



Andrews ran and won a seat on the city council in 2001.

## Neal Andrews, councilman and past mayor, dies

by Richard Lieberman

Neal Andrews long term Ventura councilman and past mayor has died. Neal died on Sunday, August 4, 2019

following a protracted illness. He served his last year on the council as mayor a position he coveted.

Andrews ran and won a seat on the city council in 2001. His election changed the dynamics of the council at that time. His election and subsequent actions led to the changing of city managers in 2004. Neal was a conservative and used his conservative voice for what he believed to be a fiscally conservative approach to city government.

He was a minority on the council but was still able to implement requirements for individual water meters on multi-family housing projects. He also was an ardent supporter of the WAV artist housing project and he sponsored and supported the use of "seed" money for incubator businesses directly leading to the establishment of the Trade Desk.

Neal was instrumental in bringing the Highland Games to the city in 2003. He was a tireless advocate for the homeless and worked to get a permanent

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A formal campaign kick-off event is scheduled for early September.

## Ventura Mayor Matt LaVere announces campaign

Ventura Mayor Matt LaVere has publicly announced his candidacy for the Ventura County Board of Supervi-

sors, District 1. With deep roots in both Ventura and the Ojai Valley, an impressive record of leadership on Ventura's City Council and a lengthy, diverse group of endorsements, Mayor LaVere is excited to kick-off his campaign for County Supervisor.

"I am running for Ventura County Supervisor for a simple reason: I want to continue working to ensure that the Ventura County my young daughters inherit in 20 years is even better than the Ventura County we know today" stated Mayor LaVere. "That means balancing respect for the County's unique history, while also having a bold vision for its future. We need to be aggressive in creating and attracting jobs that pay a living wage. We need to build more affordable housing, not by paving over our precious open spaces but rather through redevelopment of blighted properties. We need to plan for a sustainable future by protecting our water sources, agricultural land, hills and beaches. We need to

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## Remembering the Ventura County Fair 2019

by Bill Green, Richard Lieberman and Michael Gordon.



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## Remarkable Bald Eagle breeding season at the Channel Islands

24 bald eagle chicks have fledged from nests on the Channel Islands, making for the most successful breeding season since recovery effort began over 35 years ago.

This year there were 19 breeding bald eagle pairs on the Channel Islands producing 24 chicks, including 10 on Santa Cruz Island, 9 on Santa Catalina Island, two each on Anacapa and San Clemente Islands, and one on Santa Rosa Island.

“Since 2006, when the first bald eagle to

hatch naturally on the Channel Islands in over 50 years, we have seen a steady rise in the population of these majestic birds,” said Channel Islands National Park Superintendent Ethan McKinley. “Today, not only do we celebrate the birth of our great nation, but also the recovery of a species that symbolizes our freedom.”

Recovery efforts this year were made possible from a generous grant from the Annenberg Foundation and the diligent survey and monitoring work conducted by biologists with the Institute for Wildlife Studies.

Explore Annenberg LLC is a charitable, non-profit organization with a mission to champion the selfless acts of others, create a portal for the education of humanity and inspire lifelong learning. Explore uses the power of the internet, images, music, dialogue and the written word to fulfill its mission. Both educational and inspiration-

## News & Notes

al, Explore offers a portal for public viewing of live video and live webcams at [explore.org](http://explore.org)

The Institute for Wildlife Studies (IWS), a non-profit organization dedicated to the conservation of wildlife species, is involved in conservation projects around the world. IWS has conducted bald eagle restoration on Catalina Island for over 35 years. [iws.org](http://iws.org)

Landowners who support restoration efforts include the National Park Service (who manages on five of the eight California Channel Islands), The Nature Conservancy (who jointly owns and manages Santa Cruz Island with the NPS), the Catalina Island Conservancy for Santa Catalina Island, and the U.S. Navy on San Clemente Island.



John Harden Bradley established the Ventura Signal in 1871. Photo from Museum of Ventura County Library & Archives collection.

## Ventura County’s first newspaper supported breaking up Santa Barbara County

by Andy Ludlum  
Museum Volunteer

The county’s first newspaper, The Ventura Signal, was established by John Harden Bradley and began publishing in April 1871. It had 200 readers. Bradley had done many things in his short life. He’d been a miner, surveyor, schoolteacher, justice of the peace and real estate salesman.

In 1869 Bradley worked for a Santa

Barbara newspaper, drumming up new subscribers in Ventura, which was then part of Santa Barbara County. In March of 1871, Santa Barbara Press editor J. A. Johnson reported Bradley had “gone to San Buena Ventura to try to start a newspaper” but cautioned him it was “a somewhat expensive business” and it was “much easier to start a newspaper than to run it a year after the start.” (now they tell Sheldon)

A few months later, the Santa Barbara Press said it had “armed the editor and chief (Johnson) with three Henry rifles and a 32-pounder (cannon) to go to Los Angeles.” Bradley saw his chance to take a shot at the Santa Barbara paper. On November 4, 1871 he wrote, “He had no such weapons when he passed here. Don’t you mean three pint-flasks and a jug?”

Bradley’s Signal was a strong advocate of splitting Santa Barbara County in two, which happened in early 1873 with the creation of Ventura County. Bradley contracted tuberculosis and his health forced him to sell the paper in June 1873; he died later that year at the age of 31. After Bradley’s death, John Sheridan and W.E. Shepherd took over as publishers of the Signal. Shepherd and Sheridan were publishers of the Signal in November of 1875 when the Ventura County Republicans began an effort to start a rival paper.



Makena is starting her Junior year at El Camino High School.

## Makena competed in the Vans US Open

Ventura native Makena Burke, age 16, qualified to compete in the 2019 Vans US Open of Surfing. She earned 9th place out of an international field of the top 32 Junior girls ages 18 and younger from around the world. The 60th annual Vans US Open of Surfing was held in

# HEY!

**We have a new mailing address:**  
**Ventura Breeze**  
**PO Box 832**  
**Ventura, CA 93002**

Mission Bank Ventura recently held their Chamber ribbon cutting. The branch is one of the 8 offices of the bank. Ventura office is located at 1500 Palma Dr. You can also contact the bank by calling the branch at 805-601-8555. Photo by Michael Gordon.



# News & Notes

Huntington Beach July 27-August 4.

In addition, she was invited by WSL (World Surfing League) to participate in their 2019 initiative called Rising Tides on 8/2. This program aims to inspire young competitors to break down barriers for women and girls in the sport of surfing. This event focused on connecting the female Junior competitors with the professional women surfers on the Championship Tour (CT).

## Local brain aneurysm survivor turns injury to influence through dance

For most, August is an ordinary month like any other. But for Tarja Huuskonen, August marks a new beginning of her life; one filled with challenges and disadvantages, but also hope and newfound gratitude for everything precious this life has to offer.

Three years ago, on a beautiful August morning, Tarja suffered a ruptured brain aneurysm while kayaking in the Ventura Harbor. The traumatic injury happened without warning, and suddenly the perfect summer day turned into a fight for her life.

Thanks to fast action by her friend

and CMH Emergency Room staff, Tarja was transported to the Stroke and Neurovascular Center at Santa Barbara Cottage Hospital where she underwent emergency brain surgery. After surgery, her outlook was uncertain, as her spirit waned while her body dealt with the aftermath of a serious brain hemorrhage. When she left the hospital, it seemed the worst of the ordeal was over. She survived. But this was only the beginning of a long, winding road to recovery.

There is no shortcut for recovering from a brain injury. Coming to terms with the physical, emotional and social limitations and challenges can be painful and isolating. Online support groups connect survivors but often lack professional guidance to key questions and challenges. In Tarja's case, she invented her own support system, consisting of online groups, medical advisors, and a social network of dancers. She credits dance as a key therapy that has allowed her to gain balance and physical strength while rediscovering joy and connection to others.

Today, Tarja has a clear mission: to help other brain aneurysm patients and survivors on their journey to recovery. She is launching her own website and blog about brain health, and has joined The Lisa Foundation in building national awareness and education about brain aneurysms. One in 20 people in the United States will develop a brain aneurysm in their lifetime, and women are at a 50% higher risk. Most people don't know the symptoms that could save lives.

Continued on page 6

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Ventura BREEZE





# VENTURA BREEZE

Your Hometown Paper

Member, Ventura Chamber of Commerce

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

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– Albert  
Camus

## Opinion/Editorial



Sheldon (Governor) Brown  
Publisher-Editor

■ Okay, I have changed my mind for the last time (soft promise). The Breeze is non-political except for my comments and possibly the “Mailbox” letters. Perhaps when I

speak about **Trump** I should put “Trump comments included” above my article, so Trump supporters don’t get upset. As always, if you disagree let us know at editor@venturabreeze.com.

■ Per our cover story, long-time City Councilmember, **Neal Andrews**, has passed away. He very often was the only no vote on the City Council. I respected that but seldom agreed with him. He did follow his beliefs, however.

Also, on the cover is an article about current City Mayor, **Matt LaVere**, announcing his intent to run for County Supervisor (perhaps inspired by Steve Bennett who followed the same path).

He told me, “I love being Mayor - it truly has been one of the great honors of my life. And I still have a lot I want to do in the next 16 months as Mayor. But it is exhausting if you do it right, and so I’m ready for my next challenge.”

Great that he is willing to take this next step to continue his service to the community.

■ Congratulations to daughter **Staci Brown**, our local MADD Program Specialist, for her presentation at a recent City Council meeting to two Ventura police officers for their contributions to reducing DUI problems. She, and Mayor Matt, presented them with MADD pins. ■ And more congratulations to Ventura Breeze staff member **Mary Thompson** for winning first place at the Fair for her Olivas Adobe booth.

■ There have been more mass shooting deaths than days counted so far this year.

The Gun Violence Archive, a not for-profit organization, defines mass shootings as incidents in which four or more people were shot or killed. In 2019, more than 520 people have died in mass shootings and at least 2,000 have been

injured, according to them.

I understand that **people kill people** and not guns, but when 10 people can be killed, and dozens injured in 30-seconds, it’s so much easier using a gun.

■ As of July 31, ownership of the **VC Reporter** went to Times Media Group, a corporate media company based out of Arizona. Publisher David Comden has been removed. Lots of luck to David for the future. Maybe he wants to become an account executive for the Breeze.

■ Any women in **Saudi Arabia** over 21 can now obtain, renew and use a passport for travel. They no longer need permission from a man. New regulations also allow them to be a head of household and register births, deaths, marriages and divorces, and have custody over minors. I certainly hope that Saudi men can handle having complete control removed from them.

■ The California Transportation Commission has allocated \$52.3 million for new paving for some lanes on a stretch of Highway 101 in, and near, Ventura. The project will improve 21.6 “lane miles” in our area. Work is expected to start late next summer so you don’t need to take short-cuts quite yet.

■ The Food and Drug Administration (FDA) has ordered 44 **vaping products**, including items sold for hookahs and e-liquids, to be pulled from shelves in the United States. These products can’t be legally sold, according to the agency, because the companies behind them do not have the proper marketing authorization. The news arrives amid the FDA’s ongoing investigation of a possible link between vaping and seizures.

I love it when some vape users defiantly blow huge amounts of smoke in the air to show how cool they are.

■ An attorney says a Montana man charged with assaulting a 13-year-old boy who refused to remove his hat during the national anthem believed he was doing what President Donald Trump wanted him to do (I thought that the **devil** made him do it).

Speaking of Trump, he joked about his rally crowd sizes while visiting

victims of the mass shooting in El Paso, Texas, according to a video obtained by CBS affiliate KDBC. Speaking to medical professionals at a hospital where victims were being treated, Mr. Trump compared the crowd size at an El Paso rally in February to that of presidential candidate, Beto O’Rourke.

Mr. Trump praised the medical officials treating the victims, telling them, “They’re talking about you all over the world.” He then pivoted to boasting about the attendance at his February rally and mocking the relatively small size of the counter-rally held by O’Rourke.

“I was here three months ago,” Mr. Trump said. “That place was packed ...that was some crowd. And we had twice the number outside. And then you had this crazy Beto. Beto had like 400 people in a parking lot, they said his crowd was wonderful.”

What can I say? This is so sad that it speaks for itself.

■ The federal government has continued to separate **migrant children** from their parents despite court orders that was meant to reduce this practice. Some families are being separated never to see each other again. And some kids are even dying. I know that some people will say “it’s the parent’s fault for being here illegally, so blame the parents.”

Even if this is true you can’t punish little kids because you think that their parents are stupid - lots of parents are stupid.

■ From the Associated Press: “Davy Jones doesn’t have to look far to see the irony in President Trump’s tweets saying that Baltimore is a rat and rodent infested mess. His apartment, owned by the President’s son-in-law, has been invaded by mice since he moved in a year ago.”

“**Jared Kushner**’s family real estate firm owns thousands of apartments and townhomes in the Baltimore area. Residents have complained about mold, bed bugs, leaks and plenty of mice and they say management appears in no hurry to fix the problems.”

## Mailbox

Sheldon,

What a great idea for our Councilmembers to host quarterly townhall meetings. With the new district election process, it gives our representatives an opportunity to have a local focus balanced with a citywide understanding.

As a fan of CAPS TV Council coverage, I’m wondering if a Councilmember or two will use this forum to hear their constituents’ concerns or simply use it as another platform to hear their own pontification.

It will be interesting to see if the idea gets traction. And the details - how it is communicated, how input for the agenda is solicited, convenient times/locations, etc. how many will actually attend.

I’m wagering that my Councilmember will be on board. During the last campaign, while Erik was canvassing my neighborhood door-to-door, he took 20 minutes to simply stand on the sidewalk and share his thoughts about our district and the city and listen to mine.

If one or two start this practice, I’m sure peer pressure will ‘encourage’ participation. I look forward to your updates on the process and outcome! I’m too shy to put my name in the paper

Dear Sheldon,

It was sad to hear in one of your recent editor’s remarks that you feel that you should (for reasons of appearing ‘non-partisan’) refrain from voicing your opinions about important issues that affect all of us, and about the criminals in our government currently who are kidnapping & caging children (without keeping records, properly caring for the children or caring about reuniting them with their children short of a court order), using our Dept. of Justice to curtail investigations, cut off access to important (Mueller) report information, destroying the effectiveness of our environmental and food-protection agencies (etc.), just because a few Trumpenstein Monsters come at you personally for your comments.

Your voice (as a producer/editor of local news & opinion) is a very important one. Always remember that trying to ‘kill the messenger’ is about all the game the RedPutinCons have left. They know that they cannot defend themselves (or the RedPutinCons in power currently) so all they have left is to attack Americans who care about the rule of law and decent treatment of children as

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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

**First Tuesday of the month from 1- 2:30 p.m. Livingston Memorial Visiting Nurse Association & Hospice offers 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. Livingston Memorial Visiting Nurse Association & Hospice invites you to join a free joint replacement classes and learn what to expect pre and post-surgery. Learn about home safety, rehabilitation, medication and recovery. Classes takes place at the Community Room 1996 Eastman Ave., Ste 109.

Wednesdays evenings from 6:30 - 8 p.m. Livingston Memorial Visiting Nurse Association & Hospice offers 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, and rediscover a sense of hope. 1996 Eastman Ave., Ste. 101.

**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.** The group meets the first and third Wednesday of each month at 7:00 at the Pointsettia Pavilion, Canada Larga room, 3451 Foothill Road. For more information contact Laura 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.

**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](http://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](http://countrylovers.com).

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

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

The Ventura County Philatelic Society meet on the first and third Mondays each month at 7:30 p.m. at the Church of the Foothills, 6279 Foothill

Rd. Admission and parking are free. Come for a great evening. Contact: Bill Garner (805) 320-1601 or [sockonthenose@gmail.com](mailto: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. Further information Deva 805-814-5650 or Maryann

**BCNN (Beach Cities Neighbors and Newcomers) is a non-profit women’s club open to ladies who reside in Ventura, Oxnard and Port Hueneme.** A purely social club to provide a venue by which women in our area can meet each other. You can see a listing of some of their activities at <http://www.bcnnwomensclub.org/>. Meetings are held on the 1st Wednesday of each month from 9:30 - 11 a.m. at the Knights of Columbus Hall, 36 Figueroa St. dues are \$30 per year.

**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.

**Ventura County Cribbage Association Grass Roots Local Club meets weekly.** Located at Pizzaman Dan’s 444 E. Santa Clara on Wednesdays at 5 p.m. More information at Kerry 805-643-7683

**August 14: The Ventura County Camera Club will hold a meeting on Wednesday, at 6:30 p.m. at the Poinsettia Pavilion.** The first part of the meeting will be an instructional workshop. This will be followed by the showing of member images. Visit the club’s web site for more information about the club and examples of member’s work. [WWW.VenturaCountyCameraClub.com](http://WWW.VenturaCountyCameraClub.com)

**August 15: “Back to School” is the main topic for the next meeting of the East Ventura Community Council, on Thursday. Participants will be educated by, and may ask questions of Ventura Unified’s Assistant Superintendent of Human Resources, Jeff Davis, and Rebecca Chandler, Chief Innovation Officer, both of whom will be providing an update on VUSD’s new programs.** Also, two school board members representing East Ventura will take part: Mrs. Jackie Moran (Area 3 Trustee, much of Ventura’s hillsides) and Dr. Jerry Dannenberg, (Area 4 Trustee--most of East Ventura). In addition, Officer Weeks of the Ventura Police Department will provide an update on crime in the area and will highlight issues of traffic safety adjacent to our schools. The meeting starts at 7p.m. at the Connect Church, 346 N. Kimball Road.

**August 15: Attorneys and others can learn the basic elements of public**

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**relations and the most effective techniques for retaining clients, during a luncheon event being presented by the Ventura County Bar Association on Thursday.** PR professional Jennifer Goddard Combs of The Goddard Company and client development consultant R.W. “Hap” Ziegler Jr. of Mesa Consulting LLC will present keynote speeches at the event, which runs from noon to 1:15 p.m. at the Bar Association’s Ventura office at 4475 Market St., Room 8. The theme: “Bringing Clients in the Door. To reserve a spot, visit [www.vcba.org](http://www.vcba.org), email [vcba@vcba.org](mailto:vcba@vcba.org) or call 805-650-7399, ext. 215.

**August 15: The regular monthly meeting of Assistance League of Ventura County will be conducted on Thursday, at the Chapter House, 913 East Santa Clara St. 10 a.m.** Assistance League is “Transforming Lives,

Strengthening Community” through several philanthropic programs: B.U.F.F.Y. Bear, Operation School Bell®, Girls Club/Teen Club, and Assistance League School for young children with learning delays. The Bargain Box Thrift Shop helps fund these programs. Find more information at [assistanceleagueventura.org](http://assistanceleagueventura.org), like us on Facebook, Instagram, or email. 805-643-2458 Monday - Thursday, 8-2 p.m.

**August 16: Night in Oaxaca 2019: The Mixteco/Indígena Community Organizing Project (MICOP) is hosting its 9th annual Night in Oaxaca fundraiser event at the beautiful Olivas Adobe.** The event includes authentic food, arts, crafts, and dancing from the region of Oaxaca. Come celebrate with us as we give scholarships to 29 talented indigenous students. General

*Continued on page 6*

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#### Ventura events

*Continued from page 5*

Admission is from 5:30-8:30p.m. All tickets must be purchased in advance at <https://nio2019.bpt.me/>. Single tickets range from \$75-\$90; couples' tickets are \$125-\$150 per pair; children 2 to 10 are \$50. Children 2 and under are free. Proceeds support programs and services for the indigenous migrant communities of Ventura and Santa Barbara counties. visit website <http://mixteco.org/>

**August 18: The Ventura and Santa Barbara County chapter of the National Association of Watch and Clock Collectors (NAWCC) will meet Sunday, in the Campus Student Center of Ventura College, 4667 Telegraph Road.** The regular meeting starts at noon and at 11a.m. There will be an informal workshop where a topic on clocks or watches will be demonstrated and discussed.

Lunch and an informational meeting and a program at 1 p.m. The program this month will be a presentation by Dave Coatsworth on Collecting Pocket Watches (Part 2). More information about chapter 190 can be found at [www.nawcc-ch190.com](http://www.nawcc-ch190.com).

**August 22: Join for an exciting evening at Bank of Books, a fundraiser for the Ventura County Surfrider Foundation.** All purchases are 20% off and Surfrider Foundation will receive 20% of the sales. Bank of Books 748 E. Main St, 5 – 8 p.m. (805) 643-3154

**August 23: Like to play acoustic music?** Songmakers.org welcomes instrumentalists, singers, and singer/songwriters at all levels to join in a free song circle at the Bell Arts Factory Community Room, 432 N. Ventura Ave. 4th Friday of each month, 7- 10 p.m. Listeners welcome Mike Wittlin, (805) 750-8281.

**August 25: The Ventura County Repro-**

## Community Events

**ductive Rights Network is hosting its signature Write for Your Rights event to bring together our community's collective voice during a time when threats to reproductive rights are at an all-time high.** Write for Your Rights gives Ventura County the opportunity to tell our local and national legislators that we stand in support of women's rights and believe reproductive rights are human rights. 12:30 – 2:30 p.m. on Sunday, at the Unitarian Universalist Church of Ventura 5654 Ralston Street.

**August 25: Ormond Beach wetland nature hike.** Come visit Ormond beach in Oxnard with a Nature Conservancy naturalist and discover the flora and fauna of the wetland and beach habitat. See the endangered Snowy Plovers and Least Terns. The walk is 1 1/2 to 2 miles. We'll meet at the end of Arnold Rd Sunday, 9-11a.m. Amy Davis [guideamy@gmail.com](mailto:guideamy@gmail.com) or 770-853-4715.

## Ojai news and events

**Author Gabrielle Glancy will visit the Ojai Library at 1 p.m. on Saturday, August 31, 2019, to present a special talk, "Navigating the College Process, the Honest and Worry-Free Way." Glancy will speak on navigating what has become a very complicated college admissions process and getting you into the school of your dreams.**

She is the Founder and Director of New Vision Learning, Series Editor of Best College Essays, an avid blogger, and the author of a forthcoming book on this subject. To learn more about how to write that all-important college essay or how to navigate the process, visit Glancy's blog at [www.newvisionlearning.org](http://www.newvisionlearning.org) and join the conversation.

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

The Ojai Library is located at 111 East Ojai Avenue in Ojai, CA. Hours of service are 10 a.m. to 8 p.m. Monday through Thursday and 12 p.m. to 5 p.m. Friday through Sunday.

**Ojai Raptor Center, (ORC) a non-profit 501(c) (3) organization is dedicated to the rehabilitation and release of birds of prey and other wildlife, and to educating communities about wildlife and our shared environment. ORC receives no federal funding and runs entirely on donation.**

For the entire month of September, the Ojai Raptor Center will be holding an art show at the Ojai Arts Center. Proceeds from all art sales will go towards supporting the ongoing work of ORC. There will be an opening reception held on Saturday, September 7th from 2-4PM where cocktails will be served and some of ORC's unreleasable ambassador Raptors will be present to greet guests.

Please Visit [www.ojairaptorcenter.org](http://www.ojairaptorcenter.org) for more info or email [ojairaptorcenter@gmail.com](mailto:ojairaptorcenter@gmail.com).

**Cool down in mid-August with Carl Volpe in his presentation, "Shooting in the Cold and Snow," hosted by the Ojai Photography Community on Tuesday, August 20, at 7 p.m. in Help of Ojai's Kent Hall, 111 W. Santa Ana St. The OPC invites the public to this free event.**

Volpe is a travel photographer who has logged trips to over 35 countries. During the fall and winter of 2018/ 2019, he was shooting in Yellowstone, Alaska and Ant-

arctica, so his experience with cold weather photography is very recent.

For more information and images, go to <http://www.carlvolpephoto.com/>

The Ojai Photography Community, which is devoted to inspiration, camaraderie and education, meets on the third Tuesday of each month, February – November. Monthly free presentations are part of the group's community service and education outreach. <http://www.ojaiphoto.com/index.html>

**School may be back in session for children, but adults also can expand their literary smarts. Holly Woolson and Peggie Williamson will host a new book club at Poppies Art and Gifts beginning Sept. 10 from 6:30-8:30 p.m.**

September's book selection is "The Moon and Sixpence." W Somerset Maugham's novel is loosely based on the life of the painter Paul Gauguin.

All adults are welcome to the free event. Simply read the book and bring a chair. Light refreshments will be served. 323 E. Matilija St For more information, call the store at 805-798-0033.

**Join Rev. Karen S. Wylie at The Ojai Retreat on Sunday, August 18, from 11:00 a.m. – 2:00 p.m. for her Mid-Month Devotional Retreat, which will explore "Freedom Through Forgiveness."**

People of all faiths and traditions, or no tradition, are welcome to attend. Randee Vasilakos, RScP, assists and anchors the morning in a consciousness of prayer and healing.

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](http://www.karensywylie.com).

#### Local brain aneurysm survivor

*Continued from page 3*

To celebrate her third anniversary, Tarja has organized the Harbor of Life Benefit to engage our local community in learning the signs and symptoms of brain aneurysms while having a great night of social dancing, music, food and fun. The ability to move with the music, to hear the strum of a guitar, and to laugh with friends and family are gifts of life that can be lost at any time. So most importantly, this special celebration is about the connections and everyday triumphs that keep us going, while recognizing the resilience of broken brains and the recoveries made possible through the generosity of the human spirit.

The event will take place at The Greek restaurant at the Ventura Harbor on Saturday, August 17th from 5:30 pm to 11:30 pm. To reserve your tickets to this event, and to learn more about her story, visit Tarja's website: [iamtarja.com](http://iamtarja.com).

#### Neal Andrews dies

*Continued from page 1*

shelter established in the city. He was successful in this effort and saw his efforts rewarded shortly after leaving office when the council approved a year-round shelter(which will be coming soon). During his term in office he also was responsible for dealing with and managing the devastation after the Thomas fire. He also hosted a weekly show on CAPS-TV "Conversations with Neal Andrews."

Andrews was elected mayor on the night the Thomas Fire started in December 2017.

Funeral services were held at the Ted Mayr Funeral Home.



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6pm - Women's Blind Draw	6pm - Squads Cup	1pm - Traeger Tournament
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	8:45pm - Live Music with Mandex	8pm - Award Ceremony

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Ventura Rotaract members in front of the CAPS Media green screen.

## Ventura Rotaract Club tours CAPS Media Center

Members of the Ventura Rotaract Club held a meeting in the community conference room and toured the CAPS Media Center. Rotaract brings together people ages 18-30 to exchange ideas with leaders in the community, develop leadership and professional skills, and have fun through service. In communities worldwide, Rotary and Rotaract members work side by side to take action through service. Among other community service projects, the Rotaract crew is exploring a collaboration with CAPS Media to document the group's annual housing building project in Mexico.

Congratulations to the ECTV team of young journalists from El Camino High School at Ventura College for winning the 2019 National Hometown Media Award from the Alliance for Community Media. The high school students won the top award at the annual ACM conference in Portland, Oregon in the category of Entertainment and Art. The winning episode featured ECTV interviews with Ojai artist, Gayel Childress, Afghani artist Shamsia Hassani and music therapist, Jab Dلامي.

ECTV (El Camino Television) is a career pathways, media internship

*Continued on page 17*

## News & Notes



Back row Edwin Ponce, Angellica Ayala-Ibarra, Mireya Avila Mejia; Front Row Kevin Tapia, Naomi Summers, Cassandra Mendez, Yulianna Ceja accepting their honor.

## Cabrillo honors Rodney Fernandez Leadership Scholarship recipients

The Cabrillo Economic Development Corporation recognized its 2019 Rodney Fernandez Leadership Scholarships recipients on Thursday, July 30, during a meeting of the Board of Directors at Cabrillo's Snapdragon Place Apartments in Ventura.

Cabrillo Chief Executive Officer, Margarita H. De Escontrias welcomed the recipients, introduced the board members and thanked the members of the scholarship review panel for their commitment in determining the scholarship recipients.

This year, Cabrillo received 24 applications, and awarded \$12,500 to 14 recipients. Edison International provided a \$10,000 grant for STEM recipients, and another \$2,500 funded by individual donations was distributed among recipients of all majors.

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.

"The Rodney Fernandez Leadership Scholarship applicants and recipients exemplify Rodney's dedication and commitment to making Ventura County a better place to live and work," said Jack Hinojosa, Chief Executive Officer of Child Development Resources of Ventura County and a member of the review panel.

Other members of the scholarship review panel were:

Jaime Galvan, Programs and Events Manager at Ventura College Foundation  
Brian Gilpatrick, Managing Director, Ventura Region, Union Bank  
Christina Perez, Admissions Counselor, California Lutheran University.

Jessica Cook, Assistant Vice President and Branch Operations Manager at Pacific Western Bank, Camarillo office, and a Cabrillo board member  
Denise Bickerstaff, Director of Business Development and Administration at Cabrillo

Luz Soto, Director of Property Management and Resident Services, introduced each of the recipients in attendance and welcomed their family members. About 40 people attended the

event catered by El Pescador in Fillmore.

Two of the seven recipients in attendance spoke about themselves and the impact the scholarship will have on their ability to attend school and reach their educational goals.

Mireya Avila Mejia, a Fillmore High School graduate, is attending California State University, Channel Islands, in the Masters in Nursing program. She said she was inspired by nurses who tended to her mother, who was diagnosed with Thyroid Cancer and underwent surgery and radiation.

"I want to impact someone's life in a positive manner and help someone's mother in the way my mother was being helped. ... As I embark on my nursing journey, I plan to get a job in the Ventura County area as a Nurse Practitioner. I will most likely be working in the Ventura County Hospital in the emergency unit, but it doesn't matter where I am as long as I am saving lives," Mejia said.

Panelist and Cabrillo board member Cook said she was impressed by the women who shared their experiences and gratitude. "I can relate to both women when they mentioned they could not speak English when they started school. Being teased and bullied can shape who you are as a person. I am so proud these award recipients were shaped in a positive way," Cook said. "They used their experience to help others in similar situation and told themselves they were going to become successful. I am fortunate to be a part of this process. Everyone who submitted an essay did an amazing job."

## National Night Out needs to wait for the Fair to end

Registration is now open for National Night Out. Ventura neighborhoods are invited to participate on Tuesday, August 27. National Night Out is a national effort to celebrate neighborhoods and strengthen community relationships with local police departments. Ventura residents are invited to get together with their neighbors to plan an event in their neighborhood. Residents then register on the Ventura Police Department's website for the night out and then on



# News & Notes

August 27 a caravan of police officers visits each of the registered spots.

This is the 36th anniversary of National Night Out with over 38 million people across the country expected to participate. Traditionally, the event is held on the first Tuesday of August but the Ventura Police Department provides services at the Ventura County Fair during that time so the event will take place at a later date on August 27.

National Night Out is designed to 1) Heighten crime and drug awareness; 2) Generate support for, and participation in, local anti-crime efforts; 3) Strengthen neighborhood spirit and police/community partnerships; and 4) Send a message to criminals letting them know neighborhoods are organized and watching out for one another.

From 4 pm to 8 pm on August 27, 2019, residents in neighborhoods throughout Ventura are asked to lock their doors, turn on outside lights and spend an evening outside with neighbors and police. Neighborhoods will be hosting a variety of events ranging from small potlucks and BBQs to block parties. Some additional event ideas include, but are not limited to, ice cream socials, disaster preparedness, games, contests, discussing neighborhood issues, discuss or plan a Neighborhood Watch Program. It is an opportunity to be creative, have fun and celebrate your neighborhood.

Registration is free and allows the police and city representatives to attend local neighborhood events as time and circumstances permit. Submit the online registration form today at [www.venturapd.org](http://www.venturapd.org)!

## Adult Literacy Program recruiting volunteer tutors

The Ventura County Library READ Adult Literacy Program is now recruiting adult volunteer tutors who would like to help other adults improve their reading and writing skills. No teaching experience is required, and the training is free. The next five-week tutor training series in Ventura will begin in September.

The READ program trains adult volunteers to provide free one-to-one reading instruction for adults in need of basic literacy skills. Instruction in basic literacy includes the development of phonetic reading skills combined with communication skills. Ventura County Library is encouraging residents to take this opportunity to volunteer as a tutor or encourage someone you know to take advantage of the free program.

After completion of the training, tutors will meet with their adult learner at established tutoring sites in west Ventura County. Tutoring is scheduled by the availability of the tutors and the learners. Illiteracy is an issue that can be debilitating in so many ways for adults who never received the proper instruction. Adults who are unable to read have a much more difficult time with many daily activities that others may take for granted, along with a clear disadvantage in today's competitive job market.

For more information about how you can support literacy and make a difference in someone's life, call (805) 677-7160.

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## Lucky and Smart: Apollo 11 at 50

Author and historian Dr. Michael H. Gorn, who specializes in the field of aeronautics and spaceflight, will present a special talk, "Lucky and Smart: Apollo 11 @ 50" at the Hill Road Library at noon on Sunday, September 8.

At this free event, Gorn will discuss how the Apollo program got started and the many ways in which good (and bad) fortune influenced the outcome of the mission. He also speaks about his book, *Spacecraft: 100 Iconic Rockets, Shuttles, and Satellites that Put Us in Space* (Quarto Publishers, London, 2018).

The book is an ambitiously illus-

trated aerospace history that profiles and depicts spacecraft from Sputnik 1 through the International Space Station and everything in between. Illustrator, and aerospace professional, Giuseppe De Chiara teams up with Gorn to present a profusely illustrated and authoritatively written collection of profiles depicting the design, development, and deployment of these manned and unmanned spacecraft. Satellites, capsules, spaceplanes, rockets, and space stations are illustrated in multiple-view, sometimes cross-section, and in many cases shown in archival period photography to provide further historical context.

Gorn, who lives in Thousand Oaks, is a federal historian of nearly 30 years and is the author of eight books on the history of aeronautics and spaceflight. He spent 13 of those years at NASA and

*Continued on page 23*

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# Senior Living

*Pull Out Section*



“I’m tired of being abused!”

## Elder abuse prevention and reporting

In general, elder abuse refers to intentional or neglectful acts that lead to, or may lead to, the harm of an older adult. The abuse may be physical, emotional, psychological, verbal, sexual, or financial. Neglect and abandonment are also types of elder abuse and, in many states, self-neglect is also considered a form mistreatment.

Elder abuse prevention programs, including Adult Protective Services (APS) programs, are available nationwide to investigate and intervene when allegations of abuse are reported. To find APS and other programs in your community, enter your ZIP code or city and state in the search bar at the top of this page or speak with an information specialist at the Eldercare Locator at 1-800-677-1116.

**National Center on Elder Abuse**

This website provides resources on

elder abuse prevention, including information on reporting suspected cases of elder abuse.

**National Domestic Violence Hotline**

The Hotline is a nonprofit organization that provides crisis intervention, information, and referrals to victims of domestic violence, friends, and families. Reach the Hotline 24 hours a day at 1-800-799-SAFE (7233) or TTY 1-800-787-3224.

**Legal Assistance**

The legal issues of older adults are often more critical than those faced by other segments of the population. Such issues may include income security, housing, utilities, protective services, abuse, neglect and age discrimination. It is important for older adults to understand their rights and seek advice when necessary.

The Older Americans Act supports

legal service programs that provide and enhance important protections for older adults. To find services in your community, enter your ZIP code or city and state in the search bar at the top of this page or speak with an information specialist at the Eldercare Locator at 1-800-677-1116.

**National Consumer Law Center**

This website offers an extensive array of publications specifically for older consumers.

**Federal Trade Commission: Identity Theft**

This website is a one-stop national resource to learn about the crime of identity theft. It provides detailed information to help deter, detect, and defend against identity theft.

**Consumer Financial Protection Bureau**

This website offers information

and tools to help consumers navigate financial choices. The site also includes easy-to-understand guides to help financial caregivers managing someone else’s money.


**Federal Communications Commission**

This website offers information to help consumers know their rights and what you can do if you have a billing problem.

**Long-Term Care (LTC) Ombudsman Program**

Authorized under the Older Americans Act, the LTC Ombudsman Program provides advocates for residents of long-term care facilities. The Program works to resolve problems of individual residents and bring about changes at the local, state and national levels to improve resident care and quality of life. To find an ombudsman in your community,

*Continued on page 14*



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## Senior Living



*"Just one more for the road."*

### 50% of nursing home residents have alcohol-related problems

A new study estimates more than one in 10 older Americans binge drink. That's an increase from the previous decade. The study, from the Journal of the American Geriatrics Society, determined binge drinkers 65 and older were more likely to be men; they're also more likely to use tobacco or cannabis.

Binge drinking is defined as five or more drinks at a time for men, and four or more drinks at a time for women. Researchers say the habit can be more dangerous for older people, putting them at risk for a range of health problems.

One of the findings of the study is that an estimated 70 percent of all hospitalized older persons, and up to 50% of nursing home residents, have alcohol-related problems in general.

"When we think about binge drinking, the image we usually think about is younger adults or college students, but this is in fact a growing trend in older Americans," said Dr. Tara Narula on "CBS This Morning" Wednesday. "It's been under-reported in both the scientific literature and in the media, but the problem is that the alcohol has a very strong effect on people who are older. They're more vulnerable to the health problems than even a younger population.

"Currently around 10.6% of older Americans are binge drinkers. In the previous decade, it was anywhere from 7% to 9%. So, that number is growing. Also growing just general increase in alcohol use and any sort of harmful alcohol use."

Co-host Anthony Mason asked, "Is it more dangerous for older Americans?"

"It can be," Dr. Narula replied. "There are a couple of reasons why. They are more sensitive to the alcohol, so they're at a higher risk of getting impaired at the same level that might not impair somebody who's younger. Many of them have chronic health problems. In fact, in this series, 24% of them had [conditions] like diabetes, hypertension, or cardiovascular disease. So [binge drinking] can exacerbate those. It can allow them to develop new problems, like pancreatitis or gastritis or certain cancers.

"Many of them are on prescription medication that might interfere. Also, it increases the risk of injury or accidents and falls in people who already may have issues with balance or coordination or reflexes."

When asked about guidelines for binge drinking for older Americans, Dr. Narula said, "Really no American who is older should be drinking more than three drinks a day. If you have some sort of chronic disease or on prescription meds, you should speak to your doctor

and they may recommend something even lower. Low-risk drinking is less than two drinks a day for a man, or one drink a day for a woman.

"It's really important that doctors screen for this and also educate about it. A lot of these people may be at home drinking alone. Nobody really knows what's going on. The problems may be attributed to, 'Oh, they're getting older, that's why they're confused and falling.' It can be a little silent unless we actually look for it."

The study noted that for the metabolism of a person who is 65 years or older, drinking two or three beers at that age has the same effect as seven or eight beers on someone at age 20. "They're exquisitely sensitive to it," said Dr. Narula.

Mason asked, "What do you do if you have a loved one who's doing this? How do you deal with this?"

"I think a lot of people tend to shy away from it or avoid it; they don't know how to deal with it," said Dr. Narula. "I think it's important to be compassionate, loving and respectful to these older Americans you may feel have a problem, but also you want to be proactive. You want to address it, because early intervention is really essential.

"One of the things that can be helpful is seeking advice from a professional who can guide you as to what type of treatment they should be getting, and interestingly how to approach them. Should it be a doctor that approaches them? Maybe a friend might be better or a family member.

"All of the recommendations really say, don't use the world alcoholic; don't talk to them while they may be intoxicated. You wait 'til they're sober. Be patient, be direct with them. You don't want to treat them like a child. You want to treat them like an adult, with respect, when you approach them."

### Trump fails to deliver on promised health care savings

by Sally C. Pipes

Earlier this year, the Trump administration proposed a rule that would have ensured that tens of billions of dollars of hidden rebates and discounts went to patients. Sadly, the White House just chose to abandon this sensible, bipartisan reform.

It's a shame President Trump did





# Senior Living

not see this effort through. Millions of patients would have benefited from the change in the form of lower pharmacy bills and better health outcomes.

The rule impacted Medicare Part D, the federal prescription drug benefit for roughly 45 million seniors. Under Part D, private insurers compete to sell prescription drug plans to Medicare beneficiaries. The government subsidizes and regulates these plans, but largely lets the private sector take the lead.

As a result of this competition, beneficiaries can choose from dozens of plans, each with different premiums, copays, and formularies -- the lists of medicines covered by plans.

Insurers often hire pharmacy benefit managers (PBMs) to design their drug benefits. PBMs decide which drugs to include on formularies and how much patients will have to pay out-of-pocket.

**Drug makers offer massive discounts to PBMs -- \$166 billion in 2018.**

PBMs keep a small slice of these rebates for themselves and hand most of the rebates back to insurers, who use them to lower premiums.

Those savings do little good for the sickest patients who need many prescriptions. When these patients get to the pharmacy, they generally fork over copays or coinsurance -- a set percentage of a drug's cost.

President Trump wanted to reform this system to bring relief to America's sickest patients: those in need of multiple drugs. His now-dead rule would have made it illegal for drug companies to offer rebates to PBMs and insurers, unless those middlemen pass the savings directly to patients through lower copays and coinsurance.

Seniors could have seen significant savings under the policy. Sharing 100 percent of rebates would save diabetes patients \$3.7 billion each year. That's around \$800 per patient.

Another estimate found if the proposal were enacted, patients battling cancer, autoimmune diseases, and other debilitating conditions could have saved \$20 billion over the next decade.

President Trump's plan would have saved lives. Cost concerns are one of the most common reasons for patients to skip their pills. Medication non-adherence kills around 125,000 Americans a year. Patients live longer when copays and coinsurance are lower -- it's as simple as that.

The president's decision to scrap

the proposal is bad news for patients. Let's hope the Trump administration suggests a viable alternative soon.

*Sally C. Pipes is President, CEO, and Thomas W. Smith Fellow in Health Care Policy at the Pacific Research Institute. Her latest book is The False Promise of Single-Payer Health Care (Encounter 2018). Follow her on Twitter @sallypipes.*



"I'm glad that I can still take a bath without drowning!"

## Midlife functional impairment raises risk of hospitalization, nursing home admission

by Clinical Research Gerontology Health Care Research

Middle-aged adults who develop functional impairments—difficulty performing activities of daily living (ADLs) such as bathing and dressing—are at higher risk for hospitalization and nursing home admission than unimpaired adults the same age, according to an NIA-supported study. The findings, published online in JAMA Internal Medicine, raise questions about how clinicians can help those in midlife prevent or delay struggles with daily activities that affect health and quality of life.

Researchers at the University of Pennsylvania and the University of California, San Francisco, wanted to find out how middle-aged adults became functionally impaired and if their impairments posed the same risks as in older adults. Nearly 15 percent of adults age 55 to 64 are functionally impaired, meaning they have difficulty performing one or more of six basic ADLs: bathing, dressing, transferring (such as from a bed to a chair), toileting, eating,

and walking across a room.

The researchers analyzed health data for 5,540 adults age 50 to 56 from the nationally representative Health and Retirement Study (HRS). None was functionally impaired when they entered the HRS in 1992, 1998, or 2004, but 1,097 of them (19.8 percent) reported that they developed an impairment in at least one ADL by age 64. Examining data reported every 2 years through 2014, the researchers found that functionally impaired participants had a significantly higher risk of hospitalization and nursing home admission than participants their age without functional impairment. The risk of death in the two groups was about the same after adjusting for factors such as health status and health behaviors like smoking.

The study found similar risks for hospitalization and nursing home

admission, as well as for death, in the 857 HRS participants (15.5 percent) who developed trouble performing at least one instrumental ADL. These activities include managing money, managing medications, shopping for groceries, preparing meals, and making telephone calls.

The authors noted that not all functional impairments are permanent; sometimes they are temporary or disappear and then recur. Participants with functional impairments were more likely to be women, racial or ethnic minorities, unmarried, and to have lower socioeconomic status. They also had poorer health status and were more likely to smoke, exercise infrequently, and lack health insurance.

As in older adults, functional impairment in middle-aged adults can affect

*Continued on page 14*

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#### Elder abuse prevention and reporting

*Continued from page 11*

enter your ZIP code or city and state in the search bar at the top of this page or speak with an information specialist at the Eldercare Locator at 1-800-677-1116.

#### National Long-Term Care

#### Ombudsman Resource Center

This website provides additional information about the long-term care ombudsman program and residents' rights in long-term care facilities.

#### Midlife functional impairment

*Continued from page 13*

health and quality of life, the authors concluded. Clinicians could address risk factors such as chronic disease, depression, and obesity to prevent or delay functional impairment, and intervene to prevent adverse outcomes in mid-

dle-aged adults who become functionally impaired.

This study was supported in part by NIA grants K23AG045290, K76AG057016, P30AG044281, K24AG-049057, and R01AG0478897.

## Museum to close for renovation

The Museum of Ventura County at 100 E. Main St. will be closed August 19 – September 20, 2019 for renovation. This exciting transformation will be complete in time for the opening of California Cool, a new exhibit on mid-century modernism on the central coast of California.

## Senior Living



*A shingles vaccine can lower the risk of getting the illness.*

## Burning, Itching Blisters: 5 Things to Know About Shingles

**by in Health**

You probably don't remember having chickenpox as a child or getting a chickenpox vaccine. You probably haven't given the illness a passing thought in decades. But you might want to think about it now. While chickenpox is usually an illness reserved for children, it can come roaring back in adulthood as shingles.

If you have had chickenpox, you are at risk of shingles, and you won't soon forget the severe pain it can cause. There is no telling if and when shingles will strike, but luckily there are vaccines available to help prevent it. Here are a few things you should know about shingles.

Shingles is an illness that is related to chickenpox and caused by the same virus: the varicella-zoster virus. Before the chickenpox vaccine was developed, most children got chickenpox at some point. After you contract chickenpox, the virus remains in your body. Later in life, the virus can become active again and cause shingles.

Most children today receive a chickenpox vaccine. Like the natural virus that causes chickenpox, the vaccine virus can also become active later in life and cause shingles. However, people who had a chickenpox vaccine have a lower risk of getting shingles than people who had chickenpox.

The first sign of shingles is usually pain, which can be severe.

After a few days, a person with shingles may develop a rash and fluid-filled blisters. Shingles can also cause burning, numbness, itching, and sensitivity to touch. It usually affects only one area of the body at a time, often appearing as a stripe of blisters on one side of the torso. People with shingles are contagious to those who have not had chickenpox or the chickenpox vaccine, but they are only contagious while they have open sores. If somebody catches the virus from a person with shingles, they will develop chickenpox, not shingles.

If you have had chickenpox, you can get shingles at some point during your lifetime. Almost one in three Americans will get shingles at least once, and the risk increases with age. Older adults and people with a weakened immune system have a higher likelihood of being hospitalized with complications. The most common complication of shingles is severe pain after the shingles rash has healed, and the risk for this complication also increases with age.

There are some medications available that can improve some of the shingles symptoms. These antiviral medicines do not cure shingles, but they can shorten the duration and lessen the severity of the illness. Contact your doctor when shingles symptoms appear and start treatment as soon as possible. Other treatments for shingles include pain management options like numbing cream and pain relievers.

A shingles vaccine can lower the risk of getting the illness. It is recommended for everyone over age 50, even if they have been vaccinated in the past or if they have had shingles.

"Although most people who get shingles only get it once, it is possible to get it multiple times," says Skyler Peterson, executive director at Carrollton Health and Rehabilitation Center. "The risk of getting more than one bout of shingles is higher for elderly people and others with weakened immune systems. It is important to get the shingles vaccine, whether or not you have had the illness, to help prevent recurrences."

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



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On August 1, at 2:23pm Ventura City Fire units responded to a reported structure fire in the 200 block of E. Vince St. The first arriving engine company reported a working fire visible from the front (Alpha Side) of the structure. One elderly resident was already evacuated from the structure. An aggressive attack contained the fire to the room and contents of origin. Units on scene ensured no additional residents were in the structure and no additional threat to surrounding structures existed.

The resident was assessed and transported by AMR to a nearby hospital for possible smoke inhalation. Red Cross provided relief to the resident.





## This 'n' That



County Executive Officer Mike Powers delivers the State of the County report at the Ventura County Taxpayers Association.

## County CEO delivers State of the County address

County Executive Officer Mike Powers presented his State of the County report to a sold out crowd of about 300 at the Ventura County Taxpayers Association summer luncheon on August 1st. The title of the presentation was "Connecting our Region to Collectively Strengthen our Community." The event, co-sponsored by the Conejo Valley, Ventura, Oxnard and Camarillo Chambers of Commerce, brought together the east, central and western areas of the County.

Powers discussed the County, city and community response and recovery efforts to the Thomas Fire, the Borderline shooting, and the Hill and Woolsey fires. He stressed the cooperative relationships between County, state, federal government, the cities of Ventura and Thousand Oaks, and community organizations and businesses that facilitated debris removal, assistance programs and permitting.

"What we have seen this year is when we focus priorities and work together collectively, great things can happen," said Powers. "We've seen it in our disaster recovery efforts. We've seen it with our new economic and energy initiatives, and we've seen it with our growing response to the homeless crisis. Public, community and private partnerships work. Look what we can get done. Let's highlight areas where we can apply this collective effort going forward."

He also mentioned how organizations such as the Ventura County Community Foundation worked collaboratively with local government and many others to aid victims by working as a trusted clearing-house for donations.

Economic vitality was a key focus of the presentation. Powers noted the force multiplier effect of new connections formed as a result of the County's Economic Vitality Strategic Plan actions; citing the new strides made in housing vouchers for the disabled through connecting the housing authorities across the cities. He also shared the new business opportunities being generated through the innovation collaborative formed by the Economic Development Collaborative, Port of Hueneme, U. S. Navy and the Went brothers from Matter Labs, further emphasizing the power of public-private partnerships. Powers highlighted the startup culture in the region spotlighting the venture capital firm BioPartners who are bringing \$300 million in BioTech startup funding. He reflected the importance of fostering the startup culture in the County. He highlighted the county's 9th place ranking in a recent study of the Entrepreneurial Ecosystem as a reflection of the good work

of the chambers, education system, cities as well as the County and that the County is a strong supporter of the Startup Weekend program with the Camarillo Chamber of Commerce. The Startup Weekend program facilitates new startup businesses in the areas of Information Technology, Health Care and Agriculture and provides funding and startup office space at the County's Camarillo Airport.

The hour-long presentation also touched on the County's highest possible long-term credit rating; health care; multiple efforts to improve financial operations at VCMC, libraries; public safety; social services; agriculture; pensions; and the upcoming census, adding that eight of ten cities in the County are at high risk for an under-count and that each person not counted in the census results in a loss of \$2,000 annually in federal funding for things like education, roads, health care and more.



Yazmin Carrera and Panos Kontakos (that's them in the center) perform Argentinean tango with their fellow dancers at the Tango in the Park event.

## 25 dancers performed the Argentinean tango

by Amy Brown

It can take more than two to tango. At least, that was the idea with the recent Tango in the Park event held recently by members of House of Dance in downtown Ventura. 25 dancers performed the Argentinean tango on a stage in the park next to Café Fiore, providing a romantic Latin American flare on a Sunday afternoon. According to Cliff Housego, one of the organizers and performers, the event was created to provide an open forum for local dancers to demonstrate the elegant dance form to the Ventura community. Housego has been teaching West Coast Swing dancing at the Borderline in Thousand Oaks since the early 90s (presently closed due to the Nov. 7, 2018 shooting tragedy), and now takes tango lessons every Wednesday at the House Of Dance in Ventura. "Tango is romantic, connected, sexy and awe inspiring," said Housego. "One thing I found attractive was the lead and follow, which is so very important, in that it's not my arms moving you, it's my body moving you, my core moving your core—it's really two people dancing as one."

Renowned choreographer Bob Fosse famously once said "Dance like nobody's watching," but Argentinean tango seems made for an audience, filled with dramatic improvised moves, flourishes, and close embraces. This style of tango developed in the 1880s in Buenos Aires, and is an improvisational dance (unlike the far more structured ballroom styles) performed to a wide variety of music: slow, or with staccato beat, or very fast. Not unexpectedly, an intense and beautiful style of dance like this can lead to deeper

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connections—Ventura residents Yazmin Carrera and Panos Kontakos first met at a tango dance class and are now a couple on the dance floor and off. Carrera is originally from Mexico, and Kontakos from Greece, and are now active members of the flourishing tango community in the county. "The Ventura tango community is very friendly and inclusive, and that it's not only about dancing, it's about connecting with people. Tango is very graceful and intuitive, it's about feeling—and I feel like it's a heart dance," said Carrera.

This was the first time an event like this had been held by the group in Ventura, and it was very well received. "The event was a refreshing success. We had couples come up on the stage and dance and many people walking stop, watch and take pictures and videos," said Housego. He encourages patience when learning tango—and pointed out that there is a longer, deeper learning curve to it, and that while he has been dancing tango for the last five years, he still essentially considers himself a beginner. "It can really be a 10 to 12 year process to master, but it's a journey in which you can really enjoy the process," he said. "Argentinean tango is very versatile, and the style is changing. I'm enjoying my journey."

### Mailbox

*Continued from page 4*

dangerous 'Socialists' or 'Liberals', never minding the fact that our Constitution is a liberal document and socialism has been the American economic model for this country since the 1st contract went out to build & fund the 1st fire station, police station and hydro-electric dam. Capitalism is just a term created by corporations & investors to advance their fascist

ideology, when in fact without their (corporate welfare) socialist govt. (mostly military) contracts, most of these wonderful 'capitalist' corporations would cease to exist.

So please speak up and speak out against fascism, mistreatment of children & the elderly and of our environment and food & water inspections (etc.) as often as you'd like, and call your detractors what they are; angry RedPutinCons with a political agenda to destroy all opposing opinions in this country.

If we lose people like you (from speaking out) we lose the game. Period.

Thanks for speaking your mind,  
Sean T. Turner

Sean:

*If I keep changing my mind about speaking out I could end up with one that doesn't work. Oh, what to do?*

Sheldon

Hi, Sheldon

1) Re: July 31 - August 13

Opinion/Editorial where Britain's ambassador described Trump, etc. I loved your editorial comment! (*Not my comment, I would never comment about Trump, some readers get upset.*)

2) I have a number of friends who live in Santa Paula that I bring The Breeze to. They wonder why copies aren't distributed to Santa Paula locations. Of course, I have no answer. (*The answer is too far to pay a delivery person to take there. Do you work cheaply?*)

3) Re: Shirley Lorraine's theater reviews; they are awesome. I happened to sit next to her at the Rubicon. (*She is definitely a "Woman of Many Talents" as printed on her business card.*)

Judith Beay





# The Pet Page



Dedicated to Scamp

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

Two upcoming clinics in August are Shiells Park, in the parking lot, located at 649 C St., Fillmore, on Thursday, August 22nd and a second one on Thursday, August 29th at SPAN Thrift Store parking lot 110 N. Olive St. (behind Vons on Main).

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

■ The Humane Society of Ventura County announces its fall SPAYghetti – No Balls fundraiser will take place on Sunday, Sept. 15, at Four Brix Winery in Ventura, at 2290 Eastman Ave., No. 109. The event will run from noon to 3 p.m.; all funds raised will benefit HSVC low-cost Spay and Neuter Clinic services.

SPAYghetti – No Balls is not just a punny name; the charity event actually will feature delicious Italian food from LC Imports Pizza of Ventura as well as dessert from Danny's Deli and Grill, Four Brix wine and hard cider, live music by Fish Fry, silent auction items, a Raise the Paw fundraiser and more.

A limited number of tickets are available to the public. Tickets are \$75 and can be purchased online at hsvc.org, by phone at 805-646-6505 or in person at the Humane Society of Ventura County, 402 Bryant St., Ojai.

The Humane Society of Ventura County is proud of the success and heritage of its low-cost Spay and Neuter Clinic at its shelter property in Ojai. The shelter's veterinarians have performed approximately 80,000 alteration surgeries since opening in 1986. "We are committed to providing crucial services to the public to help control pet overpopulation," said shelter director Jolene Hoffman.

According to the ASPCA, female cats can breed three times a year and have an average of four kittens per litter. Dogs can breed twice a year with litters of six to 10 puppies. In just seven years, one unspayed female cat and her offspring can produce 420,000 kittens; one unspayed female dog and her offspring can produce 97,000 puppies. It is estimated that nationwide there are 32.6 million unaltered pets.

The need for controlling pet overpopulation is especially great in at-need communities including those in Ventura County. Nationally it is estimated that fewer than 50 percent of pets are spayed or neutered in households earning less than \$35,000 a year; and among households below the poverty line, fewer than 10 percent of pets are spayed or neutered.

"We want to reach out to the communities with the most need by offering no-cost spay or neuter surgeries, on location," said Christina Sisk, DVM, director of veterinarian services for the

Humane Society of Ventura County. To this end, the HSVC is seeking support for a mobile spay and neuter vehicle. For more information, call Diane Duncan, HSVC director of development, at 805-437-9056.

## By KLTV Digital Media Staff

One homeless dog almost set a world record when she gave birth to a litter of 20 puppies. The Guinness Book of World Records says the largest litter of puppies born is 24.

The mother of the litter, Luna, was found in Winona, picked up by Smith County Animal Control, and taken to their shelter.

Luna's labor started at 7:30 a.m. but by 1:30 p.m. she was not doing well and emergency surgery was required. Dr. Roy Wilmeth of Kingdom Vet Clinic in Flint, delivered the puppies.

Eighteen of the litter survived. The emergency surgery cost \$1200 and animal rescue group, Because4Paws, covered the surgical costs and care of the puppies.

Luna's new family has now been moved to a temporary foster home where the puppies are bottle-fed every two hours.

Luna and her 18 puppies will eventually need a new, permanent home.

■ More than half the dog owners responding to a recent survey said their pet exhibited at least some fear of veterinary visits, with 14% of dogs showing severe or extreme fear during veterinary exams. Toy breeds, mixed breeds and hounds were most likely to show fear, while working breeds and gun breeds were the least likely, and dog size, lifestyle, social environment and place of purchase, as well as whether the client was a first-time dog owner, also had an effect.

Psychology Today

## By Hanna Netisingha

Parvovirus, commonly known as "parvo," is a contagious virus that can be very serious and even fatal in dogs. Dr. Jennifer Reinhart, a small animal internal medicine specialist at the University of Illinois Veterinary Teaching Hospital in Urbana, explains that parvo is a problem that can be seen in dogs of any age.

"Although there is a window of highest risk between 8 and 16 weeks, adult dogs that are not correctly vaccinated may contract this virus as well," says Dr. Reinhart.

Patients that are diagnosed with parvovirus usually present with vomiting, diarrhea, lack of energy, and poor appetite.

Parvovirus targets the gut cells of the dog. That is why patients have vomiting and diarrhea, which may lead to dehydration or starvation, due to a lack of nutrition staying in the body. The virus also attacks bone marrow cells, which causes problems in the immune system.

"When the virus attacks the immune cells in the bone marrow, the patient becomes more susceptible to secondary

# Scamp Club

(Scampclub pets are not for adoption.)



Hi: I'm Rolo, a 2-year-old Australian shepherd. I like to chase birds, squirrels and rabbits. Catch balls, hike, backpack, swim and run on the beach.

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

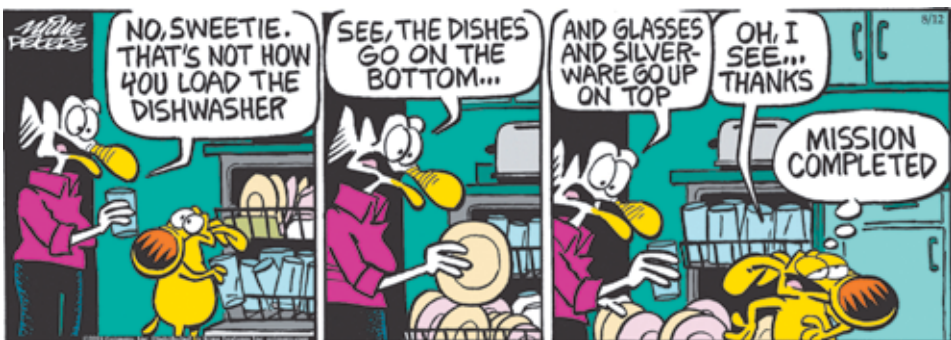
infections," Dr. Reinhart explains.

Although the vaccine series cannot guarantee absolute protection against the disease, it offers the best chance at avoiding parvo. An animal that is appropriately vaccinated has a much lower chance of contracting the virus.

Supportive care includes aggressive fluid therapy and antibiotics. In some cases, a feeding tube is placed.

"The antibiotics are for protecting the patient from secondary infections, and the feeding tube is sometimes placed in order to give the nutrients the patient needs if it isn't eating on its own," says Dr. Reinhart. The antibiotics are crucial because the virus attacks the immune cells in the bone marrow, suppressing the immune system of the patient.

## Mother Goose and Grimm



## Moose and Molly



## Buckles



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# The Pet Page

## Forever homes wanted

Hi: I'm Thor a 3 year old handsome Chow X who was rescued from the Riverside Shelter. I am very social but was getting stressed out at the shelter. My time was almost up and I'll always be grateful to all who came to my aid through sponsoring my upkeep so I could come to C.A.R.L.  
I was found as a stray by the shelter and was adopted from there too. But I was returned because the adopter claimed I did not get along with the other dogs. It's unknown if it was just the adopter's dogs or all dogs. Canine Adoption and Rescue League C.A.R.L.



Joey is quite the lady's man. Our volunteers and staff love him. He has a darling happy dance and is as cute as can be. Do you like lap dogs? Here you go! Joey is also soft which is a perfect attribute for any lap dog. Come meet this joyful little guy! Ventura County Animal Services - Camarillo location - 600 Aviation Dr. Joey A709945

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# This 'n' That

### Ventura Mayor Matt LaVere

*Continued from page 1*  
address the local homeless and mental health crisis. These are the issues that will determine the future of Ventura County and will be my top priorities as Supervisor.”  
Mayor LaVere’s campaign for County Supervisor has been bolstered by significant support and enthusiasm in the community. He has received over \$120,000 in campaign contributions from more than 300 unique donors. He is proud to have earned the endorsements of local elected leaders like Ventura City Councilmember (and former Mayor) Cheryl Heitmann, Ventura City Councilmember (and former Mayor) Erik Nasarenko, Ventura City Councilmember (and former Mayor) Jim Friedman, Ventura City Councilmember Lorrie Brown, former Mayor of Oxnard Dr. Manuel Lopez, VUSD Board of Trustees President Sabrena Rodriguez, VUSD Board of Trustees Vice-President Jackie Moran, VUSD Trustee (and former President) Velma Lomax, and VUSD Trustee Matt Almaraz.  
“I am proud to endorse Matt in his campaign for County Supervisor. His work ethic and community engagement has been a huge asset to the Ventura City Council, and I know he will serve the residents of Ventura County incredibly well as the next Supervisor for District 1” said former Mayor and current City of Ventura councilmember Cheryl Heitmann.  
Mayor LaVere has also earned the support of the Ventura County Deputy Sheriff’s Association, the Ventura County Professional Firefighters Association, the City of Ventura Firefighters Association,

the City of Ventura Police Officers Association, the Central Coast Labor Council, the Ventura Chamber of Commerce political action committee, IBEW Local 952, SEIU Local 721, the Southwest Regional Council of Carpenters, UFCW Local 770, Laborers Local 585 (LiUNA), and the Tri-Counties Building & Construction Trades Council.  
“Mayor LaVere has an exemplary record of serving the residents of Ventura, even in the most difficult of times following the Thomas Fire. He has proven himself to be an incredibly effective and innovative leader while advocating for public safety, economic development and the sustainability of Ventura’s future” said Kevin Aguayo, President of the Ventura County Professional Firefighters Association. “We believe a leader like Mayor LaVere will be a great addition to the Ventura County Board of Supervisors and we are proud to support his campaign.”  
Matt LaVere was elected to the Ventura City Council in November 2016 as the top vote-getter. After serving for one year as Deputy Mayor, he now serves as Ventura’s Mayor. He has also served on the Ventura City Council’s Economic Development subcommittee, Homeless & Affordable Housing subcommittee and the Finance & Budget subcommittee. He has also represented the City Council on the Ventura Chamber of Commerce’s Economic Development subcommittee, the Ventura Council of Governments (VCOG), the Association of Water Agencies (AWA), the Regional Defense Partnership for the 21st Century (RDP-21) and as the City Council’s liaison to the Casitas Water District board.

### Ventura Rotaract Club tours CAPS

*Continued from page 8*  
program developed by CAPS Media in collaboration with the Ventura Unified School District and VC Innovates. ECTV students produce engaging and award winning programs in the CAPS Media studio and in the community. Every episode is developed, written, produced, directed, hosted and edited by the students on topics that are meaningful to their lives.  
This summer the CAPS Media student internship program expanded to the Westside of Ventura with the Avenue TV program, an education immersion experience focusing on topics and issues produced by high school students on the Westside. All of the ECTV programs broadcast on CAPS Community Channel 6, stream on the CAPS Media website capsmedia.org, archived at www.capsmedia.org/videos/ and broadcast on KPPQ at 104.1fm  
CAPS Media’s Thomas Fire Stories series continues every Friday evening on channel 6 with firefighters, first responders and members of the public sharing inspirational stories. Upcoming episodes include Ventura County Fire Battalion Chief’s Scott Quiarante, Mike Weisenberg and Todd Leake.  
KPPQ-LP, CAPS Community radio station, broadcasting at 104.1fm and streaming online continues to grow with new voices on the air. If you are interested in learning more about the station, creating a radio series or using KPPQ-LP to publicize an upcoming contact Elizabeth at radio@capsmedia.org.  
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.

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Go to the schedule tab on the CAPSMedia.org website for dates and times.  
The CAPS Media Center conference room, which accommodates up to 30 people, is available to nonprofit, faith-based organizations, youth groups, service clubs and educational groups for community meetings and tours. 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, The next orientation class will be held Thursday September 5th t 6pm. Discover how easy it is to become a producer at CAPS. Receive hands-on instruction in videography, video editing, radio production and more. Go to capsmedia.org, or you can call 805-658-0500 to get complete information.



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Learn more about the Safe and Clean program and how you can get involved.

# Homelessness in Ventura: Safe & Clean Team works to address concerns

by Meredith Hart

What is the City of Ventura doing to address homelessness? This is a frequently asked question. The City of Ventura works closely with local social service providers and the County of Ventura to support programs for long terms solutions for homeless individuals. The Safe and Clean

Program is a City led effort to make substantial impacts on homelessness in our community. Here are a few ways the City is working with community partners to address this issue in Ventura:

- 1) Program Management: The City hired a Homelessness Manager in 2018.
- 2) Public Safety: The Ventura Police Department is engaged in what's called restorative policing, or street outreach. This means that officers are working with chronic offenders, by conducting enforcement, uniting them with family or friends if they desire or getting individuals the appropriate medical attention that they need to get off the streets. Embedded within the unit is a mental health technician who assists in evaluating individuals and connecting them to resources for long term solutions. The Patrol Task Force works closely with the Safe and Clean Team to address concerns in Ventura. There is currently one Sergeant, two Corporals and three officers. An additional officer will join near the end of the year, making it an eight-person team.
- 3) Homeless Shelter: Construction is under way for the first year-round 24/7 shelter opening in early January 2020. The shelter will have 55 beds, with the main

# This 'n' That

goal of moving individuals into permanent housing. This is an important part of a multi-pronged approach to make an impact in our homeless population.

4) Safe Sleep Program: This program, managed by the Salvation Army, has doubled in size. This is where individuals who are sleeping in their cars can park in specific lots from 7pm-7am. When they enter the program, they are case managed for an hour a week with the end goal being housing.

5) Transitional Living: River Haven is a transitional living center made up of tiny homes and managed by the Turning Point Foundation. This center continues to be funded and supports those who are moving out of homelessness but are not ready to enter traditional housing.

6) Trash Removal: The newly created Trash Removal Program in the Santa Clara River Bottom provides outreach in the river bottom area. Twice a month the Ventura Police Patrol Task Force and the Safe and Clean Team go into the Santa Clara River Bottom and remove trash bags that are brought to the trail. Homeless individuals are encouraged to bag their own trash. This helps alleviate the amount of larger encampment clean ups, helps build relationships and helps connect individuals to services when they will accept them. This program will end when the shelter opens.

7) Safe and Clean Hotline: Created to make reporting issues easier. Please call 805-677-3900 to report debris in public spaces, parks/public bathroom issues, graffiti, potholes and code violations.

8) Safe and Clean Team: The four-person team works proactively to address visible blight associated with homelessness, as well as general debris removal from public spaces throughout the City. In addition to removing debris, abandoned camps are cleaned-up in coordination with other partners such as the Patrol Task Force, Public Works, State Parks and Caltrans. The team is on duty 7 days-a-week.

9) Park Safety Ambassador Program: Downtown Ventura Partners contracts with Block by Block to offer a Park Ambassador program in Downtown's public spaces and historic core. This includes in and around Mission Park, Plaza Park, the Promenade and bike path, as well as Kellogg Park along the Ventura Avenue. They help mitigate negative behaviors in public spaces. You'll see them riding bikes around the Downtown Area wearing red shirts.

These are just a few of the ways the City of Ventura is working to address homelessness. Have questions? Learn more about the Safe and Clean program and how you can get involved by visiting [www.cityofventura.ca.gov](http://www.cityofventura.ca.gov) or by calling Safe and Clean Program Manager Meredith Hart at 805-658-4735.



What's in season for summer?

## Sustainability Now News

# A visit to Ventura's Certified Farmers' Markets

by Maryann Ridini Spencer  
(@MaryannRidiniSpencer)

Luscious berries, organic veggies, tantalizing baked treats, and colorful blooms are just a few of the items that can be found in abundance at Ventura County

Certified Farmers' Markets.

In the Ventura, certified markets are Wednesday mornings from 9:00 am to 1:00 pm at Pacific View Mall. Saturdays, the Downtown Ventura market (corner of Santa Clara and Poli Street) operates 8:30 am to Noon.

Thanks to a beneficial climate, Ventura County produces a variety of crops year-round. The most recent national data available put Ventura County at No. 11 among all counties in the U.S.

Shopping for local produce when it's in season is excellent for your health — the food is fresh and doesn't have to be preserved to travel long distances. Purchasing locally produced goods is better for the environment (less travel time for transporting means less greenhouse gas emissions). When you shop locally, it boosts the community's economy. It's a win-win for you, the local farmers, and the community-at-large.

When you buy local, it's also an excellent opportunity to know your local farmer's one-on-one. It's the perfect opportunity to ask farmers specific questions about their growing practices. Do they farm with chemicals? You'll also find they're happy to offer recipe, preparation and storage suggestions.

According to the 2017 Ventura County Crop and Livestock Report, the top 10 leading crops in the area are strawberries, lemons, celery, nursery stock, raspberries, avocados, cut flowers, tomatoes, peppers, and cabbage.

## What's in season for summer?

A partial list of fruits and vegetables in season for summer:

Vegetables	Fruits
Avocados	Apricots
Green onions/scallions	Blood orange
Summer squash	Citrus (Grapefruit, Lemons, Valencia oranges)
Cauliflower	Grapes
Asparagus	Peaches
Kale	Plums
Celery	Strawberries
Carrots	Nectarines
Spinach	Melons
Lettuce	Passion Fruit

Here's a list of helpful bullets to make shopping at your local certified Farmer's Market pleasant and productive:

Make sure to shop your pantry cabinets before leaving for the market and make a list of what you'll need. Knowing what you'll need before you make your purchases will help reduce food waste and keep you within your budget.

Be sure to bring your reusable shopping bag or basket. Keep one in your car just in case you need backup.

When you get to the market, scout the market to make sure you're getting what you need at the best price.

Bring your credit cards, but some vendors like small bills, so make sure you have some cash on hand.

If you see a veggie or fruit and you're not familiar with it, ask the farmer what it is and how to use it in a recipe.

For more of what's in season, visit Southland Farmers' Market Association: <http://www.sfma.net/consumer/inseason.shtml>

## Some of the entertainment presented at the County Fair

Photos by Pam Baumgardner



Melissa Etheridge played the Grandstand Stage at the Ventura County Fair on Friday, August 2.



Ambassadors played the Grandstand Stage at the Ventura County Fair on Monday, August 5.



George Thorogood and the Destroyers played the Grandstand Stage on Thursday, August 8.



Collective Soul played the Grandstand Stage on Friday, August 9.



# 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.

## Burglary and Identity Theft

On July 25, between 8am and 6pm, an unknown subject or subjects entered the victim's home through an open window and stole property from the home, including credit cards. Later in the evening on the same day the suspect, 22 year old David Palencia, used the victim's credit cards at multiple stores in the Pacific View Mall between 6pm and 9pm.

During the investigation, Palencia became a suspect of the use of the stolen credit cards. On July 29, Street Crimes Detectives located Palencia at the Pacific View Mall and took him into custody. Palencia had the victim's property as well as an additional victim's credit cards from a separate vehicle burglary that had taken place that afternoon in Santa Paula.

Based on evidence obtained during the investigation, Palencia was arrested for Residential Burglary and Identity Theft. Palencia also had an active warrant out of Los Angeles County for Residential Burglary.

The Ventura Police Department Street Crimes Unit would like to remind everyone to lock the windows and doors of their residences when they are not at home and to not leave property, especially purses and wallets, in their cars.

## Robbery

On July 30, at approximately 10:30pm, patrol officers responded to a report of a robbery in progress at the Vons supermarket. Officers arrived on scene and contacted all involved parties. The investigation revealed, 47 year old vagrant Michael Soulas entered the store and selected several items. Soulas attempted to leave the store without paying for the items. Soulas was contacted by loss prevention and confronted about the theft. Soulas attempted to flee and was restrained by the Loss Prevention officer. Soulas resisted and attempted to stab the loss prevention officer with several sharpened pencils he was holding in his hand. The victim backed away and Soulas attempted to flee. Soulas was confronted in front of the store by several citizens who detained Soulas until Ventura Police officers arrived. The Victim/loss prevention officer was not injured during the altercation.

Soulas was booked at the Ventura County Jail for Robbery and Assault with a deadly weapon.

## Burglary Arrest

On July 31, at approximately 12pm, the witness, saw an unknown male, later identified as 58 year old Timothy Johnson, standing on the side of his neighbor's house. The witness went over to contact Johnson to find out what he was doing, and Johnson walked away towards the rear of the neighbor's house. As the witness walked to the back of the house, he noticed a window screen was out of place. The witness continued to go into the backyard and saw Johnson walking back to the front towards Vista Del Mar. Once at Vista Del Mar Johnson began walking away from the witness towards the Pierpont Inn.

During this time the witness had called the Ventura Police Command Center, and officers were dispatched

to the area. As officers arrived, they contacted Johnson and detained him. During the course of the investigation, it was determined that Johnson had broken into the neighbor's house and was found to be in possession of stolen property from the residence. He was also in possession of a concealed knife. Johnson was arrested for Felony Burglary and Felony Possession of a Dangerous Weapon.

No one was injured during this incident, and the investigation is ongoing. Anyone with more information about this arrest or any similar crimes in the area is asked to call the Ventura Police Department at 805-650- 8010.

## Grand Theft, Theft of Trailer, Possession of Narcotics and Providing False Information Arrest

On July 30 at 630am, an unknown subject stole a trailer from a business in the 2400 block of Portola Rd. The same subject then cut a hole in the fence of an additional business in the area and stole a large amount of construction material. While reviewing the evidence collected from the scene, Ventura Police Street Crimes Detectives (SCU) were able to identify 56 year old John Hobbs as the possible suspect.

On August 1, patrol officers located Hobbs, who initially lied to officers about his name. Hobbs was ultimately identified and arrested for an active warrant and possession of illegal drugs. SCU Detectives responded, and during the interview, were able to determine where Hobbs had hidden the stolen property. The property was located and returned to the rightful owners. Hobbs was booked at the Ventura County Jail for Grand Theft, Theft of Trailer, Possession of Narcotics, Providing False Information Arrest, and his active warrant.

A review of the Ventura County Superior Court website shows that Hobbs has prior convictions for possession of a stolen vehicle and identity theft.

## Assault with a Deadly Weapon, Robbery, Resisting Arrest, & Conspiracy

On August 7, at 5:30pm, officers responded to a report of a stabbing victim in the 1200 block of S. Victoria Ave. Officers found the victim, later identified as a 55-year-old male, suffering from a non-life threatening stab wound to his arm. He was immediately treated by Ventura City Fire and AMR personnel and transported to a local hospital.

During the investigation officers learned that the suspects, 23 year old Adrian Villagomez and 23 year old Athena Avila, had both attacked the victim and stole personal property. During the attack, Villagomez stabbed the victim in the arm with a knife. The suspects then fled into a nearby apartment complex and were seen entering an apartment.

Officers arrived at the apartment and confirmed that the suspects were inside. After the suspects refused orders to exit the residence, officers went inside and located them in a bedroom, and both were taken into custody. None of the officers or either suspect were injured during the arrest. Officers searched the apartment and located the victim's stolen property inside.

At the conclusion of the investigation, Villagomez and Avila were arrested for assault with a deadly weapon, robbery, conspiracy, and resisting arrest. Villagomez was additionally arrested

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on a felony warrant for a post release offender violation.

A review of the Ventura County Superior Court website shows that Villagomez has prior convictions for robbery, resisting arrest, theft, and drugs charges.

## Residential Burglary Arrest

On August 8, at approximately 8:30pm, the victim of this crime returned home to find her front door open, and a window shattered. Fearing that someone might still be in the home, the victim fled to her front yard and called 911. Officers responded to the scene and made contact with the victim. While speaking with the victim, a resident whose home is attached to the victims reported hearing the sound of voices coming from the victim's residence.

Officers, including a Ventura Police K9 unit, established a perimeter around the victim's home. Officers made several attempts to call out anyone inside the home. The police K9 was sent into the house to search for possible intruders. Once inside the K9 located 34 year old Ventura resident Jeanette Jason, who has no affiliation to the home or the homeowner. The K9 was used to take Jason into custody. Fire and Ambulance personnel responded to treat Jason for the injuries she received during her arrest.

Jason was transported to the hospital, where she is receiving treatment for her injuries. She will be booked for residential burglary at the Ventura County Jail upon her release. Jason, according to Superior Court records, has been convicted of prior offenses including resisting arrest, theft, possession of a stolen vehicle, elder abuse, unauthorized entry into a dwelling, and burglary.

Anyone with more information about this arrest or any similar crimes in the area is asked to call the Ventura Police Department at 805-650-8010.

# Harbor Patrol Blotter

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

**8-01** 5:00am, while preparing morning weather forecasts officers observed a heavy fog bank moving in, leaving approximately ¼ mile visibility around the harbor

**8-02** 10:30am, received a report of a juvenile sea lion in distress near VWM D-dock. Officers responded found numerous sea lions but none in distress.

**8-03** 3:15am, dispatched to a fall victim at the Holiday Inn express. Officers responded and assisted VFD with the call. 4:50pm, received a request from a disabled 39 foot sailboat in need of assistance returning to their slip. Officers responded in Rescue B19 and safely towed the vessel into their slip in Ventura West Marina G-dock.

**8-04** 7:11am, dispatched to a fall victim at the Ventura Marina Community. Officers responded and provided a lift assist to an 80 year old male. No injuries were sustained during the call.

9:15am, dispatched to an Ocean rescue while on patrol in Rescue B19. Officers responded to Bath lane and found a prone paddler in no distress.

2:01pm, received a dispatch to a brush fire near Harbor/Spinnaker. Officers responded but the incident was observed out of Patrols response area.

7:45pm, received a report of a sick/injured dolphin near Marina Park. Officers responded and assisted CIMWI with the incident. Several bystanders, surfers, attempted to steer the mammal back out to sea. Darkness ended the attempt.

**8-05** 11:53am, dispatched to a medical alarm in the Ventura Marina Community. Officers responded and ascertained that the alarm was activated accidentally.

Weekly SUDOKU

Answer

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

King Crossword

Answers

Solution time: 24 mins.

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









The 9th Annual Ventura Art and Street Painting Festival (VASPF) is back at the Ventura Harbor Village. Sept. 7th & 8th for an amazing weekend to enjoy art, street painting and the beauty of the Ventura County coast.

Thirty-five artists will be showcasing their work in the artist's area near harbor restaurants, including paintings, pottery, photography and jewelry all available for purchase. Additionally, the sidewalks along the water will be the canvas for approx. 35 street artists who will be creating colorful chalk pastel murals ranging from approximately 10x5 ft. to 10x10 ft in size.

Featured Artist **Clif Gold** will be returning to the festival for a second time. Gold is a color-blind artist based in San Jose and makes his own pastels into a unique color system for his art. He is known for creating whimsical lines and pattern illustrations at West Coast festivals.

Children can join in and create their own art as well in the Children's Chalk Area run by The Boys and Girls Club of Ventura County. For \$10 kids get a small box of chalk and a sidewalk square where they can create their own colorful work of art.

The festival is a fundraiser for local charities hosted by Ventura County Art Events, Inc. To date, the organization has donated \$60,000 to FOOD Share of Ventura County. For more event information, visit [www.venturaartfestival.com/](http://www.venturaartfestival.com/) or [www.facebook.com/vtaartandstreetpainting/](http://www.facebook.com/vtaartandstreetpainting/)



About 40 residents at Azahar Place Apartments in Ventura enjoyed a paint night courtesy of two teens with an artist's knack who donated their time to teach fellow residents ages 3-70 how to paint.

**William Caceres, 14, and Jazmin Garcia, 12**, both residents of Azahar Place apartments, stepped in when the professional instructor originally contacted to conduct the event canceled at the last minute, said Gabby Vignone, resident manager at Azahar Place Apartments.

Jazmin said she had a lot of fun working with fellow residents and helping them learn to paint. "I was a little shy at first, but the people were nice and made me feel comfortable," she said.

William, who attributes his talent to his family, since his grandmother and great grandfather are both artists, said the biggest challenge in putting on the event was trying to find inspiration to know what to paint and speaking to a room full of people.

"It felt amazing to teach a room full of people how to paint because some of the people that were in the room may never get to have the chance to take an art class," he said.

The paint night event is part of a series of community events that take place each month at Azahar Place Apartments.

Vignone said resident Maria Sanchez, grateful for the teens' instruction, asked if they could teach an art class once a month so everyone at Azahar could become as talented as William and Jazmin.

"The teaching aspect alone created

confidence in the young teens, gave them an item to put on their resume, and a way to say thank you to all of their community. Paint Night was an immensely beautiful and special event and provided an opportunity for families who cannot afford to purchase tickets to a paint night a chance to have the same experience with their entire family present," Vignone said.

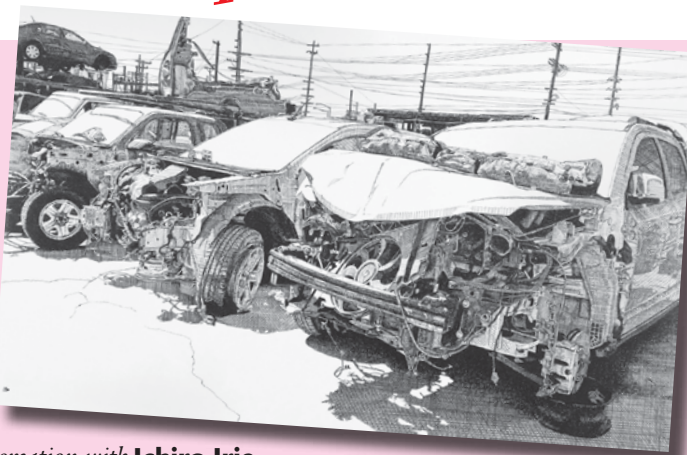
Office Depot, Veronica Garcia and Cabrillo's Resident Services Department, provided supplies for the event



You might say that they will Bowl You Over with hundreds of hand-made, unique, sculptural, decorative and functional bowls at the new show at the **Ventura County Potters' Guild Gallery**. Over thirty artists will put their original styles on bowls for salads, ice cream, cereal, pasta, center pieces, serving, and even some dog bowls. Colors will match every pallet and the multi-colored ones are perfect for those who can't decide.

The Beauteous Bowl Bonanza is a one-day event on Saturday, September 7 from 11 AM to 6 PM. The Gallery is located at 1567 Spinnaker Drive in Suite 105 in Ventura Harbor. Meet the artists and to learn about the technical elements and creative inspirations of each piece.

And to register for a free raffle ticket to win a lovely decorative bowl donated by Sandy Swanson. Stop by the galley any time after September 1 for a free raffle ticket.



A conversation with **Ichiro Irie**

Sunday, August 18, 2019 3 to 4:30 p.m.

Museum of Ventura County, 100 E. Main St.

Ichiro Irie was born in Japan and reared in the Westside of Los Angeles. He is an artist, independent curator and art educator. He studied film and communications at UCSB, earned an M.F.A. at Claremont Graduate University and was the recipient of a Fulbright Fellowship where he completed a residency in Mexico City. In 2009, Ichiro opened an artist-run space in Los Angeles called JAUS (pronounced "house"), that deliberately refused to limit itself to any specific genre, aesthetic or theoretical parameter.

As an interdisciplinary artist, Ichiro's work explores a wide range of issues and spans a variety of media. His meticulously detailed ink drawings of junkyards, crashed cars and other unexpected sites of contemporary destruction, pair brilliant technical facility with a brooding interest in the darker cultural dimensions of consumption and waste.

Irie currently lives and works in Los Angeles and teaches at Oxnard College and Ryman Arts on the campus Otis College of Art & Design. Irie has organized over 40 exhibitions and has exhibited his work internationally in galleries and museums including, Los Angeles, New York, Mexico City, Tokyo, London, Warsaw, Frankfurt, Berlin, Rotterdam and Buenos Aires.

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

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](http://www.FocusOnTheMasters.com) or call 805.653.2501. Sponsored by Paula Spellman

To learn more about Ichiro, visit [vhttp://www.ichiro-irie.com/](http://vhttp://www.ichiro-irie.com/)

The Ventura County Potters Guild is a non-profit organization. Monthly meetings with presentations are open to the public. The gallery is open daily from 11 – 6. For more information, visit us at [www.VenturaPottersGuild.org](http://www.VenturaPottersGuild.org) and Facebook at [www.facebook.com/VenturaCountyPottersGuild](http://www.facebook.com/VenturaCountyPottersGuild)



**ArtWalk Ventura 2019** is back again with a full day of new artists and great new art venues. Join in for the 26th annual ArtWalk Ventura, Sept. 28th 11-7pm where you can ride on the ArtWalk shuttle through the WestSide and Downtown Ventura to become a part of a whole day art experience. The cultural district of Ventura will be alive with a wide variety of artist venues interactive public art exhibits, live art demonstrations, kids' activities, music and more.

New and improved this year is the 3 ArtWalk shuttles that will be continuously rotating between the several stops along the ArtWalk route from Downtown Ventura to the Westside. With 3 shuttles circulating all visitors will have an easy access to visit all of ArtWalk in one day. ArtWalk is also organizing several Pop Up gallery locations that will host a variety of artists from Ventura, Santa Barbara, LA and Santa Clarita Counties.

Some of our exciting art stops along the ArtWalk route this year included **The Museum of Ventura County, The WAV, Bell Arts, Art City Studios, John White Studio and Pacific Wonderland Inc.**

ArtWalk Ventura is currently seeking artists and venues interested in participating in this fun annual art extravaganza where you are the focus of a fun day full of creativity. Artists and Venues will be listed

on ArtWalk map, included in all print ads/press releases, featured on social media and more. Deadline to become a part of the event is Aug 14th, please see web-site for all of the details and application [www.artwalkventura.org](http://www.artwalkventura.org).

ArtWalk Ventura 2019 is being organized by a new all-volunteer group composed of local artists who wanted to see ArtWalk continue. If you are interested in lending a hand or helping in any way, they welcome anyone who wants to get involved.

For more information and details about what is to come please visit us at [www.artwalkventura.org](http://www.artwalkventura.org)



With over 40 resident and local artists showing their original works in the **3rd annual Art Walk at the Shores** there is sure to be something for every shopper's taste! The one-day event will be held August 24th 10am-3pm in Mandalay Shores. Sculpture, mixed media, print press & photography, fine jewelry, seashell creations, rock mosaics, watercolors and many more art mediums will be on display. The art walk begins at the corner of Wooley and Harbor.

Maps available at the venue or online at [artwalkoxnardshores.com](http://artwalkoxnardshores.com). Art Walk at the Shores began three years ago as a volunteer collaboration to promote a strong sense of community through art awareness and inclusivity. As a result the event has continued to grow each year. Neighbors, friends, summertime visitors, art collectors or first-time buyers are all encouraged to take a stroll through the beautiful beach side neighborhood of Mandalay Shores, meet the artists and shop the unique treasures! Visit us at [artwalkoxnardshores.com](http://artwalkoxnardshores.com) or find us on Facebook and Instagram for more information.



# Lighter Breeze

Mother Goose and Grimm



Baby Blues



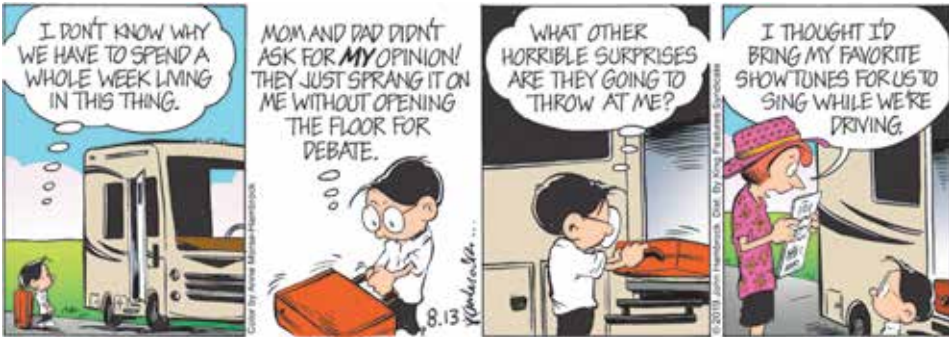
Dustin



Pros and Cons



The Brilliant Mind of Edison Lee



Hagar the Horrible



Solutions on page 19

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

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

## 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

- ABC daytime offering, with "The"
- Sand hill
- Letterman's network
- Con
- Egg
- "The Greatest"
- Proper subject?
- Obtains
- Play on words
- Oklahoma city
- Felon's flight
- Dweeb
- Individual
- Green, in a sense
- Pesky pin-cered insect
- Worldwide
- Dentist's directive
- Presses
- Giggly sound
- Outstanding, as debt
- Tin Man's need
- Sun. dis-course
- Distort
- "— been had!"
- Doctrines
- Expert
- "Yeah, right"
- Speed along

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
32								33				
34								35	36			
				37				38				
39	40	41			42	43				44	45	46
48					49					50		
51					52					53		
54					55					56		

- Anger
- Grand
- Birthright bar-terer
- Blazed a trail
- Teen hangout
- "Yesterday," "Today" or "Tomorrow"
- Eggnog sprin-klings
- Ambulance org.
- Mob boss
- Unclear image
- Go down
- Ticket-holders' win-nings
- Japanese-Americans
- "Crazy" singer Patsy
- Small sala-mander
- Beer cousin
- Fish eggs
- Feathery wrap
- Blackbird
- "Acid"
- Biblical prophet
- Handy
- Cry like a banshee
- Farm fraction
- Clarinetist's need
- String instru-ment
- Mediocre
- Complain
- Overconfident
- \$ dispenser

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**LIBRA** (September 23 to October 22) With responsibilities surging both in the workplace and in the home, it's important to prioritize how you deal with them. Be patient. Pressures will begin to ease starting early next week.

**SCORPIO** (October 23 to November 21) A positive reaction to a sugges-tion could indicate that you're on track for getting your message to the right people. Devote the weekend to catching up with the special people in your life.

**SAGITTARIUS** (November 22 to December 21) A new attitude from those in charge could make things difficult for you unless you can accept the changes without feeling as if you're being pressured into doing so.

**CAPRICORN** (December 22 to January 19) Family matters once again dominate much of the week. But don't neglect your workplace duties while you deal with them. An offer to help could come from a sur-prising source.

**AQUARIUS** (January 20 to February 18) A difficult workplace situation begins to ease, but there still are matters that need to be dealt with before it's fully resolved. There's also a more positive turn in domestic rela-tionships.

**PISCES** (February 19 to March 20) Don't let yourself be rushed into making a decision about an intrigu-ing financial arrangement. Asking questions and checking it out now could pay off in a big way later on.

**BORN THIS WEEK:** You might have a tendency to be more than a bit judgmental, but others understand it comes from a warm, loving heart.

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# Showtime

A View from House Seats

## High energy hilarity hits Simi stage

by Shirley Lorraine

Actor's Repertory Theatre of Simi brings the house down with its current production of *The Drowsy Chaperone* now on stage through September 1. The 1920's musical within a current comedy provides everything one could desire for an entertaining evening at the theater – lively music, dancing, overdone characters, mobsters, spit-takes and explanatory narrative.

The play opens in the dark as Man in Chair (Kevin Ellis), an agoraphobic devotee of musical theater, introduces the audience to his favorite musical, the fictional *The Drowsy Chaperone*. As he plays the LP on his record player (yes, a record player!) he outlines the characters and basic plot of the story. As his excitement increases, the musical magically comes to life in his living room, complete with lavish costumes, lights and brightly colored set. It is an unusual treatment that is enchanting, different and captivating.

Plot A features a socialite, Mrs. Tottendale, (Denise Jaffe) who is about to host a fancy wedding between a Broadway starlet (Dawn Michelle) and her debonair fiancé (Vincent Perez). She is assigned a chaperone (MarLee Candell), a drunken diva who handles her duties only slightly. A frenzied producer (Will Shupe) desperately wants the starlet not to marry. Two mobsters disguised as Max Sennett type pastry chefs encourage him to derail the wedding.

Plot B brings forth a highly characterized Latin Lothario, Aldolpho, (George Chavez) who seduces the wrong woman, romantic interest between air-headed Mrs. Tottendale and her butler Underling (Mueen Jahan) and Trix, an aviatrix (Shandar Robinson) who comes out of nowhere to wrap up the action in fine musical theater fashion.

It's all quite tongue-in-cheek and a

ton of fun. Imagine adding a tap-dancing best man, a roller skating (blind-folded, no less!) leading man, back-up singer/dancers, a ditzy chorine with questionable talents (Mary Zastrow), nonsensical song lyrics and more energy than should be allowed on one stage. All this with no intermission.

The cast is simple tremendous. Michelle and Perez vocally shine, as do Candell, Chavez, Robinson and Shupe. Choreography is spirited with an ensemble that fills in all the gaps with gusto. Ellis, as Man in Chair, pulls it all together with unending enthusiasm, charm and wit. He is simply delightful.

Superb costuming by Joshua Stapel adds to the flight of fancy inherent in the 1920's extravaganza. The result is a visual feast.

Director Robert Craig and Producer Jan Glasband have made some slight script updates to be relevant without changing the intent. All the alterations work well. Staging is sharp and makes excellent use of the many entry and exit opportunities provided by set designer Will Shupe.

Musical accompaniment is provided by a live orchestra but never fear, the actors are amplified.

Be prepared for an evening of nonstop hilarity, high energy, high volume, beautiful costumes and outstanding performances across the board.

With stage offerings of this quality in Ventura County, there is no need to travel further than the county borders for excellent theater. It's right here in our own backyard. Go. Enjoy.

Performances are Fridays and Saturdays at 8 p.m., Sundays at 2 p.m. through September 1. Tickets are \$28 adults, \$24 seniors and students, \$20 12 and under. (805) 583-7900 or [www.simi-arts.org](http://www.simi-arts.org).

Movie Review by Cindy Summers

### Yesterday



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

Yesterday is a comedy based fantasy that centers around musician Jack Malik's fortunate accident that he's the only one in the whole world that remembers the Beatles after an unexplained global blackout. Released by Universal Pictures, Directed by Danny Boyle, Written by Richard Curtis and starring Himesh Patel as Jack Malik who also personally performs all the Beatles music in the movie.

Jack Malik lives in a small English town and where as a singer-songwriter, his career is just as small and seems to be fading. When a world wide power outage occurs, he's struck by a bus on his bike and wakes up in the hospital with minor injuries, and once recovered is gifted a replacement guitar from his friends to replace the one he lost in the accident.

To Jack's surprise, not only do his friends not remember the Beatles song

"Yesterday" when as strummed on his new guitar, they actually think that Jack wrote it, and Jack soon finds it's not only is friends but everyone in the world who now know nothing about the Beatles. Finding no trace of their existence, Jack sets out to re-spark his music career by re-sharing the Beatles with the world.

Jack and his music (actually all Beatles tunes) gain immediate popularity and he's spotted by Ed Sheeran, who asks Jack to join him on tour. Jack finds himself as the opening act in Moscow and Los Angeles and gains world notoriety, but personal issues with Ellie and his conscientious cause things to change course and Jack ends up face to face with John Lennon in the twilight years of his alternate life.

All the Beatles cover songs in the movie are sung by Himesh Patel, who plays the guitar and piano as well. Director Danny Boyle chose Patel for the part after hearing him play "Yesterday" and "Back in the U.S.S.R." at auditions, where both Boyle and Ed Sheeran agreed Patel's voice had soul. Patel also has a very likable demeanor that automatically has the audience rooting for him and serves his role well as an accidental world music sensation.

Though Patel is a relative newcomer



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to the big screen, the cast includes other notable actors including Lily James as Ellie Appleton who is Himesh's childhood friend and love interest, Kate McKinnon plays the role of his manager Debra Hammer, and Ed Sheeran as himself in fictional role that is somewhat true to his actual life.

Yesterday does well in bringing the audience back to the magic of the Beatles and their music, but the fantasy of the story is too farfetched for it to add up to anything more than a feel good movie with good music.

Rated PG 112m



On the last day, all of the Veterans gathered in a circle.

## Ventura County homeless veterans stand Down

The Ventura County Homeless Veterans Stand Down was held on July 28th.

Approximately 200 homeless Veterans were bused into the Ventura National Guard Armory. The Sea Bees from Camp Point Hueneme set up tents for them to sleep. They were not only provided three meals a day, a place to sleep, and showers but also received haircuts, dentistry

Continued on page 24

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8/25: BIG GAY BRUNCH  
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There were formidable local foes, like Moorpark, Westlake-Agoura, and Goleta.

## Softball All Stars represent Ventura

by Tom Marshall

Realistic expectations were impossible. The Ventura Girls Fastpitch 12u All Stars had previously played a handful of the 33 teams in the USA Softball Western National tournament. There were formidable local foes like Moorpark, Westlake-Agoura, and Goleta. There were also teams from San Diego, Hawaii, Oregon, and Nevada. Every one of the 33 teams invited was going there to win. Ventura's only option was to leave everything on the field and play to win. Only one team would emerge a winner but every team had an opportunity to display their true character.

Anxiety played a part in the lead up to the tourney. A nasty wild fire was choking southern Oregon with smoke and the specter of cancelled games (possibly the entire tournament) established residence in parents and coaches' minds on the long drive or flight north.

The 12u squad out of Ventura got their nervous disastrous inning out of the way in the first game. They looked like an early regular season rec ball team on defense at times in that first game. Their offense wouldn't be denied and after a very rough defensive start

they defeated their first opponent. They went on a 5-0 run to start the tourney and found themselves in a battle with the physically imposing Bonita Valley squad in game 6. Ventura ended up suffering a 1-0 loss in that first game against the team from San Diego county. The girls would enter the loser's bracket for the first time in the tournament.

Facing near triple digit temps amplified by the 100% artificial turf playing surface didn't faze the Ventura girls. They maintained their focus and regrouped. "The girls had a championship mindset all week. We were focused on winning every pitch, every game. Very proud to see this team represent Ventura," said manager Ruben Segovia. His assistant coaches, Jeff Staniland and Angel Chavez, worked to keep the team positive and focused on winning the next pitch.

They went on to win their next two games in the loser's bracket 6-3 and 3-0 to set up a rematch against Bonita Valley. The winner would face All Star team from Poway in the championship game. Poway was undefeated in the tournament up to that point. They put up a valiant fight but fell 3-1 in their rematch with BV.

The Ventura Girls Fastpitch 12u All Star squad finished 3rd out of 33 teams in the USA Softball Western National tournament. They left everything on the field and never gave up. Only one team wins a tournament but our Ventura girls showed up prepared to play winning softball and proved they belong with the best in the west.

### Ventura County homeless veterans

*Continued from page 23*

care, medical attention and legal help was available. It was truly a remarkable weekend for the Veterans and all those who assisted in the event.

On the last day, all of the Veterans gathered in a circle, holding hands and

arms stretched high with the flags of all the branches of service flying next to the greatest, most beautiful flag of all; the American Flag. With its beautiful red, white and blue stars and stripes gently waving in the breeze above them; as if to bless each and every Veteran for fighting for our freedom and giving so much of themselves. The Lee Greenwood song, 'Proud To Be An American' played loudly for all to hear.

The Elks mission, "So long as there are Veterans, the Benevolent and Protective Order of Elks will never forget them". The Elks Lodges of Ventura County; Simi Valley #2492, Thousand Oaks #2477, Ventura #1430 and Oxnard #1433; purchased and prepared a box lunch for each Veteran to take home. The boxes were insulated to keep water, sodas, sandwiches and fruit cold. They were also presented with back packs, duffle bags, blankets and medical supplies.

And Elks don't stop there. They take pride

in hosting events in their honor. All states have different programs. They visit them in hospitals and remember them at the holidays. If you are interested in helping Veterans or being a part of your community programs, please call your local Elks Lodge.

### Lucky and Smart

*Continued from page 9*

is the recipient of numerous awards and fellowships for his aerospace writing. He has been featured in interviews on National Public Radio, the British Broadcasting Corporation, the History Channel, and the Discovery Channel.

Hill Road Library is located at 1070 South Hill Road in Ventura. A book signing will follow the presentation. For additional information, contact Linda Cherry, Librarian, at (805) 677-7180. The Ventura County Library web site is available at [www.vencolibrary.org](http://www.vencolibrary.org).

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