



"Like" us on Facebook!



FREE

VENTURA BREEZE

Your Hometown Paper

Vol. 8, No. 8

Published Every Other Wednesday

www.venturabreeze.com

January 21 – February 3, 2015



Mel Sheeler decided that it was time to retire (at least from business).

Environment-friendly company takes over Sheeler Moving

by Mira Reverente

Talk about the stars or the moving boxes aligning, in this case.

"The timing was just about right," says Mel Sheeler, former president and owner of Sheeler Moving along Nicolle Street in Ventura.

The lifelong Ventura resident cited medical issues as well as the growing desire for retirement as his primary reasons for selling the business he has owned and passionately grown since 2003.

No other family members had shown any interest in the business. "I had no succession plan or anything like that," says the 71-year-old former banker and

Continued on page 15



Stevie Wonder was proud to present the Star Student Award to Maya.

Maya Johnson "Stevie Wonder Star Student Award"

by Victoria Usher

Talent, success, and happiness never come easy, these are things that someone must work for. You must accept the challenges you are faced with in life, if you don't accept them then you'll never really know what you're capable of in life. If you truly want to do something,

if you want to thrive at something, be happy, then you can.

Maya Johnson is living proof of that. For those of you who do not know, Maya Johnson is a very talented and beautiful young lady who just recently received

Continued on page 4



Seven local boats were also blessed. Photo by Bernie Goldstein.

Blessing of the Waters Ceremony

Crowds lined the harbor on a misty day to witness the Greek Annual Blessing of the Waters Ceremony of Epiphany which took place at the Ventura Harbor in front of The Greek restaurant. About 200 or more lined the walkway waiting for the procession to slowly make their way from The Greek restaurant down the ramp to the boat mooring. The colorful ceremony included dozens of swimmers donned in wet suits jumping from the aft of a moored pleasure boat to retrieve symbolic blessed floating items thrown in the waters by the priest.

The floating objects were wooden Byzantine crosses. Youth and adult divers all received special blessings from the Rev. Fr. Gary Kyriacou and Fr. Paul from St. Demetrios Greek Orthodox Church of Camarillo and St. Herman Orthodox Church of Oxnard. The ceremony is symbolic of the baptism of Christ by John the Baptist.

Fr. Gary also blessed seven local

Continued on page 13



On Thursday, January 15 the wonderful art work of the kid's from the Boys & Girls Club of Greater Ventura went up on the second floor of Foster Library to be enjoyed and judged. Judges Kent and Sharon Butler and Sharon Fleur said that they didn't realize how difficult that it would be selecting the best art in the several age brackets and techniques. The art can still be enjoyed at the library. The event was coordinated by Diana Lopez, Oak View Branch Director. Photo by Michael Gordon.



shelter noun \shel'ter\ : "A structure that covers or protects people or things."

Is this a shelter? See page 5

Photo by John Ferritto

While in Punxsutawney, Pennsylvania for Ground Hog Day (February 2), you can always catch up with the Breeze at venturabreeze.com

VENTURA TOWNEHOUSE

CALIFORNIA'S CROWN JEWEL IN RETIREMENT LIVING

Ocean Views, Full Kitchens, All Day Dining w/Pro Chefs, Remodeled & Standard Apartments & Garden Villas on 12 Lushly Landscaped Acres. Pets Welcomed!

Call Now for a Visit! 805.642.3263

www.venturatownehouse.com • 4900 Telegraph Road, Ventura, CA 93003

Get More Fun & Amenities for your Money!

This has been my home for 9 1/2 years and I have found many new friends, freedom from cooking and cleaning, excellent entertainment and peace of mind. All of my needs are met by a staff of kind and caring people.

Come visit my home, you'll like it.

Happy Resident, Bea Haitz

Licence #565801H10



Wearing a Beanie to bed?



You need emPower!

Make your home more comfortable and reduce energy use

Utility incentives • Low-interest loans
FREE home energy site visit • Qualified contractors



Learn more:
emPowerSBC.org
or call (805) 654-3834

This Program is funded by California utility ratepayers and administered by Southern California Gas Company, Southern California Edison and Pacific Gas & Electric under the auspices of the California Public Utilities Commission.

Traveling to and from LAX has never been easier!

the VENTURA county

**\$35 one way,
\$65 round trip.
Fuel surcharge will apply.
Discounts for groups
and charters.
Cash only on the
day of travel.**



Depart Ventura
4:30am • 6:30am • 8:30am • 10:45am
• 1:00pm • 3:15pm • 5:30pm • 7:30pm
• Oxnard departs 15 minutes later.
• No departures: 7:30pm Vta, 7:45pm Oxn,
on Saturdays only.

Depart LAX
6:30am • 8:30am • 11:00am • 1:00pm •
3:15pm • 5:30pm • 7:30pm
• No departures 9:30pm Saturdays only.

**Holiday Inn is
charging \$5 a day for parking.
No charge if dropping off only.**

805.650.6600

1080 Navigator Dr., Ventura PSC 6291

e-tickets online at www.venturashuttle.com

experienced lenders. proven results.



Los Angeles, CA: \$10,000,000



San Diego, CA: \$2,100,000

Apartment Loans*

Direct lender
\$750k and up
30 yr term/30 yr amort
3, 5, 7, 10 yr fixed rates
Non-recourse available
No reserves
75% LTV maximum
Cash out permitted

Commercial Real Estate Loans*

Life company relationships
Office, retail, industrial
\$1MM to \$25MM
5-25 year fixed rates
Flexible pre-payment available
Non-recourse available
Cash-out permitted
75% LTV maximum

INTERVEST
a subsidiary of Umpqua Bank

Call our Orange County office:
949-453-5060

Income Property Finance
INTERVESTCREF.com

Equal Housing Lender

*Subject to loan approval. Programs and rates subject to change without notice.

Ventura Breeze 12/14



ANNIVERSARY CELEBRATION

WED. JAN 21 - SUN. JAN 25

SOUTHERN STYLE DISC-O-TOWN HOEDOWN

at Discovery Ventura

WEDNESDAY, JAN. 21ST

- MECHANICAL BULL
- LINE DANCING (& CLASSES)
- COUNTRY & CLASSIC ROCK KARAOKE CONTEST
- \$500 IN CASH PRIZES
- SOUTHERN STYLE BBQ BUFFET

MESQUITE SMOKED CHICKEN, TRI-TIP & BBQ RIBS & ALL YOUR FAVORITE BBQ'D FIXINGS

FRIDAY, JANUARY 23RD • 8PM

BIG BAD VOODOO DADDY

SATURDAY JANUARY 24TH

LEE KOCH BAND

SUNDAY, JANUARY 25, 2015 @ 6PM

NATURAL VIBRATIONS & JUNIOR REID

Discovery VENTURA

DISCOVERY VENTURA • 1888 E. THOMPSON BLVD. (805) 856-BOWL (2695) • INFO & TICKETS @ DISCOVERYVENTURA.COM

High-quality Dental Care at Reasonable Rates

- Digital X-Rays (90% less radiation)
- Dental Implants
- Orthodontics and Invisalign
- Same Day Crowns Available (cerec)

9290 Telephone Rd. (at Petit) • Ralph's Center • Ventura
805.671.9697 • www.drmattwallace.com

- Intraoral Camera
- Large Discount for the uninsured
- Free oral sedation available with treatment
- 0% financing available oac

Dr. Matt Wallace, DDS
9290 Telephone Rd. (at Petit) • Ralph's Center • Ventura 805.671.9697
With this coupon. Not valid with other offers or prior services. Expires 2.3.15

Special Package

\$25 • Exam • X-Rays
• Periodontal Evaluation
• Treatment Plan

Dr. Matt Wallace, DDS
9290 Telephone Rd. (at Petit) • Ralph's Center • Ventura 805.671.9697
With this coupon. Not valid with other offers or prior services. Expires 2.3.15

\$600 Crown
One Crown Per Customer

Dr. Matt Wallace, DDS
9290 Telephone Rd. (at Petit) • Ralph's Center • Ventura 805.671.9697
For crowns not covered by insurance.
With this coupon. Not valid with other offers or prior services. Expires 2.3.15

Nightly Live Entertainment
Polynesian Dancing
By Tina's Ports of Paradise
Call for Show times and Reservations

HONG KONG INN
Cocktails Restaurant

435 E. Thompson Blvd., Ventura (805) 648-3161

Now Serving Sushi

Lunch Buffet
\$5.00 Off
Any Purchase of \$25 or more
Mon-Fri 11am to 3pm
Dine-in only w/Coupon.
Cannot be combined with other offers.
exp. 2/3/15

Late Night Menu
Fri. & Sat. 12am to 3am
Free Delivery w/\$25 min order (within 3 mile radius)

FREE Family Entertainment Weekends at:

THE GREEK AT THE HARBOR

1583 Spinnaker Dr.
Ventura
www.greekattheharbor.com
805.650.5350

Greek Dancing 8-9 pm weekends

Acrobatics 8 to 9pm

Belly Dancing 7:30-8pm & Sunday at 7pm

Reservations for Valentine's Day now being accepted

4-9 pm daily Kids eat FREE!

with Adult purchase of Dinner entree & drink



Bringing a life into this world

is an important decision.

My husband and I wanted to feel confident that we were making the best choice



in where to have our baby delivered.

That is why we chose Community Memorial Hospital.

The nurses and staff made us feel just like family. Their caring support made us feel right at home.

Our community. Our health.



Community Memorial Health System

Community Memorial Hospital • Ojai Valley Community Hospital • Centers for Family Health



Naraya Nissen lives with her husband and daughter in Ventura.
Naraya's story is at cmhshealth.org/naraya

805/652-5011 • www.cmhshealth.org • A not-for-profit organization

Business

Several changes are in store at the Ventura Chamber of Commerce

As the Ventura Chamber of Commerce prepares to enter a new year, several changes are in store for the Board of Directors. Saurabh Bajaj (Owner, Fastsigns Ventura) will succeed current Chair, Mary Jarvis (Marketing Director, Kaiser Permanente), as the new Chair of the Board and will be formally installed in his

This is a paid advertisement

Don't Pay Another Cent in Rent to Your Landlord Before You Read this FREE Special Report

Ventura County - If you're like most renters, you feel trapped within the walls of a house or apartment that doesn't feel like yours. How could it when you're not even permitted to bang in a nail or two without a hassle. You feel like you're stuck in the renter's rut with no way of rising up out of it and owning your own home.

Well don't feel trapped any more! A new FREE Special Report entitled "How to Stop Paying Rent and Own Your Own Home" has already helped dozens of local renters get out from under their landlord's finger, and move into a wonderful home they can truly call their own. You can make this move

new role at the Annual Meeting & Board Installation.

During the evening, the Chamber will also welcome four new members to the Board – Pattie Braga (Ventura County Credit Union), Greg Van Ness (Tolman & Wiker Insurance Services), Charnell Smith (Aloha Steakhouse), and Alice Love (Pacific View). Long time businesses who have been members of the Chamber for 25 and 50 years will also be recognized including: Robert L. Pazan, O.D. and Kristopher Skromme, O.D.; Ventura County Credit Union; Wolfe, Emch, Crowley, CPA's; Ivy Lawn Memorial Park & Funeral Home; Marina Village Shopping Center; Ventura Family YMCA; West Coast Sash and Door, and Tri

County GLAD.

The Ventura Chamber's Annual Installation will be held on Thursday, January 22, at the Wedgewood Banquet Center located at 5880 Olivas Park Drive, from 5:30pm – 7:30pm. Light appetizers will be served. Admission to this event is \$25 for Chamber Members and \$40 for General Admission, and \$5 more at the door. To register for this event, please contact Charleen Morla at 643-7222 or visit www.venturachamber.com.

Maya Johnson

Continued from page 1

the 2nd annual Stevie Wonder Star Student Award. On Saturday December 13th, 2014 Stevie Wonder presented this award to Maya Johnson himself at the Junior Blind's Holiday Carnival, which took place at their main campus located on 5300 Angeles Vista Boulevard in Los Angeles. According to Maya it was a lovely and unforgettable event. "I felt so honored to have been chosen among so many other people," said Maya Johnson, senior at Pacifica High School.

Since Maya was born she has been visually impaired. Only a few short days after being born she had to go in for surgery in order to remove cataracts that were blocking her vision but sadly the surgery caused her to develop glaucoma, and then over the next ten years she had to undergo other surgeries.

Today Maya is nearly completely blind in her right eye and has limited vision in her left eye. However, none

of this has stopped Maya from thriving and choosing to live her life to the absolute fullest. A wonderful student, she is a senior at Pacifica High School and loves math, and she is also a very talented performer. She enjoys the dramatic arts, but that's not all. She also loves playing instruments, some of which include the bassoon, the trombone, and the trumpet. On top of all that, she is also a part of the marching band. Maya has grown up with the Junior Blind of America family; she has been a part of Junior Blind since she was only six years old. She attended their Camp Bloomfield, their Visions Adventure trips, and was also a part of Junior Blind's 2011 Goalball Team that played in the U.S. National High School Goalball Championship in Florida. These are only a few examples of what Maya got to experience by growing up being a part of Junior Blind of America.

Young Maya Johnson is truly a marvel, most definitely deserving of the wonderful award she has received. It is wonderful to see someone so young who is so inspiring to many people. She has accomplished so much, simply because she wants to. Maya works for what she wants and she likes working for it, that is very refreshing to see. She is clearly someone that not only enjoys everything she does but also wants to succeed at everything she does. She is a clear example that you can be anything you want to be, you just have to want it bad enough and you just have to believe in yourself.

This report is courtesy of Marcos B. Paredes, Eclypse Real Estate Ca BRE #01214137. Not intended to solicit buyers or sellers currently under contract. Copyright © 2014



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.

PUBLISHER

Sheldon (Governor) Brown
publisher@venturabreeze.com

Assistant to the PUBLISHER

Ana Baker

PET EDITOR

Professor Scamp

scampclub@venturabreeze.com

CONTRIBUTING WRITERS

Rebecca Wicks • Richard Lieberman

Carol Leish • Elizabeth Alvarez

Veronica Johnson • James Spencer

Shirley Lorraine • Sheli Ellsworth

Victoria Usher • Danielle Peak

Pam Baumgardner • Elizabeth Rodeno

Mira Reverente • Barbie Lange

Es Cole • Karen Helen Szatkowski

Connie De La Rosa

CONTRIBUTING PHOTOGRAPHERS

John Ferritto • Bernie Goldstein

Richard Lieberman

DISTRIBUTION

Jaime Baker • Fred Kastel

Mary Thompson • Joanne Devore

SENIOR ADVISORS

Suz Montgomery

Lori Harrasta

ADVERTISING ADVISORS

Staci Brown • Breezy Gledhill

PRODUCTION

Alfred J. Lewis/studioNothing

alfred@studionothing.com

PRINTING

American Foothill Publishing Co.

REACHING US:

EVENTS & HAPPENINGS

events@venturabreeze.com

OPINIONS

opinions@venturabreeze.com

ARTICLES AND PHOTOS

editor@venturabreeze.com

ADVERTISING

advertising@venturabreeze.com

Ventura Breeze

1575 Spinnaker Drive, 105B, Box 393

Ventura, CA 93001

Phone/Fax 805.653.0791



The Ventura Breeze is printed with soy based ink on paper with minimum 40% recycled content.

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

Editor:

Calendar year 2014 City of Ventura climate summary:

Based on historic weather data from 1965-2014:

Warmest historic average mean air temperature of 63, a departure of +3 degrees.

Every month of the year had above normal average temperature.

Extreme high of 99 in May, low of 38 in December. Nine days with 90+ temperature, five days with temperature equal or below 40 degrees.

Total rainfall 10.49" with 25 days of

Opinion/Editorial

Sheldon (Governor) Brown
Publisher

When Ludwig Mies van der Rohe said "form follows function" he certainly wasn't talking about the "Bus Home".

The proposed shelter addition to the Ventura Transfer Center (VTC) on Telegraph Ave., next to the Pacific View Mall, was approved by the Design Review Committee (DRC) and the Public Arts Commission (PAC) at a joint meeting in July 2013 with the recommendation that the City Council approve the contract plans and specifications.

The design consists of a "series of four curved and modern-style canopies that complement the existing architectural style of the original shelter designed by Dennis Oppenheim's "art sculpture" (those are not my words). "The round structural supports and the glass ceiling curves of the new canopies echo design elements of the structures already in place" (not my words either). The overall design is intended to be non-intrusive and to blend in with the existing design.

It would be difficult for any design to be intrusive to what is currently there. The additional shelters would provide covered seating for an additional 24 passengers and keep the rain out only if it is falling exactly vertical, which it seldom does. It has Plexiglas roofs like the existing structure. The existing Plexiglas is a mess and extremely hard to maintain and keep clean – this would just add to the existing problems.

The shelter was built in 2002. I only use the word shelter because that is what it is called, not because it provides any shelter (perhaps except for small meteors).

The City was awarded a grant from the Federal Transit Administration several years ago for approximately \$425,000 to install bus shelters at bus stops throughout the City and to construct additional shelters at the Ventura Bus Transfer Center.

The VTC has approximately 1,800 riders per day. Layover times at the VTC vary between five minutes to one hour.

The estimated total cost of the

proposed changes is \$579,000.00 which includes design, administration, construction management, inspection, construction and a contingency of 10%. \$152,338 would be funded from our gas tax fund balance. The \$152,338 is a required funding match for the grant.

As we all know the final cost would likely be much more, as actual bids



Perhaps it would have been better if the bench was under the Plexiglas roofs.



This is where the homeless live. Much worse in person, a filthy-graffitied mess. Couldn't it be at least maintained by the City?



Try sitting on this for an hour.

have not been submitted yet. And, now won't be.

Since the bus shelter's original construction, there have been concerns raised by users (and everyone else in Ventura) that the VTC has a lack of adequate shelter from sun/rain and is not very

I'll go up mid-day Friday to do last-minute stuff so I can check into the Marriott around 3:00. I'll give you a call at some point to see if you're around somewhere to say hi to in person. As a small thank-you for all you've done, I'll bring you a "souvenir" from the Playboy Mansion.

Thanks again and best regards,
Robb

Breeze (Regarding article on VPD cameras)

Interestingly, Asst Police Chief Wilson complained that the surveillance cameras around town and the ones to be implemented on lower Seaward caused them problems related to digital storage. I read that one of the reasons other police

Continued on page 13

nice looking. Currently, there are some partially covered shelter areas (covered with Plexiglas that looks just awful). And, many of the benches are outside of the covered area and there is seating on round large pipe columns that, perhaps, only young people could use.

In not "approving the contract plans and specifications," this is what some City Council members had to say:

Jim Monahan stated, "I voted against it originally, we made a big mistake approving it then and I'm not going to do it again."

Christy Weir who originally brought up the fact that it would not provide much shelter said, "I just don't see how this design will keep out the rain - it is attractive but not at all practical."

Carl Morehouse stated, "We (the City Council) have been beaten up for years about the original design and I do not want to use any of our gas funds. I want to see a design that provides much more shelter."

Mike Tracy, who amended the proposal for a re-design to include Life expectancy, maintenance cost and how will it be funded said, "We would be just throwing good money after bad money."

The City Council, voted against the new proposal 6-0 (Neal Andrews was not present) and Mick Tracy's amendment comments were added for staff to consider.

A new design will need to be submitted to the Council in the future for their approval.

I'm proud of the Council for rejecting this design even if most of the money to build it is not ours. Why build something that will just solicit more complaints from those who use it? What geniuses approved it to begin with?

It's too bad that the entire structure can't be relocated to the Promenade or to the Harbor. It would be a wonderful addition to help to make our Promenade into what it should be. - a place of fun and merriment like Venice Beach (oh wait, we don't want no Venice Beach here). Or, move it to the large grass area at the Harbor, where it could easily be converted to a great play structure for kids to use and for all to enjoy.

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



The dream is a spontaneous happening and therefore dangerous to a control system set-up by the non-dreamers.

– William S. Burroughs



City News

City of Ventura Water Commission and Corporate Games

The Ventura City Council is seeking qualified applicants to serve on the city's newly created advisory Water Commission. Water Commission Applications are available now at the City Clerk's office, Ventura City Hall, 501 Poli Street or online at www.cityofventura.net/involved/advisory, and will be accepted through February 23.

The new Water Commission is part of Ventura Water's ongoing public outreach and education effort. The commission's seven-member group will review and make advisory recommendations regarding water rates, water resource infrastructure projects, dedication and in-lieu fee requirements, water supply options and other resources issues.

Four water industry experts or professionals and three general representatives who are interested in, or have knowledge of water issues will serve on the commission. Water professionals will be appointed for two-year terms; the three general members will be offered four-year terms. The water professionals are not required to live in the city of Ventura or the Ventura Water service area. The three general members do not have to live in Ventura, but they must live in Ventura Water's service area.

The Water Commission will meet monthly.

Currently, 13 members of the public are volunteering to serve on Ventura Water's Water Shortage Task Force to implement a Water Shortage Contingency Plan for Ventura Water Businesses.

Sign up by February 13 for the 26th annual Corporate Games from March 28 to May 9. To get information and an application for your company call the Corporate Games Hotline at 658.4751 or visit www.venturacorporategames.org for online forms.

Interested? Attend an information meeting for company coordinators on Thursday, January 29 at 6:30 pm in the Community Meeting Room of City Hall. Corporate Games have a proven track record of building camaraderie through teamwork and lasting relationships among company employees who participate in the Corporate Games.

Companies compete in many sports and table games such as Softball, Basketball, Bowling, Surfing, Paintball, Texas Hold'em and Horseshoes. Employees pursue individual Gold, Silver and Bronzed Medals. Company teams compete for Division Trophies and Team Spirit Awards.

City classes

Check out hundreds more Winter City of Ventura Classes on our web-site. Call 658-4726 or 654-7552 to register, or if you already have an account online, visit www.cityofventura.net. Classes/Events are held the Barranca Vista Center, 7050 Ralston Street, in Ventura unless otherwise noted.

We are taking applications for the 9th Annual Kids Swap Meet. Contact Kathryn at 654-7552 or www.cityofventura.net. The for kids by kids only swap meet will be on Saturday May 16th from 9am-1pm at Barranca Vista Park, 7050 Ralston Street.

Origami Books

12 years-Adult NEW!

1/21-2/25 W 6:45-8 pm \$45

Learn to use folding and binding techniques along with decorated papers to create a variety of unique artistic books that reflect your individual style. Instructor Maryanne Irving. Course #40007.

UFOs: Modern Mysteries in the Sky

18 years-Adult

1/26-2/9 M 6:30-7:30 pm \$40

Explore UFOs from WWII to today and what really happened at Roswell, New Mexico, as we chart the history of sky sightings of UFOs over California and Ventura County. Instructor Richard Senate. Course #39240.

Belly Dancing Basics 14 years-Adult

1/26-3/9 M 7:15-8:15 pm \$70

Have a fun workout while learning graceful movements, dance basics and a routine with entrance, slow moves and drum solo. No class 2/16. Instructor Marion Kennedy. Course #39360.

Video Game Design for Youngsters

5-9 years NEW

1/27-3/17 Tu 3:30-4:45 pm \$115

Conceive, design and build your own video game! Younger students work in pairs and all students learn fun techniques to create characters and levels that fly and bounce around the game screen. Classes held at Bible Fellowship Church, 6950 E Ralston st., Room 206. Course #39243.

Beginning Polynesian Dance

5 years-Adult

1/31-3/14 Sa 12-12:45 pm \$45

Interested? Attend an information meeting for company coordinators on Thursday, January 29 at 6:30 pm in the Community Meeting Room of City Hall. Corporate Games have a proven track record of building camaraderie through teamwork and lasting relationships among company employees who participate in the Corporate Games.

JAMES FRANCIS GRAY'S Available Now!
in Paperback and E-Book

GUMSHOE

PURCHASE BOOK AT:
James F. Gray Printing, 2261 Palma Dr. #2, Ventura (805) 650-2786
Gems & Glitter Boutique, 2690 Loma Vista, Ventura (805) 648-6364

1700 E. Thompson Blvd.
Ventura
805.648.1070

Sun-Thurs 11am - 9:30pm
Fri & Sat 11am - 10:30pm

LARGE 1 TOPPING \$8.49
(PICK-UP ONLY) REGULAR PRICE \$14.95

PEPPERONI CALZONE ONLY \$5.49
(PICK-UP ONLY)

cordello's
PIZZA

WE DELIVER
(\$15 minimum)

Monday thru Thursday - Extra Large Pizza, one topping, \$10.99 or Spaghetti, \$5.49

MEDIUM &
LARGE 1
OR MORE
TOPPINGS 50%
OFF
REGULAR
PRICE
(PICK-UP ONLY)

GLUTEN FREE

Large 1 topping \$15.95
10" mini 1 topping \$9.95
Extra Toppings - \$1 each

Community Events

5-7 years Course #39316

1/31-3/14 Sa 12:45-1:45 pm \$45

8-12 years Course #39317

1/31-3/14 Sa 1:45-2:45 pm \$45

13 yrs-Adult Course #39318

Have fun learning to steps to Hula, Tahitian and Poi Balls which can be borrowed in class or purchased for \$10. Youth will present a recital for family and friends on last day. All dancers will have the opportunity to perform for a community event. No class 2/14. Instructor Elaine Tavares.

Preschool Spanish Immersion Program

3-4 years

2/3-3/24 Tuesdays 9-10 am \$96

Our total immersion program provides kids the opportunity to hear, repeat and experience the Spanish language through music, art and play. Children will be able to recognize Spanish phrases, commands and memorize short songs. Instructor Mila Bedoya Pineda. Course #39362.

Yoga & Art

3-10 years NEW!

2/3-3/24 Tu 3:30-5 pm

6-10 years \$70 Code #40000

2/5-3/26 Th 10:30-11:30 am

3-5 years \$70 Code #39463

We will explore our bodies, breath, minds and hearts in themed activities every week and learn traditional yoga poses in unique ways while expressing our experiences through such art projects as pointillism, self-portraits, found art sculpting and collage. Instructor Megan Bisbee.

War Comes home at the Foster Library

Highlighting private correspondence from almost every major conflict in U.S. history, new exhibition *War Comes Home: The Legacy* opened on January 20, at E. P. Foster Library and offer insights into the thoughts and emotions of veterans and families upon their homecoming. The traveling exhibition is rich with historic and contemporary letters.

War Comes Home: The Legacy runs until March 1.

This exhibition offers self-guided audio tours. The exhibit is free and will be available during E. P. Foster Library's open hours: Monday - Thursday, 10:00 a.m. - 8:00 p.m., Friday & Saturday 10:00 a.m. - 5:00 p.m. and Sunday, 1:00 - 5:00 p.m.

DISCOVERY VENTURA - anniversary week celebration

Discovery is excited to announce its first anniversary celebration until January 25th. The week-long celebration will feature live shows by Big Bad Voodoo Daddy, Natural Vibrations, and Lee Koch Band, as well as a Disc-O-Town HoeDown, Karaoke Contest, and a Luau-Style Sunday Buffet!

Wednesday, Jan. 21st: Disc-O-Town Hoedown:

This southern-style hoedown will feature mechanical bull rides, line dancing (classes too!), a country and

classic rock karaoke contest, and an all-you-can-eat southern BBQ Buffet with mesquite smoked chicken, tri-tip, and BBQ ribs. There will be \$500 given away in cash prizes for our karaoke contest; plus, best dressed cowboy, best dressed cowgirl, and duo. (\$15 Buffet Tickets available online)

Friday, Jan. 23rd: Big Bad Voodoo Daddy:

Big Bad Voodoo Daddy is kicking off the new year with an intimate hometown show at Discovery Ventura. A former nightclub in the 50's, after being built in 1942, the property and building are a perfect fit for the 9 piece band concentrating on the swing of 40's & 50's. Limited VIP and Meet & Greet Tickets are still available. (Tickets \$45-\$65) Saturday, Jan. 24th: Lee Koch Band:

Lee Koch carries a worldly, well-worn humbleness that is both captivating and refreshing, alluding to an era when pop music was used to express the depths of an artist's soul, and was also recently on the NBC's "The Voice." Lee will be joined by singer-songwriter Josh Damigo, who brings a laugh-out-loud experience as he shares his candid perspective on love and other life experiences. (Tickets \$5 advance/\$7door).

Sunday, Jan. 25th: Natural Vibrations, Junior Reid + Luau:

Reggae-Rock was solidified as its own genre of music after Natural Vibrations (known by their fans as Natty Vibes), released their first album in 1996. Hailing from the Hawaiian island of Oahu, this 8 piece award-winning band has won multiple best reggae album awards Make it a full day event and join us at 4pm for our all-you-can-eat luau buffet featuring a whole pig roasted Kalua-style and carved on site, pineapple glazed teriyaki chicken, coconut shrimp, and more flavors from the Pacific. Limited buffet tickets available. (\$20 Buffet Only, \$20 Concert only, or \$35 Concert + Luau Buffet.)

Guests will also enjoy anniversary week bowling specials: \$1 per game and \$1 shoe rentals all day Tuesday & Wednesday!

To purchase tickets or make reservations, please visit www.discoveryventura.com.

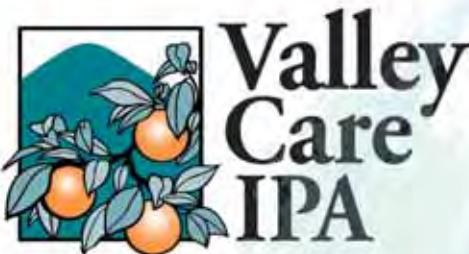
Ventura events

by Ana Baker

Would you like to meet new friends? Whatever the reason, **Ventura's Conversation Group** is the right place for you. This eclectic group meets **Wednesdays** from 4p.m. to 5:45p.m. at Yolanda's Mexican Restaurant at 2753 Main St. Several people usually stay for a drink and a bite to eat afterward. Be sure to bring an interesting topic to discuss.

Ventura Poinsettia Dance Club meets **every Monday** from 7:30 p.m. to 9:45p.m. at the Poinsettia Pavilion, 3451 Foothill. Ballroom, swing, Latin, mixers and line dancing. Members \$9, non-members \$11, first time dancers are free. Call 407-9971 for more information.

January 22: Portuguese Fraternal Society of America. The local chapter of PFSA (Council #128) will hold its **monthly meeting** on Thursday. This meeting is open to any person of Portuguese descent or interested in the Portuguese culture. Meeting takes places at Main Street Restaurant and Steakhouse, 3159 East Main Street at 11:30a.m. for a noon no host luncheon. For more information and reservation, please call Yvonne Westervelt 483-4168 or Cora



Direct Referral Program

Valley Care IPA has made referrals to our Direct Referral Network Specialists fast and simple for you and your Primary Care Provider!

If your Primary Care Provider feels that a referral to a Specialist is needed, he/she can refer you directly for care with no additional authorization needed.



Are YOU a Valley Care IPA member? Now You Can Take Advantage of our Direct Referral Program. Get your Specialty referral the same day as your PCP visit!

A wide selection of Specialties are available to you through your Primary Care Provider and Direct Referral.

For more information and a list of approved Network Specialists, please call (805) 604-3332

Prior Authorization Referrals - (All other Specialties not listed above) A referral that is initiated by your Primary Care Provider or Specialist and is faxed to Valley Care IPA Utilization Management Department for prospective review by the Utilization Review Committee. If benefit check received must follow prior authorization process. Services available through Direct & Prior Authorization Referrals must be rendered by an APPROVED NETWORK SPECIALIST. Medicare Advantage Plans (MAPs): AARP MedicareComplete Secure Horizons insured through UnitedHealthcare, Anthem Dual Advantage (HMO SNP), Blue Cross Senior Secure Plan II (HMO), Blue Shield 65 PlusSM (HMO), Humana Gold Plus HMO, SCAN Health Plan.

Hours: Monday - Thursday – 8 am-5 pm, Friday – 9 am-5 pm, Saturday and Sunday – Closed

For more information, please call: Direct (805) 604-3332 • Toll-free (877) 299-5599 Hearing Impaired (888) 877-5378 or visit www.valleycareipa.com

Community Events

Corella 483-6285.

January 27: Children's World will hold a special event on Tuesday at 6 p.m. to 7:30 p.m. to celebrate National School of Choice Week. The school is an NAEYC school that promotes education, age appropriate, with many enrichments. This event will feature a school wide Open House as well as a Question/Answer Panel with Kindergarten teacher and currently enrolled Kindergarten families at 7620 Foothill Rd. Children's World is a private secular preschool serving grades Preschool and Kindergarten with student enrollment at 160. Meet their teachers and get a view of our campus and programs. More info call 647-3798.

January 27: PFLAG (Parents, Families & Friends of Lesbians and Gays) provides support, education, and advocacy to the families and allies of the lesbian, gay, bisexual, and transgender community. PFLAG meets the 4th Tuesday of every month at 7 p.m. at the Unitarian Universalist Church of Ventura, 5654 Ralston St. Free to the community. Please spread the word. Contact Gary Zinik, 650-3327, pflag.ventura.ca@gmail.com

January 31: The San Buenaventura Friends of the Library will hold a book sale at E.P. Foster Library, Topping Room from 9 a.m. to 2 p.m. Wide selection of hard back books, audiobooks, DVDs and like new paperbacks at bargain prices. This sale features theater, art, special interest, biography, history, cookbooks, autographed books, classics, psychology, children's books and reference.

January 31: Portola Elementary Community Swap meet will be held on Saturday from 9 a.m. to 1 p.m.

Located at 6700 Eagle Street. For more information email michelle.johnston@venturausd.org or call 289-1734 ext. 2115

February 1: An April 30, 1946 broadcast of the *Boston Blackie* and a reconstruction of themes from the Little Rascals by Beau Hunks will be featured in the Dudley House historic recording series during the Dudley House open house. The house will be open from 1 p.m. to 4 p.m. with the flea market and collectibles faire beginning at 9 a.m.

Admission to the house and the lavender garden is free. Located at 197 N. Ashwood. Anyone interested in working on the docent tours of the house, the lavender garden, or the lavender program, call Steve Cummings at 644-3286.

February 1: Citizens for Peaceful Resolutions are holding their monthly meeting on Sunday from 3 p.m. to 6 p.m. Generation Waking Up: Wake up Ventura County, a powerful, interactive workshop exploring the challenges and opportunities of this moment in history. Meet young people who are already part of a global campaign to bring forth a thriving, just, sustainable world. Elders also welcome. Baby Boomers, please invite the millennials you know. Located at E.P. Foster Library's Topping Room. Admission is free.

February 2, 16: The Ventura County Philatelic Society will have their stamp trading and camaraderie Mondays from 7:30 p.m. to 9:30 p.m. Located at the Church of the Foothills, 6279 Foothill Road. Admission and parking are free. Contact: vcpsforyou@lycos.com or 320-1601

February 1, 3: Ventura Retired

Men's Group will meet from 11:30 a.m. to 1:30 p.m. at the Ventura Elks Lodge, 2126 Knoll Drive. Ken Luper will present "Loops Restaurant Chain and other Ventura Landmarks", about the Loops Restaurant chain, the Bandar, and his other Ventura real estate developments. For more information, visit <http://www.VenturaRetiredMen.org/fp.html> or call Gene Wink at 647-2513. Location will be at the Ventura Elks lodge, 2126 Knoll Dr., on the 1st and 3rd Tuesday of each month. For more Information on future events visit <http://www.VenturaRetiredMen.org/fp.html> or call Gene Wink at 647-2513.

February 3: Mended Hearts of Ventura meets the first Tuesday each month at the Community Memorial Hospital - 8th floor from 7 p.m. to 9 p.m. Come share if you have had heart surgery or stent implant. They have excellent speakers - leading Cardiologists, Nutritionists, Dietitians, etc. from our area who give excellent information. Contact: Richard Hatcher 644-2733

February 11: The Ventura County Law Library is pleased to announce the first four events in their returning Lawyers in the Library speaker series. Lawyers in the Library offers the general public a chance to learn more about legal topics from practicing attorneys and other legal professionals. Lawyers in the Library is held every 2nd Wednesday of the month, 5:30 p.m. to 6:30 p.m., at the Ventura County Law Library in the Ventura County Government Center.

Attorney Christopher P. Young of the Alvarez Firm will tackle Special Needs Trusts: Helping Those Who Need it Most. A special needs trust is set up for beneficiaries who have physical or mental dis-

abilities and may not be able to manage their own assets, while protecting them from losing government benefits. Go to vencolawlib.org to sign up. Signups are requested but not required. Contact 642-8982 with questions.

Ojai events

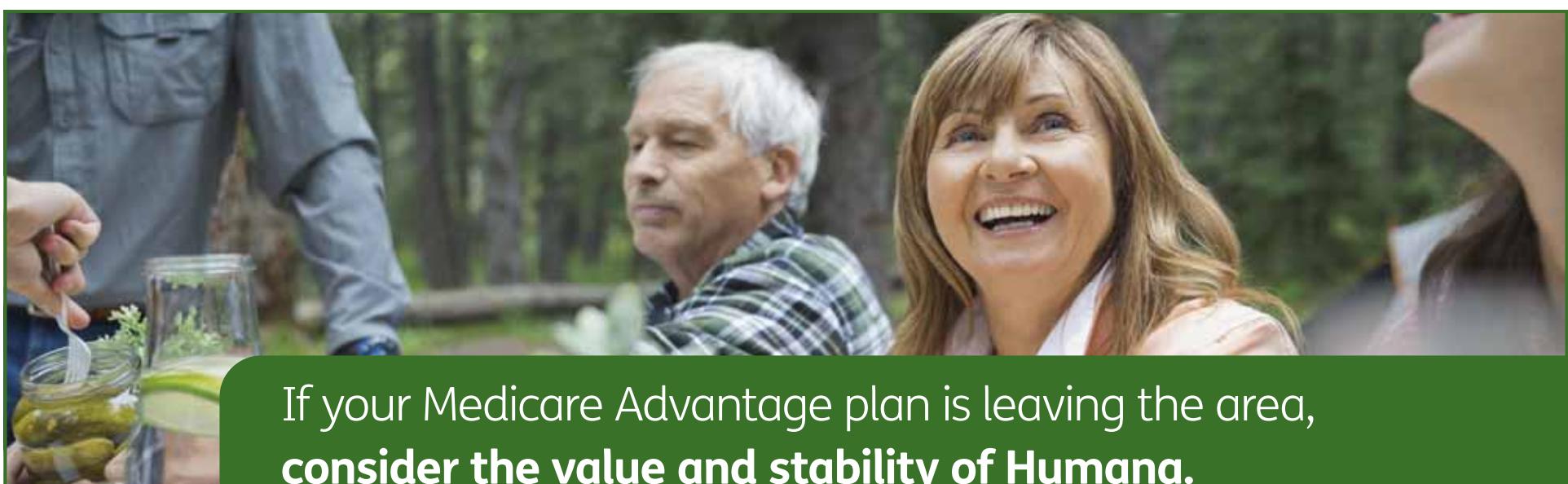
Who's Afraid of Virginia Woolf stunned audiences when it opened in 1962 and its impact is still fresh decades later. Experience this classic play of life and its illusions from January 30 to February 22 at Ojai ACT, 113 S. Montgomery St., at 8 p.m. Friday and Saturday nights and 7 p.m. Sundays. Cost is \$18 general, \$15 for seniors, students and Art Center members. Reservations are available by calling 640-8797 or www.OjaiACT.org.

Portraiture will be the focus of the Ojai Valley Museum's first exhibition in 2015, *Fine Portraits/Fine People*. Museum Director Michele Ellis Pracy has selected nineteen insightful portraits of Ojai personages who are important to the history, art, and culture of Ojai and the Ojai Valley. The exhibition runs through March 29.

Topography/Cartography of the Ojai Valley, a mini-science exhibit, will run concurrently and lets the viewer explore the valley geography via a three-dimensional topographical map.

The museum is located at 130 W. Ojai Avenue, Ojai, CA. Admission: Free for current 2014 members, adults - \$5.00, children 6-18 - \$1.00 and children 5 and under - free. Gallery hours are Tuesday - Saturday 10 am to 4 pm, Sunday, noon to 4 pm. Tours are available by appointment. Free parking is available off

Continued on page 13



If your Medicare Advantage plan is leaving the area,
consider the value and stability of Humana.

If you need to choose new health coverage, Humana is here to help.

Humana Medicare Advantage plans may help you save money on your medical and prescription drug costs. After 25 years offering Medicare plans, our first priority is still to strive to get you the benefits you want at an affordable price.

You have until February 28, 2015 to choose your 2015 Humana plan.

Call now to put decades of experience to work for you. A local Humana representative specializing in the plans in your area is available to help you find the coverage you want.

 **1-855-213-8838 (TTY: 711)**

Call a licensed sales agent 8 a.m. – 8 p.m., Monday through Friday

¿Español? 1-855-213-8845



Humana®

Humana is a Medicare Advantage organization and a stand-alone prescription drug plan with a Medicare contract. Enrollment in a Humana plan depends on contract renewal. A sales person will be present with information and applications. For accommodation of persons with special needs at sales meetings call 1-855-213-8838 (TTY: 711), 8 a.m. – 8 p.m., Monday through Friday. Applicable to Humana Gold Plus H0108-038 (HMO).

Y0040_GHHHXDAEN Accepted

News and Notes



Famed music legend Herb Alpert and his wife Lani Hall perform May 8th.

21st Ventura Musical Festival announced

by Richard Lieberman

Led by Artistic Director Nuvi Mehta the 21st annual Ventura Music Festival kicked off the season with a presentation announcing the line-up for its 8 concert season. The presentation was held at the City Hall atrium January 12th. In attendance were about 50 members of the general public, and city dignitaries including Cheryl Heitmann, Mayor City of Ventura.

When the Ventura Music Festival continues for its 21st season a Stradivarius Violin created in 1708 will be featured, along with an impressive lineup of musical stars, announced Musical Director Nuvi Mehta.

Mehta went on the say "Our Latin Concert, the Pacific Mambo Orchestra, should be the Valentine's Day choice, hands down. They're the largest Latin Jazz Big Band on the West Coast.

Their music blends 40's-60's Latin Jazz with more modern genres for today's audience. Their debut album took a surprise Grammy in 2014. I can't imagine people not dancing in their seats, or on the dance floor!" They appear at the Majestic Ventura Theater on February 14.

He stated "The 2015 May Festival has something wonderful for everyone including: the smooth jazz-pop sounds of the legendary Herb Alpert and his singer-wife Lani Hall on May 8th; the great Ozomatli jam band outdoors in the Stadium on May 3rd; a lively family musical and mixed media family concert on May 9th; and a return of the Romeros, the "First Family of the Spanish Guitar" in a special multimedia program."

The festival will open (after the February concert) on May 1st with Cantabile: the London Quartet. A musical group that has played to audiences in London and other European venues to Carnegie Hall in the U.S.

The festival will continue on Saturday May 2nd, and will feature a multimedia presentation of Celedonio Romero famed Spanish classical guitarist. Best known as the founder of the Romero Guitar Quartet, Romero gave his first concert at the age of 22 and was well known in Spain. During the 1940s the government of Spain headed by then Prime Minister Francisco Franco refused to permit him to give concerts abroad keeping him relatively unknown.

Sunday May 3rd brings another event in the concert series with an L.A. based ultimate jam band Ozomatli. Mixing musical elements, Ozomatli

will feature elements of Samba, Hip Hop, Swing and Soul. Located in the Stadium at Ventura College.

Included in the weekend, performing May 1st and May 8th the Festival Brass Quintet will perform "Tea and Trumpets."

Famed music legend Herb Alpert and his wife Lani Hall perform May 8th. The duo will perform songs from their album "In the Mood" and the Grammy winning 2014 rendition of "Steppin Out"

The series will continue with

two programs on May 9th, a Family Concert & Rising Star program and the children's classic "Three Little Pigs" performed as a multi-media presentation of Ronald Dahls funny and dark representation of the children's classic.

The evening of May 9th brings the talents of the Camera Lucida chamber group offering a night of Brahms and Gernsheim. Gernsheim little known to world audiences had been vilified by the Nazis and his work suppressed, and nearly erased from musical history.



On Sunday, January 11 the five finalists in the high school jazz competition performed at the Pierpont Inn before a large crowd and four judges who would select the number one musician who will perform with the Pacific Mambo Orchestra, on February 14 as part of the 21st season of the Ventura Music Festival. After a very long deliberation drummer Alex Smith (second from the right), who lives in Thousand Oaks and attends LA County H/S for the Arts was selected as the winner.



Senior Living

Pull Out Section



Now all I need is a bass and a drummer and we can play at local bars.

SCAN is helping seniors

There's no better way to start a New Year than by resolving to make your health a priority. To help get seniors started, SCAN Health Education Center in Ventura will hold monthly health lectures in 2015 on topics that are of specific importance to older adults.

"You're never too old to make – and keep – News Year's resolutions," said Steve Lehman, manager of the SCAN Health Education Center in Ventura. "We want seniors to have the information they need to take charge of their health."

The one-hour "Taking Charge" discussions will be led by Ventura physician Bruce Woodling, M.D. All classes begin at 11 a.m. Dates and topics for 2015 include:

January 30 – Diet and exercise for building brain health

February 20 – Insomnia: What's keeping you up at night?

March 27 – Health and longevity in older adults

April 24 – All about vitamins and supplements

June 5 – Avoiding medication mishaps -sponsored by SCAN and New Horizon's Outreach, the program is free to seniors 55 and older and their caregivers.

Come together to make music in Song Circle on January 22 at the SCAN Health Education Center. Seniors who enjoy singing and playing music are invited to join where they will play acoustic instruments and enjoy each other's musical talents. Playing and listening to music is beneficial to seniors' mental and physical health – it can help keep seniors' brains healthy, improve heart rate and blood pressure, and help sleep quality. This free gathering is open to seniors 55 and older and their caregivers.

Learn how to use your new iPad at the SCAN Health & Wellness Center on

January 28

Seniors who would like to learn how to communicate using the latest technology via Apple iPads or other tablet devices are invited to attend "iPad Basics for Seniors," a two-hour class. In this class, attendees will learn how to set-up their tablets and introduce them to popular applications, features and general usage. The class is free to seniors 60 and older.

Space is limited for all classes. The SCAN Health & Wellness Center is located at 6633 Telephone Rd., Suite 100 in Ventura. Call 658-0365 to register.



Oya Thomas, will be the keynote speaker at Cypress Place Senior Living.

Health & Wealth Expo coming to Cypress Place

Cypress Place Senior Living has announced that nationally-touring solo artist, in-demand life coach and author, Oya Thomas, will be the keynote speaker at their upcoming Health & Wealth

Continued on page 11

The 30 best companies in health care and wealth planning

Health & Wealth EXPO

WEDNESDAY, FEBRUARY 18, 2015

11:00 AM – 2:00 PM

FREE BLOOD PRESSURE & MINI STROKE SCREENING
FREE BALANCE & HEARING TESTS
FREE WEALTH MANAGEMENT CONSULTATIONS
VETERAN BENEFIT INFORMATION
RSVP By February 17, 2015 to (805) 650-8000

A FREE HEALTHY GOURMET LUNCH WILL BE PROVIDED

KEYNOTE SPEAKER at 11:15am OYA THOMAS
Author of "The 5 Star Points for Success: Manifest Your Dreams, Live Your Life's Purpose"

A nationally-touring solo artist, in-demand life coach and author, Oya will share practical tips for finding purpose in your life, no matter what your age.

Meet the Author and Book Signing After Keynote Presentation

Sponsored by:

Shoreline Care Center

VICTORIA CARE CENTER

CYPRESS PLACE
SENIOR LIVING

Assisted

GLENWOOD
CARE CENTER

1200 Cypress Point Lane • Ventura CA 93003 (805) 650-8000
www.cypressplaceseniorliving.com • License #555801008

For people with hearing loss who have been waiting for revolutionary hearing technology.

INTRODUCING... The world's First and Only hearing aid *Clinically Proven** to provide **Better Than Normal Hearing.**

Ultra Hearing Aids Exclusively from HearUSA

Industry Leading 5-Year Protection Plan

- FREE 5-Year Protection
- FREE Unlimited Reprogramming
- FREE Unlimited Office Visits
- FREE Hearing Aid Batteries

\$1,500 Value
Only available through HearUSA!

Welcome Health Net Members

Clinically Proven* to Provide Better Than Normal Hearing

Hear better in noisy situations than someone without Ultra Hearing Aids. They automatically turn background noise down while focusing on the sounds you want to hear. That's something a person with normal hearing simply cannot do!

FREE! Demonstration
of the new Ultra Hearing Aids!

Hear the difference between traditional hearing aids and the amazing "Ultra Hearing Experience."

FREE! Hearing Screening

Call for details.

HearUSA
America's Most Trusted Name in Hearing Care.

HEARx
A HearUSA Company

Camarillo • Thousand Oaks • Ventura
Call Toll Free: 855.229.7075
en Español: 800.878.0759

* Studies conducted at University of Northern Colorado (2014) and Oldenburg Horzentrum (2013) showed that Speech Reception Thresholds (SRT) in cocktail-party situations improved up to 2.9dB for wearers with mild to moderate hearing loss using the latest BestSound™ Technology with Narrow Directionality, compared to people with normal hearing. This corresponds to over 25% improvement in speech understanding.

© 2014 HearUSA, All Rights Reserved.



Welcome to a community where caring hearts & friendly smiles await you;

WELCOME HOME!

Your private apartment includes numerous amenities, all for one low monthly rate!

- Three delicious chef-prepared meals daily • Full time RN, LVN and LVN Charge Nurses
- All utilities except phone, including basic cable TV • Recreational activities and outings
- Weekly housekeeping and linen service • Scheduled transportation • Fitness programs
- Medication Assistant and caring Resident Assistants on duty and available day and night

Personal services may include, but are not limited to:

- Medication management including diabetic care • Health monitoring
- Assistance with activities of daily living such as bathing and dressing
- Communicating with physicians, and much more

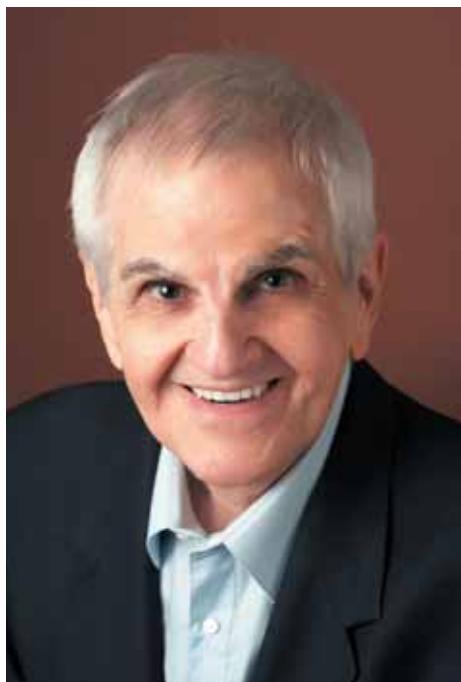


111 North Wells Road, Ventura, CA 93004

Call now to arrange a complimentary meal and personal tour! 805-647-0616

No leases or buy-in fees ever!

HAWTHORNS
REHABILITATION GROUP



Ralph Spinelli served prison time in the 1970s and the 1990s.

Addressing the growing elderly prison population

Get-tough-on-crime policies that mandated incarceration for decades have had an unplanned-for consequence: The number of elderly inmates in federal and state prisons is increasing far faster than growth overall.

With those graying prisoners come all of the problems associated with aging: dementia, incontinence, dental problems, chronic illness. In fact, aging accelerates in prison. Prisoners are deemed "elderly" at 55 by the National

Commission on Correctional Health Care because inmates tend to be about 10 years older physiologically than their chronological age.

"The fastest growing segment of the prison population is people aged 50 and older, and the states are not preparing for them," says 74-year old Ralph Spinelli.

From 1995 to 2010, the number of prisoners aged 55 and older nearly quadrupled while prison populations overall grew just 42 percent, according to a Human Rights Watch report.

Failing to meet the physical, medical and nutritional needs of aging leads to more severe health conditions that require expensive treatments, Spinelli points out.

Spinelli, who served prison time in the 1970s and the 1990s – the latter when he was in his 50s, details his experiences in a new book, *Prison as Punishment*, (<http://www.ralphspinelli.com/>).

He offers these suggestions for addressing our aging prison population:

- Create a policy to mandate that prisoners get assigned lower bunks beginning at age 50.

It's difficult to climb up and down from a top bunk as you get older, and many older men tend to be up and down more often during the night as enlarged prostate glands require frequent urinations.

- Allow inmates to buy, or families to send, special personal hygiene items.

No prison that Spinelli knows of allows inmates to purchase adult incontinence pads at the canteen, or to have their family send them.

It's not that they're trying to be cruel -- they just don't think about those things," Spinelli says. "It's younger people running the prisons."

- Provide basic preventive medical care.

Senior Living

While prison infirmaries address illness, injury and acute health issues, they don't generally screen for problems that become more common as we age.

While he was in prison in the 1990s, he recognized he had a number of prostate cancer systems. He requested a common lab test that serves as a screening for prostate cancer and was denied.

"When I got out, I had prostate cancer."

Ralph Spinelli, is prison reform activist working on his Ph.D. at the University of California Berkeley's Goldman School of Public Policy, is a retired executive with a major hotel/casino company in Nevada.



Don't tell me how to drive safely, I've been driving a long time.

Oxnard program helps seniors "fit" safely into their cars

The City of Oxnard is teaming with driving experts and AAA to offer CarFit, a unique, free education program designed to help mature drivers understand how to improve driving safety by

ensuring their cars are properly adjusted for them.

The event will be held Thursday, January 29 from 12 p.m. to 4 p.m. in the Ninth Street parking lot of Oxnard's Performing Arts and Convention Center, 800 Hobson Way. The check-up is free, but appointments are required and can be made by calling 385-8019.

CarFit is not a driving test, nor does it focus on the ability of the driver. Instead, during each 20-minute CarFit session trained technicians recommend personal vehicle adjustments and adaptations to help drivers age 55 and older use their vehicle features properly for maximum comfort and safety.

Occupational therapists will also be on hand to provide information on adaptive devices, such as pedal extenders and seat cushions.

People over 65 are the fastest-growing population in the United States. By 2030, one in four drivers will be age 65 or older, which means there will be more than 30 million older drivers on our roads.

In response to these overwhelming statistics, the American Society on Aging created CarFit in collaboration with AARP, the American Automobile Association and the American Occupational Therapy Association. The national program is the first to offer older adults the opportunity to check how well their personal vehicles fit them.

In Oxnard, RSVP is the driving force behind bringing the program to the west county. RSVP is a volunteer program that helps people age 55 and older find meaningful opportunities to serve within their community. Its services are free to both the older adult and the non-profit community, where RSVP works with over 30 different agencies to place volunteers.

To learn more about CarFit, go to www.car-fit.org.



Lynne and Steve Hiller thinks that their grandson Wyatt is as cute as they get. He's always happy, smiling and loves everybody!

Do you have a grandkid that you think is even cuter? If so send their photo to editor@venturabreeze.com.

Senior Living



This is a lot more fun than Wi bowling.

Bring back billiards

by John Hankins

Music Man Harold Hill tried to purge pool in River City, but right here in the river city of Ventura hundreds of citizens are trying to get it back.

"It's a passion for me and a lot of other seniors," Jerry Matchin told the Ventura City Council in mid-January as he turned in a petition signed by nearly 400 people who are upset about an interruption of the city's billiards program that ran for over forty years. Matchin is owner of Stixx and a world class tournament pool player.

Last year the city took out and stored the two tables from the city's only remaining senior center on the Westside to make room for other activities.

One of them is an antique snooker table, a Majestic model by Brunswick built in 1917 "that was the anchor of the city's billiards program for over 40 years," Matchin said. The other is a top-of-the-line Diamond Tournament Pro model.

At no cost to the city, the players spent \$15,000 to restore the Majestic and \$5,000 for the Diamond, said Tom Buchan, who created the petition.

"They have no home now," Matchin said. He spoke about the city's priority for senior services as the population grows "at an alarming rate" and concluded "billiards is an ideal recreational activity for seniors...the city has taken that away."

Or as Harold Hill also sang: "I consider that the hours I spend with a cue in my hand are golden. Help you cultivate horse sense and a cool head and a keen

eye."

The city's staff has worked the issue and appears genuinely willing to find another home for the tables, but are so far stymied for a solution. Staff has avidly looked for a place to put them other than the senior center at 550 N. Ventura Avenue, to no avail so far. Now that the issue has reached the city council, Mayor Cheryl Heitmann asked City Manager Mark Watkins for a written report on how to resolve the issue.

Watkins acknowledged that "we'd love to restore that program," but defended taking out the tables as a matter of space. "It's a trade-off between offering a whole lot of activities and being to offer that one."

Matchin argued that, "billiard programs are alive and well in our neighboring cities," and Ventura's was also vibrant and used by seniors "five days a week all year" for generations.

Whatever Watkins' written report concludes, he may have already given a hint when he said: "As the council is aware, a lot of different services and programs have been cut, and all budget projections are (that) we are not in a position to restore them."

Persons interested in the issue and who may have a solution can contact Denise Sindelar of the city at 658-4793 or dsindelar@cityofventura.net or the pool players' representative, Tom Buchan at buchanthomas@yahoo.com.



ELDER LAW SERVICES

NEED LONG TERM CARE ASSISTANCE?

Are you or a loved one entering a nursing home or assisted living facility, and wondering how you will pay for it? There are public benefits available to help pay for such care through the California Medi-Cal program and the VA, if you meet certain eligibility requirements.

Call today for a free consultation with Elder Law Attorney Craig R. Ploss

290 Maple Court, Suite 118,
Ventura, CA 93003
(805) 642-8407

Email: ploss@tds.net
www.elderlawventura.com

Free education forum hosted by VCOA

The Ventura Council on Aging (VCOA) is a body of community leaders and citizens who work together, dedicated to resolve senior-related issues and create opportunities which improve the quality of life for all seniors. In addition, VCOA advises the City of Ventura on all matters dealing with senior adults.

Ventura Council on Aging (VCOA) is hosting a free education forum titled Love Yourself: Mind, Body & Spirit on Wednesday, February 4th, 10:30am-Noon at Aegis of Ventura. Featured speakers include Erik Lande, PhD, Neuropsychologist, Jim Duran, Pastor at The River Community Church, and Camille Torgeson, Certified Health Instructor. Complimentary lunch will be served for guests immediately following the forum for guests. For questions or to RSVP, please call Anita Sommer at 650-1114.

for this course.

To receive more information about the training or to register contact Volunteer Coordinator Maddy Hazard, MPH at 642-0239 x775 or email mhazard@lmvna.org.

Health & Wealth Expo at Cypress

Continued from page 9

Expo. This year's event will take place on February 18, from 11a.m. to 2p.m.

Thomas' book, *The 5 Star Points for Success: Manifest Your Dreams, Live Your Life's Purpose*, is a practical guide designed to help anyone with a creative dream build a rock-solid foundation for living a life with purpose, no matter what their age.

In addition to her keynote presentation, Thomas will be signing copies of her book. Copies will be available for purchase as well.

Along with Thomas' presentation, this year's Health & Wealth Expo will include over 30 vendors offering everything from free blood pressure and mini stroke screenings, free wealth management consultations, to veteran benefit information. A free healthy gourmet lunch will also be provided.

Raffle prizes will be given away throughout the event including one grand prize; a flat screen TV. Admission is free and the event is open to the public. Free shuttle parking will also be available.

Corporate sponsors for the event are Assisted Home Care & Home Hospice, Shoreline Care Center in Oxnard, Victoria Care Center in Ventura, and Glenwood Care Center in Oxnard.

For more information or to RSVP, please call 650-8000. To learn more about Cypress Place Senior Living of Ventura, visit their web site at www.cypressplaceseniorliving.com.

Volunteer at Livingston Memorial

Is part of your New Year's resolution giving back? Consider joining Livingston Memorial Visiting Nurse Association's outstanding volunteer team. This 8-week volunteer training program is only offered once a year and will be held Tuesdays, January 27 to March 17 from 10am-1pm at the Livingston's Ventura offices at 1996 Eastman Avenue, suite 101. There is no fee



Blending time-honored therapies and innovative programs with an obsessive focus on excellent customer service and clinical outcomes

SKILLED NURSING

Serving the needs of Ventura County for more than two decades, Victoria Care Center has been rated by *U.S. News and World Report* one of the best long-term care facilities in America. In addition, Victoria has been awarded the highest 5 Star rating by CMS for clinical excellence while caring for some of the highest acuity needs in a post-acute setting.

www.VictoriaCareCenter.com

POST-ACUTE REHAB CENTER

The rehab process is challenging both physically and mentally. The PARC helps people recover from surgery, illness or injury and return home as quickly and safely as possible. It is the most sophisticated facility of its kind in Ventura County and regularly achieves excellent patient results while working with all of the major insurance companies including Kaiser.

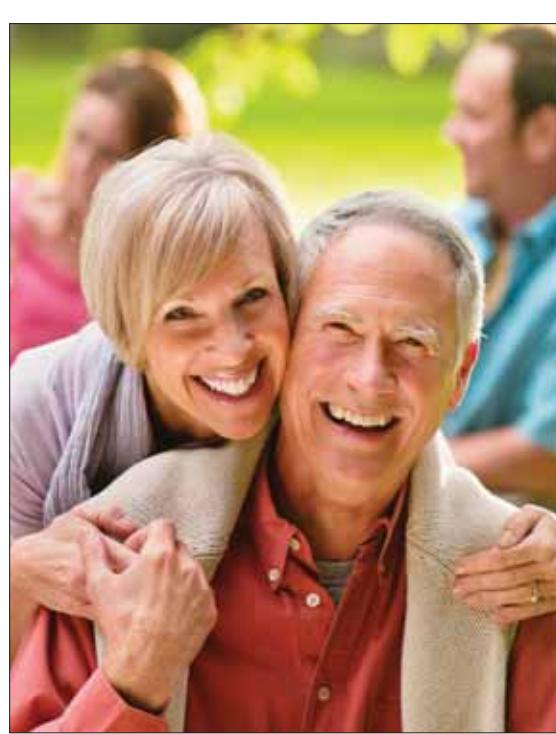
www.ThePARCatVictoria.com

FRIENDS OF VICTORIA

Friends of Victoria helps therapy graduates maintain their strength, balance and agility once they get back home. Free membership includes a wide range of benefits such as periodic no-cost screenings for strength and balance while our "check-up and tune-up" outpatient therapy program helps members live safely at home and enjoy the activities that they love. *Join today.*

www.FriendsOfVictoria.org

805-642-1736
5445 Everglades Street • Ventura, CA 93003





Your Pet's After Hours Emergency Room



- VMG's Emergency Room is open **24 / 7 / 365** and employs Board-Certified Emergency and Critical Care Specialists.
- VMG's Emergency Team is supported by over **15 veterinarians specialty-trained** in Emergency and Critical Care, Internal Medicine, Advanced Imaging, Surgery, Cardiology, and Oncology.

Text PET911 to 95577

to receive our Emergency Room contact info, so that it's handy if and when your pet needs it.*

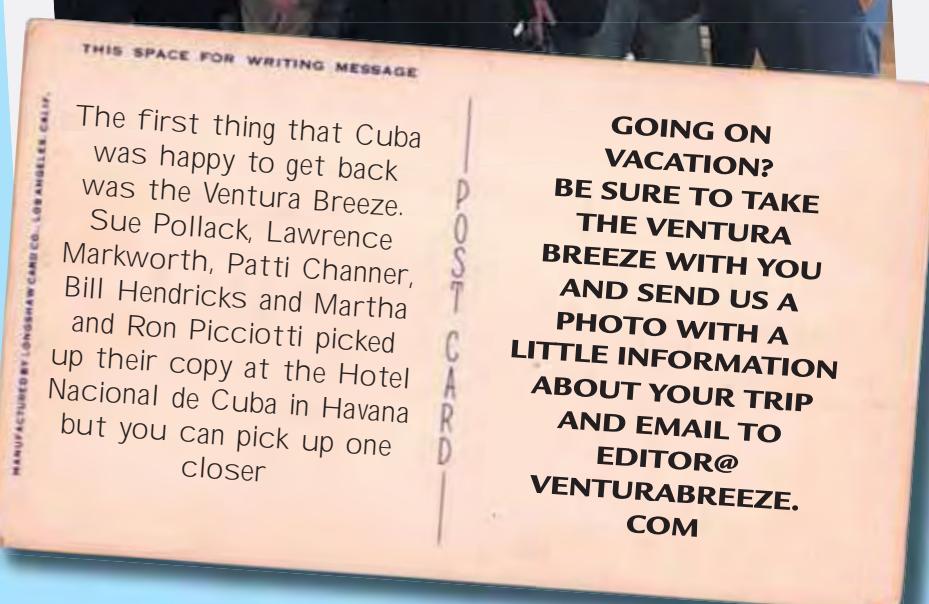


Veterinary Medical and Surgical Group

805.339.2290 | vmsg.com
2199 Sperry Avenue | Ventura

We offer financing and accept most major credit cards.

* You will receive VMG Pet Information.
Get up to 1 message per month. Text HELP for help.
Text STOP to cancel. Message and data rates may apply.



News and Notes

Guest Columnist

East Ventura's water emergency

by Charles Spraggins

A water shortage exists in East Ventura. Ostensibly, it has existed since 2005, notwithstanding the drought. Two different water districts govern the water provided to Ventura, Casitas Municipal Water District (CMWD) for the west side and United Water Conservation District (UWCD) for the area east of Mills Road. Special laws govern the use of water produced in each district. Lake Casitas water is not supposed to be used for East Ventura. Nevertheless, Ventura has been "borrowing" Lake Casitas water and piping it to East Ventura since 2005.

A major contributor to East Ventura's deficiency is new water demand as Ventura continues to guarantee water for new developments. New housing developments need lots of water, water which may not be available. Limited water available for Ventura's existing residents is being redistributed to new developments. East Ventura's residents are afraid that their water is being taken away without any plan for a replacement.

Fearing that the water that they need for their homes and businesses is in jeopardy, Ventura's residents organized, www.SaveOurWaterVentura.org (SOWV), and petitioned the City Council for a water connection moratorium. Thereafter, the Eastside's two different citizen Community Councils passed resolutions calling for a water connection moratorium. Despite evidence of a water shortage, the Ventura City Council has not implemented any moratoria.

Will Ventura admit that it has an East Ventura water crisis? Lack of recognition of the problem may be partly due to misleading data. When Ventura reviews its water supply data, it is presented for the whole city instead of separating data for the Westside and the Eastside. Please remember Ventura is two cities when it comes to water. There are two water districts. If there is a water surplus in West Ventura and a water deficit in East Ventura, combining a Westside surplus and an Eastside deficit results in an erroneous conclusion about the legal permanent water supply for East Ventura.

Although there may be sources for potential new water supply, these sources could not be available for many years. Some new sources of water are dirty and non-potable. These require very expensive treatment plants which would have to be constructed to manufacture potable water. To get state water, pipelines need to be constructed.

Also, Ventura should determine who will pay for the new water projects. Ventura does not have a system in place to bank developer fees that could be used to cover the costs of any new water projects. Sadly, existing residents and businesses might be asked to pay for water projects on behalf of developers.

Ventura needs to conserve its water for the future. Our water emergency could get much worse. Citizens concerned about the water

supply threat to their health, safety and pocketbook can join with other likeminded citizens to petition the Ventura City Council for appropriate moratoria on water connections.

Charles Spraggins, Chair,
Save Our Water Ventura
4666 Vanderbilt Court
Ventura, CA 93003
sow.ventura@gmail.com 633.1061

Tech Today with Ken May

"Could your next car drive you to work?"

It's an exciting time to live in, my friends! As you may have seen on the news, auto manufacturers are making leaps and bounds with self-driving or autonomous vehicles. At this point, one of the biggest obstacles these cars need to get around isn't traffic, but legislation.

There were at least six automakers announcing plans at CES 2015 for autonomous driving vehicles that will be on the road sometime between 2017 and 2020. As a great PR move, Audi sent a car 560 miles from Silicon Valley to Las Vegas with lightly trained drivers, journalists, actually, sitting behind the wheel, completely hands-off.

Also at CES, Mercedes-Benz unveiled a swoopy prototype self-driver, the F 015 Luxury in Motion. The front seats swivel so driver and passenger can sit face to face with back seat passengers. BMW showed a self-parking i3 EV, not just parallel parking but able to hunt through a parking garage for open spaces. The same sensors avoid cars and pedestrians while under way. Ford CEO Mark Fields in a CES keynote said Ford will produce an autonomous driving car for the masses who can't afford Audi/BMW/Mercedes level pricing.

This is all well and good you say, but will it be safe?

Google claims they will be safer than human-piloted vehicles, thanks to the drastically shortened response times, and the ability for the car to draw on many more sensors than our eyes and ears. It doesn't hurt that the car cannot be distracted by kids and texts, either. In case of some fault with the system, it can easily be overridden by human control. The doors this will open are many. In just one generation, we could possibly wipe out fatalities due to drunk or distracted driving! This technology would also enable the elderly to travel more easily, as well as disabled folks.

Public opinion seems to be growing



Have you seen an even more ridiculous sign? Send it to us.

News and Notes

more favorable as well. Wikipedia lists some recent surveys that say in 2011 49% of respondents felt a self-driving car would be safe. By 2013, that rose to 57%. A 2014 survey by insurance.com brought that number up to 86%.

Legislation has been passed in four U.S. states and Washington, D.C. allowing driverless cars. The state of Nevada passed a law on June 29, 2011, permitting the operation of autonomous cars in Nevada, after Google had been lobbying in that state for robotic car laws. The Nevada law went into effect on March 1, 2012, and the Nevada Department of Motor Vehicles issued the first license for an autonomous car in May 2012, to a Toyota Prius modified with Google's experimental driverless technology. In April 2012, Florida became the second state to allow the testing of autonomous cars on public roads, and California became the third when Governor Jerry Brown signed the bill into law at Google HQ in Mountain View. However, in December, California's Department of Motor Vehicles announced will delay adopting new rules for self-driving vehicles to allow more time to understand how to determine whether the cars are safe. In December 2013, Michigan became the fourth state to allow testing of driverless cars in public roads. In July 2014, the city of Coeur d'Alene, Idaho adopted a robotics ordinance that includes provisions to allow for self-driving cars.

I spend enough time stuck in LA traffic and driving around our state that I would happily purchase one of these cars, once they've been certified as safe.

Ojai events

Continued from page 7

Blanche Street at back of museum.

galerie102 is pleased to present *Parallel Realities* featuring photographer Ricardo Rodriguez, former curator of Ventura's Bell Arts Factory's Tool Room Gallery, and Ventura-based mixed-media and ceramicist Janet Neuwalder. In Parallel Realities,

The gallery is located at 102 W. Matilija St. Hours are Thursdays through Saturdays from 11:00 to 4:00pm, Sundays 12:00 to 4:00pm or by appointment. Visit galerie102.com, call 640-0151 or email hello@galerie102.com for more information.

It's a new year! Celebrate a happy new you at Rev. Karen S. Wylie's monthly half-day retreat at Meditation Mount on Saturday, January 24, from 9:30 a.m. to 12:30 p.m.

This meditative morning will be filled with wisdom talks, sharing, sacred songs and prayers of gratitude—setting the course for greater joy and happiness this year.

The retreat is by love offering: \$10 is suggested. Meditation Mount is located at 10340 Reeves Road. For more information, contact Rev. Karen at 310-968-8928, or register online at www.karenswylie.com.

Harumi Rhodes on violin, Priscilla Lee on cello, and Ieva Jokubaviciute on piano, otherwise known as Trio Cavatina, will dazzle local music lovers on Sunday, January 25, as Chamber On The Mountain kicks off its 2015 chamber music season. The concert takes place at 3:00 p.m. at Logan House (adjacent to the Beatrice Wood Center for the Arts), 8585 Ojai-Santa Paula Road. A reception to meet the artists will follow the performance.

As the winner of the 2009 Naumburg International Chamber Music Competition, Trio Cavatina made its Carnegie Hall debut in 2010 with masterful performances of two monumental Beethoven trios. Reservations for the performance are \$25/general and \$15 for students. Visit: <http://www.chamberonthemountain.com/reservations.html>.

Local Author Karen Banfield reads from her newest book "Tarantulas, Fudge and Altered Reality" on Saturday, January 17 1-2 pm at the Ojai Library; 111 E. Ojai Ave.

Karen Banfield's early beginnings were as a professional singer and actress, performing in theaters and schools throughout the western United States and into Alaska. She also toured with Japanese Bunraku Theater, worked as an Artist in Residence for the City of Portland, Oregon, and The Waverly Home for Emotionally Disturbed Boys.

She has a Master's in Counseling Psychology and has run her own business as a mental health practitioner and intuitive healer for more than 30 years.

A savage in childhood, the author takes us through her experience of boarding school, surviving music teachers, travels abroad, being a tarot card reader, mental health therapist and a hitch-hiking encounter with the Mafia, to name a few.

Actors who want to recreate Shakespeare's most life-affirming play on the Ojai ACT stage have an opportunity to audition the weekend of Jan. 24.

"Clowns and misanthropes, lovers and haters, the wise and the foolish, all find their way to the magical forest of Arden where life is re-molded nearer to the heart's desire," said the director, Laurie Walters.

Auditions will be at the Ojai Art Center, 113 S. Montgomery St. from noon to 4 p.m. Saturday and Sunday, Jan. 24 and 25. Other arrangements may be made for anyone who

FRIENDS OF THE LIBRARY GIGANTIC BOOK SALE

Saturday, January 31 - 9:00 a.m. to 2:00 p.m.

Topping Room, E.P. Foster Library

651 E. Main St., Ventura

SUPPORT YOUR LIBRARY: Purchase a membership, shop in our bookstore, contribute to our Capital Improvement and Endowment Funds, volunteer



Membership: Student \$10;
Individual \$20; Family \$30

www.sanbuenaventurafriendsofthelibrary.org
P.O. Box 403, Ventura, CA 93002
Contact: info@sbfol.org

Donations of books, CDs, books on tape, puzzles and DVDs in good condition welcome

can't attend the weekend auditions; contact Producer Len Klaif at 794-3648 or email ljkesq@roaddrunner.com.

All details of characters and a link to the script are on the website at www.OjaiACT.org. Actors should provide a resume, head-shot and conflict dates. Be prepared to read a scene or monologue from any Shakespearean play. Singers should come with a folk song or nursery rhyme and musicians should bring an instrument, preferably a fiddle, squeeze box, flute or percussion.

Mailbox

Continued from page 5

departments didn't implement body cams was for this same reason...digital storage. I wonder if this issue is being taken seriously since it will be a major cost. Note that Asst Police Chief Wilson still hasn't gotten around to getting the cameras for Seaward and Marina Park installed. It has been a year. If they can't do a simple video cam installation, how are they going to manage a police force with body cams? My guess is that there are probably better uses for the VPD money...like more policemen.

Gore Bertson

Breeze:

On the ludicrous outcome in the case of Joshua Packer:

I've never understood why one's, or society's, empathy is so easily transferred from a person who's been heinously murdered to the murderer? Why is it that we can't remember the horrid way one must suffer, in so many cases, while some deviate has his way with an innocent victim then ends his or her life?

It has got to be the failure of society and of the individual to then take responsibility for doing the same, for inflicting

the death penalty on one still breathing, even if every breath is a clearly evil one. What happened to the Biblical concept of eye for eye? And don't tell quote to me "One must not kill," for the original quote was "one must not murder," and it's totally different. Killing, eye for eye, is a highly moral concept, particularly if you put yourself in the place of one being sexually abused, then murdered in front of one's husband and children, as was Davina Husted. If Brock was in fact still alive at the time, and if the children hadn't already escaped next door.

While those children suffer for the rest of their lives with the vision of this madman charging in with knife in hand and stabbing their father and raping and murdering their mother, the madman will enjoy three hots and a cot, TV, and a weight room. And would I mourn if something untoward happened to Joshua in prison? Yes, I'd still mourn for Davina and Brock. Yes, I know, two wrongs don't make a right...but once in a great while right must win out. No matter how cowardly we, as a people, prove to be.

And yes, I knew those nice young people personally, but even if I hadn't, I'd feel the same way.

L. J. Martin

Blessing of the Waters Ceremony

Continued from page 1

boats that watched the ceremony from the water. The Orthodox faithful share this special day annually on January 6, but the water blessing here in Ventura is the Sunday following the 6th. This was the 20th year the celebration and luncheon has been observed at The Greek and Ventura Harbor. Almost 300 enjoyed the buffet luncheon following the ceremony.

ARE YOU LOOKING FOR THE IDEAL LOCATION FOR A MEMORABLE EVENT?

Wedding • Quinceañera Anniversary • Birthday



We offer the perfect solution to your Facility Rental needs.
Convenient Landmark Location, Beautiful Ocean side Surroundings,
Indoor or Outdoor Accomodations with Ocean and Island Views.

Call (805) 648-3376 x112 now for an onsite tour of our Facilities. www.VenturaCountyFair.org

Ventura County Fairgrounds and Event Center

- Convenient Landmark Location
- Beautifully Landscaped Grounds
- Indoor & Outdoor Accomodations
- Amazing Island Views
- Complete Event Services
- Catering for Every Occasion
- Public or Private Events
- Personalized Packaging and Pricing



Professor Scamp, Ph.D

Professor Scamp
Ph.D

■ Learn the do's and don'ts of positive reinforcement training using a clicker and treats (who needs a clicker if there are treats?). Find out how being a good pack

leader will help your dog thrive with the mental stimulation that we crave. Handlers under 18 must be accompanied by someone over 18. Proof of vaccination is required (for the dog only). Instructor is ABC Certified Catherine Gould. Classes are held at BVC Park, 7050 E. Ralston. Register at 658-4726 or www.cityofventura.net/erecreation.

■ The Humane Society of Ventura County (HSVC) is holding its first "Dog Jog" on March 14, at Lake Casitas. This soon-to-be annual event is a 5k fun run/walk for people with all proceeds benefiting the HSVC. (No dogs allowed; logistical issues prevent dogs from participating in the 5K). There will be live music by Main Street Band, food trucks, and HSVC will have both information and education booths on site.

Sign up at www.Active.com by Feb. 15 to get a free t-shirt. Enter "Dog Jog" into the search box. Prices are \$15 for participants 13 and under, and \$35 for those 14 and over. Check-in begins at 8:30 a.m. at



"And I thought that I looked awful after a bath." Scamp

the Lake Casitas Special Events area just south of the main entrance. The self-timed 5K begins at 10 a.m. There is free parking.

There are sponsorship opportunities available, please contact the HSVC at 646-6505 for more information.

■ Ways to Help a Lonely Pet – by Paul Mann Founder and CEO of FETCH! Pet Care (A shortened version).

Chronic loneliness and social isolation is not only debilitating for humans; dogs and cats can also suffer the psychological, and perhaps physical,

impacts of being alone and not emotionally connected or engaged on a regular basis. Pet loneliness, which differs from separation anxiety, can manifest from a new or temporary situation triggered by changes like moving to a new home, a teenager going off to college, or a significant schedule alteration by the human.

To help keep America's dogs and cats more stimulated and satisfied during "alone time," Paul Mann, F, offers these 5 tips on how to avoid pet loneliness:

Exercise a pet before exiting: As close as possible to the time you leave a pet alone, give them a physical workout. Take your dog on a brisk walk or play a game of fetch, and play a game of laser tag or "chase the string" with your cat. This exercise will tire and calm your pet physically so they can utilize the alone time to catch up on rest and recuperation.

Arrange regular midday visits: The best-case scenario is when an owner can come home at least once during the business day, perhaps for lunch, to spend a little quality time with Fido or Felix. Those whose schedule or commute doesn't always allow for this should consider hiring a professional dog walker or pet sitter who can stimulate your furry friend and provide regular affection, companionship, socialization and exercise.

Provide engaging play toys: Leave your dog or cat's favorite toys and anything else you can think of so they can remain entertained in your absence. While treats may not last long in toys, you can also try inserting or freezing them inside a toy to provide a mental challenge. There are also puzzle game treat dispensers on the market that encourage a dog's natural foraging behavior by stimulating their sense of smell.

Capitalize on sensory stimulants: Be it an outdoor shady and well-protected space in the yard where your pet can watch birds, squirrels and other wildlife,

Find a furry friend: Many pets enjoy spending time with other animals, whether they be the same breed or type of pet, or not. Many dogs and cats play quite well together. A common solution is to adopt a second pet as a companion for your dog or cat but, if that isn't a viable solution, pre-arrange pet playdates.

Avoiding, rectifying or reversing a pet's state of loneliness can have tremendous and immediate benefits for the animal and the household at large. Following even a few of the tips above will improve a pet's quality of life and surely get their tail wagging again.

Paul Mann is the Founder and CEO of Fetch! Pet Care. He may be reached online at www.FetchPetCare.com.

Ohana Rehabilitation Center



Certified Canine Rehabilitation Therapist
Certified Veterinary Acupuncturist

Trained in holistic healing,
herbal medicine, nutrition,
and rehabilitation therapy



www.ohanapethospital.com • 805.658.7387

4547 Telephone Road, Suite A, Ventura



Stefanie Scheff, DVM, CCRT, CVA
Veterinary Rehabilitation Therapist

Join us in welcoming Dr. Scheff to our "Ohana"

(Pretty Happy Dog)

Forever homes wanted

Hi: I'm Browdie, an outgoing and affectionate 7 1/2-year-old Parson Russell Terrier mix. I am looking for a new family and home because my current living situation has changed drastically and no longer provides the level of attention and stimulation that I need. I'm used to a houseful of activity and children, but now I'm left alone for 8 - 10 hours a day. That is too much alone time for me. I'd make a great family dog as I play well with other dogs and even better with children, but no cats please. I'm really good at playing fetch and if you throw the ball, I will retrieve it. I'm in great health and enjoy car rides. I'm house and crate trained and know how to use a doggie door. If you're an active and loving family looking for an equally active and loving dog, stop by and meet me! C.A.R.L. Adoption Center, 644-PETS(7387).



Hi: I'm Alfredo, a white Siamese mix who arrived at the shelter in mid-October. I have a short, neat coat that keeps me nicely groomed. Although quiet he enjoys attention and petting, and some playtime with toys. Well-mannered and undemanding, perfect for the person who is gone all day but who wants to come home to a loving and attentive companion! Visit Alfredo at the Simi Valley shelter, 670 West Los Angeles Ave, Simi Valley. Ask for Alfredo, A608198.



Hi: I'm Wrangler! A quite a dude, a rough and tumble sorta guy but with loads of southern charm. Wrangler loves to lounge around in the sun, kicking back and watching the goings-on around him. He's a very masculine cat and even walks with a swagger! Wrangler would be a great addition to any family. He is very handsome and playful, but is FIV+ and will need a family who can give him the care and attention he needs. This fun fellow can be visited at the Camarillo Animal Shelter, 600 Aviation Drive in Camarillo. Ask for Wrangler, A603288.



Meet Princeton, the perfect Pit Bull looking for the perfect home. Princeton is 3-years-old, neutered, micro-chipped, shots up to date. His family left him at the shelter when they moved out of state, so he is used to being a pet in a home. He lived with another dog there, but now prefers to be the only dog, although he lives with cats in his foster home. He is very affectionate, loves people, runs and plays and shows off for everyone. He's a big guy so he needs someone who can walk a strong dog. He needs a good long walk once a day and

then a short one at night. He'll snuggle with you while watching his favorite TV program - he thinks your treat is his, too. Come meet Princeton at The December Store & More, 4160 Market Street, Suite 12. Wednesday through Sunday - 11-5. 766-5920. A home check is required.

Scamp Club

(Scampclub pets are not for adoption.)



Hi: I'm Audie, about a 2-year-old Australian shepherd. I love playing with other dogs and running obstacle courses.

Join Scamp Club

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

SPAY AND NEUTER YOUR PET: SAVE A LIFE
MILLIONS OF DOGS ARE EUTHANIZED IN THIS COUNTRY EVERY YEAR. DON'T SUPPORT BREEDING. ADOPT A SHELTER DOG TODAY!
BE A HERO...ADOPT A PET
cabodogz.com



Police Reports

by Veronica Johnson

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.

Brandishing a Firearm

On Tuesday, January 6th, at 12:04 p.m., the VPD received a call from Alfredo Lomelin indicating he was the victim of a brandishing after getting into a verbal argument with Carlos Camachoa over a road rage incident.

A patrol officer saw the suspect vehicle traveling on Telegraph Road near 5 Points. Additional officers responded and a high-risk stop was initiated. The vehicle was stopped in the 5900 Block of Hunter Street and Camachoa was taken into custody. During a search of his vehicle, a loaded firearm was found concealed under his seat. Camachoa was positively identified and arrested. He was booked into the VC Jail.

The nearby schools were briefly put on lockdown until the suspect was safely taken into custody.

Stolen Vehicle

On Tuesday, January 6th, at 7:04 a.m., members of the VPD were patrolling in the area of Sidonia Avenue and Armada Drive when they came across a vehicle parked in the middle of an alleyway and observed a male subject get inside. As the officers approached the subject, he ran from the area. Investigating officers determined that the vehicle had been reported stolen. Officers located the suspect, Jesus Fuentes, and he was taken into custody without incident.

Upon searching the vehicle, officers found stolen property from vehicle burglaries that had recently occurred in Ventura. Fuentes was booked at VC Jail.

Stolen Vehicle Recovery

On Wednesday, January 7th, officers responded to 400 block of Brookshire Avenue to investigate the theft of a stolen vehicle. A report was taken and the vehicle was entered into the statewide stolen vehicle system.

At 3:38 p.m., a patrol sergeant was in the area of Thompson Boulevard and Seaward Avenue when he observed a vehicle commit a traffic violation. As he was conducting a vehicle stop, he recognized it as being the vehicle stolen earlier in the day. The driver of the vehicle, Daniel Hernandez, was contacted and detained. He was arrested for possession of a stolen vehicle and post release offender violation. Hernandez was booked into the VC Jail.

Shooting at an Inhabited Dwelling

On Saturday, January 10th, at 12:43 p.m., the VPD received numerous calls regarding several shots being fired in the 200 block of Mission Avenue. While responding, witnesses reported seeing a Hispanic male in his 20's fleeing east on Mission Avenue toward N. Olive Street. The first suspect was described as having a silver 9mm handgun in his hand as he was fleeing.

During the investigation, it was discovered that the shooting occurred in the 200 block of W. Harrison Avenue. Two additional suspects were seen fleeing the area toward Westpark after firing several shots. Several of the shots struck a residence in the area that was occupied at the time. No parties in the residence were struck by the gunfire. No injuries were reported as a result of the shooting.

Armed Robbery with Arrests

On Sunday, January 10th, at 9:25 p.m., two armed suspects entered the Log Cabin Liquor Store at 2457 Alameda Avenue. The suspects were wearing ski masks and hooded sweatshirts, and they demanded money from the clerk while pointing a gun at him. The suspects were able to take an undisclosed amount of cash and a bottle of alcohol before fleeing.

An officer spotted a vehicle matching the description and initiated a traffic stop. The vehicle was occupied by at least 3 people. One suspect fled from the vehicle and the other two remained inside. The remaining two suspects, Elaine Larussi and Brandon Diemel, were placed under arrest. Officers were unable to locate the third suspect.

Warrant Service

On Saturday, January 10th, at 10:43 p.m., patrol officers received information that a subject with a felony warrant was staying at a Motel 6, located at 2145 Harbor Boulevard, and that there might be a firearm and a methamphetamine lab in a second room.

Five subjects were contacted and three were arrested. No methamphetamine lab was located. One firearm and controlled substances were recovered from the room occupied by Joshua Solorzano and a female. Another firearm was located in the room occupied by Freddy Magallanes, Maria Vela, and a male that was only detained.

Possession of a Firearm

On Thursday, January 15th, at 12:30 a.m., the VPD received a call of a suspicious subject in the rear parking lot of Motel 6 on 2145 Harbor Boulevard. Officers contacted Brian Herrod in the rear parking area, and upon searching his belongings, located an unloaded handgun.

Further investigation revealed that Herrod had previously been convicted of multiple felonies making it illegal for him to possess a firearm. It was also determined that Herrod was not a registered guest at the motel. Herrod was booked at the VC Jail. No one was injured as a result of this incident.

Stabbing

On January 17, at 1:55pm the Ventura Police Command Center received a call of group fighting near the intersection of Santa Clara and California St. Another caller advised that one of the suspect's was armed with a knife, and a stabbing had occurred. The caller gave a description of the suspect and information that he was now running southbound on California St. A patrol officer observed a male subject matching the description running into the parking structure at California St and Harbor Blvd. This subject Jason Patterson (33 Reseda resident) was detained and was in possession of a knife.

After speaking with witness's, it was determined that this incident started on Chestnut St. near the exit of the Santa Clara parking structure. Patterson and an unknown male subject were involved in a physical altercation during which Patterson stabbed the male subject once in the stomach area. Domenic Todarello (27 Ventura) stepped in and separated them, at which point Patterson brandished the knife at Todarello and threatened to stab him. The stabbing victim left the area on foot in an unknown direction. Officers searched the entire area and contacted all of the local hospitals but were unable to locate the victim of the stabbing.

Patterson was booked at the Ventura County Jail for 422PC – Terrorist Threats and 417PC – Brandishing a deadly weapon.

Harbor Patrol Blotter

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

1-5 The Dockmaster received a report that someone had caught a person stealing the reporting parties kayak and wanted to press charges. Per Patrol's request, the Dockmaster contact VPD. Patrol responded and held the suspect until VPD arrived and handled the situation.

1-10 8:05 p.m. Patrol was contacted by a man who wanted to report an injury. A woman had fallen and injured her foot by Andria's. She transported herself to the hospital for further evaluation. 8:40 p.m. Patrol received a report of a Labrador Retriever in distress near Marina Park. Patrol responded by boat and notified FD, who responded by land. FD extracted the dog from the rocks.

Guest Columnist

New start and focus for 2015-Part two

by Doug Halter

Basic permit systems should be online with each parcel accessible for "what if" scenarios for improvements and repairs. Let our human resources focus on the complex and unique projects.

Ventura should continue the financial district started on the Oxnard side of the river to Johnson Drive and make a regional financial district. This is a win for the entire region on every front.

We have done a good job providing middle-income housing but horrible at providing quality housing for those just starting out as well as those that have been successful and want to stay in our community and enjoy their wealth, expand their businesses and give to local philanthropies. We need to focus housing efforts on these ends of the housing bell curve.

Our community values should be apparent as you drive or walk through each community and we should not continue to homogenize our county to look and feel like everywhere else. Unique and creative projects should be encouraged and shouldn't have to take years to get government approvals! Managed growth shouldn't mean costly, unnecessary reports and studies and time consuming processes but efficient government that has a vision for creating the best community for our future and clear pathways to achieve that vision.

Incentives to reinvest in Main Street and Thompson Blvd should be a priority as these are major opportunities for our community and do not currently reflect

our community values, except for some historical elements, nor take advantage of how those boulevards can improve our quality of life.

The Ventura Botanical Gardens is an opportunity for the entire region. The most depictive site in our county of why we all live here, located on the hillside overlooking the historic downtown, ocean and islands, will create memorable opportunities for all who live here or visit and showcase the best of Ventura County for all to enjoy. It will be a world-class destination and the snowball of support continues to grow each day! This project needs to be supported by policy, funded by grants and private donors, and expedited in every way to maintain that momentum and make use of this tremendous asset sooner rather than later.

In summary, we need not be afraid of change, embrace it and manage it. Don't homogenize our communities, with the same architecture, same setbacks and colors, same street widths and home styles, same tilt up boxes, but encourage and support projects that add unique qualities to the built fabric of our community and not penalize them! Don't ignore the problems and assume someday someone will address them because someday may be too late for many of those we care about and government and people who are desperate tend to make very bad decisions. Trust each other, work together toward needed changes and common communities value and don't just accept the status quo as too large to change. It has to and it will whether we like it or not. Consciously, proactively, and aggressively work toward these changes without delay.

Sheeler Moving

Continued from page 1

seasoned entrepreneur. "So I put it up 'for sale' on bizbuysell.com."

That's where Erik Haney, an up-and-coming business tycoon, found Sheeler Moving and the sale was finalized last December. Haney owns another moving business Move Green, based in Santa Barbara.

Haney felt the timing was also impeccable on his end as well. "I was looking to expand and it seemed geographically logical to expand towards Ventura County instead of, say, out-of-state," says Haney, who started his environment-friendly company in 2007 when he was still in his 20s.

Haney is no stranger to growth and success, with Move Green posting an impressive 20 to 30 percent growth every year since inception. Even during the economic downturn, the company was able to gain ground because it had little to no overhead. "We were able to reposition ourselves during that period and just gutted it out," he says.

Taking over a similar business will probably be a piece of cake for Haney, who is prepared for the growing pains that comes with it. "Sure, there are the

Continued on page 15

Weekly SUDOKU

Answer

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

King Crossword

Answers

Solution time: 25 mins.

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



Show Time

Birdman



by Eduardo Victoria

Completely distancing himself from his prior works, Alejandro Gonzalez Iñarritu created what is one of the stand out films of 2014. *Birdman* definitely shares a kinship to the director's prior works such as *Babel* and *Amores Perros*, but goes to another level of crazy altogether in his latest feature.

Riggin Thompson (Michael Keaton) is an actor well past his prime. Having been famous back in the 80s for playing the titular character in a popular superhero franchise, he feels acting on Broadway will prove to the world that he is still dedicated to his craft. Riggin deals with the press and critics who both remember and look down on him for that role. His daughter Sam (played by the brilliant and striking Emma Stone) is a recovering drug addict that is attempting to renew her relationship by acting as his personal assistant on the show.

The production of "The Unexpected Virtue of Ignorance" is largely unsuccessful due to the dysfunctional group of actors trying to make it all work. The supporting cast of the film, in particular character actor Mike (played by Edward Norton in a self-mocking performance), make the process as difficult as can be.

What exactly is the role of a critic and are they even relevant anymore in today's age of the Internet? This is a question presented throughout the film and explored in particular by Stone's character. She reminds her father, in a scene showing the impressive dynamic range of both Stone and Keaton, that no one cares about him because of his lack of understanding the Internet culture of today's youths.

When a film is cast this well and the script is a solid A+, the filmmaker's jobs become easier. For an auteur like Iñarritu, static camera shots and movement along with the actors is simply not enough. Cinematographer Emmanuel Lubezki, along with editors Douglas Crise and Stephen Mirrione, were tasked with making the film look like one continuous take and the results are spectacular.

Not since *Saving Private Ryan* has the filmmaker's camera felt like an integral part of a story or even window into the lives of the protagonists. The long take effect is the most effective tool in the film (Besides the cast's performances) as it is used with exquisite taste. The single take gives the audience immediate senses of suspense, drama, and side-splitting comedy.

Paired with a killer drum set score from jazz percussionist Antonio Sanchez, the film has a pop existentialist lightness to it that channels directors like François Truffaut. In the end, this is Michael Keaton's film. He is the central focus and he blows everyone out of the water. This movie is a bizarre case of life imitating art (or art imitating life?) in that as of the writing of this review, Keaton has one all of the major Best Actor Awards for his performance as

Riggin Thompson, what is considered to be the actor's come back role.
Rated R. 119 minutes. Drama/Comedy. Now playing at Cinemark Downtown 10

Two on the Aisle

Sordid struggles sear small stage at Flying H

by Jim Spencer and Shirley Lorraine

A fool for love. We all are, at times. And with love often comes drama. The current production of Sam Shepard's play, *Fool for Love*, at the intimate Flying H Theatre in East Ventura brings to the stage all the drama one would expect from this award-winning playwright and director Taylor Kasch.

Reprising the successful run of the same show at the Santa Paula Theatre Center last July which he also directed, Kasch has assembled three of the original four SPTC cast members. The addition of Eric Mello, frequently seen on area stages, completes the complicated quadrangle.

Featured are Ron Feltner as Eddie, a traveling rodeo rider with a penchant for violence and Jessi May Stevenson as May, the on-again, off-again, emotionally unstable girlfriend. W. David Wright is The Old Man (who offers insights mostly from the sidelines) and Eric Mello appears as Martin, a young man engulfed in an emotional tug-of-war he could not possibly have anticipated.

Playwright Shepard had over thirty plays produced in New York before he was thirty years old. His works repeatedly examined the moral instability and spiritual starvation his characters display. *Fool for Love* focuses on those failings and more, from dark family secrets to personality quirks that drive the obsessions of the flawed and emotionally bedraggled personae.

The Flying H production delivers strong, solid performances from all four cast members. The audience is literally placed inside the seedy Mojave Desert motel room with the cast like flies on the faded walls, so the atmosphere is electric with the intensity of the emotions. With a proscenium stage, one can somewhat distance oneself from dismaying action. At the Flying H, one cannot. The audience is there to become part of the production whether they intend to or not. And that, in our opinion, is one of the elements that set the Flying H apart from other county theaters.

Stevenson, in particular, gives a deep and nuanced performance. An accomplished actress, she has increased the vibrancy and depth of her character over the last production. She and Feltner play off each other beautifully, accenting the intensely divergent and conflicted inner turmoil with which both struggle. Eric Mello is outstanding as the confused suitor.

W. David Wright, too, brings new insight into his role as The Old Man, this time fully becoming part of the action. We enjoyed the different feel of the piece

brought about by the intimate setting. The fast-paced conflict is given further dimension by the highly capable Steven Snider at the light and sound controls.

The show runs about 75 minutes with no intermission. It is not suitable for children or the faint of heart due to adult themes and language.

The play runs through January 25 with performances Friday and Saturday at 8 p.m. and Sundays at 2 p.m. The seating is limited so reservations are highly recommended. All seats are \$15. 805-901-0005 or <http://fool.brownpapertickets.com>. Flying H Theatre is located at 6368 Bristol Road, Ventura. For more information on their season offerings, visit www.flyinghgroup.com.

International stars to perform at KAX

Five renowned entertainers from across the globe will be in our area to appear in a gala public show on Saturday, January 31. The show will cap off the 2015 edition of KAX - a four day convention of professional variety performers.

Steve Axtell of Ventura is co-hosting the KAX event with Kidabra, an international association of variety artists with membership that includes ventriloquists, magicians, jugglers and other variety artists. Axtell and his Ventura studio are known the world over as a go-to place for specialized and custom puppets and props for entertainers. The K in KAX is for Kidabra and the AX is for Axtell.

The show's line-up includes legendary ventriloquist Willie Tyler and Lester, Scotland's hilarious comedy magician Gary Dunn, The Netherlands' three-time Guinness World Record Holder, juggler Niels Duinker, American award winning magician Ken Scott, and England's clown prince, Kimmo, as emcee.

Tickets for this world class, two hour show are only \$15 for adults and \$5 for children under 12. Show time is 8 p.m. in the ballroom of Oxnard's River Ridge Residence Inn, 2101 W Vineyard Ave. For more information go to www.kidabra.org/kax/gala/show.

CAPS Chat

CAPS is ready for 2015

by Elizabeth Rodeno

2015 has started with a bang. CAPS is ready for a busy and purposeful year. The Ventura Music Festival announced the lineup for the spring festival and what an amazing selection of performers from mambo groups, the famous classical guitarist family, the Romero's to the famous and talented Herb Alpert. We are looking forward to the festival in May. The Ventura Education Partnership is hosting the annual Festival of Talent where talent from all over Ventura, young and old, perform for an audience of over 1500 attendees. CAPS has been a long time supporter of the Festival of Talent and this year is no exception. This event brings together the community in such a special way. Join the fun come February. Around the bend is the State of the City, the annual event where the Mayor shares the past years' accomplishments and vision for the year ahead. The 27th Annual St. Patrick's Day parade is another event we head out to in our mobile production

truck. We begin ramping up on our youth programs and look forward to working with students. There will be many more CAPS supported events to come.

Let us not forget that it is our membership who supports us by sharing their stories, interests and perspectives. We support them in offering state-of-the-art facilities and training so they can produce with confidence. Our website, Facebook and Vimeo pages share CAPS' stories. All these programs are vital to preserve our voice. There has be no other time where one can share a story and send it out to so many people around the world as we did with the streamed BMX Nationals or to an intimate audience who view local talk shows and announcements on CAPS channel 6 and 15. Community access media centers were created to ensure the preservation of our first amendment rights to freedom of speech. Given recent events in the world, we are blessed to have several local newspapers, streaming radio and student forums that strive to support and expand our freedoms. CAPS is our media outlet that wholeheartedly operates by, of and for the people. It may seem silly to repeat it but we all have such amazing stories to tell and thoughtful questions to pose and we need a place to do it. That is CAPS.

Thank you to the organizations and partners who support us. We encourage you to support CAPS with your skills and ideas. You do have something to say and we all want to hear it. Come to the media facility with its fully operational production studio, camera, edit stations and more. Become part of the CAPS family and share your story. Go to CAPSTV.org to get more information.

Sheeler Moving

Continued from page 15

usual challenges - logistics, positioning personnel, developing new contacts, maintaining old ones, that all come with entering a new marketplace."

According to Sheeler, there was another interested group when the business was up for sale. "But they had no presence in this market," he says. "I felt like Move Green was a more natural fit here."

In staying true to its "green initiative," Move Green offers reusable eco-bins instead of cardboard moving boxes and packing tape. Most quotes and receipts are paperless using Right Signature, the online document signing system. In addition, the fleet uses biodiesel and Haney himself drives a hybrid car.

It is also affiliated with Trees for the Future, a non-profit group dedicated to tree-planting efforts and agro-forestry projects. "We've partnered with them to plant 10 trees for every move we make," says Haney, explaining their carbon footprint reduction efforts.

While Move Green's clientele in Santa Barbara is more residential, it will be the opposite in Ventura County, according to Haney. "There are definitely more commercial clients here," he says, noting that he's looking forward to getting to know these clients better with Sheeler's help.

Facetime is almost a requirement in a referral-heavy type of business such as moving and storage. While Sheeler relied heavily on the more traditional ways of marketing, Haney expects to have a stronger web presence, utilizing its web site, Yelp and Facebook, among others.

"We have big shoes to fill," he says of following in Sheeler's footsteps. "Mel is a respected member of the community and we just want to be able to carry out his legacy of providing stellar service."

THE PIE YOU CAN'T DENY! AND WE DELIVER!!

VOTED VENTURA'S BEST PIZZA #1
OUR DOUGH IS MADE FRESH DAILY!
NOW OPEN DAILY - 11AM
1612 E. MAIN ST. (CORNER OF MAIN + MCMLIAN)
648-1877



ORDER NOW!

- \$4 OFF XL PIZZA
- \$3 OFF LARGE PIZZA
- \$2 OFF MED PIZZA
- \$1 OFF SMALL PIZZA

PLEASE MENTION COUPON WHEN ORDERING. MUST PRESENT COUPON. NOT VALID W/ ANY OTHER OFFER.

HOT WINGS \$8.99!

Lighter Breeze

Mother Goose and Grimm



Tiger



Hagar the Horrible



Crock



Green with Envy (reprinted from a previous Ventura Breeze)



Solutions on page 15

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

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

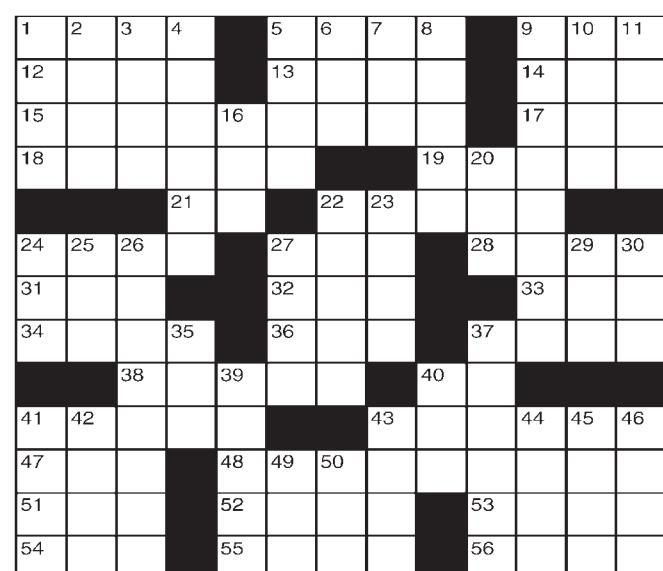
© 2014 King Features Synd., Inc.

Solutions on page 15

King Crossword

ACROSS

- 1 Hanks role
- 5 Love (Sp.)
- 9 Cauldron
- 12 Vicinity
- 13 Sandwich shop
- 14 Lawyers' org.
- 15 Computer access codes
- 17 Fa-la link
- 18 Small chalkboards
- 19 Art supporter
- 21 Blood type
- 22 Antillean language
- 24 Osculation "tools"
- 27 Every iota
- 28 Additional
- 31 "— Little Teapot"
- 32 Greet the villain
- 33 Erstwhile acorn
- 34 Cold War initials
- 36 Leading lady?
- 37 Terrier type
- 38 Move laterally
- 40 Acidity factor
- 41 Angle
- 43 Read
- 47 Ullmann or Tyler
- 48 World



travelers' needs
51 Raw rock
52 Mother of Helios
53 Works with
54 Simple card game
55 Millinery
56 Knight's wife

DOWN

- 9 Depositor's record
- 10 Reed instrument
- 11 Lofty
- 16 Symbol of intrigue
- 20 Intend
- 22 Piece of garlic
- 23 Shaving cream additive
- 24 Actress Lucy
- 25 Online exchanges
- 26 Nisan holiday
- 27 Son of 36-Across
- 29 Shaft of light
- 30 — out a

© 2015 King Features Synd., Inc.



ARIES (March 21 to April 19) Mixed signals could create problems. Make sure your views are presented clearly, and insist others do the same. Don't let an unanswered question go by without a full explanation.

TAURUS (April 20 to May 20) Financial pressures ease, allowing for more budget flexibility. But as the money-wise Bovine will appreciate, thrift still beats out splurging. Expect news from someone special.

GEMINI (May 21 to June 20) Getting things done is what you do so well. But be careful not to overtax your energy reserves. Take time out to relax or to do something different to help keep them at optimum levels.

CANCER (June 21 to July 22) This is a good time to satisfy the Moon Child's growing sense of wanderlust. Choose a really special place to go to, with a very special person to share it all with you.

LEO (July 23 to August 22) You love being in the spotlight. But be careful it doesn't blind you to the truth behind a seemingly wonderful opportunity. Look closer and you might be sadly surprised at what you find.

VIRGO (August 23 to September 22) Isn't it time to take a break from your hectic schedule? Sure it is. And the sooner you do, the sooner you can return fresh and more than ready to take on all those new projects.

LIBRA (September 23 to October

22) A recent family incident can help bring everyone closer, and there's no one who's better at making that happen than you. Accept (indeed, insist on!) help from others to get things off and running.

SCORPIO (October 23 to November 21) Long-held habits are often difficult to break. But the change from how you always did things to how you can do them now can be liberating. So, be flexible and give it a try.

SAGITTARIUS (November 22 to December 21) Someone you met in your professional world last year and thought you would never hear from again could make a sudden reappearance in your life, along with an interesting job offer.

CAPRICORN (December 22 to January 19) Once again, you delight everyone by coming up with a solution for a problem that actually works. On another note, it's not too early to get started on those travel plans.

AQUARIUS (January 20 to February 18) Before you go ahead with finalizing your plans for your new project, check them over to see if you can make some improvements or if you can find ways to cut costs.

PISCES (February 19 to March 20) The Fabulous Fish might have been out of the social swim for too long, and it's time you plunge back in. Reinforce your old friendships and be open to starting new ones.

BORN THIS WEEK: Your creative talents help bring beauty to the world and the people in it. On their behalf, thank you.

(c) 2015 King Features Synd., Inc.



Ventura Music Scene

Lining it up

by Pam Baumgardner

VenturaRocks.com

The holidays are a dim memory as 2015 rolls on and the venues in Ventura continue to offer some of the coolest bands around. Congratulations to Discovery on their one-year anniversary. The first year with any business can be precarious at best and so it's been for Discovery, but they've made it this far settling permitting issues and working through their growing pains and we're looking forward to another fabulous year for this innovative venue. January 21 - 25 includes a Country night, Lee Koch who was featured on American Idol, Natural Vibrations & Junior Reid for reggae night and hometown favorites Big Bad Voodoo Daddy. See their website for dates and prices at www.DiscoveryVentura.com. Trust me; you'll want to be a part of the celebration for sure!

Speaking of new businesses, Pancho's is out, Padrino's is in. Haven't heard of either? Well it's Zoey's former location on Santa Clara. Switching from Mexican to Italian food, it looks like the new owners are leaning towards jazz.

And as for Billy O's? I can only imagine what the joint will look like after they close the doors on their final shows at 2819 E. Main Street. Ill Repute, False Confession, Stop Breathing and almost ten more bands are lined up for Friday the 30th and then on Saturday the 31, the final night will see Death Benefit, All-a-Blur, Cupcake, the NaVaNaX, Crazy D & the Nutz and a half dozen or so more. As of press time, a new joint had not been found yet.

The Expendables will bring their own special brand of reggae to the Ventura Theater on Friday, January 23rd as they tour in support of their latest record, "Sand in the Sky" (mixed by Butthole Surfer guitarist & producer Paul Leary); then on Saturday, January 31, John Ondrasik of Five for Fighting with quartet will do a special performance with Glen Phillips of Toad the Wet Sprocket opening.

The Ventura Music Festival announced their 2015 season and along with the traditional music you would expect, including a special night with Herb Alpert and wife Lani Hall on May 8th, it's going to an extraordinary evening at the Ventura College Stadium with Grammy winners Ozomatli delivering jams mixing samba, hip hop, swing and soul.

This year's Roadshow Revival, a Tribute to the Music of Jonny Cash will not only move to a new location,

but will span over two days! Mark your calendar now for June 27 and June 28 at Mission Park downtown Ventura for one of the most popular music events in our city. Bands will be announced soon.

And the Van's Warped Tour will be coming through town making their annual stop at the Fairgrounds the week before Roadshow Revival on Saturday, June 21. Bands are being announced weekly and tickets are already available online www.VansWarpedTour.com.

If you have any music related news or upcoming shows you want help publicizing? Send all information short or long to Pam@VenturaRocks.com.

Music Calendar

For more events go to VenturaRocks.com

Amigos Cafe & Cantina

546 E. Main St.**805-874-2232**

Mondays: 6 pm Karen and Joe; 8:30 pm Joey's Blues Jam
 Tuesdays: 6 pm Nathan McEuen; 8:30 Beers Brothers open mic
 Wednesdays: 6 pm Jazz on Main Street; 9 pm Mark Masson and Friends
 Thursday: 7 pm The Gypsy Blues Band

Fri 1/23: 9 pm The Banderlos featuring Preston Smith
 Sat 1/24: 6 pm The Beach Bumz; 9 pm Toni Dodd & the Southland Blues

Sun 1/25: 6pm Paris Slim
 Fri 1/30: 6 pm Fishfry; 9 pm Mojo Filter

Sat 1/31: 6pm Camp Franco; 9 pm Soul Machine

Billy O's

2819 E. Main Street**(805) 652-0327**

Mondays: Acoustic Showcase
 Tuesdays: Open Jam Night/Music Club
 Wed & Thurs - Karaoke
 Sat 1/31: Ill Repute, False Confession, Stop Breathing, Los Creepers, more... (final night at Main Street location)

Bombay Bar & Grill

143 S. California St.**805-643-4404**

Live Music every Wed thru Sun
 Wednesdays - Tommy Marsh and Bad Dog blues jam
 Thursdays - Musician's Brew with Coso

Café Fiore

66 S. California Street**805-653-1266**

Wed 1/21: Donna Butler
 Thurs 1/22: live music
 Fri 1/23: Donna Kristy Band
 Sat 1/24: Soul Infusion
 Tues 1/27: Instone
 Wed 1/28: Big Adventure
 Thurs 1/29: Rick Whitfield
 Fri 1/30: Mojo Box
 Sat 1/31: Soul Infusion

The Cave

4435 McGrath Street**(805) 642-9449**

Thurs 1/22: Warren Takahaski
 Fri 1/23: Warren Takahaski
 Thurs 1/29: Warren Takahaski

Discover Ventura

1888 Thompson Blvd

Wed 1/21: Disc-O-Town

Fri 1/23: Big Bad Voodoo Daddy
 Sat 1/24: Lee Koch, Josh Damigo
 Sun 1/25: Natural Vibrations, Junior

Reed, Karlos Paez

Fri 1/30: The Caverns

El Rey Cantina

294 E. Main Street

Fridays 4 pm

Xoco Moraza and Friends

Gigi's Cocktails

2493 Grand Avenue**(805) 642-2411**

Mondays: Maggie's Drawers open mic

Thurs & Fri: Karaoke

Sat 1/24: The Cynthia Manley Band

Sat 1/31: The Robert Heft Blues Band

Golden China

760 S. Seaward**(805) 652-0688**

Karaoke seven nights a week

Swing night Thursdays 6:30 pm

Cumbia music Fridays with DJ Carlos at 9:30 pm

Reggae Sundays 8:30 pm

Grapes & Hops

454 E. Main Street

Fri 1/23: 8 pm Shawn Jones

Sat 1/24: 8 pm The Jazz Junkies

Sun 1/25: 3pm No Mad Trio

Fri 1/30: 8 pm Rich Sheldon

Sat 1/31: 8 pm Brandon Ragan Revival

The Greek Restaurant

Ventura Harbor

Sat & Sun 7:30 pm

Belly Dancing, Greek music and show; DJ dancing

Green Art People

1408 Ventura Avenue**(805) 729-2361**

Wednesday 6:30 pm

Wed 1/21: Shaky Feelin'

Wed 1/28: Jamie Wyatt, Matt Bednarsky opens

Hong Kong Inn

435 E. Thompson Blvd

Fri & Sat 7:30 Polynesian Show, live music 9:30 pm

Fri 1/23: Martin & Macias

Fri 1/30: Teresa Russell

The Keynote Lounge

10245 E. Telephone Road**805-647-9390**

Tues & Weds - Karaoke

Thurs - Open mic jam

Fri 1/23: Action Down

Sat 1/24: New Vibe

Fri 1/30: Tex Pistols

Sat 1/31: Time Bomb

Majestic Ventura Theater

26 S. Chestnut Street

Fri 1/23: The Expendables; Fortunate Youth; Katastro

Sat 1/31: John Ondrasik of Five For Fighting; Glen Phillips

Milano's Italian Restaurant

Ventura Harbor**(805) 658-0388**

2nd & 4th Tuesdays

Tues 1/27: Bluesgrass jam

Paddy's

2 W. Main Street**(805) 652-1071**

Fri & Sats

DJs

The Patio at Player's Casino

6580 Auto Center Drive**805-643-1392**

8:00 - 11:00 PM

Fri 1/23: Teresa Russell

Sat 1/24: Action Down

Fri 1/30: The Bomb

Sat 1/31: Big Adventure

Peirano's

204 E. Main Street

Fri 1/23: Lola Haag

Sun 1/25: Colene & Company

Fri 1/30: Sunnarborg-Riviera Duo

Pierpont Inn

550 San Jon Road

(805) 643-6144

Fridays 7-9 pm: Ken Minardi

Saturdays 6-9 pm: Mark Anthony

Red Cove

1809 E. Main Street

Fri 1/23: American Hoss, All a Blur, The NaVaNaX

Sat 1/24: Rocket 68

Rookees Sports Bar & Grill

419 E. Main Street**(805) 648-6862**

Friday and Saturdays

10 pm Rotating DJs

Saloon BBQ

456 E. Main Street

Fri 1/23: Solimar

Sat 1/24: Big Adventure

Sun 1/25: 3 pm Crooked-Eye Tommy

Thurs 1/29: Matt Syles

Fri 1/30: Downtown All Stars

Sat 1/31: Barrelhouse Wailers

Sun 2/1: Walt Dunlop

Sans Souci

21 S. Chestnut**(805) 643-4539**

Mondays - Karaoke

Tuesdays - Twisted Tuesday

Wednesdays - Open mic

Thursdays - DJ Spinobi

Sundays - DJ Darko

Thurs 1/22: Catfish Fry

Fri 1/23: Alligator Dave

Ventura Art Scene



The Observer by Megan Oergel, photograph 1st Place Tamima Al-Awar Scholarship recipient 2014.

FOTM and VCAC join for scholarships

Focus on the Masters and the Ventura County Arts Council are joining together to provide scholarship funds and exhibition opportunities to high school seniors who plan to pursue art studies in college. This year, the Tamima Al-Awar Memorial Scholarship program will provide over \$4,400 in scholarships and the opportunity for all students applying to exhibit their work at the Ventura County Government Center in Ventura. The competition is open to high school seniors who reside in Ventura County and who show in their application a commitment to further study in the visual arts. portfolio and essay submitted.

All scholarship applications are required to be submitted online at: www.VenturaCountyArtsCouncil.org. Appli-

cations are due to the Ventura County Arts Council website Friday February 11. Incomplete or late submittals will not be reviewed. Submissions must be signed by a faculty member of the student's high school and a parent. There is no limit to the number of applications per school.

All students applying for the scholarship will be invited to exhibit their work in Expressions of Our Youth a group exhibition at the Ventura County Government Center shown from February 20 through April 7. The scholarships will be presented to the recipients at the Opening Reception & Awards Ceremony Friday, March 6 from 5:30 to 7 p.m.

Tamima Al-Awar: Tamima was a graduate of The Thacher School where she discovered her passion for painting.

Cup." This competition is open to students attending college or university in Ventura County and taking a course of study in art. \$3,000 in scholarships and prizes will be awarded to winners in 1st, 2nd, and 3rd place categories, as well as 5 Honorable Mentions. The deadline to enter the competition is Saturday, January 31, 2015 at midnight. Digital entry only. All entries must be submitted online at the Buenaventura Art Association website, www.BuenaventuraGallery.org.

An exhibit of competition winners and accepted entries will run from February 10 through March 1, 2015 with an opening reception/awards ceremony on Saturday, February 14 from 5 - 7 pm.

Scholarships and prizes for the competition are funded by The Jessica and Stanley Prescott Trust, The Scripps Howard Foundation, Mark Hafeman, Al and Freddie Contarino, and Mary and Jim Galbraith.

The Harbor Village Gallery is located at 1591 Spinnaker Dr , Suite 117C, 644 - 2750. Hours: 11 - 5, closed Monday. www.BuenaventuraGallery.org.



Piano Man, 1st Place winner 2014, by Kala Randazzo.

Call for entries

Buenaventura Art Association is announcing a call for entries to its 9th annual collegiate scholarship competition, "The BAA Emerging Artist

Art, a la Carte



The photography of Amy Oliver. Originally from a sleepy town on the coast of North Carolina, Amy Oliver is a Ventura based photographer who has sought to capture the wonder and mystery of the city she now calls home. Oliver earned her MFA in photography from the California Institute of the Arts in 2007 and her BA from Tufts University in 2001. She works with digital and traditional photographic materials using 4x5, medium format, 35mm, and digital SLR cameras in her work.

Ventura College Art Gallery 2 until February 12.



*Vita Art Center presents Scott Gordon Human Stain
Opening reception Friday, February 6 from 6-9 p.m.
Exhibit February 6 - 28
Gallery hours M-F 10-4 pm Saturday and Sunday by appointment*

Scott Gordon, is a highly productive visual artist. The artwork itself is made up of paper scraps, odds and ends, paint, tickets and the like, reminiscent of Kurt Schwitters.



Each year Red Brick Gallery celebrates their anniversary by giving back to the community that has supported them and the locals arts. On January 24th from 6-9pm Red Brick celebrates its 8th Anniversary with a party and creative fundraiser for the Downtown Ventura's Family Reconnection Program.

Red Brick's Fundraiser party is free to the public and features a variety of local artists demonstrating how they create their art, interactive painting and art demonstrations will create a lively environment along with live music, food, drinks and prize wheel.

The Downtown Ventura Partners' Family Reconnection Program provides free transportation to eligible, needy individuals who, for whatever reason, end up vulnerable on Ventura's streets and are seeking a way to reconnect with a family member or support group. Since its inception in 2012, the program has assisted near 50 individuals. Join the Red Brick Gallery for a fun night with a social conscious.



Yvette Franklin, Ojai resident and current President of Ventura County Potters' Guild, will demonstrate the art form of Ikebana for the Guild's January Program. As a student of Sogetsu Ikebana, Franklin will demonstrate a basic upright moribana arrangement and share her studies of the history of Ikebanal. She has been a collector of Ikebana ceramic containers for years and will bring several styles to admire. Monday, January 26, doors open at 7pm Program begins at 8pm. Ikebana ("living flowers") is the Japanese art of flower arrangement, also known as kad (the "way of flowers"). The Ventura Avenue Adult Center 550 N Ventura Avenue



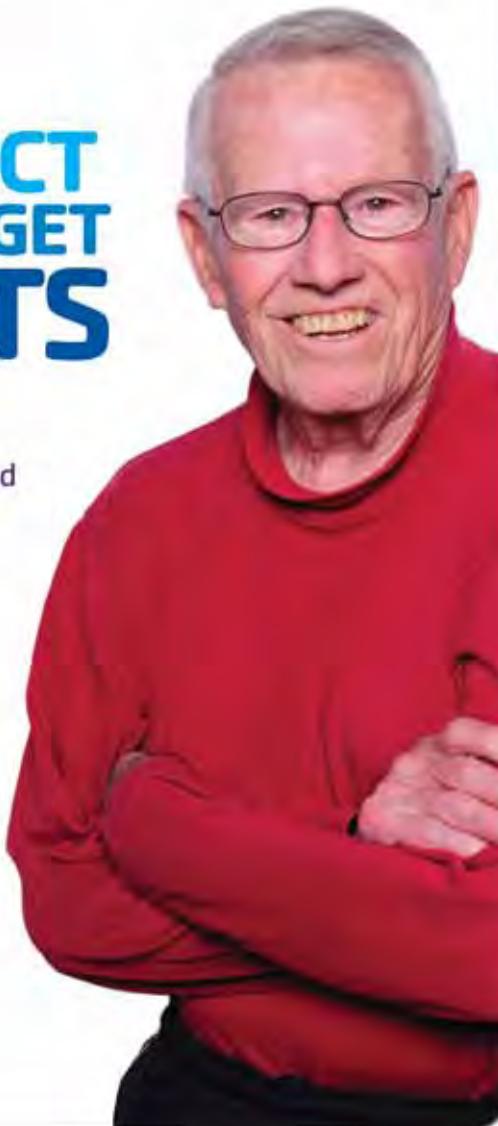
Breeze publisher by Jaime Baker of Way Outta Line Caricatures, 794-1808



"After 4-way bypass and lower back surgery I had to choose between sitting on the couch or getting up so I joined the Y and have maintained my health!" -JOHN

RECONNECT RECHARGE, GET RESULTS

Get results at the Y!
Join any time in January and
the rest of the month is
on us!



VENTURA FAMILY YMCA
805.642.2131
ciymca.org/ventura



Come in for a test save.

Mike Veseth CLU ChFC, Agent
Insurance Lic#: 0682011
1730 S Victoria Ave, Ste 200
Ventura, CA 93003
Bus: 805-642-8271

Total average savings of \$825*

Let me show you how combining home and auto policies can add up to big savings. **Like a good neighbor, State Farm is there.**
CALL ME TODAY.

State Farm™

*Average annual household savings based on national 2012 survey of new policyholders who reported savings by switching to State Farm.
State Farm Mutual Automobile Insurance Company, State Farm Indemnity Company
State Farm Fire and Casualty Company, State Farm General Insurance Company, Bloomington, IL
P097197.1

CAPS is ready for 2015

Continued from page 16
produce with confidence. Our website, Facebook and Vimeo pages share CAPS' stories. All these programs are vital to preserve our voice. There has been no other time where one can share a story and send it out to so many people around the world as we did with the streamed BMX Nationals or to an intimate audience who view local talk shows and announcements on CAPS channel 6 and 15. Community access media centers were created to ensure the preservation of our first amendment rights to freedom of speech. Given recent events in the world, we are blessed to have several local newspapers, streaming radio and student forums that strive to support and expand our freedoms. CAPS is our media outlet that wholeheartedly operates by, of and for the people. It may seem silly to repeat it but we all have such amazing stories to tell and thoughtful questions to pose and we need a place to do it. That is

CAPS.

Thank you to the organizations and partners who support us. We encourage you to support CAPS with your skills and ideas. You do have something to say and we all want to hear it. Come to the media facility with its fully operational production studio, camera, edit stations and more. Become part of the CAPS family and share your story. Go to CAPSTV.org to get more information.

Dudley House

The Dudley House Speaker's Bureau, along with historic presenter Connie Korenstein and the Talespinners of History, now offer over twenty living history talks to school classes and community groups in need of speakers. The talks are offered free although donations are encouraged and a mileage fee is sometimes requested. Call 641-3563 for further information.

At the YMCA Open house we asked kids what they like best about the YMCA



Stella, age 7: "Everyone here is kid friendly and I love the Adventure Guide Program."



Dean, age 4: "I love swimming and looking out from the balcony."



Caleb, age 5: "I like Tae Kwon Do and the Adventure Zone."



Lillian Grace, age 2: "Ballet, Ballet, Ballet." (as she dances away)



Manny, age 12: "I really like getting help when I need it and I can invite my friends. Everyone likes Cardio."

Showing off the Ventura YMCA at their Annual Open House

by Karen Helen Szatkowski

The YMCA is an institution in the United States – the largest non-profit in the country – and, believe it or not, it has been here in Ventura since 1887. On Saturday, January 10th they showed off their impressive facility at 3760 Telegraph Road with their annual Open House.

Everyone was invited to take a tour, participate in activities and generally experience the "Y" as it is affectionately called.

The Marketing and Communications Director, Alicia Cattoni, explained some of the important programs offered by the Y that includes many family oriented activities such as swimming (lessons or enjoyment), racquetball, teen leadership, CPR/First Aid, summer camping, child care, and too many more to list here.

Alicia also noted that they are fully involved in the community with homeless and disabled persons' programs to aid in recovery and life enhancement as well as tackling some obstinate problems such as nutrition counseling and personal training and exercise. Their website lists a "Hydrostatic Body Composition Testing" offering on January 21st to see how many calories you need every day! This is a comprehensive community organization.

Another of the dedicated staff is Brian Stevens, the Member Relations Director who directed and organized the Open House this year. Brian is a lifelong member and joined the staff to coach a sports program by teaching baseball and has moved through other positions to his current one. He has enjoyed his now five years with the Y, especially in promoting membership that he can whole heartedly recommend.

The Open House has been a valued success for the Y and for the community in offering an introduction to everyone interested. There are no membership fees in January for all that join this month (so hurry up) and many scholarship and subsidized programs for people in need at all times. The quickest way to check out the Ventura Y is to log on to their website www.ciymca.org/ventura or, to visit and talk with the friendly staff.