 653-7446
Music at 7:00 pm; Sundays at 5 pm
Fri 7/19: Karyn805
Sat 7/20: The Swillys
Sun 7/21: Jon Gindick
Fri 7/26: Unkle Monkey Duo
Sat 7/27: James Broz.
Sun 7/28: National Cat
1901 Speakeasy
649 South B Street, Oxnard
Fri 7/19: Shawn Jones
Sat 7/20: Doc Ventura
Fri 7/26: Rat Pack Ricky
Sat 7/27: Karen Eden
The 805 Bar
Ventura Harbor
Music at 11 am - 1 pm Fri & Saturday
4-7 pm Saturday
Sat-Sun. Kenny Devoe



July 14 ended the first Buena Ventura Art Association show at the Harbor Village Gallery. From May 14 to July 14 they have had hundreds of visitors visit the gallery and see the show, plus artwork done by members of the gallery.

Sales have been upscale during the show. The next show will also run two months and end Sept. 14.

A real highlight has been the "People's Choice" award. Each visitor was given a ticket and asked to view the members show on the big wall, then select one piece. All have been very excited to be a part.

The top seller for this first show was artist **Lisa Ann Mahoney**.



Jorja Garcia was the 3rd place poster contest winner for the Ventura County Fair (see article).

This is just another example of her diverse art abilities.



Jan Harrington and **Jennifer Love** will display their artwork in a show titled "Ocean, Elements and Allure" at Fox Fine Jewelry until September 8.

Jan Harrington is a surf artist that uses many mediums such as acrylic, resin and sea glass. Each medium evokes different styles, but her love for the sea is evident in every single piece.

You can see more of Jan's work at <http://janharringtonart.com/>

Jennifer Love knew from a young age that art was her calling, and she's cultivated it ever since. She was self-taught until a few years ago when she went back to school for her art degree. always interested in bringing new light to a subject, and feels blessed any time others enjoy her work, too.

You can see more of Jennifer's work at <https://wavesofloveart.com/>

Lorna Amundson is the July featured artist at the Harbor Village Gallery and Gifts.

A biologist by training, Lorna started painting realistic plein air almost 30 years ago in Yosemite.

Lorna is one of eleven resident members of the Harbor Village Gallery.

Running concurrently with this exhibit is a new BAA (Buena Ventura Art Association) juried member show with a reception Saturday, July 20 6-8 p.m. Refreshments will accompany the merit award ceremony at the reception.



Nature is in the forefront for two new exhibitions July 25-Aug. 25 in Buena Ventura Art Association's Ventura Avenue gallery space, Studio 30 at Bell Arts Factory.

"From the Desert to the City and Back Again" is the title of **Darlene Roker's** solo photography display.

It is paired with "Root and Branch," a juried show featuring artworks by BAA members that have trees as the primary subject of paintings or using parts of trees — bark, wood, twigs, leaves — in mixed media or assemblage pieces.

A reception for both will be 6-9 p.m. Aug. 2 as part of Ventura's monthly First Friday gallery open house.

Buena Ventura Gallery at Bell Arts Factory, 432 N. Ventura Ave., is open 11 a.m.-4 p.m. Thursdays through Sundays. For more about the 65-year-old nonprofit cooperative and its programs, visit www.buenaventuragallery.org or call 805-648-1235 during gallery hours.



A Conversation with Omar d'León
Sunday, July 21, 2019 - 3 to 4:30 p.m.
Museum of Ventura County
100 E. Main Street

An Artist Spotlight by Focus On The Masters. Omar d'León is from Managua, Nicaragua and is regarded as one of the most renowned Nicaraguan painters and poets. He studied at the Escuela Nacional de Bellas Artes in Nicaragua under his mentor Rodrigo Peñalba



His early works were inspired by the cross-hatching technique of the frescoes of Pompeii. Omar's unique style infuses multiple layers of paint, oil, wax and scoring in a cross-hatching pattern that creates an illusion similar to pointillism.

The artist uses a knife like a paint brush, creating scores at different angles and pressure which controls the amount of light that is reflected and creates the illusion of a three-dimensional quality in his works. Omar's love for his country and its people are reflected in sensuous fluid forms.

Today d'León's work can be found in many collections world-wide. Join for this timely and insightful interview. To learn more about Omar, visit <https://omardleon.blogspot.com/>

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

Special invitation to educators and students: The Artist Spotlight is open to students attending as a class assignment free of charge. FOTM is happy to assist with tracking attendance and sign-in sheets. Reservations required. To RSVP visit www.FocusOnTheMasters.com or call 805.653.2501.



Lighter Breeze

Mother Goose and Grimm



Baby Blues



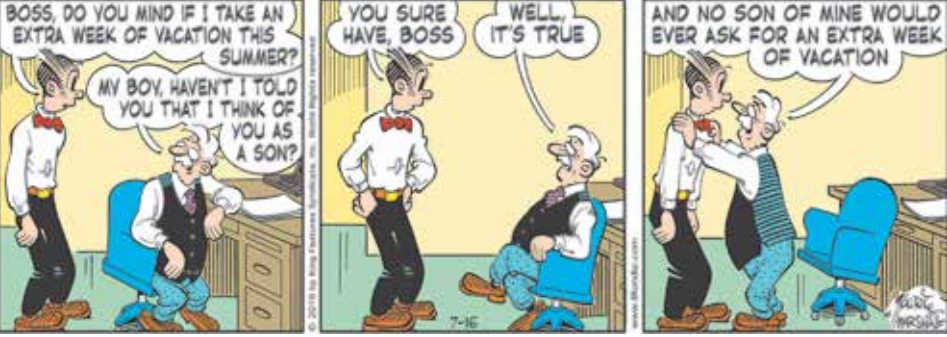
Tiger



Dustin



Blondie



Hi and Lois



Solutions on page 19

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

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

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 19

King Crossword

ACROSS

- Collections
- Toward the stern
- Being, to Brutus
- Enticement
- Actress Myrna
- "Once — a time ..."
- Operatic solo
- Harem's housing
- Hex
- "Long Day's Journey Into Night" writer
- Fairy tale villain
- Explosive letters
- Three-striper
- Dueling sword
- Opposite of "post-"
- Be philanthropic
- Corn spike
- St. Louis landmark
- Dramatic musical work
- Chance
- Sandwich shop
- Alexandrian peninsula
- Maximally
- Repaired

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			

- Hee-haw
- Wise one
- Past
- Slender
- Low card
- Neither mate
- Otherwise
- First name of period
- 20-Across
- Green type of soup
- Earth
- Carbon compound
- Pismire
- Curved molding
- Finished
- Hot tub
- Blunder
- Tend a dead battery
- Bullfight VIP
- Chow down
- Historical
- Whip mark
- Invisible rabbit of stage and screen
- Spry, like Jack
- Luau bowlful
- "Hey, you!"
- Listen to
- Read bar codes
- Verbal
- Without (Fr.)
- Youngster
- Id counterpart

DOWN

- Pole or Czech coin
- Continental
- Small combo
- Sailing veteran
- Losers
- Enemy
- Novice

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one unnecessary embarrassment. **LIBRA** (September 23 to October 22) You're making progress on that career move, albeit not as quickly as you had hoped. But stay with it. Your personal life takes an unexpected (but very welcome) new turn.

SCORPIO (October 23 to November 21) If you feel you've been unfairly treated in a workplace decision, correct the situation now while there's still time to do so. Arm yourself with facts and go to it. Good luck.

SAGITTARIUS (November 22 to December 21) Devising your own system of doing things might be the best way to handle an increasingly complex situation. But do it tactfully in order to avoid ruffling too many of your colleagues' feathers.

CAPRICORN (December 22 to January 19) A family member's health problem might once again require you to shift some of your current priorities around. But this time, make certain other relatives will be there to help.

AQUARIUS (January 20 to February 18) Catching up on tasks you've left undone will take a while to accomplish. But the sooner you complete them, the sooner you'll be able to take on another time-sensitive project.

PISCES (February 19 to March 20) You might feel swamped by all that you're expected to do. But take a moment to come up for air, then handle things one at a time, and you'll soon get through them all.

BORN THIS WEEK: Although you love being home with your family, you also enjoy traveling and making new friends.

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Showtime

A View from House Seats

Beacon Theater’s inaugural offering solid

by Shirley Lorraine

There’s a new theater group in town. The recently organized Beacon Theater Company made its debut at the NAMBA Performing Arts space in downtown Ventura last weekend.

With familiar theater notables Tom Eubanks, Steve Grumette, Howard Leader and Anna Kotula at the helm, the company opened with a top-notch performance of *Blue/Orange* by British playwright Joe Penhall.

Beacon’s stated goal is to “explore the human condition with plays that 1) evoke emotions, 2) encourage you to think, or 3) simply make you laugh. While it is not our intention to offend, neither do we intend to become captive to political correctness.”

As a debut piece, *Blue/Orange*, awarded the coveted Laurence Olivier Award for Best New Play in 2001, certainly fulfills the stated intent.

The scene is a psychiatrist’s office in a British institutional setting. A young African-Caribbean patient, Christopher (Emmanuel Odaibo) has served his required 28 days and is scheduled for release the next day. His doctor, Bruce Flaherty (Brian Robert Harris) believes that Christopher’s diagnosis of borderline personality disorder is just a piece of the puzzle and recommends he stay for additional treatment.

Dr. Robert Smith (Brian Kolb), Bruce’s supervisor, joins the meeting and quickly disagrees with retaining Christopher. As the two psychiatrists’ arguments escalate Christopher rapidly becomes a bystander. His delusions appear and recede with regularity.

The dialogue tackles schizophrenia, racism, superior authority, the mental health system in general, and differing perceptions of treatment. Robert becomes so intent on sharing his new ideas based on R.D. Laing’s ground-breaking theories

of socially and environmentally induced causes for psychosis that he fails to listen to either the patient or his colleague.

All three exhibit varying degrees of frustration, anger, confusion and futility as they all try to make themselves heard to little avail. The result is an intense emotional journey into the minds of three men who all want a good outcome, but who are unable to come to agreement on what that outcome may look like or how to get there.

The true fascination is in watching the high-powered, precise and energetic performances of Harris, Odaibo and Kolb. They are all superb. Harris morphs from the caring, gentle, friendly counselor he exhibits at the start, to a man racked with doubts, excessive anger and frustration as he attempts to stand by his convictions.

Odaibo carries the role of Christopher with skill. One can almost feel the gears in his brain turn faster, reverse and come to a grinding halt before restarting. In the role, he speaks with a heavy and rapid Jamaican accent that takes a bit of getting used to. Thankfully, the printed program features a useful glossary of terms to help the audience along.

Kolb portrays an arrogant, controlled manic personality, doting on his role as “the authority” with his desire to be the one who is “right” driving him forward. All three actors are fascinating to watch as they slowly dissolve. One wonders who the patient really is.

The play only runs through July 28. Try and catch it and watch the Beacon Theater Company take off. It is bound to be a wild ride.

For tickets, visit www.thebeacontheatercompany.com, call (805) 233-6965, or stop in at the Namba venue at 47 S. Oak St, downtown Ventura.

Movie Review by Cindy Summers

Stuber



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

Stu is a very gentle, mild-mannered Uber driver who picks up LA police officer Vic Manning for his first ever Uber ride, though Stu has no idea at the time that Vic unwittingly plans to basically borrow Stu and his Uber to track down new leads on a drug lord he’s been hunting for years. Stu deals with Vic’s angry neanderthal style with humor and sound advice as he tries to protect car, and save his life and perfect rating while repeatedly in the middle of gun fights and explosions. Directed by Michael Dowse, Written by Tripper Clancy and Starring Kumail Nanjiani as Stu the Uber driver and Dave Bautista as LA police officer Victor “Vic” Manning.

Stu works in a big box store and is also an Uber driver desperate for a 5 star review. Stu’s boss enjoys belittling his efforts to make extra money by calling him Stuber, but Stu takes his Uber job very seriously, even offering specialty chocolates and other treats for his riders in hopes to get a good review.

Vic is an Los Angeles police officer who is on the hunt for a heroin king pin named Oka Teijo, who slipped through his hands

in the past and that Vic is desperate to find to put in jail and to clear his reputation. On the day Vic decides to have eye surgery, his vision is compromised so his daughter schedules Vic an Uber, Vic being obviously smartphone challenged.

Stu gets a pickup request and Vic hops in the front for his first ever Uber ride with meek, mild-mannered Stu, completely his opposite. Vic directs Stu to several locations around LA to track down leads on Teijo, and Stu does his best to try to avoid the violence, though difficult when Vic puts criminals in his car and hands him a gun to guard them and himself.

The two buddy up and find chaos at every stop filled with gun fights and explosions, and they even stop at Vic’s daughters art show opening, where when Stu was is asked how he met her father, he simply and calmly replied “He kidnapped me”.

This was Stu’s tone the entire movie and seriously catches you off guard in extremely humorous and comedic ways. The action portions of the film are much like that of “The Good Guys” and “Pain and Gain”, over dramatized and not so realistic, but don’t consider it a true “get the bad guy movie” rather a comedy that involves getting a bad guy.

Kumail Nanjiani is insanely hilarious in this role with his causal delivery of razor sharp witty one liners that had the entire audience repeatedly laughing out loud throughout the movie. He was well cast in the role as the meeker, weaker of this unex-



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pected buddy cop duo, and included some aspects of his culture in the character, being excellent at expressing a calm demeanor general found through years of meditation.

Dave Bautista is good for the butal, boundless tough guy cop role, though the two didn’t seem to have true chemistry like that of Mark Wahlberg and Will Ferrell in “The Other Guys” where they were also extreme opposites, but there was some strange underlying connection.

Studer is great for a good dose of unexpected humor, and is more like a night of stand up comedy with Kumail Nanjiani, who will definitely keep you laughing throughout the movie.

Rated R - 105m

CMH Auxiliary honors
Continued from page 1

over 315 hours. Her academic excellence is evident with an exceptional 4.57 grade point average. While a student at Foothill Technology High School, Maria was co-founder and secretary of “WE,” a student organization dedicated to organizing fundraisers and generating community support. She also worked with at-risk middle school students on a garden project. Trinity received the “Most Achieved Senior” award and graduated summa cum laude. She plans to attend the University of California, Berkley, and major in Public Health with an emphasis on global and reproductive health.

Founded on a tradition of service, the CMH Auxiliary augments CMH’s programs and services. Auxiliary members share a common interest in helping others and providing comfort and assistance to patients and their families. Junior Volunteers are between the ages of 14 and 18. Visit <https://www.cmhshealth.org/about/cmh-auxiliary/> to learn more about becoming a Junior Volunteer or an Auxiliary member.

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Termites and Trees

by Kevin O'Connor

California is a long way from Florida, but it was a study in Florida that gave me some insights about the destructive reach of termites on California trees.

According to researchers, Asian subterranean termites can kill pine trees and hollow out the trunk of many other trees, including oaks, making them structurally unsound and vulnerable to hurricanes.

Because we have both pine and oak in California, it worried me when I read this: "Our beloved native slash pine is lethally stressed by this termite, which is unexpected," said Thomas Chouvenc, who published a study in the journal Florida Entomologist. In

California, this would make trees more susceptible to fires, if not storms.

"Our results suggest Asian subterranean termites have the potential to kill pine trees and severely damage oak trees in the urban canopy," said Chouvenc. The termite damage in pine trees is unique and never observed before, as the damage acts as a girdle to the trees, killing them slowly, researchers said.

"The rate of infestation in pine and other types of trees by this termite may be critical in the near future for the overall survival of a diverse urban tree canopy which is in the process of being irreversibly altered," he said. — Brad Buck, University of Florida Institute of Food and Agricultural Science.

Unfortunately, termites are in plague proportions in parts of southern California, particularly in the urban areas

of Fresno, Salinas, Bakersfield, Santa Maria, Los Angeles, Pasadena, Riverside, Orange County, San Bernardino, Long Beach, Santa Ana and San Diego regions.

The Western dry wood termite is found in the southwestern states, as far north as Sacramento, with heavier incidence along the coastal areas.

The Western dry wood termite accounts for most of the dry wood termite damage in southern California. Dry wood termites are considered non-subterranean termites, as they do not live in the ground, require no ground contact, and do not build mud shelter tubes.

Dry wood termites eat across the wood grain and create chambers, called galleries, connected by tunnels. Their gallery and tunnel walls are velvety smooth without the presence of soil. These termites are often spread by people, who are moving infested furniture and wood to new locations.

Evidence of infestation includes swarmers, shed wings, piles of pellets, termite plugs that seal all openings in infested wood, and surface blisters caused by older, enlarged galleries very close to the wood surface.

Swarming dry wood termites fly into structures and infest wood directly. When swarming, they often re-infest the same structure. Initially they infest exposed wood by finding a protected crevice or other area, such as the joint between two pieces of wood, where shingles or paper overhang timber or moulding, and where they can attack the wood.

The only way to deal with termites is to seek professional help. Let the experts identify the type of termite involved. Let the people with experience in pest control use their scientific technology and experience to solve the termite problem. Call O'Connor Pest Control to

save both your house and your trees. The safety and good health of your family are major goals for us. Never try to deal with termites on your own. Give us a call.

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The USYVL volleyball league operates in a coed format for boys and girls.

USYVL fall registration open... register now!

Registration for the USYVL's Fall Season is currently in open. Don't miss out on the exciting Fall 2019 season. Register before September 1 deadline!

Once again, the USYVL is bringing another fun-filled season of volleyball to your community.

The 8-week league in Ventura at Arroyo Verde Park will run from September 11 – November 2. The USYVL is an instructional volleyball league that operates in a coed format for boys and girls ages 7-15.

For information on registration and volunteer positions go to www.USYVL.org or 1-888-988-7985.