



Happy Valentine's Day!

FREE

VENTURA BREEZE

Your Hometown Paper

Vol. 3, No. 9

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Mayor Bill Fulton

Ventura's defining moment: Creating a prosperous and sustainable future

There is no question that in this economic climate, the state of our city government is challenged. As is the state of our school district, our county government, our Chamber of Commerce, and any number of other agencies and organizations around town. Money is short; businesses and institutions we depend on and cherish are at risk, and we are often at the mercy of events and circumstances beyond our control.

But the state of our community - the state of Ventura as a living, breathing, thriving place of 100,000 people - is stronger than ever.

The people of Ventura bring an enormous amount of passion and energy every day to task of sustaining our community as a terrific town: soccer leagues, little leagues, community organizations, arts and cultural activities, education, music, and businesses that are born and grow and prosper. It is all of you who make our community strong and give us the passion and the energy to deal with hard times.

And these are indeed hard times. But if you think back over the last decade, it's remarkable what Ventura, as a community, has accomplished:

We have paved almost every street in town. This may not be the most headline-grabbing accomplishment in history, but it's one that affects everyone's life every day and we should be proud of it. It shows we can focus on the basics and get them done.

We have built a world-class aquatics center at the Community Park and a nationally recognized links golf course at Olivas. These new facilities enhance the quality of life for our local residents. But they also bring in many tourists and visitors, adding to our emerging "brand" as a center of outdoor recreation that also includes the Channel Islands, boating, surfing and kayaking, bicycling and hiking.

We established downtown as a regional attraction that benefits local residents and again, brings visitors and their money into our town. There is nothing like our downtown scene, our art, culture, music, and restaurant scene anywhere along the coast between Santa Monica and Santa

Barbara. And people are discovering it. How many other retail "draws" anywhere in the country can say they have increased their business in the last two years?

Up here on this dais, we eliminated a structural deficit and have maintained a balanced budget every single year. This has involved making tough choices, and you may not like the way we've done it, but we have faced these hard issues head-on.

As a community, we created a community Vision; and as a city we have translated that Vision into a new General Plan, new development codes that are much more understandable, and a more predictable development process.

These are remarkable achievements for any community in any decade, and we should be proud of them. They remind us not only that Ventura is a great town, but that even in hard times, we remain a community capable of pulling together and getting things done.

Now is the time to rely on that passion and energy to lay the foundation for the future that is both more prosperous and more sustainable. In working with the City Council since the swearing-in back in December, it has become evident that achieving long-term goals requires us to focus on three things:

Creating and sustaining an enduring prosperity;

Sustaining the environment that supports us; and

Reinventing the way we provide our public services so that we can sustain those services at a high level in the long run.

Breeze:

Mayor Fulton's entire "State of the City" speech can be found at www.venturabreeze.com.



Our own Dr. Trudy Arriaga 2010 Superintendent of the Year

Pepperdine University selects Dr. Trudy Arriaga 2010 Superintendent of the Year

The Pepperdine University Graduate School of Education and Psychology (GSEP) Superintendent Advisory Council has announced the selection of Dr. Trudy Arriaga, superintendent of Ventura Unified School District, as the recipient of the 2010 Superintendent of the Year Award. The Advisory Council is comprised of California superintendents and school leaders, and utilizes Pepperdine University as a forum to discuss issues that concern superintendents and their schools. GSEP also provides professional development activities for the Council's members.

"Arriaga leads from the heart, adher-

Continued on page 15



Graffiti to be removed from railway trestle?

The Breeze is happy to report that some progress is being made to remove the graffiti that welcomes visitors to Ventura.

Slowly, but steady Union Pacific and CalTrans have agreed to do their parts. Marie Lakin from Pedro Nava's office is

coordinating the effort.

She told us "It's a very expensive endeavor, because it entails closing down several lanes of the freeway to do the painting (and the specialized paint itself is very expensive) and installing lights and cameras and fencing and landscap-

ing and signs to prevent future tagging."

"My office has been working with the Ventura City Attorney's office," said Assemblymember Pedro Nava, who represents the Ventura area. "We coordinated a meeting in November with Union Pacific officials, Mayor Christy Weir, City of Ventura staff, Vincent Moreno of the California Department of Transportation and Jim Lutjohann from the Ventura Visitors and Convention Bureau. We now just need to get everything aligned and a formal presentation to Union Pacific outlining what is needed from them. Union Pacific has indicated they are very interested in working with all the stakeholders to find a solution.

"I would like to give special commendations to Vincent Moreno of the DOT who has been invaluable in this project. We are hopeful this will be resolved."

Rebeca Mendoza, from the City Attorney's office has also been meeting with Union Pacific officials and stated "now we just need to get everything aligned and a formal presentation to Union Pacific which outlines specifically what we need from them. UP has indicated they are very interested in working with us to take care of the problem."

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Jan 15th - Feb 14th, 2010



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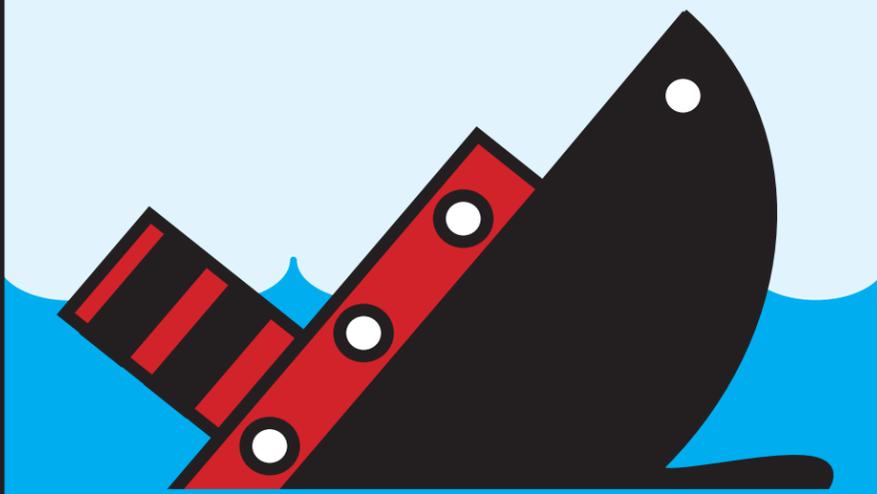
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VENTURA BREEZE

Your Hometown Paper

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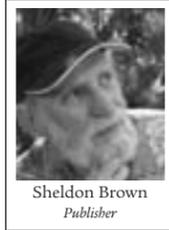
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Opinion/Editorial



Sheldon Brown
Publisher

This is part 2 of

“Ventura politics 101”

The control of the public school district of the City is in the hands of the Board of Education which shall consist of five members elected from the district at-large, provided however, that all qualified electors of the Ventura Unified School District shall have the right to vote for members of the Board of Education.

Each member of the Board of Education shall serve for four years; three members were elected in November.

On or before the first day of May of each year a budget shall be submitted to the Council for the next fiscal year.

The budget shall provide a complete financial plan of all City funds and activities for the next fiscal year and the total of proposed expenditures shall not exceed the total of estimated revenue.

In organizing the budget, the Board shall utilize the most feasible combination of expenditure classification by fund, organization unit, program, purpose or activity

and object. It shall begin with a clear general summary of its contents; shall show in detail all estimated revenue, indicating the proposed property tax levy and all proposed expenditures, including debt service, for the next fiscal year; and shall be so arranged as to show comparative figures for actual and estimated revenue and expenditures of the current fiscal year and actual revenue and expenditures of the preceding fiscal year (got it?).

After reviewing the proposed budget and making such revisions as it may deem necessary, the Council shall determine the time for the holding of a public hearing and shall place notice of it to be published not less than ten (10) days prior to the hearing. Copies of the proposed budget shall be available for inspection by the public at least ten (10) days prior to the hearing.

At the time advertised or at any time to which such public hearing shall from time to time be adjourned, the Council shall hold a public hearing on the proposed budget, at which time interested persons desiring to speak shall be heard.

At the conclusion of the public hearing the Council shall further consider the proposed budget and make any revisions that it may deem advisable. On or before June 30 it shall adopt by resolution the budget with revisions, if any, by the affirmative vote of at least four members of the Council. Upon final adoption, the budget, certified by the City Clerk, shall be reproduced and copies made available for the use of the public and of departments, offices and agencies of the City.

The following are the current members of the Board of Education:

Debbie Golden - Board President
Barbara Fitzgerald - Vice President
Velma Lomax
John B. Walker
Mary Haffner

The Superintendent and Secretary to the Board is Dr. Trudy Tuttle Arriaga (see separate article regarding the honor bestowed upon her)

She can be reached at trudy.arriaga@venturausd.org or 641-5000 x1013.

The Board of Education is located off of Ventura Avenue, 255 W. Stanley Avenue, Suite 100, Ventura, CA 93001

If there is any other information you would like regarding the running of the City please let me know at editor@venturabreeze.com and I will try to answer your questions.



Sheldon making a presentation to the Kiwanis meeting held at the Poinsettia Pavilion

Mailbox

Is the income level of these two folks so high that it put them in a different pricing category?

Are there other tenants at the WAV who have experienced this type of rent discrepancy?

Could this be considered a type of “Bait and Switch”?

What does WAV project have to say about this?

Thanks for your efforts with your paper and keeping us informed about what is going on in our seaside community.

Sincerely,

Jay H

Ventura

Dear Friends and Colleagues,

For the last few months, several volunteers, including myself, have been helping the Ventura County AIDS Partnership develop and build a new, signature event: Rhythms of Life: Dance for AIDS. We are all extremely excited about this special performance by local dance groups of nearly every stripe and color. The event has something for everyone and promises to be a total blast. I hope you can come. In case you are unable to make it, you can still help in other ways...at this particular moment we are still looking for wine and cheese donations for our pre-event reception, as well as sponsorships for AIDS clients that can't afford to attend the show.

And make sure you get an after-party ticket too -- if you haven't yet seen ME dance, then that will be your one chance all year. :-)

Thank you for helping to close the gap on our community's unmet needs for HIV/AIDS prevention and care.

Tea Silvestre

Breeze:

Rhythms of Life: Dance for AIDS, is a community driven, family oriented, multi-cultural dance performance that will inspire

and uplift as it tells the story of AIDS locally and globally. Over 100 volunteer performers and 300 support volunteers are making this event possible. It will be held on Saturday, March 6 at 7pm.

Call 485-6288 ext. 232 for tickets. Student \$25, General \$50, Preferred \$75, VIP \$125 (includes Swag and After Party ticket)

After the show, join in for a lively Glow in the Dark After Party, 21 and up please at Paddys 2 W. Main St in Ventura from 10 pm on. \$20 per person.

City Council

In 2005, after seven years of neglect and evidential abandonment, the city sold the lot adjacent to my home as “surplus property.” Another four years passed with the buyer in complete default of the sales contract. To avoid repossession by the city, the buyer, in 2009, petitioned the city for an extension to allow him time to resell the lot to a third party, which he did. An escrow closed on December 31, 2009. This allowed him to recoup costs from his failed project and to remove him from all future liability. He subsequently relocated to Colorado. And who was the biggest winner of all?

The City, who also enjoyed removal from all future liability and the necessity of reclaiming and rehabilitating its lot. And what did I get? The glorious opportunity of dealing with yet another buyer and the possibility of another failure.

I know that this council truly believes that it has done a great job in trying to end this tragic twelve-year debacle. But it has definitely not ended for me until the stabilization of the slope is a reality. I leave you with this thought “I forgive you

and the last five councils for the unspeakable wrong to which I was unfairly and needlessly subjected. I sincerely thank you for your kind and respectful patience in listening.”

Helen Yunker

Learn the newspaper biz while having a good time

The Ventura Breeze, Ventura's only local community based newspaper, is looking for interns to work on the paper.

Learn the newspaper business by writing, editing, doing interviews, covering the Ventura City Council meetings, taking photos and other fun and interesting stuff.

If you are outgoing we can also always use advertising advisers to secure advertisers for the paper. This is a paying position that is commission only.

Perhaps you can earn class credit for this also (don't really know).

These are all “just when you have the time” positions.

If you are interested please contact the publisher Sheldon Brown at editor@venturabreeze.com and go to www.venturabreeze.com to look at the paper and other stuff.

Ask yourself if you are happy, and you cease to be so.

— John Stuart Mil



City News

Blue skies . . . and not too much storm damage

by Rick Cole

A tornado, sink holes, a damaged pier and downed trees and tree limbs. All things considered, Ventura came through the "storm of the decade" reasonably well.

One insidious impact of our budget cuts is that we've had to chop the capacity that used to give us greater margins for such emergencies. We've shrunk our workforce from 650 to 610, but we are also holding 40 additional jobs vacant. So that means we have 570 people instead of 650, stretching us pretty tightly when a storm comes along that affects police, fire and public works response. From flooding to potholes, our resources are strained to keep up with nature's fury.

We came through this test well -- and were fortunate that the winds and rains weren't as severe as predicted. Still, the thunder, lightning and drama of the recent storms remind us that we are vulnerable. It takes resources -- public and private -- to protect ourselves. At a time when we must skimp on adequately funding local services, we can't neglect the need to prepare for the dangers that lurk in nature. It may not seem urgent -- but it certainly is important.

Ask The Director: Ron Calkins, Public Works director for the city of Ventura.

Q. The "Mutt-Mitt" dispenser at my local park is empty and the sign says that the program has been discontinued. Why?

A. Tough economic times have reduced the city's two-year operating budget by \$11 million, with an additional \$4 million needing to be cut by next fiscal year. In the Public Works Department alone, this translates to more than \$3 million in pay and work force cuts, and significant reduction or elimination in services. The effects of these cuts are just now being realized. Unfortunately, the popular "Mutt-Mitt" program, which provided more than 600,000 plastic bags annually

for dog owners to pick up after their pets at public places, has been discontinued. Without new funding, some 80 pet bag dispensers located along the beach promenade, in community parks, in linear parks and in the city's dog parks will remain empty.

Ventura residents need to remember to bring their own plastic bags when heading out the door with their furry friends, and to pick up after their dogs and throw the waste in a trash container. Dog waste is not only unsightly and unsanitary, but it also can be washed into the storm drain system and pollute our waterways and our beaches.

Being responsible pet owners will protect our water supply and keep our children's play areas clean. In fact, take an extra bag along to help the environment and a fellow dog lover.

The "Mutt-Mitt" program started over 10 years ago and costs about \$35,000 annually. The city is seeking sponsorships to partner and continue this environmental program. Many of the dispensers are in highly visible areas and are used regularly by residents and visitors, which provides a very valuable marketing opportunity for local advertisers. Interested businesses or organizations should contact Ventura's Environmental Services Office at 652-4525 for more details.

Scamp:

Please be sure to always carry a plastic bag when you walk your best friend. And always use it to clean up. We don't want people to start getting mad at us and you.

Maybe we can start raising funds to at least get bags into some of the dispensers. If you want to help fund this important program and have some creative ideas email me at scampclub@venturabreeze.com and maybe we can help.

Get ready to feed the meters again

The Ventura City Council has given the final approval to the spending of up to \$855,000 for a system to install parking meters downtown.

The council has been working on a downtown parking plan since 2007, and this was just the approval of the funds.

The council voted 5-2, with Neal Andrews and Jim Monahan voting no.

The money would be for \$755,000 for 65 pay stations and up to an additional \$100,000 for a wireless system to allow drivers and parking officers to access the system remotely. It is felt that this system will have future uses and benefits to the

city and the residents.

Andrews voted no because he felt that there were changes to what was originally approved. He said that an increase in money to fund the project and an expansion of hours for parking fee enforcement were the reasons that he would not approve the funding. He went on to say that many area restaurants are struggling in today's economy, adding another cost to dining out downtown was irresponsible.

Monahan cited two previous, failed installations of downtown parking meters. "This is the third time we've put them in, and I know we will be taking them out in a few years."

Transportation Manager Tom Mericle explained that among the approximately 3,800 parking spaces downtown, only 411 will require payment, with 280 of them on Main St. between Ash and the San Buenaventura Mission. Side streets in that area will also require payment between Poli and Santa Clara streets. Some streets will have permits available for residents who live in the area.

The initial parking fee will be \$1 per hour for the first two hours and \$1.50 for each hour afterward, which will be paid at the stations by coin or credit/debit card.

Councilman Mike Tracy fully supports the plan as being very much needed and said the city needs to better manage parking downtown.

Mericle said that parking in city lots will remain free, at least for the time being.

Many downtown merchants support the parking meters as a way to open up parking spaces in front of their businesses as employees and others who spend a large amount of time downtown will find other places to park on side streets.



Mayor Bill Fulton was an hand at the "Downtown Ventura Cleanup" helping to "clean-up city hall" one scoop at a time

Volunteer Ventura! Participates in Disney Give-a-Day, Get-a-Day Promotion

Volunteers from as far as Palm Springs descended upon our downtown on Saturday, January 30 and participated in a "Downtown Ventura Cleanup". More than fifty volunteers, of all ages, picked up cigarette butts and other debris, wiped down trashcans and news racks, and did their part to clean up our local downtown!

In an effort to raise awareness for grass-roots community volunteerism, Disney launched a new program "Give a Day, Get a Disney Day" which offers a free one-day ticket to a Disneyland/Walt Disney World theme park for guests who volunteer a day of service to a participating organization. Disney plans to reward

1 million people for "making a difference" in their communities.

Volunteer Ventura! offered several volunteer opportunities in Ventura including a beach cleanup and two Harbor Wetlands Restoration Projects in which volunteers will remove non-native ice plant. All of the volunteer spots were filled within hours!

Realizing that many of the volunteers were coming to Ventura from neighboring cities as far north as Bakersfield and all over Ventura and Los Angeles Counties, they decided to add a 4th project that brought volunteers to our downtown!

Downtown cleanup volunteers were given tools and a map of the geographical section they were responsible for. Downtown Ventura Organization member Lori Moll provided delicious refreshments from Savory Bakery and Cafe for the hard-working families. Mayor Bill Fulton was on hand to greet volunteers and DVO members Michele Olsen and Steve Hoganson also provided assistance to Volunteer Ventura! with the project.

Volunteers were surprised by how clean our downtown is! Several families expressed an interest in returning to Ventura to assist with ongoing volunteer projects such as the Earth Day beach cleanup scheduled for April 17, 2010. Volunteer Erin Ueltschi, who participated in the cleanup with her 8-year-old son and her parents, sent an email to Volunteer Ventura! saying, "I just wanted to say that our volunteering experience was great. You guys were so nice and organized and it was a really positive experience. Thank you!"

Volunteer Ventura! staff is looking forward to working with the families that were lucky enough to get a spot for the remaining Disney projects. For more information on other volunteer opportunities, call 654-7771 or visit the Volunteer Ventura! website at www.cityofventura.net and click on Volunteer Ventura! You can also become a fan of Volunteer Ventura! on Facebook!

Council Contacts

These are the email addresses of your city council members. If you think that something in the city is wrong or right or needs improving, please email them and let them know. They are here to serve you.

Neal Andrews
nandrews@ci.ventura.ca.us

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Christy Weir
cweir@ci.ventura.ca.us

Rick Cole
City Manager
citymanager@ci.ventura.ca.us

Ventura City Corps volunteers are here to help!

Ventura City Corps is a nonprofit youth service organization dedicated to helping our youth become vital members of our community.

Ways we can help:

- Community restoration projects
- Assisting elderly with yard work
- Litter Removals
- Setting up community gardens

We invite you to contact us today!

Phone: 805-653-2351 or malory@venturacitycorps.org

News and Notes



“Chapter one and two are here!”

by Staci Brown

The apartment door opened and Patti assertively stated “chapter one and two are here”. It was 7:00 pm on a rainy Friday night and less than a third of my newly assembled book club had shown up. My disappointment was somewhat pacified after walking into the host’s apartment to discover that it was a studio apartment with one couch and two bar stools – plenty of room for the four “bookies” and our two honored guests from the book “The Necklace”.

We had been indulging ourselves on Trader Joe’s appetizers and wine for nearly an hour when I looked at the clock and declared that our guests would soon arrive and to think about any questions for them...Although, after reading “The Necklace” and learning about Patti Channer and Jonell McLain, (as well as witnessing Patti’s grand entrance) I

knew that finding things to discuss was not going to be an issue. The “bookies” provided the ladies with a keen audience seeking knowledge, mentorship and guidance; we wanted to know everything and we had great admiration for what they had done and continue to do and how they came together as thirteen individual women working through differences and uniting for common goals while changing and touching many lives along the way. We wanted to tag along for the ride; be “junior Jewels” if you will. After celebrating our host’s birthday and saying goodbye to the ladies, we ended our perfect evening by trading our wrapped \$10 jewelry gifts (some of us secretly thinking that one day, maybe it would be a fancier piece of jewelry and our lives would be emulating those of the thirteen ladies of Jewelia).

Boy Scouts helping to combat hunger

Area Boy Scouts will do their part to combat hunger in the county when they fan out across Ventura County for the annual Scouting for Food drive. Scouts will go door to door asking people to donate canned and packaged food. People are asked to put the food in bags. No perishable items can be accepted. The food will be donated to area food banks.

The Scouting for Food initiative is a part of the Boy Scouts of America’s Good Turn for America program.

From February 20 (Saturday) through February 25 (Thursday) they will deliver flyers to homes and on February 27 (Saturday), from 8-11am they will return and collect food.

Soroptimist International in the news

Soroptimist International of Ventura has announced that it has extended the deadline for applying for its annual Women’s Opportunity award to February 15th, a date that is fast approaching.

The Women’s Opportunity Award is targeted at women who provide primary financial support for their families and are enrolled or accepted in a vocational/skills training program or an undergraduate degree program. SI Ventura’s award will be a minimum of \$1,000 and the winner is eligible for additional regional and international awards from SI.

Applications are available from Kay

Armstrong, 656-5218, or any club member. You may also request one via email at SVenturaclub@gmail.com.

Soroptimist International of Ventura has also conducted a food drive since last November to provide needed assistance to Project Understanding in serving Ventura residents.

The Club would like to thank Sheeler Moving and Storage for their generous donation of the boxes that club members distributed, picked up and delivered to Project Understanding.

Soroptimist is a service club for business and professional women working to improve the lives of women and girls locally and globally. To learn more, call Dena at 642-9715, or email siventuraclub@gmail.com.

All You Can Eat Spaghetti Dinner to help the Red Cross

The Westview Unit of the Boys & Girls Club of Ventura is holding an ‘All You Can Eat Spaghetti Dinner’ fundraiser Thursday, February 11, 6pm to 7:30pm at their site in public housing at 234 W. Vince Street, Ventura. All proceeds for the event will be donated to the American Red Cross’ OPERATION HOPE FOR HAITI. The cost of admission including the dinner is \$3.00 with children under age 3 eating for free.

All donations of food and/or money will be accepted at the Club for this humanitarian event. Suggested donations are packages of spaghetti, spaghetti

Continued on page 15

Naked chocolate... utterly irresistible

by Lucille Montague CHT

Hypnotherapist with The Creativity Workshop

I know you’ve hungered for chocolate. The taste, the color, the texture can take up all the thinking space you possess. Like the silver ball stuck in a pinball machine, the ball just won’t move, wedged in with no way out.

Have you been tempted to oblige this hunger at inappropriate times? You don’t plan it; the chocolate assaults your senses, relieving you of reason clamoring for attention.

Some specialty markets position this delectable brazenly at the register. As you approach the checkout, a scent wafts to the nostrils. Unaware that you’ve been seduced by a powerful aphrodisiac, you unwittingly sidle alongside the aroma and look down. There she is, in a barrel - a barrel of chocolate. Bear witness, the pungent rich aroma of Lady Chocolate is about to embezzle your sweet restraints.

The chocolate I’m speaking about is cleavered into 1-inch chunks, shamelessly wrapped in the thinnest of see-through coverings. It might as well be called “naked chocolate”.

Did you ever pick up a hunk of chocolate and in so doing, you had to place it under your nose and breathe deeply to reduce the yearning?

I had such an experience. I remember hoisting a chunk from its bed and planting it close to my nose without appearing too reckless; replace it, pick it up again, while guiltily looking about. Could someone read my chocolate-filled mind?

Is anybody looking? Ah yes, and smiling, like they know.

My mind can taste the sweet richness of this delectable without opening the package. Somehow, the brain has chocolate memory cells deeply etched into its grooves.

Do we partake of this confection only when we’re with another chocolate lover, or by ourselves to better luxuriate, unnoticed?

How many have witnessed a chocolate lover rip open a wrapper, expose the lusciousness and bite down with abandon, vampire style? Not since you were 7 or 8

years old, when you and the candy were one. Adulthood dictates that chocolate be a secret endeavor, experienced behind closed doors. We’ll buy it, but we won’t get it naked unless we’re alone and able to pamper our taste buds. We savor the explosion of sweetness that fills the mouth, while filling the soul with chocolate joy. Our tongue travels to the inner cheeks to capture the residual melted candy. Ahhh...

How much disdain a woman expresses when she receives a heart-shaped box of overdressed chocolates as an offering of love on Valentine’s Day. “Really dear...I can’t” but in the privacy of her room she will free the candy. As she lifts the cover the forbidden aroma kindles the air, filling her senses with a desire to rip off the foil. She gazes at her chocolate friends, some in shiny silver shrouds; some in gold and some marvelously naked nestled beside the others, impertinent and elegant. Mmmmm...

Rotary Club 1st Annual Great Garage Sale fundraiser

The Rotary Club of Ventura South will hold their “FIRST ANNUAL GREAT GARAGE SALE EVENT” Saturday, February 13, from 7am to 11am in the parking lot of Meyers, Widders, Gibson, Jones & Schneider at 5425 Everglades Street, Ventura (South of Ralston at Saratoga Street). All remaining donations at the end of the event will be given to the Salvation Army. For additional information, to make a donation or for directions call 644-9589

The proceeds from the garage sale will go to support the Club’s numerous community and international projects: Boys & Girls Club of Ventura’s Johnson Drive, project; Ventura Music Festival; Shelter Box USA for Haiti Relief; the Dictionary Project; LIGA & Limbe Cancer information Clinic grants; Ventura County Library Literacy Project; Polio Plus, etc.

The Rotary Club of Ventura South meets Mondays at 12 noon at the Wedgewood Center, 5880 Olivias Park Drive. Rotary is a worldwide organization of business and professional men and women united to provide humanitarian service, encourage high ethical standards in all vocations and help build goodwill in local communities and worldwide.



On January 30 downtown Ventura’s newest restaurant the Dume Room had their grand opening at 456 E. Main.

Owner’s Mario and Tony Vitale welcomed friends and Venturans to the opening who enjoyed the fine food, music and festive atmosphere.

Breeze publisher Sheldon and lovely wife Diane were there enjoying the evening. Photo by peteronnen@aol.com.



News and Notes



Pete Dupuy and family have been engaged in commercial fishing in Ventura since the mid 70s. From left to right: daughter Diana Dupuy, granddaughters Danielle and Britanny Dupuy, Captain Pete Dupuy, owner of the boat *The Ventura II*, wife Karen Dupuy, and Karen's sister Jennie Mann.

Commercial fishing nets big catch

by Tim Pompey

If you tick off on your fingers the types of large local industries that exist in Ventura, which would first come to mind? County government? Farming? How about commercial fishing? Yes, from off Ventura's coasts and out of its harbor come millions of dollars from fishing that flow through our economy and support hundreds of local families and businesses. These fishermen come from as far as Alaska to catch tuna, halibut, lobster, squid, shrimp, and sea urchins. And perhaps, within a generation or so, they might vanish.

There's good reason why these 65-70 boats gather here. First, the harbor is set up to handle them. Of the four harbors that exist along the central coast (Port Hueneme, Oxnard, and Santa Barbara being the other three), Ventura's is the only one that features accommodations built at the harbor specifically for commercial fishermen. Lounge, showers, chandlery, and a boat yard are all within walking distance of their slips. The harbor itself is so commercially important to this area that the Army Corps of Engineers pays 3 million dollars out of its annual budget every year to dredge the harbor.

Second, the fishing off these coasts is good. Numbers for 2008 include about 22 million pounds of squid, 376 thousand pounds of ridgeback shrimp, and 260 thousand pounds of sea urchins.

Other fish caught in these waters include halibut, swordfish, and lobster. Total value for this annual catch was about 10 million dollars. For 2009, squid fishing had a banner year: 70+ million pounds at a value of about \$17,500,000 dollars.

Pete Dupuy and family have been fishing off the Ventura coast since the mid 70s. Pete fishes primarily for Tuna in the winter and Albacore in the summer. When he goes out for Tuna, he usually fishes six-hundred miles or so southwest off the coast. With his dark-blue pullover cap, sweat shirt and pants, white beard, and quiet manner, Pete looks like the quintessential sea captain. "Where we fish, we don't see much of anything. Sometimes steamers, but not much else. I love it because I'm the only one out there."

Pete sells his fish directly off the boat to anyone who wants to come down and buy it. He usually harbors here every couple of months and notifies his customers via e-mail when he's in port. Anyone who wants to get on his mailing list should send an e-mail request to venturafishcompany@gmail.com.

Mike Wagner has been in the fishing business in Ventura since the mid 70s. He's the owner of Andria's Seafood Restaurant and Market (www.andriaseafood.com). Wagner was one of the major influences who helped get the new harbor built in the early 80s. He sees

the fishing industry as vital to the local Ventura economy. Yet, he believes it's in danger of disappearing. "The increase in federal and state regulations since the early 70s has made it almost impossible for anyone to get a commercial fishing license. Today, when you look at who operates the boats, it's all old guys."

Wagner believes the current commercial fishing industry in the Ventura harbor will eventually be a thing of the past. When asked what will replace it, he answers, "Aqua culture, farm raised fish. People will continue to buy fish, but they'll be farm raised instead of wild. That's already true today with some fish like salmon."

For now, fishing season is in full bloom and the boats are busy. You can walk the promenade every day and see them coming and going. These boats bring fish – big, fresh fish – into markets and onto plates around Ventura. They represent the tide of commercial fishing as it pours off the boats into the economy and they carry on what many families in the U.S. have done for generations: go out and work hard to bring back a good catch. Here in Ventura, it's become as natural as the ocean itself.



Robin Pearson Rose as Sister Aloysius in "Doubt" at the Rubicon

Pulitzer Prize production at the Rubicon Theatre

Set at a Catholic school in the Bronx in 1964, this Pulitzer Prize and Tony Award-winning play "Doubt" concerns a strict headmistress with exacting standards who believes that in order for students to be prepared for the harsh world, her teachers must use discipline rather than compassion. She comes to suspect a new priest of sexually abusing a student, but some doubt remains, and she cannot prove her allegations.

If she charges him, she will certainly destroy his career, and perhaps her own. She questions an idealistic young nun and the mother of the accused boy, the first black student ever admitted to the school.

This thought-provoking story leaves us with questions about what has—and should have—happened, who is right or wrong, and the nature of faith and love. Audiences will debate the issues of the play long after it has ended.

Rubicon Artistic Associate Jenny Sullivan directs company member Joseph Fuqua (Picasso at the Lapin Agile, Hamlet) and Robin Pearson Rose (All My Sons, You Can't Take It With You) in this searing drama.

Doubt runs 90 minutes without an intermission, it closes on February 21.

Lucille Montague, Ventura hypnotherapist had this to say about Doubt, "The play was outstanding. It was a powerful and gripping unraveling of events and the acting was first rate. The lead... stole the show. She played it with multi-levels of understanding of her character. If you saw the film you'll enjoy this."



Suz Montgomery and political hopeful Susan Jordan engage in a frank discussion with seniors from Montgomery's Thursday afternoon class called *Schmooze with Suz*.

Schmooze with Suz keeps seniors sharp

by Tim Pompey

They are a small gathering of seniors who meet every Thursday afternoon in the basement of the Ventura Towne-House. What's their purpose? Simple. They love to talk about things going on in the world. As Ventura Adult Ed Instructor Suz Montgomery tells it: "What are the three things people always tell you not to talk about in public? Religion, sex, and politics." Then her face lights up as she hits you with the punch line: "And what do we like to talk about the most? Religion, sex, and politics." Welcome to Schmooze with Suz. Always frank and humorous. These folks are polite, but they do have opinions and some experience in life to back it up.

Today they have invited as their guest speaker Susan Jordan, a Democrat running in the state primary for the upcoming vacant seat in the 35th State Assembly District. Jordan has come to lay out her public policy positions in a political race that could go down to the wire. In her case, every vote counts, and these folks are her constituents.

Their diversity in backgrounds is quite amazing. For example, Bill was a Colonel at the Pentagon and later became an environmental science consultant. Rudy was a dentist, Ruth, a state employee, and Virgil, a civil engineer. Connie was a journalism major whose husband worked with Gen. Douglas MacArthur. Betty was a small business owner who still works actively with the League of Women Voters. Together, they make up a wide spectrum of political backgrounds and opinions. One thing they are not, however, is predictable.

You get the sense, as Jordan lays out her case, that these seniors are listening. And when the time comes for questions, they are ready to fire.

Stan wonders about global warming and whether or not it's too late to repair the damage to our environment. Betty has a concern about national healthcare: whether it might be better to allow healthcare state by state rather than implement a national policy. Bill probes Jordan about her knowledge of offshore gas exploration and wonders if we actually need overseas natural gas to supply our domestic needs. He also asks about ways to get women more involved in political service. Betty has similar concerns and comments about the difficulties women face in politics. Ruth wonders about what scientists are doing to reduce our reliance on oil.

As the questions fly, Jordan responds with her own opinions. As I observe, I have the sense that this is one of the more interesting (and honest) political

Continued on page 7

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News and Notes

High hopes for Ventura's art scene

by Mira Reverente

Wendy Halderman believes in the power of communication. As a former city council candidate, she sees the importance of community collaboration. As a community activist, she listens to the issues before making a stand. As a business owner and artist, she utilizes a unique medium to get her points across.

Communicating through her candidacy

Raised in a family of community volunteers, Halderman describes her first foray into public office, "It was a lot of work but it was very rewarding. I met a broad cross-section of Ventura residents. It was also an opportunity to build relationships and work on issues that concern the community."

The campaign trail was brimming with the usual candidates and their issues. During the various forums, Halderman witnessed divergent political stands but saw them as learning and involvement opportunities. She pledged to make fiscal responsibility, economic vitality and community collaboration her priorities if elected into office.

The same priorities plus the desire to get involved prompted her to run for public office. On top of that, the direction that the city was taking was also disheartening Halderman. "Ventura missed out on one of the biggest economic growth cycles in history. I watched as the city council made counterproductive decisions that impacted the long-term financial viability of the community," Halderman explains her motivation for seeking election.

Communicating through art

The mother of three home-schooled boys, Halderman remembers her light bulb moment. "One holiday season, I noticed my overflowing mailbox. There were just so many catalogs and other junk mail. They kept piling up because I wasn't throwing them away. So I found a way to use them," recalls Halderman.

Her experimentation with junk mail began. Halderman expertly weaves shredded junk mail together to create artworks. Then she mounts the finished product in between two pieces of acrylic glass. She has received four orders for one of her most recent works, a rendition of the American flag.

In 2007, she showcased her work during the Ventura Studio Artists Tour Weekend. "Middle Class Blind", using mixed media, was Halderman's avant-garde commentary on the excesses of capitalism. A recent artwork, "The Secret", a 12 x 20 inch rendition of a Da Vinci painting, made use of cut-up Victoria's Secret catalogs.

Halderman draws inspiration from her college days as a studio art major, "For my thesis, I was looking around for pieces I could use or fashion into art. I wanted to be economical while making a statement at the same time. My political science classes also shaped my thinking," says Halderman.

Communicating through advocacy

A long-time community volunteer, Halderman also brings the same amount of resourcefulness and candor to the causes she cares about. The "Save the Wright Library" committee is one of them. "The city did not involve us on the decision to close the library. So we are trying to dig deeper to find out what really transpired. We are working hard to reopen it," says Halder-

man. The H.P. Wright Library on Day Road, a community fixture for the past 42 years, closed on December 7 after the failure of Measure A.

Halderman also serves on the City of Ventura's Public Art Commission, where she is also a public art liaison to the County of Ventura. An avid supporter of the local arts community, Halderman envisions a stronger and more vibrant Ventura arts scene that can be made possible if local officials put art on the priority funding list.

Just as she was years ago during a European trip, Halderman is optimistic about Ventura's future. She recalls, "There were many things going against me then - no knowledge of the language, no map, no itinerary and to top it all, a snowstorm. But I learned how to have fun and to have faith that things will work out."

Silvas offering alternative fuels Bio-Diesel and E-85 gas

Silvas Oil Company, a local family owned business is excited to announce that they are opening a brand new fuel site in the city of Ventura. This will be the only site in the county offering alternative fuels Bio-Diesel and E-85 gas. This new site is located easily off the 101 freeway at the old Dixie Truck stop at 6417 Ventura Blvd.

This will be the first retail site that Silvas is opening to the public and is accepting all major credit cards. It has been under extensive renovation and will have a new lush landscaping that will be more visually appealing to the surrounding area and small businesses. They are excited to see new life brought back to the boulevard and are expecting to be open in late February and will have a huge grand opening in March.

Schmooze with Suz

Continued from page 6

dialogues I've listened to, far removed from the political handlers and filtered responses you see in most televised debates. It's politics on a local level - frank, humorous, informative - the way most people would prefer it. Jordan herself admits as much. "I had the best time sitting and talking with Suz's seniors. The group has diverse backgrounds and histories, but what they all shared was the degree to which they were actively involved in current events and forward thinking in their opinions of the problems we face today."

The class goes on for two hours. You can tell everyone here is enjoying themselves. It's what keeps Suz coming back every Thursday. "I'm so at home in this place. I feel like my students are my 150 closest friends and surrogate parents. They're smart, quick, topical, and not typical of what you think of as seniors. It's the best thing I've done in my life."

Welcome to Schmooze with Suz, where seniors gather to talk, and those of us who listen in get to enjoy their conversation. Not a bad way to spend an afternoon, if you don't mind discussing sex, religion and politics. Turns out, it's informative, not to mention pretty darn fun.

Breeze:

The Ventura Townhouse is located at 4900 Telegraph Rd. and can be reached at 642-3263. Schmooze with Suz is open to the public so join them whenever you want to have an informative and fun afternoon.

Digital Camera Playground - Part 11 - Movies & ISO

by Nelson Wallace

Many point-and-shoot cameras take movies, and it's pretty amazing what these little devices can do. They can correct focus continually. You can zoom in and out during movie making. The recording mode (SQ, HQ) may be selectable. The frame rate has to be fast enough to keep the motion from appearing jerky, and this sets an upper limit to the exposure time allowable. Flash is likely disabled. Even though the camera may be continuously correcting the aperture for good exposure, it will be unable to correct for insufficient ambient light.

Of course, movies eat up space on the memory card. Some cameras show the time remaining as the movie is shot, which helps to manage.

Read up on movies in your camera manual, about how to record and view them in-camera. Back up your shots. Fulltime autofocus uses up some battery charge, so make sure it's high. Then, indoors, start recording a movie. Look at the LCD screen and/or viewfinder to see the remaining time. Verify that the icon or indicator for movie-in-progress is displayed. Point the camera quickly toward a bright area and see how quickly the exposure adjusts, then whip over to a dark area and check it again. Zoom in and out. Talk loudly and softly. Clock the camera around its optical axis so some of the movie is composed as landscape and some is portrait. End the movie and see how long recording takes. Now playback the movie in the camera. It may be possible to view the movie a frame at a time. Transfer the movie to your computer and watch it with your movie viewer. Note the quality of the video and the sound. See if your software can rotate the movie from landscape to portrait; if it can't, you'll have to plan around this when composing the movie.

ISO is a measure of how sensitive the image sensor is to light; higher ISO numbers are more sensitive. The increased sensitivity

comes with increased noise. If you've ever tried to tune in a weak AM station, you've probably upped the volume and found that the increased static made it not worth doing. The noise in digital cameras causes graininess. In most cameras the noise is usually very low; it may not be noticeable.

Here's an example. Suppose you're in a nice restaurant with friends who are in town for the evening, and you want to take their picture there. It not the kind of place where flash is okay, so you open up the aperture all the way (which you might do to shorten depth of field anyhow). You press down the shutter to activate auto focus and exposure, and the display says it's going to take a 1/3 second exposure. You're not sure can hand-hold a shot longer than 1/4 second without blur, so it's dicey. You're not going to set up a tripod. You could all move into a place with more light, but the mood in the restaurant is very nice, and it's dark but not that dark. It's going to be right here, right now, or it's over. What to do? Pump up the ISO. There may be a little noise, but the picture probably will be good or even great. Say you find that the camera was set to an ISO of 100; you change it to 400, and now the exposure is 1/13 second, plenty fast to hand-hold.

The way different cameras allow or don't allow for manual or automatic ISO adjustments in different modes is complicated, so read your manual in advance. When exposure is a problem, ISO is your ace in the hole.

Watch the birdie

The Ventura Audubon Society will unveil an interpretive bird sign at the Ventura River Estuary Friday, February 12 at 4 p.m. The public and the press are invited to the ceremony which will be held at the estuary, next to the bike path and the beach, behind and west of the Ventura County Fairgrounds. There is parking off of West Main St. in the paved lot 100 yards west of the highway 33 underpass.

Ventura Audubon raised the funds to produce the sign, which was designed by Jane Spiller and illustrated with original artwork by Santa Barbara wildlife artist Peter Gaede.

For further information call Bruce Schoppe a 689-7025.

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Community Events

Yogathon Ventura coming Saturday, February 27

by Nanci Cone

It's time for the annual "Yogathon" fundraiser hosted by Yoga Jones and Kids' Arts to support Kids' Arts. Participants will have the opportunity to explore Yoga with the finest Ventura-area teachers in this all-day event. Some of the teachers include well-known instructors Tina Chappel, Maribeth Hammond, Heather Tiddens and Kira Ryder.

Ongoing classes will be held throughout the day inside the studio, while youth projects will be showcased in the Kids' Arts tent outside. From 10 am through noon there will be storytelling and visual arts classes for the children. Admission to the event is by donation. The event coordinators hope to raise awareness and funds to support continued free art and yoga classes for Ventura county youth. Kids'Arts/Westside Cultural Center makes a significant difference in the lives of children and teens everyday by providing visual and performing arts as tools to strengthen resiliency, instill confidence and to promote social skills among youth.

For over 18 years Kids' Arts has provided creative arts programs to Ventura County's Foster Care system, dependents of the juvenile court, and youth in the community, including children of single parents and low-income families. Classes in visual arts, theater arts, dance and creative writing are taught by professionals in their fields, offering children a means for developing artistic skills, expressing feelings, strengthening self-esteem, developing social skills, interacting with positive role models, and encouraging alternatives to risk behavior.

According to one of the Yogathon Ventura organizers, Lynne Thurston, "This is an event for everyone – young, old, yoga aficionado or first timer. You'll have a chance to learn more about the various types of yoga or sign up for classes while helping a worthy cause at the same time! Visitors will have the opportunity to purchase handcrafted yoga bags as well as original art created by Kids' Arts students. And we're really excited because many local businesses are donating incredible items for our raffle that will also help support these various programs."

The event will be held from 9 am to 6 pm at the Yoga Jones studio located at 105 S. Oak Street (corner Santa Clara). For a full schedule of the days' events at "Yogathon Ventura" and more information or directions, visit www.yogajones.com/yogathon. For information about Kids' Art and advance donations visit www.kidsartsventura.org.

Seaside Park February events

- 2/11 POULTRY MEETING** Barn 300 Seaside Feather Fanciers 524-5588 Thurs. 5:30p-9p; Visitors welcome
- 2/13 DANCE** San Miguel Hall Valdivia Marketing Group Sat. 7p-1a; Admission: \$35-\$40 presale
- 2/14 ROSE MEETING** The Greenhouse Fair Friends of Roses 648-3376 x 136 Sun. 1p; Visitors welcome
- 2/17 SWAP MEET** Wed. 7a-2p
- 2/19 MORP Dance** Santa Cruz Hall Foothill Technology High School 289-0023 Fri. 8p-11p; contact school for tickets
- 2/20 RABBIT SHOW** San Nicolas Hall Ventura County Rabbit Breeders 524-2783 Sat. 8a-5p; Free Admission
- 2/21 VENTURA COUNTY WEDDING EXPO** San Miguel Hall Sun. 11a-4p; \$8 Admission 660-7742
- 2/24 SWAP MEET** Wed. 7a-2p
- 2/28 MODELFEEST 2010** Santa Rosa Hall Ventura Hobbies 658-8138 Sun. 8:30a-3p; \$6 Admission
- 2/28 VENTURA FLEA MARKET** Full Grounds R.G. Canning Enterprises, (323) 560-7469 Sun. 9a-2p; Admission \$5; Early bird \$10

Ventura events

- Community Memorial Hospital Gift Shop**
- February 10 & 12 book sale** 8th floor auditorium 8am-4pm
- March 25 & 26 fudge and salsa sale** 8th floor auditorium 8am-5pm
- April 21 & 22 book sale** 8th floor auditorium 8am-4pm
- May 6 & 7 \$6.00 sale** 8th floor auditorium 8am-4pm
- Feb. 11:** Cindy Sheehan will be speaking at the Unitarian Universalist Church located at 5654 Ralston Street in Ventura on Thursday at 7pm. A \$10 donation is

requested of all adults with those under 18 admitted free and no one turned away for lack of funds.

Cindy has written a new book, Myth America: The Twenty Greatest Myths of the Robber Class and the Case for Revolution. The book is available on line for a small donation to Cindy's Soapbox. Cindy@CindySheehansSoapbox.com.

City Welcomes Spring with Discover Ventura Tours

Feb. 13: Lost treasures, downtown's public murals or haunted places and crime are the exciting themes of the spring season of Discover Ventura bus or walking tours led by history and arts experts.

Murals of Main Street – Saturday Feb.13, 1-3 pm - \$15

Ma Duncan Crime Investigation Bus Tour – Saturday Feb.20, 11am-3 pm - \$30 Haunted Ventura – Saturday Feb.27, 8-10 pm - \$20

For info and reservations, please call 658-4726 or visit www.cityofventura.net/eRecreation. Tickets are also sold daily at the Ventura Visitors Bureau, 101 S. California St., 648-2075.

Feb. 13: A comedy improv show dedicated to exploring all aspects of love will be the focus of **Ventura Improv Company's special Valentine's event** at 8pm.

This ever-popular event staged by the Ventura Improv Company (VIC) will feature improv scenes, games and musical numbers exploring the ups and downs of love and romance. Audience suggestions will be an integral part of the show, which is entirely made up on the spot by the talented improv performers. The price of admission includes champagne or sparkling cider, chocolate, and flowers for the audience members. The VIC, now in its 21st year, is a fixture of downtown Ventura.

Tickets are \$15/person, and \$12 for ages 16 and under. All ages are welcome, though the show is recommended for ages 12 and above.

Reservations are recommended. More information or reservations can be obtained by calling 643-5701 x2 or emailing vic@venturaimprov.com.

Feb. 14: Ventura Vaudeville Valentine's Day Show. Looking for something different and affordable and different for Valentine's Day. Then look no further! Cabaret acts including magic, song and dance, juggling and storytelling. Sunday, from 4-6 p.m., Improv Theatre, 34 N. Palm, Ventura. \$10 at the door. To reserve or for additional information, contact Elaine Muray at elaine@embodiedvoicestoryarts.com or call 407-2538.

Feb. 21: This **upscale resale boutique** is an opportunity to find and buy that special collectable item, jewelry, crystal item, art work, silver item, brand name purse and more. The items that will be for sale are a notch above the average. If you love garage sales you will love this event. There are many treasures to be found among the selected items displayed. This event will be benefiting Temple Beth Torah. Sunday from 8:00 am to 1:00 pm 7620 Foothill Rd, 647-4181

Feb. 20-21 Olivas Adobe Book, CD & DVD sale fundraiser to host book signings by local history authors.

Shop for bargain-priced books, music and movie media on all subjects -- donated by supporters of Ventura's Olivas Adobe -- on Saturday and Sunday, 11 a.m. to 3 p.m.

Local history authors Richard Senate and Glenda Jackson will sign copies of their latest books during this fundraiser by the Olivas Adobe Historical Interpreters to restore and maintain the historic artifacts on display in the Adobe.

Jackson will sign her new book, Ventura Then and Now, on Sunday, from 11 a.m. to 1 p.m. Senate will sign his many books on sale at the Olivas Adobe gift shop from 1 p.m. to 2:30 p.m.

The Olivas Adobe is located at 4200 Olivas Park Dr

Feb. 20: Country Lovers Western Dance Club will be holding a country western dance on Saturday, at The House of Dance, 3007 Bunsen Ave., Suite E, in Ventura. Theme will be "jailhouse cell block party". Open dancing from 7-11 p.m. A dance lesson begins at 7:30 p.m. Music will be by deejay "Jammin' Country". Cost is \$7.00 per guest; \$6.00 per club member; kids 13 & under are free. All ages are welcome. Partners not necessary. For more info contact Country Lovers Hotline 647-1893, or visit their website www.countrylovers.com.

Feb. 22: The Rotary Club of Ventura South presents speakers Nikki Katz, Kay Urban, Mike McGrew and Becca Soldon about the services and activities of the **Teddy Bear Cancer Foundation** (dedicated to programs for the families of children with cancer.)

The Rotary Club of Ventura South meets Mondays at noon at the Wedgewood Center, 5880 Olivas Park Drive with an excellent buffet lunch and a short business meeting. Guests are welcome. For additional membership, directions or program information call 647-7612.

Feb. 24: Free Class: Intro to Restorative Exercise, Wednesday, from 6pm to 7pm. Holistic Healing Center, 2856 Cabrillo Dr, Ventura: Learn the basics of activating the correct muscles for standing and walking. Using your body with proper alignment minimizes joint and muscular pain, improves neurological function, develops better balance (minimizing the chance of falls), and optimizes your physiological health. This is a great class for all: Class size is limited so reservations are required. Call Anna Dato 302-4387 of BodyThrive Therapeutic Massage and Exercise, www.BodyThrive.MassageTherapy.com.

Feb. 26, etc.: Performance Theatre for Young Artist is proud to present, "Annie"; performances will be at the Pointsettia Pavilion 3451 Foothill Rd. on Friday, at 7:30 p.m., Saturday, February 27, at 2:00 p.m. and 6:00 Dinner Theater Buffet performance begins at 7:00, Sunday, February 28, 5:00 p.m., Saturday, March 6th at 2:00 p.m. and 7:00. Tickets are \$14.00/\$12.00, Dinner Theater tickets are \$24.00/\$22.00.

Ticket information 653-1962 or www.ptya.org. Performance Theatre for Young Artists is a non-profit youth theater group, for further information 701-2062.

Ojai events

Internationally acclaimed sound sculptor Trimpin has been selected by the Ojai City Council to produce the public artwork that will grace the entry to the rebuilt Libbey Bowl, City officials have announced.

Trimpin's Sound Arch proposal was recommended for selection by the City's Arts Commission as well as a public art jury, which reviewed applications from more than 30 artists, said Susan Stinsmuehlen-Amend, chair of the City of Ojai Arts Commission.

The Ojai City Council approved the design and creation of the impressive 12-foot sound sculpture, notable for its interactive nature of adding sound and music to the new performing arts venue,

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Community Events

as well as the opportunity for the striking artwork to serve as a destination piece for Ojai.

Supporters of the \$3 million plan to rebuild Libbey Bowl, must raise the final \$600,000 for the project by late March.

"There is no Plan B. If we don't have the money, we can't tear it down," said Alan Rains, president of Ojai Valley Service Foundation, one of the groups spearheading the campaign.

Designed by Ojai architect David Bury, the project calls for relocating the stage, improving the drainage system and replacing the existing plywood benches with individual seats.

A performance by Sourdough Slim (an Ojai favorite) is a hoot to say the least. This savvy performer with a seasoned gift for connecting with audiences transports us to a whimsical world where vaudevilian camp intermingles with cowboy lore, producing grins galore. Audiences step back in time with an authentic vaudeville style cowboy show in the Will Rogers tradition. Sourdough Slim is a veritable "one man Western extravaganza", crooning Western classics, playing accordion, guitar and harmonica, dancing a jig, twirling a lariat, dishing out hilarious comedic sketches and letting loose with award winning yippee-ti-yi-yodeling.

This show will be held at the beautiful Ojai Valley Woman's Club, 441 E. Ojai Avenue, on **Feb. 27** at 7pm. Tickets costs: \$18 in advance \$20 at the door

For tickets or more information go to: www.ojaiconcertseries.com or call Shane at 665-8852.

Meditation Mount presents Everyday Acts of Blessing with David Spangler.

Friday Lecture, **Feb. 12 7:30-9:00 PM** \$15 In advance, \$20 At door. Saturday Workshop, **Feb. 13 9:00AM-5:00 PM**- \$75

David's work weaves a remarkable tapestry of scientific, mystical, esoteric and indigenous world views. The result - a practical approach to strengthen inner resiliency, expand our capacity to bless, engage creatively with personal and planetary issues, and learn new skills for becoming agents of change.

Saturday Ongoing Study Group Informational Meeting 5:15-5:45PM

Please pre-register online @ www.meditation.com

The 25th Annual Ojai Peddler's Fair is being held from 9am-4pm, Saturday and Sunday, February 20 & 21, 2010. Located in the Chaparral Auditorium at 414 E. Ojai Ave., in downtown Ojai. Parking is free in the adjacent Municipal parking lot, and admission is always free.

Held rain or shine, the Peddler's Fair is chock-full of quality antiques, collectibles, handcrafts and international crafts. This is a benefit for the Mira Monte PTO. Vendors are sought.

For more information, please contact Pat at 964-8915.

Four young violinists advance to final competition

The preliminary violin competition, sponsored by the Henry Schwab Charitable Fund, took place on Saturday, January 23, at Guthrie Hall at Ventura College.

Nine young candidates participated- all very well prepared and showing great talent, musicianship and love for classical music. Each contestant played one concerto movement, one selection of his or her choice, and one selection by J.S. Bach. Four young violinists were chosen to advance to the final competition on Saturday, May 22, at 8p.m. at Guthrie Hall, Ventura College, to which the public is invited.

The four winners of the preliminary audition were:

Brad Boelman, 20, student of Ms. Melissa Phelps-Beckstead

Curtis James, 17, student of Ms. Moon Jun Allison

Kevin Downer, 16, student of Mrs. Amy Hagen

Abigail Tsai, 11, student of Mrs. Sue Wei Liu

Honorary mention went to Elsie Hendricks, 14, student of Mrs. Amy Hagen.

All arrangements for the competition were made by Dr. Burns Taft, professor of music at Ventura College and conductor of the Ventura College Symphony Orchestra. The judges, Dr. Robert Law-

son, professor of music at Ventura College, and Mr. Irving Weinstein, concert master of the Ventura College Symphony Orchestra, were very impressed by all the talented and dedicated violinists.

The 1st place winner at the May 22 final competition will have the unique opportunity to play his or her concerto selection with the Ventura College Symphony Orchestra at a later date.

Congratulations to the winners and to all participants!



Ventura Downtown Lions Club President Sunshine Cheek and Breeze publisher Sheldon Brown were pitching in on Saturday, January 30 during the Lions Club International's Lions Day of Service. The Ventura Downtown Lions Club Community Service started a patio project for the Turning Point Foundation (Our Place Shelter) located at 536 E. Thompson Blvd. They cleared the rear of trash and vegetation in preparation of making the area into a wonderful clean patio area.

They then moved on to the new Veteran's Home on Telephone Road near Wells Road to work on their new landscaping.

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 805-302-4387 4243 Telegraph Rd, Vta.

Art Scene



Cook and Arntz opens on February 13 at the Palm Loft Gallery

“Cash for Clunkers”, featuring artists Steve Cook of Ventura and Penny Arn-

tz of Santa Barbara, opens on February 13 at the Palm Loft Gallery in Carpinteria. This is a two-person exhibition with paintings and pastels celebrating old cars and trucks in various poses and environments. The show will run through March 21. The artist reception is Saturday, February 13 from 5-7pm.

Palm Loft Gallery is located at 410 Palm Avenue, Loft A-1, Carpinteria. www.palmloft.com, 684- 9700.

Steve Cook Studio www.stevecook-fineart.com 652- 0575



“Games People Play” at Vita Art Center

Vita Art Center, located at the Bell Arts Factory 432 Ventura Ave. is currently showing “The Games People Play” featuring: Jennifer Guernsey, Amy Schneider, & Jill Shanbrom.

“Games People Play” is a series of collaborative works, each piece based on a childhood game. While maintaining the traditional rules of each game as an integral element of their creative process, Jennifer, Amy and Jill have also added a few new rules of their own! You can view their unique take on many childhood games such as Hopscotch, Hangman and TicTacToe.



Painting by Debra Alderson

Student work shown at Gallery 255

Gallery 255, located at 255 S. Laurel will be showcasing watercolor paintings done by adult students of art instructor Julie Merrill from February 18 through March 13. The title of the exhibition is “In.ter.pre.ta.tion”. Exhibiting Students: Debra Alderson, Charlotte Lucero, Helen Faul, Laura Hansen, Jean Scott, Molly Thomas, Pete Plascurian, Steve Ward, Roger Varian, Sheila Wenzel, Betsy Held, Kathy Stoddard, Donna Cabrera, Linda Newhard, Mary Chandler, and Linda Cowen.

Apply for Spring ArtWalk by Feb. 11

The City of Ventura Cultural Affairs Division invites artists and merchants to apply for Spring ArtWalk - Earth Day weekend - Saturday and Sunday, April 17 & 18. The deadline to submit an application is 5 p.m. on Feb. 11

The new, greener, streamlined application process requires registration and payment online only at <http://venturaspring-artwalk.eventbrite.com>.

Although all types of fine visual art exhibits are welcome, artists and merchants are invited to express local or worldwide themes of environmental awareness in their exhibited work in keeping with the 2010 celebration occurring during the 40th anniversary of Earth Day. Look for “Longevity,” a mixed media work on wood panel by Spring ArtWalk Featured Artist Cathy Day Barroca on event publicity and posters, depicting a carefree tree flowing in the wind. Visit many live/work studios at the newly opened green building certified complex WAV (Working Artists Ventura). Ventura Charter School of Arts & Global Education and other green organizations are coordinating exhibits and an Earth Day Eco Festival (10 a.m. to 5 p.m.), as well as a beach clean-up (Saturday 9-11 a.m.) as part of ArtWalk festivities.

For more information and sponsorship opportunities, contact Robin Elander, Cultural Affairs Coordinator, at 658-4760, relander@cityofventura.net, or at www.venturaartwalk.org.



Don Ulrich's erotic painting can be seen at the “Wet” exhibit

“Wet” at the Artists’ Union Gallery

The Artists’ Union Gallery presents the eighth annual erotic exhibit “Wet” from February 13 - March 21.

Continued on page 15

River Haven Transformation



Thanks to many generous donors the River Haven Tent Community now has 19 new U-Domes, homes for 25 formerly homeless adults. In addition to our donors over 300 community volunteers worked on the project including those who volunteered for Action Foundation “Day of Action and the United Way “Day of Caring”.

U-Dome Donors

- Ventura Downtown Rotary Club
- Wayne & Sara Jacobsen
- Ventura County Community Foundation
- Ventura Seventh Day Adventist Church Southern Conference
- The Essef Foundation, George & Rosemary Essef
- Seventh Day Adventist Church of Ventura
- Marilyn Scott
- Women of Jewelia
- Rotary Club of Ventura South
- John Sanders Jones
- John & Carmel Whitman, Old Creek Ranch Winery
- Leeward Tile
- Bill & Marcia Wakelee
- Wells Fargo Foundation

Major In-Kind Donors

- State Ready Mix-Rusty Cochran
- U. S. Navy Seebees
- Ventura Rental-Ted Cook
- Allen Oleson Construction
- Far West Construction-Dale Jaedtke
- Johnson & Muller Architects-Nils Johnson
- E. J. Harrison & Sons
- Crowne Plaza Ventura Beach
- World Shelters-Bruce Lebel
- Ventura Breeze

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Show your support for your local community and keep your ad dollars in Ventura by advertising in the Ventura Breeze YOUR community newspaper by just contacting advertising@venturabreeze.com

Professor Scamp, Ph.D (Pretty Happy Dog)



We had a little disturbance on our street last week and I got to meet one of my heroes VPD K9 Eros who has been featured in the Breeze.

I ran up to him wagging my tail but he just gave me a stern look and wasn't wagging his tail at all.

I thought "he isn't a very friendly guy" and then I realized that he was on duty and couldn't be friendly to me because I might be a bad guy so I understood.

I'm sure that after work he would be very friendly and we could hang out and have lots of fun.

He could teach me about law enforcement and I could teach him about eating junk food.

Of course he barks in German so we might have a little problem communicating but I'm a fast learner.

A letter from one of my many fans:

Scamp:

Your column is my favorite and always the first thing I flip to each time I see a new issue of the Breeze. On several occasions last year, I was pleasantly surprised when I opened the newspaper to your column and saw a picture of my very own pugs, Bizkit and Coco in their police car! Words can't describe the proud feeling I felt. I was in a small coffee shop when I first discovered the picture and remember showing off the picture to complete strangers. Surely, they thought I was nuts. The photo was taken at the 2009 Pooch Parade. We participated with other friends/co-workers as a team with a "police" theme and converted our wagon into a

police car for my aging pugs ride in.

Thanks for making a pug mama proud and keep up the good work!

Your fan,
Nicole Crisostomo

I hope that the other Breeze writers aren't jealous of me for being so popular (and cute).

The Humane Society of Ventura County is seeking volunteers to help with the on-going operation of its Ojai animal shelter as well as to assist the private non-profit organization with its off-site fund-raising activities.

Volunteers are needed for the following tasks:

Participating in animal yard checks (applicants must first go through training with Humane Society officers);

Performing clerical work at the shelter and answering phones;

Manning HSVC informational booths at local community events;

Meeting with HSVC officials to create fund-raising events;

Locating sites to sell walnuts donated by Black Mountain Ranch in the Upper Ojai;

Collecting cash donation boxes for the HSVC on routes in Ventura County. Drivers needed mostly in Santa Paula, Fillmore and Moorpark.

Applications are available at the HSVC shelter, located at 402 Bryant St. in Ojai, or online at www.humanesocietyvc.org. Click the "Get Involved" icon for the application. For more information, call Volunteer Coordinator Suzanne Soprano at 666-5031 or 646-6505. I would sure appreciate it.

Dogs to Adopt



Hi, I'm Bitsy an affectionate and playful 2 years 2 months old Chihuahua/Pug mix. I love to cuddle and go for walks. I would do best in a home where the children are 6 years or older. I need a family who will rarely leave me alone or has another dog to keep me company. I'm good with other dogs, cats and older children. I come when called, enjoy being around people and going for car rides. I hope it's not long before my forever family comes to take me home.

The Canine Adoption & Rescue League
3004 Telegraph Road
805.652.1001 www.carlvc.org info@carlvc.org

ScampClub



Hi: My name is Maggie Mae, we think that I am a cross between a Lhasa Apso (I have one of those curly tails) and maybe a cockapoo (because I have such a wonderful disposition). I love to travel, love everyone and, unlike Scamp am especially picky about my treats.

I was living in a shelter 5 years ago and wasn't doing very well but my mother to be just said that I needed more love than I was getting, and scooped me up and got me out of that misunderstood shelter.

Here it is, five years later and here we are, happy and healthy on the Avenue in Ventura.

PS: Well Scamp, you did it again; another exceptional newspaper (Jan.27). No offense, but those bedecked and bejeweled women all looked pretty old. I hope you're not planning to "hook-up" with any of them, as I thought, just maybe, you might hint in the newspaper when I get featured, that you're interested in me. You said I was cute. I'm not looking for a relationship, but we could flirt with each other. How old are you? I think I'm about 8, but I can easily pass for 4 or 5 because my thick, luxurious grey hair actually is mistaken for my silver and white coat.

Well, that's about it. Just wanted you to know it's an awesome paper. Big Sniffs, Maggie Mae Skiles

Maggie (may I call you Maggie?)

Thanks for the kind words but, like you I'm not after any permanent relationship just checking out all of the babes. But we can certainly flirt. I'm 7 but pass for 2 because I'm so juvenile. The 4 bejeweled ladies appeal to me because I think that they have the bucks and I can be bought. Scamp

Join ScampClub

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 receive a Scampclub Card that will get you the following discounts. Scampclub members can receive:

- 10% off dog wash at **Cameos Dog Grooming**, 1058 S. Seaward 648.3800
- \$3.00 off bathing at **Applause Four Paws**, 2008 Thompson 648.2757
- Wed. \$3.00 off Grooming, 10% off for all Seniors (Over 62) **Naturally for Paws**, 1766 Thompson 648.7297
- 50% off first grooming - 10% off following grooming at **Aloha Grooming**, 1076 Front Street, 643.4852
- 10% off pet sitting, dog training and MORE at **Prancing Pet Services**, 890.1406

Police Reports

VPD seeks volunteers

The Ventura Police Department (VPD) is proud to announce they will be conducting their sixth Volunteers In Policing (VIP) Academy. Members of the public are encouraged to apply for the Academy, which is slated to begin sometime in March.

The goal of the VIP Program, which began in 2005, is to increase community member participation and allow volunteers to assist patrol officers by responding to non-emergency calls for service, thus enhancing our officer's free patrol and emergency response times. The program has been highly successful with over 40,166 hours contributed by VIP members since the inception of the program.

During the ten-week VIP Academy participants will take part in a comprehensive training program consisting of traffic and parking enforcement, dispatch and communications training referencing calls for service, patrol procedures, crime scene investigation, school and infrastructure checks, graffiti (type of, in-

vestigative procedures, documentation) report writing, and a driver's awareness program. Once graduated from the VIP Academy members can expect to perform a myriad of duties including downtown and promenade patrols (foot patrols included), critical infrastructure checks, school and vacation checks, parking enforcement, report writing, crime scene integrity, false alarm contacts, minor traffic accident investigation, assisting at DUI Checkpoints, and traffic control. All VIPs work in teams of two or more, drive a marked volunteer vehicle, and wear the department's VIP uniform, including a badge, flashlight, and police radio.

The requirements for VIP membership include a completed application and interview, a background check, be twenty-one years of age, possess a valid driver's license, be in good physical health, and have the desire to contribute a minimum of sixteen hours per month to the program. Community members interested in joining the academy should contact Senior Police Services Officer, and Volunteer Coordinator, Tracey Coert at 339-4320 or via e-mail at tcoert@venturapd.org.

Attempted theft on East Main Street

After fielding numerous complaints regarding Beer Runs at Circle K convenience store, located on the 1000 block of E. Main St., several Ventura Police Department officers along with the Alcohol Enforcement Officer, D. Donswyk conducted surveillance on the business on

January 22.

Officers conducting the surveillance operation observed several suspects exit a vehicle and walk into the Circle K store, where an undercover police officer was posing as a Circle K employee. These sus-

Continued on page 12

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Police Reports

Continued from page 11

pects walked straight to the refrigerated cooler and selected several cartons of beer. These suspects failed to pay for the beer and exited the store. The suspects fled toward a nearby parked get away car and were apprehended by officers.

Those apprehended were:

George Marin 19 yrs. Ventura Resident
William Speer 20 yrs. Ventura Resident
Crystal Salceda 19 yrs. Oxnard Resident
Juvenile female 15 yrs. Fillmore Resident
Juvenile female 16 yrs. Ventura Resident
Marin and Speer were booked at Ventura County Jail. Salceda was also booked at VCJ. The 15 year old female juvenile was cited and released to her parent and the 16 year old female juvenile was booked at Ventura County Juvenile Justice Center.

Suicidal man on Phelps Avenue

On January 26, at 10:39 am Ventura Police 911 Center received a telephone call in reference to a suicidal subject in the 1100 block of Phelps Ave. A family member reported her 55 year old husband was depressed and that there were numerous weapons in the house including a rifle with a scope and a shotgun. The 911 Center also received information that a gun safe which is normally closed and locked had also been opened prior to the family member leaving the residence. When Police Officers arrived they attempted to contact the subject by telephone, vehicle loud speaker and also with a police bullhorn from in front of the residence. The subject would not respond or answer the incoming phone calls. Ventura Police Crisis Intervention Team also responded to the scene in the event verbal contact was made with the subject.

At 12:20 pm the Ventura County Sheriff Bomb Squad Robot was requested and responded to the scene. The robot entered the location and began searching the residence. The suspect was located and verbal contact was then made with the subject. The subject was asked and convinced to exit the residence to meet waiting police officers. The subject complied with the request then exited the residence and met with officers where he was taken into custody without incident. The subject was only detained and then taken for a 72 hour hospital evaluation (a legal 72-hour hold).

Domestic dispute on Nopalito Street

On Jan. 28, at 4:50 pm a domestic dispute occurred between a 52 year old male and a 43 year old female who had recently broken off a long-term relationship. They are both Ventura residents living in the 10000 block of Nopalito St.

During the argument, the male pushed the female to the ground. The female grabbed a gardening tool and stabbed the male in the arm. The male left and sought treatment at a nearby clinic for his injury. The female was transported to a local hospital for back pain.

The male was arrested for misdemeanor battery on a domestic partner. The female was arrested for assault with a deadly weapon.

Rescue off Ventura Pier

On Jan. 31, at 9:36 am first responder

units from several agencies responded to a report of a water rescue-surfer in distress at the Ventura Pier. The first arriving units found a male juvenile surfer in the water in need of assistance due to high surf and exhaustion. Rescue swimmers from the Ventura Harbor Patrol, Ventura City Fire Department and California State Parks Lifeguards were able to assist the individual out of the water south of the Ventura Pier. The individual was evaluated by the paramedics at the scene and determined to not be in need of medical aid. The young man was reunited with his parents waiting on shore. The surfer had been participating in a scholastic surfing competition being held in the area of Surfer's Point north of the Ventura Pier. The Interscholastic Surfing Federation had sponsored the competition. Initial reports were made that there was possibly more than one victim unaccounted for but those reports proved to be unfounded and further checks determined that all surfers participating in the competition were accounted for.

A Word from the Fire Department

A tsunami in our area likely?

by **Kris McDonald**

Captain

Ventura City Fire Fighters Association (VCFFA)

In follow up to our last article in the Breeze regarding earthquake safety, we are now addressing safety related to tsunamis. While even less frequent and less likely in our area than an earthquake, they are a very real possibility and can be just as destructive.

A tsunami in our area would likely be produced by one of two scenarios. The first being a large earthquake, anywhere along the Pacific Rim, that would send a tsunami to our shores. The advantage to this first type of tsunami would be possible early detection and advanced warning. The second scenario would be a moderate to heavy local earthquake, with a resulting submarine landslide, that would produce a tsunami with little or no warning.

A tsunami can move hundreds of miles per hour in the open ocean and smash into land with very destructive waves as high as 100 feet or more. The intervals between these waves can be hours apart, and the receding water can be just as destructive as the waves themselves. While drowning is the most common cause of death associated with a tsunami, other major hazards exist. These include contamination of drinking water, fires from gas lines or ruptured tanks, and downed electrical lines.

Continued on page 15

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Winter Senior Ball
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Senior Living

Senior Cone-nection

The number one reason for the winter blues!

by Nanci Cone

Welcome to tax season. Each year people pay out an incredible amount of money to have professionals compile the previous year's taxes hoping they will either be able to get a refund or that they won't receive a letter from the IRS about "possible irregularities." And each year, as the tax forms become more complex, the cost of preparing them tends to increase. This is fine if you have a good deal of discretionary funds at your disposal but what do you do if you're on a limited budget?

Fortunately, there is an organization that offers salvation to seniors and low-income individuals and families -The American Association of Retired Persons (AARP). AARP program offers free tax help to individuals who are 60 years or older and low-income people who cannot afford professional assistance with their federal and state tax returns. This is through grant funds, made possible by an appropriation of Congress. Volunteers attend classes to learn how to prepare federal and state tax returns, to update their knowledge on changes to the 2009 forms and to learn how to do e-filing.

Free tax preparation runs through Thursday, April 15, and is available by appointment only at the Senior Recreation Center and Help of Ojai and on a "first come, first served" basis at the Ventura Avenue Adult Center.

Schedule:

Ventura Avenue Adult Center (VAAC)
Tuesdays and Thursdays, 9-11 am first come, first served
550 North Ventura Avenue
648-3035

Senior Recreation Center (SRC)
Tuesdays and Thursdays 11 am-2 pm by appointment only
420 East Santa Clara Street
648-2829

Help of Ojai
Wednesdays, 1:30-3:30 pm by appointment only
111 W. Santa Ana Street
646-5122

To receive help at any of these centers, people should bring their last year's tax returns, W-2s and 1099s, bonds, bank statements, etc., as well as year-end summaries from Social Security. The volunteers can handle most basic federal and state tax forms but they suggest that anyone with a business or extensive investments do hire an accounting firm who would be more knowledgeable in these areas.

Volunteer tax assistants at all centers have the capability of doing electronic filing online for both federal and state taxes and having refunds direct-deposited which helps prevent checks being stolen, provided that those seeking tax assistance bring in a deposit slip or voided check with their name and address.

Not everyone has the luxury of taking time out during the day to have their taxes prepared or the locations mentioned may not work for you. If this is the case, Ed Klein of AARP at 659-2448 to learn about alternative days, times, and various venues in Ventura County.



Sarah Ferguson, the Duchess of York was on hand to congratulate Diane Savard, Executive Director of Aegis of Ventura for being selected her All Star Award

Diane Savard at Aegis of Ventura receives the Sustaining Excellence All Star Award

For her exceptional service, Diane Savard, Executive Director of Aegis of Ventura was presented with the Sustaining Excellence All Star Award for the second consecutive year.

Aegis of Ventura, a senior living community specializing in assisted living and memory care, was presented the Turn-around Community of the Year Award. This award recognizes the community with most significant positive change as measured by resident and family satisfaction surveys, net operating income, employee turnover, and other metrics reported by 34 Aegis Communities. This year the company's annual meeting featured guests Sarah Ferguson, Duchess of York, Cleve Jones, Dr. Patch Adams and others sharing their wisdom and experience with all in attendance.

Chosen by peers, nominations were made by executive directors and employees from each Aegis community and executive management team. Winners were selected by the Senior Executive management team lead by Aegis Living's CEO and Chairman, Dwayne Clark.

Aegis Living provides an innovative approach to senior living that focuses on the individuality of each resident, special philosophies of care and innovative amenities. This approach has made Aegis Living a success story in the industry and a premier choice for those seeking senior living services.

Winter senior ball at Cypress Place Senior Living

Join Cypress Place Senior Living for an Evening to Remember...Winter Senior Ball. Dress to impress while dancing to live music and enjoying gourmet appetizers and champagne. Residents, families, and friends of the community are welcome to attend. The event is free to the public.

Festivities take place from 6 p.m. to 8 p.m. on Friday, February 19. Come meet their residents and other local community members while enjoying great food and live entertainment. Bring your dancing shoes.

Cypress Place Senior Living is a pre-



- Sat through every dance recital
- Made up stories for me
- Taught me how to be strong
- Took me kayaking in Tahiti
- Listened a lot
- My turn to return the favor

Give your loved one a break this Valentine's Day with a short-term stay at Aegis of Ventura!

Our caring staff ask a lot of questions about the people who join our community. This helps us plan out the appropriate services and care for each individual, but more importantly it lets us get to know each resident as a person rather than just a visitor. You can rest assured they will be treated like a member of our family. And who knows, they may decide they would like to stay.

Starting at \$150 a day including all care.

Call us at 805-290-1221 or go to AegisofVentura.com for more information.

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- Beautifully appointed apartments
- Restaurant style dining
- Daily activities and social programs
- Support and companionship

miere senior community in Ventura County. The beautiful senior living campus features an Active Senior Living community and adjacent Assisted Living and Alzheimer's/Dementia Care community connected by a lushly landscaped courtyard.

Cypress Place Senior Living is located at 1200/1220 Cypress Point Lane in Ventura. For more information or to RSVP please call 656-9500.

Investment Group meets at Senior Recreation Center

The Investment Group meets at the Senior Recreation Center, located at 420 E. Santa Clara St. in Ventura on Mondays from 10:00 to 11:30 am. Activities may include a review of the week's economic events, viewing investment-related videos, review of relevant articles, presentations by guest speakers, and discussions about potential investments for seniors. The membership is free. There will be no meeting on February 15.

The speaker at the January 25 meeting was Solid State Physicist Robert Ginn who explained Photovoltaic Solar Energy to the group.

Robert Ginn, the Director of Engineering at Acumen Scientific, talked to the Investment Group about both his experiences with his personal rooftop solar and his assessment of the photovoltaic solar industry.

He explained that his system was designed to reduce his power consumption to the tier 1 and tier 2 usage levels, thus avoiding the more expensive usage levels. He also explained the geometrical constraints involved in the design, and detailed his experiences with his system over the past year. Data was presented on his actual savings, and the predicted payback time.

Bob then discussed photovoltaic solar investments, describing the players in the industry. He explained his enthusiasm for CdTe photovoltaic solar, based on its better conversion efficiency and reduced manufacturing cost relative to other technologies.



Two cuties, Dr. Scamp and Coach Ron Tunick's co-host on KKZZ Diane Grabau, at the Life Saving Health & Wealth Expo held at Cypress Place Senior Living.

Sports



Conor Flannery is taking a 2,500 mile kayaking expedition to raise money for MedShare

Taking kayaking to the limit

by Mira Reverente

What happens when you combine an extreme sport, an environmental project and a non-profit agency? The result is an ambitious 5 month 2,500-mile solo kayaking expedition from Seattle, Washington to Anchorage, Alaska to raise money for MedShare, a medical supply redistribution agency.

At the forefront is Conor Flannery, 29, a medical device design engineer and a self-confessed outdoor enthusiast who will attempt to paddle solo. Flannery and MedShare have some history together. "As a student at Georgia Tech, I used to volunteer at MedShare, checking and sorting medical supplies to get them ready for shipment overseas," explained Flannery.

MedShare distributes surplus medical supplies that would otherwise go to landfills, to over 80 countries around the world. It was one of the first non-profit agencies to respond to the crisis in Haiti, by sending 10,000 boxes of requested medical supplies.

In a recent statement, A.B. Short, CEO and co-founder of MedShare, expressed his support for Flannery, "We are excited that he has chosen us. His mission seems to match well with our mission to improve both the environment and global health."

Extreme fundraising

At a recent presentation hosted by Patagonia at its corporate headquarters in Ventura, Flannery underscored his previous kayaking excursions where he successfully applied the principles of another passion, leave-no-trace camping. He also highlighted his goal to bring in \$20,000 to pay for one full ocean freight container of medical supplies.

Hardly a novelty, people have turned

to extreme fundraising not only to raise money but also to raise awareness on an issue. A skateboarder and his three friends skateboarded across Canada to solicit money for breast cancer research. A grief-stricken North Carolina dad rode his motorcycle across 48 states and raised \$300,000 to build a new organ transplant center to be named after his son who was killed in an accident.

A fundraising coach called this "making a big splash," to attract interest and to combat donor fatigue. Flannery will be doing that, making not just one big splash but several along the way as he paddles an average of 15 miles a day.

Physical and mental preparation

There is no such thing as over preparation for this type of undertaking. For the last three years, Flannery has taken frequent kayaking trips with friends and supporters. He has also completed half-marathons and marathons and has also gone on cross-country and mountaineering trips around California, Colorado and Alaska.

In the summer of 2009, he spent 15 days kayaking around Glacier Bay National Park in Alaska. Flannery recalled, "It was the longest trip I've ever done. I was off to a great start." This Seattle-Anchorage trek will be nine times the distance of his Glacier Bay circumnavigation and comparable to a Los Angeles, California-Charleston, South Carolina road trip, in terms of mileage.

With colossal logistics involved, Flannery has done extensive research on gear, equipment and supplies. His lengthy packing list includes everything from rain gear to three weeks' worth of dry food (replenishments to be picked up along the way) to bear spray (for over-

night camping).

Risk mitigation

Being the engineer that he is, the Georgia native has meticulously mapped out his five-stage route that will take him through British Columbia, the Alaskan Inside Passage and around the Kenai Peninsula.

He has planned for every conceivable kind of risk, from hypothermia to equipment failure. A first-aid kit, safety equipment, satellite phones, a spare paddle and all kinds of repair kits will all fit into the hatches of his 19-foot kayak.

At the end of the evening, the audience's concern for Flannery's safety was universal. Flannery replied, "I will be mostly solo but there will be other kayakers, fishermen and cruise ships along the route. It is risky but I really believe in this cause."

For more information, to make a donation or to track the expedition (March 13th onwards): www.causetopaddle.org

Coach Winslow to stand trial for cheating VC out of more than \$100,000.00

Ventura County Superior Court Ken Riley has set February 16 as the date for an arraignment against Greg Winslow, 45, former Ventura College basketball coach and athletic director who has been ordered to stand trial on charges that he cheated the college out of more than \$100,000. Prosecutors claim that his actions cost the college more than \$100,000 over a period of about 7 years, starting in 2000.

Prosecutors also allege that he opened a bank account on behalf of the college in which he deposited checks for donations to support the men's basketball program and income from the rental of the gym. He allegedly misused some of the funds for various personal purposes. Some of the funds were withdrawn and deposited into his personal bank account.

He is also accused of helping student-athletes underpay their college tuition by assisting out-of-state basketball players to fraudulently register as California students, this cost the college more than \$40,000 in tuition fees. Winslow is charged with 6 counts of grand theft and one count of theft involving the misappropriation of public funds.

Maryellen Sebold, an accounting expert, testified that she examined the records of the unauthorized Pirate Basketball account and found that at least \$60,000 should have been turned over to Ventura College.

Judges needed for Science Fair

Professionals in the sciences are needed to volunteer as judges for the 2010 Ventura County Science Fair, set for April 13-15 at Seaside Park in Ventura.

Close to 1,000 students from throughout Ventura County, grades 6 through 12, will enter their projects in the 56th annual fair, sponsored by the Ventura County Office of Education, along with County School Federal Credit Union, Amgen and various science-related organizations. This year's fair theme is "Science for Change."

The judging portion of the fair will be held on April 14, beginning at 8 a.m., with a continental breakfast and orienta-

tion. Lunch also will be provided, and the day's activities will end at approximately 4 p.m.

Judges are needed in the following categories: Animal Sciences; Behavioral and Social Sciences; Biochemistry; Cellular and Molecular Biology; Medicine and Health Sciences; Microbiology; Plant Sciences; Chemistry; Computer Science; Earth and Planetary Science; Engineering: Electrical and Mechanical; Engineering: Materials and Bioengineering; Energy and Transportation; Environmental Sciences and Management; Mathematical Sciences; and Physics and Astronomy.

Students with the top projects qualify to enter the California State Science Fair in Los Angeles on May 17-18.

Judges' application forms are available by visiting the Ventura County Science Fair's Web site at www.vcoe.org/sc, or by calling Coordinator John Tarkany at 437-1501.

Employers sought for Youth@Work program

Young adults, ages 18 to 24, will have an opportunity for work experience at local businesses, government agencies and nonprofit organizations through a new, two-month California Youth@Work program. These paid positions are funded by the 2009 American Recovery and Reinvestment Act and the Workforce Investment Act. They will be administered by the Workforce Investment Board (WIB). The jobs will run through March 31.

The program is an extension of the successful summer California Youth@Work program, in which over 600 Ventura County young people and over 100 public and private sector organizations participated. "The success of the summer program is an excellent example of how public and private sectors can play an important role in training our future workforce," says Steve Kinney, president, Economic Development Corporation of Oxnard and WIB chair.

Eligible youth who live in the cities of Ventura, Ojai, Oak View, Santa Paula, Fillmore, Piru, Thousand Oaks, Newbury Park, Camarillo, Somis, Moorpark and Simi Valley, can earn \$9.50 per hour and work between 60 and 240 hours. All wages and employer payroll costs will be covered by the program. In addition, they will receive eight hours of training in career planning, teamwork, leadership, interpersonal skills and job search techniques.

"We are currently looking for employers who are willing to provide valuable work experience to young people who may not otherwise have access to employment," says Cheryl Moore, executive director of the Ventura County WIB.

The program is operated by the City of Oxnard City Corps with technical assistance provided through the Human Services Agency's Business & Employment Services Department. Employers interested in offering work experience to young adults can call City Corps Youth@Work at 385-8113.

The Workforce Investment Board administers federal funds that help to support Job & Career Centers (JCC) and other adult, youth, and employer programs and services in Ventura County. JCC services are provided at no cost to job seekers and employers. For more information, call (800)500-7705 or visit www.wib.ventura.org.

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A word from the Fire Department

Continued from page 12

Anytime an earthquake is felt in our area, caution should be exercised until advised that a tsunami danger does not exist. There are three terms used by alerting agencies for a tsunami hazard. A "tsunami advisory" means that an earthquake has occurred in the Pacific basin, which might generate a tsunami. A "tsunami watch" means a tsunami was, or may have been generated, but is at least two hours travel time to the area in the "watch" status. A "tsunami warning" means a tsunami was generated and could cause damage. People in the "warned" area are strongly advised to evacuate immediately.

As seen recently in the Indian Ocean region, any rapid recession of water at the beach should be regarded as a sign to evacuate rather than to investigate. Your safety focus in the event of a possible tsunami should be to move to higher ground and to avoid the coastline, especially areas of predicted water inundation. This would be, as a general rule, any land less than 33 feet above sea level and/or less than a mile from the coast. The current water inundation maps for the City of Ventura indicate, generally speaking, that the highest risk areas for tsunami inundation are the Fairgrounds and the downtown beach area, Pierpont area, Ventura Keys area, and the Harbor area.

In the event of an impending tsunami the Emergency Alert System and/or the Code-Red Reverse 911 system would be utilized to facilitate an evacuation. In the event of a local earthquake, or tsunami hazard you should monitor your radio or television for updates and instructions. If a tsunami takes place you should avoid entering the area affected, stay clear of debris, and above all be wary of additional waves.

Harbor Patrol Blotter

Wednesday

Jan. 27

11:00 a.m. Patrol monitored a dispatch of a medical call on Seafarer while they were very close to the call. Patrol responded and assisted with a patient with hip pain.

Friday

Jan. 29

6:14 a.m. Patrol monitored a medical call in progress; a kayaker was on the beach after being hit by a wave. A second kayaker was unaccounted for. Patrol responded and located the second kayaker outside of the surfline. Patrol took the subject and his kayak aboard and transported him to the Keys.

5:00 p.m. Patrol observed a 10-foot log in the entrance. They towed it to the launch ramp and disposed of it in the dirt lot.

Saturday

Jan. 30

1:45 a.m. The Dockmaster found an unlocked door to a shop at the Village. He locked the door.

3:40 p.m. Patrol received a report of a man in a car at Harbor Cove fondling himself. Patrol contacted P.D. then responded to observe the activity. The car was unoccupied. Patrol briefed with PD upon their arrival.

Sunday

Jan. 31

9:38 a.m. FCC dispatched Patrol and others to a water rescue off the pier. Patrol responded by patrol vessel and RWC. The RWC picked up the surfer and released him in the shallow water south of the pier.

11:30 a.m. Patrol and Maintenance picked up and disposed eighteen dead pelicans found around the harbor.

Dr. Trudy Arriaga

Continued from page 1

ing to values that promote and support equity, excellence and acceptance," said Dr. Robert Fraisse, the superintendent of the Laguna Beach Unified School District and former recipient of the award who nominated Arriaga for this distinction. "Under Arriaga's leadership, student achievement consistently increases at all grade levels and across all student subgroups. She is a social and political leader at the community, county, and state levels, and has been tenacious in her advocacy to ensure that no child will go unheard by our legislators. Finally, Arriaga is a masterful team-builder promoting collaboration and co-operation, and motivating her staff with dignity and respect."

Arriaga, was honored for her visionary, instructional, and ethical leadership; organizational management; family and community involvement; and advocacy at the sixth annual Pepperdine Superintendent Advisory Council Dinner on Wednesday, January 27. The event coincides with the Association of California School Administrators annual conference and was also attended by Ventura Unified School District Board Members Debbie Golden, Mr. John Walker and other distinguished guests.

"I am truly honored to be selected for this award," professed Arriaga. "I am surrounded by a community of dedicated and talented staff, collaborative parents, incredible students, and a supportive Board of Trustees, which makes my role as superintendent a winning combination. I accept this recognition on behalf of the amazing educators in California who have dedicated their lives to ensure that all students receive an exemplary and balanced education fostering a life-long passion for learning and engagement."

Arriaga began working for the Ventura Unified School District in 1975 as a paraprofessional. Her journey toward the role of superintendent includes teaching grades three - adult in special education, migrant education, and adult education, as well as serving as an assistant principal, principal, and director of administrative support services. Arriaga is the first woman superintendent of the Ventura Unified School District, the third largest district in the county.

Arriaga is the past president and current member of the Ventura Education Partnership, a community based organization that sponsors educational grants for district teachers, and is involved with the California Association of Latino Superintendents. She is also a member of the Association of California School Administrators, and a recipient of the Region 13 Superintendent of the Year award for 2009. Arriaga earned a master's in Educational Administration and Supervision from Cal State University, Northridge; and a doctorate in Educational Policy, Planning and Administration from the University of Southern California. With Arriaga's leadership and dedication of resources to ensure English learners have equal access to curricula and instructional opportunities that promote high student achievement, 21 of Ventura's 25 traditional schools increased their API scores in 2009.

Harrison to maintain schedule

Harrison Industries will maintain its regular trash and recycling or green waste collection schedule during the week of Presidents' Day, Feb. 15-20.



Cecilia, Ernie and Joan Bor plead guilty to multiple charges of felony animal cruelty

Horses were starved, horses were denied medical care

by Joseph Boeing

On January 22, at 1:30 pm a sentencing hearing took place where Joan, 66, her son Ernie, 32, and his wife Cecilia Bor, 36, pleaded guilty on multiple charges of felony animal cruelty at the Ventura County Court House. The guilty pleas bring an end to a horse abuse case, "that is to this date the largest horse abuse case in Ventura County," as reported by the Ventura County Humane Society. A case that started on Wednesday, October 8th of 2008 when over twenty officers from both the humane society and the Ventura County Sheriff's office arrived at the Bor horse ranch in Cochemma Ranch at Frazier Park after a month long investigation after a neighbor reported that horses were being neglected and possibly malnourished. Humane Society Officer Vail said, "I feel that justice was served today. About one hundred horses were found malnourished along with skeletal remains and corpses buried on site."

April Horowitz, President of the Non-Profit Heart of a Horse, helped supply feed to the hungry horses said, "all of the horses have a home but six."

"Ernie Bor cared for these horses. He bought a truck and was gone for weeks to help get money to care for these horses," Ernie Bor's lawyer, Kristi Peariso said.

According to Ernie Bor's letter to the court, "I truly did care for these horses. When I first began, breeding, buying and selling horses we were in a better financial situation. When I went to a show to buy a horse and wouldn't come back with just that horse. I would come back with three or four horses as well. One may have been blind in one eye, another cut or something medically wrong with them. I took them in and they started to breed and it

got completely out of control."

The prosecutor Wendy Macfarlane replied that Ernie Bor, "Nine months after being kicked out of Cochemma Ranch the Bor's set up their ranch in Paseo Robles and the Bor's pled guilty on a misdemeanor for the exact same thing, horses were starved, horses were denied medical care and it is so disenchanting that he talks about hard times and wanting to care for these horses he leaves town and does the exact same thing."

Joan Bor's Lawyer Joseph O'Neil said for his client, "The ranch was a dream, to be out there with animals and care for them. I know I should have been more responsible." Joan Bor's lawyer did state that her client has, "no prior criminal report previous to October 8th 2008."

Ventura County Superior Court Judge Bruce Young sentenced Joan, Ernie along with Cecilia to six months in jail along with five years probation, reminding the Bor's that they "are responsible for failing to provide food and medical care to the animals under their care."

A restitution hearing has been set for February 24th of 2010 to find out how much the Humane Society will get back from the Bor Family.

All you can eat

Continued from page 5

sauses, sodas, plates, napkins, plastic tableware, etc. For additional information or directions to the Club please call 641-0523.

The Westview Center is one of a small number of Boys & Girls Club centers nationally that are located in public housing facilities. The Club is focused on creating safe, positive, nationally recognized after-school and summertime programs with professionally trained staff for members between 6 - 11 years of age. No child is ever turned away because of race, religion, gender, culture, sexual orientation or for financial considerations. The program of the Boys & Girls Club of Ventura is focused on changing lives through academic success, good character and leadership and healthy lifestyles.

Wet at Artists' Union Gallery

Continued from page 10

One of their most popular contemporary exhibits. A multi-media look at the sensual and erotic, distilled through the muse and onto the many enticing visual palates of the arts community.

Also an erotic poetry reading takes place on Saturday March 3 at 7pm.

Artists Union Gallery, 330 California Street (at the beach). Visit www.venturaartistsunion.org for more information.

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Business



A large gathering at the Crowne Plaza Hotel helped the V²TC celebrate their first birthday. Alex Schneider, Executive Director (inset) of V²TC welcomed them to the gala event and the fine food

V²TC celebrates birthday

by Tim Pompey

It had the lively feeling of a birthday party. At least that's what Alex Schneider, Executive Director of Ventura Ventures Technology Center (V²TC) announced to the large gathering of business executives on the top floor of the Crowne Plaza Hotel in downtown Ventura: "Why a large party a year after we opened? Because today we have ten startups." As any good entrepreneur knows, when you start with nothing and watch a good idea take hold, that's worth celebrating.

V²TC (www.venturaincubator.com) was launched through the City's Job Investment Fund. Officially opened in January 2009, the V²TC is a business incubator for new startup companies with innovative technologies. As Schneider describes it: "In our general plan, we talked about reaching out to do more networking with colleges, venture capitalists, and entrepreneurs, and to build a healthy business climate. Through the Incubator, we hope to bring more people into the Center, into downtown, and into the economy."

Judging by the gathering at the Crowne Plaza Hotel on January 28, entrepreneurship is alive and well in Ventura and the V²TC is succeeding in attracting high-tech startup companies. At reasonable rates, the Center offers amenities like office workstations, conference rooms, a think tank, high speed Internet, and audio visual equipment.

Robert Ginn, Vice President for Acumen Scientific, a startup company specializing in infrared consulting, finds this type of offer attractive. "We've been looking for a high tech group like this for a couple of years. It would be really nice to have someone to network with. Right now our company is mostly senior people, but eventually, we will have to hire outside."

Ginn's outlook was reflected in the excitement buzzing through the audience as they dined on food served by local restaurants such as C-Street, Brooks, Jonathan's, Aloha Steakhouse, and Savory Café & Bakery.

The event was attended by numerous city officials, local business executives, and invited guest speakers like David Cremin, whose venture capitalist group DFJ Frontier helps fund these startups. And then there was current V²TC resident Rahul Sonnad, the CEO of Geodelic, who entertained the audience with a humorous ukulele spoof of Gloria Gaynor's "I Will Survive." Another startup tenant, Jeff Green, CEO for The Trade Desk, gave hope to potential job seekers when he smiled and quipped, "We're hiring. Anyone looking for a job, please, take down my address."

At the heart of this is a gamble by the City of Ventura that high tech entrepreneurship will be the wave of the future. As Cremin describes it, "I don't know any

other city who is willing to take this risk. It's taken a lot of courage to do this." However, Mayor Bill Fulton firmly believes in the idea. "We are figuring out how to connect with one of the fastest growing sections of the economic sector. This is the most uplifting thing to happen to the City of Ventura since I've been on the council."

Judging by the mood of the evening, there is reason to hope for more celebrations. Given the city's economic downturn and numerous budget cuts over the last year and a half, some good economic forecasts are welcome news. All the more reason to wish V²TC a happy birthday.



Installing officer, Ted Cook; incoming Chairman of the Board, Gary Wilde, Executive Committee Members Marni Brook, Leatha McCoy, Jim Duran, Michael Silacci, Saurabh Bajaj, Lynn Mikelatos and Immediate Past-Chair Randy Hinton at the Chamber induction ceremony

Ventura Chamber new Executive Committee

On January 27 the Ventura Chamber of Commerce inducted its new members to its Board of Directors and Executive Committee during the organization's board installation and annual membership meeting at the Historic Pierpont Inn & Spa.

"We are excited about new possibilities for the Ventura Chamber," said Randy Hinton, 2009 Chamber Board Chairman and owner of RH Wealth Advisors, Inc. "We welcome our new board and executive committee members and trust they will bring with them great enthusiasm and a fresh, new attitude."

In addition to inducting new board members, Hinton highlighted the Ventura Chamber's key 2009 accomplishments such as assisting the City of Ventura with the operation of its new business incubator and collaborating on its economic summit, participating in regional and state legislative committees, supporting the Ventura City Corps, and establishing the first Ventura Art Festival.

The Ventura Chamber, which is currently conducting a search for a new CEO/president, relies heavily on its board members for goal setting, leadership and active involvement. Chamber board members serve three-year terms and are eligible to serve twice consecutively. Members represent a cross-section of local business professionals from a wide variety of industries.

2010 Executive Committee:

Incoming Chairman of the Board: Gary Wilde, CEO/president of Community Memorial Hospital

Membership Chair and new Board Member: Jim Duran, director of Cypress Place Senior Living

Governmental Affairs Chair and new Board Member: Mike Silacci, Executive Director of External Affairs AT&T

Business Development Chair: Steve Perlman, owner, Planning Services

Continued on page 17

Social Media and location awareness

by Peter K. Godinez
Social Media Sales Hero

Social Media are activities that not only apply to your computer and laptop, but also on personal digital assistant (PDA). PDAs are used to organize notes, contacts, and connecting to the Internet. There are numerous applications that can help personally and provide an advantage in business results.

One application gaining major popularity is location based services (LBS), now called location awareness.

Daniel E. Durbeck, Vice President of Sales for ZOS Communication/Zhiing provides a definition, changing trends and examples of technology for business. Here are his wise words.

Location based services (LBS) have charted a valuable course back into our lives. In the short lifecycles of modern mobile technology, the quick rise and decline of location based services eight years ago seems an eternity. Without exhausting too much time explaining how former mobile devices, limited carrier infrastructure, and industry constraints of the past doomed the first generation LBS business models; we can simply acknowledge it failed. This article is not about the past. It is about the next generation renamed Location Awareness, and the success nipping at it heals.

Any business routine, communication, mass notification, or other process built around or enhanced by knowing the location of the end user fits into this broad paradigm. Yet it is so much more. It is about building extreme value by delivering the most relevant information to the right person at precisely the right moment. From there an interactive exchange can be established further defining user preference and demand. Early proponents spoke mostly of delivering an advertisement to a mobile device when near an establishment. Now it is not about the ad, it is about the experience. In this context the ad becomes discrete as we consumers look for things we want, or allow them to be passively offered as we move through the world. All of this depends heavily on Location Awareness and interactivity, but to think the value only revolves around advertising models is myopic.

More powerful mobile phones, with multiple methods of garnering location, and a shift toward openness from the Carriers and the general public is allowing countless solvent Location Awareness uses to take hold. They are taking hold in the form of Amber Alerts being delivered to the exact area a child was abducted, including the picture of the child and the suspect vehicle. They are taking hold by enabling Client Relationship Management (CRM) systems to notify salespeople of opportunities while delivering relevant customer information. Location Awareness is not just about a person finding their way, it is about finding the right way based on preferences overlaid with need in the context of proximity.

The applications on your PDA that sometimes seek your location are only useful if there is a Location infrastructure to support them.

You can contact Peter at gosalesshero@gmail.com. To learn more about Location awareness visit <http://www.zoscomm.com/>



Change your thinking—change your life

by Coach Ron Tunick

About seven years ago, I had to make some tough decisions about growing my company. I was becoming increasingly aware of the Internet's potential to make or break my business.

So, there I was in my 50s and not a technocrat by any stretch of the imagination, but I know I was missing the promise the Internet was offering. A lot of friends in my generation, or older, just didn't want to adapt. They didn't even have a computer in their office! I didn't want to be "stuck" like them. I realized that technology was becoming the foundation of every successful business, yet I couldn't see how to apply it to my business. I needed to get away and think.

I have a theory about good thinking. A good thought is like an airplane. The bigger the thought, the longer the runway needed to get the thought airborne. If it's a little thought, then it only needs a short runway. You can't take-off a 747 at the Oxnard airport, however. It needs a longer runway because it's so big. I can usually tell when a thought is well thought out. Sometimes I listen to people's ideas and think to myself, "that thought took about 5 minutes to develop." Most people are what I call helicopter thinkers. Their ideas only need a launching pad to be airborne.

I knew changing my business was going to be a big thought, so I went to Tahoe for a week, with the intention of growing some new ideas. I turned off my cell phone, relaxed and pulled out my pen and paper. During that time, I brainstormed about the potential power of the Internet for my business and what specific tasks I needed to initiate. At first, my ideas weren't so hot, but I wrote them down anyway. I knew I could always go back and cross them out or start over. Once I had my thoughts on paper, my ideas were clearer to me. I crossed out the bad ones and expanded the thoughts that showed promise.

I realized that if I wanted to compete with other businesses, I needed serious help. I came back and hired an IT person who began by teaching me how to use my own computer! I took the first step...my peers didn't. It began my journey down the technology path. My successful Think Week was the beginning of technological awareness. My business would never have succeeded if it weren't for this mindset shift. Today I consider myself very knowledgeable in the area of Internet sales and marketing. My business is able to compete against much larger competitors because of the Internet. I went from being a techno-zero to a techno-hero. And I owe it all to my Think Week.



Health

Cut your health care costs with massage therapy

by Anna Dato

LMT, CPT-RES, BodyThrive Therapeutic Massage

Massage feels great! And because of that, many people think of it as a luxury. But what if getting an hour of massage does more for you than just ease away the stress of the day? What if that relaxing experience provides significant health benefits? Like fighting cancer, cutting recovery time from injuries and improving your sleep, digestion and overall mood? Experts estimate, some 80-90 percent of disease is STRESS-RELATED! Science is now proving what many intuitively know, massage is a great way to improve your physiological and psychological response to stress while reducing your healthcare costs. Regular bodywork turns the odds of living a disease-free life in your favor.

According to researchers at the Touch Research Institute at the University of Miami (www6.miami.edu/touch-research for abstracts and study copies), even receiving small doses (15 – 30 min) of massage can bring about health benefits. And receiving bodywork several times a week increases those benefits significantly. It's easy for us to see the emotional benefits of massage – the relaxed feeling and decreased anxiety. But the physical changes that occur when we relax are even more astounding. Massage induced relaxation increases circulation, lowers blood pressure, improves injury recovery, encourages deep sleep, increases concentration, and strengthens immune system functions. Less fatigue, more energy, and shorter recovery times after strenuous exertion are also benefits. Bodywork aids in the integration of body and mind, producing a meditative state and eliciting emotional/spiritual balance, relaxation and a sense of peace and grounding.

But if cutting healthcare costs is why you started reading this article, you may be asking yourself right about now, "How is paying for massage going to save me money?" Massage allows for the body's natural ability to heal itself in a drug-free, non-invasive way. Avoiding disease by investing a little in preventative wellness care reduces the need for expensive tests, procedures, surgeries, hospital stays and pharmaceuticals drastically. And let's not forget the time and productivity (money) you'll save by decreasing the number of times you call in sick to the office.

Here's some even better news. You can increase how often you receive massage and decrease the expense by practicing massage at home, for free! Partner with your sweetheart, friend or family members to work on each other or simply work on yourself. To make the most of this natural ability you already have, try reading a book on massage or taking a basic introductory class. You'll feel more confident and learn how to get better results with less effort and risk of injury.

For more information, go to my website, www.BodyThrive.MassageTherapy.com, or the Associated Bodywork and Massage Professionals website, www.ABMP.com.

Ventura kicks off fight against cancer

Family and friends are invited to join the 12th annual American Cancer Society Relay For Life of Ventura kickoff party on Wednesday, March 3 from 6pm-7pm at

Community Memorial Hospital on the 8th floor.

This special kick off event will feature fun and refreshments for everyone interested in finding out more about Relay For Life.

Relay For Life of Ventura will be a fun and unique 24-hour event to increase cancer awareness while raising much-needed funds for the American Cancer Society's local patient service programs, cancer research, advocacy and community education.

On Saturday, May 15-16, 2010, the Ventura community will unite together as participants walk around the clock in the battle against cancer. Relay For Life is a family-oriented event in which teams composed of 10 to 15 people formed by local businesses, community groups and/or family and friends raise funds before the event.

You can visit www.relayforlife.org/ventura to register your team and/or register for the Survivor Lap.

A Relay For Life is a unique opportunity for our community to come together in the fight against cancer," said Lynne Clark. "Many of the participants are cancer survivors, which serves as a reminder that our community is not immune to this disease and that we can actually help our friends, families and our neighbors that have been touched by cancer," Clark added.

Funds raised by Relay For Life will enable the American Cancer Society to support local services for cancer patients and their families such as Reach to Recovery, a peer-to peer support program for women with breast cancer and "I Can Cope," a series of classes to educate those touched by cancer. Funds also support critical cancer research and community education programs designed to teach people how to reduce their risk of developing cancer.

The American Cancer Society is a nationwide voluntary health organization dedicated to eliminating cancer as a major health problem by preventing cancer, saving lives from cancer and diminishing suffering from cancer through research, education, advocacy and service. To locate a Relay For Life event and find out how you can get involved, please call (800)ACS-2345, available 24 hours a day, seven days a week, or visit www.cancer.org.

Join Ventura's Relay For Life Kickoff Party to learn more about how you can get involved in the fight against cancer. To RSVP for this special Kickoff Party please call 276-8148 or email Catherine.puliscic@cancer.org

Seminar on managing early-stage prostate cancer

The active surveillance method of managing early-stage prostate cancer will be the focus of a free seminar the Community Memorial Health System is holding on Tuesday, Feb. 23.

Duke Bahn, M.D., director of the Prostate Institute of America at Community Memorial Hospital, will lead the discussion during the seminar to be held from 6 to 8 p.m. in the eighth-floor Nichols Auditorium at CMH, located at 147 Brent St. in Ventura.

There has been a remarkable surge in prostate cancer diagnosis beginning in the 1980s when the Prostate-Specific Antigen (PSA) test was introduced. Nonetheless, the death rate from the disease has not reduced significantly. It is now argued that physicians may be over-detecting and over-treating prostate cancer.

Dr. Bahn will discuss the concept of active surveillance – to delay prostate cancer treatment as long as possible while carefully monitoring the patient's status, and to treat only when the disease progression is confirmed during close clinical evaluation. Dr. Bahn's presentation will include case reviews and literature discussions on the topic.

Admission is free, but space is limited, so reservations are suggested. Call 652-5436, or go to www.cmhshealth.org/rsvp.

Nourish your soul and heart

How do you nourish yourself, literally, with food, and how do you nourish your soul, your heart, your best humanity? Join in to discuss taking ownership of your body, to help you feel your body's needs. A weekly class meets each Thursday from 5:30 to 7:00 PM at the Unitarian Universalist Church of Ventura, 5654 Ralston Steet.

The class is led by Mary Farkas, M.S., M.A. (www.eldermuse.net), a retired registered dietitian with 25 years experience. Anyone who wishes to participate is welcome, and there is no charge to attend.

By taking ownership, giving care to this vehicle which carries our heart, soul, mind, body, we can better serve others. Ms. Farkas works to raise consciousness about our bodies and to inspire participants to care for themselves so they can care for others.

For further information (www.uu-ventura.org) or call 644-3898

Visiting Nurse Association receives grant

The S. Mark Taper Foundation has awarded Livingston Memorial Visiting Nurse Association a \$40,000 grant in support of home health and hospice care. The funds will be used to ensure that all Ventura County residents have access to Livingston home health and hospice programs and services.

"We are the primary provider of home health and hospice care to the uninsured and underinsured in the County," said Dr. Lanyard K. Dial, M.D., Livingston President/CEO and Medical Director. "Our goal is to ensure that all residents have access to quality home health care."

Due to the aging of County residents, 11% are now age 65-and-older, and increasing numbers of unemployed and uninsured, Livingston provided care to 30% more subsidized care patients in 2009 than in 2008. This care would not be available without the commitment from the community to carry the Livingston mission of caring and compassion forward.

Livingston's work specifically benefits the elderly, disabled and economically disadvantaged, as well as people living with HIV/AIDS. The S. Mark Taper Foundation, founded in 1989, is a private family foundation dedicated to enhancing the quality of people's lives by supporting nonprofit organizations and their work in our communities.

For more information on Livingston's home health and hospice programs, please call 642-0239 or visit the Livingston website, www.livingstonvna.org.

Movie Time

Review of Crazy Heart

by Tim Pompey

★ ★ ★

Starring Jeff Bridges, Maggie Gyllenhaal, Colin Farrell, and Robert Duvall

Currently Playing at Century 10

It's nice when a film can tell a simple story well. That's certainly the case with "Crazy Heart," which carries on a long tradition of movies about drunken cowboy singers and the women who love them. Here, Jeff Bridges plays down on his luck country singer Bad Blake, a man aptly named for his numerous marriages, booze binges, and cranky personality. Not to mention his roguish charm, wicked sense of humor, and, oh yeah, the man can sing. No, really. That's Jeff Bridges up there twanging on the gi-tar, channeling the likes of Hank Williams and Johnny Cash.

Bad has truly hit the skids. Once a legend, he now plods through the southwest in his old brown Silverado playing at bowling alleys and other dives, eking out a living, spending most of it on cigarettes and McClure's Whiskey. Still, he has devoted fans and enough women to keep him bedded down after shows. Then, in Sante Fe, he meets reporter Jean Craddock (Gyllenhaal), a single mother with a 4-year-old son who is assigned by her local paper to interview him. Bad is reluctant to talk, until he gets an eyeful of those sparkling blue eyes and does an about face. Problem is, he's still Bad and she's already been down that road. Still, the sparks fly and, Bad being Bad, well, he does have his moments and they don't call this movie "Crazy Heart" fer nuthin.

Okay, let's be honest. You can guess where this story is headed. ("Tender Mercies" anyone?) But Jeff Bridges? He is Bad. You can see the wear and tear on his face and smell the alcohol and sweat when he sings onstage. And, yes, you may have seen this story in other films, but the script is well written and has plenty of humor and sorrow to keep you entertained.

Then there's the music. Produced by T-Bone Burnett, these songs get in your bones and become marrow. You can feel the joy and pain in Bridges voice as he slurs into the mic and winks at the audience. And would you get a load of Colin Farrell as Bad's young country protégée Tommy Sweet? Farrell, you ask, the Irishman with the thick brogue? Yeah. Brogue gone. Guitar in hand, Tommy is born. And, best of all, just like Bad, he's good.

Don't like country music? You may change your mind after watching this film. In the end, with enough grit and heart to overcome its predictability, Bad's sweet country soul carries the day. Even if it were nothing more than a concert documentary, it would still be worth the price of admission. Michael Jackson sang about being bad. Jeff Bridges drags Bad up on stage and staggers him home. He's not just any singer. He's Bad Blake. You can see in this film why, even broke and drunk, he's still a legend.

Ventura Chamber

Continued from page 16

Chairperson of the Board-Elect: Marni Brooke, Community Director of Montecito Bank and Trust

Vice Chair Marketing & Communication and new Board Member: Saurabh Bajaj, owner, FastSigns Ventura

Additional incoming 2010 board members include:

Saundra Zagaria, Senior Account Executive, Gold Coast Broadcasting

Ernie Villegas, owner, The Paladin Principal.

The Lighter Breeze

Out on a Limb



The Spats



Arctic Circle



Crock



Hagar the Horrible



Solutions on page 20



SCRAMBLERS

Unscramble the letters within each rectangle to form four ordinary words. Then rearrange the boxed letters to form the mystery word, which will complete the gag!

Parody: TERIAS

Ferret: TIPRED

Druply: AADRW

Dreadful: FLAUW

TODAY'S WORD:

Solutions on page 20

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

Weekly SUDOKU

by Linda Thistle

Place a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine.

DIFFICULTY THIS WEEK: ★

★ Moderate ★★ Challenging
★★★ HOO BOY!

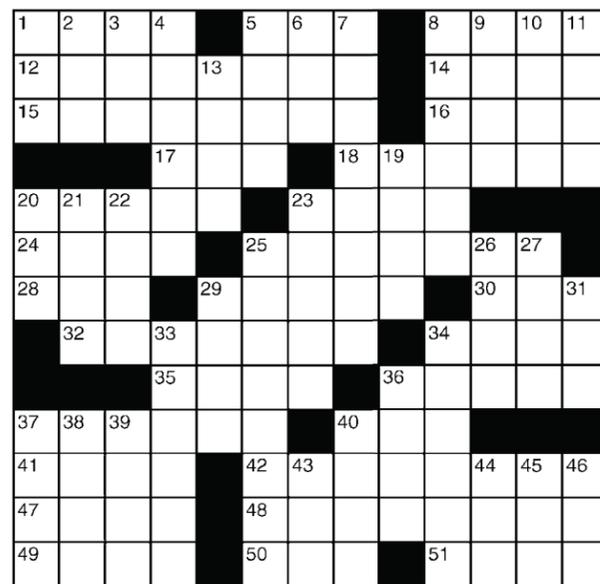
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Solutions on page 20

King Crossword

ACROSS

- 1 Annie Lennox's, "No More 'I Love —'"
- 5 Shade provider
- 8 Grate
- 12 Ordinate counterpart
- 14 "Do — others ..."
- 15 Labyrinth beast
- 16 Ollie's pal
- 17 Little, in Paris
- 18 Unisex top
- 20 PC peripheral
- 23 Folder contents
- 24 Angered
- 25 Stately dances
- 28 "— Miserables"
- 29 Pugilist
- 30 Discoverer's cry
- 32 Mosque tower
- 34 Culture medium
- 35 — and crafts
- 36 SALT subject
- 37 Elk
- 40 Crucial
- 41 Mideast airline
- 42 Member of the clergy



- 47 Skin opening
 - 48 Eternally
 - 49 Prepared to drive
 - 50 Reuben bread
 - 51 Impale
- ### DOWN
- 1 Sweet potato
 - 2 Kyoto cummerbund
 - 3 Sailors' org.
 - 4 Evaluated by eyeing
 - 5 Jacob's brother
 - 6 Baton Rouge sch.
 - 7 Strict
 - 8 Potential frat member
 - 9 Con
 - 10 Celeb
 - 11 Bridge, in Brest
 - 13 Particular
 - 19 Speak sloppily
 - 20 Wire measure
 - 21 Utah city
 - 22 Lucy's partner
 - 23 Repairs
 - 25 Bergen's dummy
 - 26 Takeout request
 - 27 Phony
 - 29 Homer's imp son
 - 31 Sphere
 - 33 Caught redhanded
 - 34 Bottomless pits
 - 36 Estate recipient
 - 37 Sobbed
 - 38 Lotion additive
 - 39 Rid of rind
 - 40 Patella site
 - 43 Wall climber
 - 44 Youngster
 - 45 Historic time
 - 46 CSA soldier

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LIBRA (September 23 to October 22) Getting advice on your next business-related move is a good idea, but only if your advisers are trustworthy. Get references that you can check out before you make any decisions.

ARIES (March 21 to April 19) All that flattery and fawning shouldn't affect any decision you have to make. Keep your focus on the facts and ignore all the hyperbole, especially if it gets uncomfortably personal.

SCORPIO (October 23 to November 21) Getting a boost in your self-esteem is one benefit that comes with a job well done. There are other plusses as well, including being noticed by all the right people. Good luck.

TAURUS (April 20 to May 20) Your Bovine instincts are on the mark about that "favor" you're being asked to do. Agree to nothing unless you get a full explanation — which you would check out first, of course.

SAGITTARIUS (November 22 to December 21) Make time to deal with family matters, especially where they concern your elderly kinfolk. Being there for them from the start can help resolve problems sooner rather than later.

GEMINI (May 21 to June 20) A somewhat unsettled recent period should give way to a smoother time going through the week. Use this quieter time to catch up on matters you might have had to let slide.

CAPRICORN (December 22 to January 19) Getting a project started can often be difficult. But the good news is that you won't want for lack of assistance from colleagues who would like to work with you. So, let them!

CANCER (June 21 to July 22) Feeling a little confused is understandable with all those mixed messages. Take time to list the questions you have. Then present them and insist on answers that make sense.

AQUARIUS (January 20 to February 18) A lot of work-related issues might be raised this week, and you need to be prepared for whatever comes along. Things should be easier when it comes to matters in your private life.

LEO (July 23 to August 22) Cupid can be very helpful for Lions seeking a love connection. The chubby cherub also brings warm and fuzzy feelings to paired Leos and Leonas who already share a special love line.

PISCES (February 19 to March 20) What might appear to be a very much unwanted change in your life right now could turn out to be a very welcome event after all. Give yourself a chance to see where it might take you.

VIRGO (August 23 to September 22) Travel is favored this week, whether you'll be globe-trotting or taking a trip to a nearby getaway. You might be surprised (or maybe not) by who wants to be your traveling companion.

BORN THIS WEEK: You exercise your strong leadership qualities well, which is why people believe in you and feel reassured by you.

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Feeling the Love...with Friends & Family

ventura Harbor Village

Holiday Weekend Seaside Dining:

Alexander's	Hi-Cees BBQ Café
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Christy's Deli	Seaside Coffee / Mail Buoy
Coastal Cone Ice Cream	Scotch & Sirloin
Harbor Cove Café	Spinnaker Seafood Broiler
Harbor Sushi	The Greek at the Harbor
	The Parlor
	Andres Wine & Tapas Bar

Live Music on the Carousel Stage
Celebrate Mardi Gras Weekend
 February 13 • Noon - 3 PM
 Cajun Zydeco with Acadiana

Pirates LIVE Wandering the Village
 February 13 Noon - 4 PM
 Captain Hook Look-a-Like & Blossom Stroll throughout Harbor

Feeling the Love on Valentine's Day!
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SCRAMBLERS

solution

1. Satire; 2. Predict;
3. Award; 4. Awful

Today's Word:

SEWER

King Crossword

Answers

Solution time: 21 mins.

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

Weekly SUDOKU

Answer

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

TRAIN RIDES
Getaway in your own backyard

SATURDAY SCENIC EXCURSIONS
Train ride to Santa Paula & Loose Caboose
12:00 PM-3:30PM

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