



VENTURA BREEZE

Your Hometown Paper

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Officer William Griffin from the Ventura Police Department inspects one of the many illegal campsites that have sprung up on the Ventura side of the Santa Clara River.

The impact of recent homeless policies in Ventura – Part 1

by Tim Pompey

In the last year, there's been a noticeable change in policy and approach by the city of Ventura and Ventura nonprofit agencies toward the homeless in the downtown area. This change in approach has been driven by at least two factors.

First, the state of California's Environmental Protection Agency has put pressure on the city and local landowners to clean out the homeless encampments that had thrived for years in the Ventura River.

Under threat of some serious fines, the city, in cooperation with the police department, local nonprofit agencies, and Ventura River land owners, launched a major effort last year to clear out these illegal encampments.

For Peter Brown, Community Services Manager for the city of Ventura, that effort has been successful, at least in terms of getting rid of the camps. And while a few

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Downtown Ventura Partners Director Kevin Clerici was on board for a short trip from the Rhumb Line to the Harbor during a pre-introduction party held at the Rhumb Line and attended by many Ventura dignitaries that featured fine finger food provided by the Rhumb Line. Photo by Laura D. Luongo.

The new trolley is free, so use it

Downtown Ventura Partners (DVP) led a coalition of business groups to provide a trolley to transport residents and visitors from downtown to the harbor. The trolley will be free for riders and privately operated by DVP. Operation costs will be funded through private contributions and advertising revenue.

Communities have found people enjoy riding streetcars and can be lured from their automobiles by reliable, frequent service on trolleys. Residents

and visitors can "jump on" to travel to attractions, restaurants, hotels, stores, office buildings in the downtown and harbor areas for free.

The trolley helps eliminate short auto trips between the beach, downtown, harbor and hotels. Replacing auto trips with trolley trips helps decrease parking demand, traffic congestion, and air pollution. For businesses, the trolley means more customers without the additional parking demand. For visitors

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What would you do if you met up with this scallywag walking along the Harbor's promenade?

Hide yer gold and hide yer doubloons



Pirates sail into the Ventura Aarghbor Village on Saturday and Sunday, July 13 and 14 from 1 to 4pm. Now in its 8th year, Ventura Harbor

Pirate Days invokes the lure of the sea and adventurous pirates as the popularity of the festival continues with this year's theme "Set Yer Sails." This is one of Ventura's most popular public festivals which attracts "pirates" of all ages.

Pirate Days offers free family entertainment, while audiences are captivated by such famous pirate re-enactors as Captain Jack Sparrow and Captain Hook.

The Port Royal Privateers historical encampment offers a closer look at the pirates on shore and a mermaid grotto intrigues guests for photo opportunities. Pirate's Cove Marketplace abounds with precious wares and Pirates for Hire crew engages the crowds with daily pirate kid and adult costume contests for a coveted ticket to Sea World.

Shipwreck Cove comes to life with strolling musicians, nautical knot tying, Tall Ship Bill of Rights dockside tours, Aarghbor Boat Tours, photos with pirates, an enchanted treasure room for kids, and a whimsical Pet Pirate Costume Contest held on Saturday, July 13 at 3pm in which a pirate puppy currently claims the reign.

Festival goers seek out treasures to take home as Village shops feature pirate merchandise, pirate hats, swords, gifts, eye patches, flags, and gear. Purchases of \$20 or more at participating Ventura Harbor Village boutique stores enters

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Ex-mayor Richard Francis worked hard to help guide our city towards a sustainable future.

Francis to run for City Council

Richard Francis has announced his candidacy for the Ventura City Council. Francis, no stranger to Ventura politics, has been actively engaged in the community since he moved to Ventura as a young attorney in 1979. Francis was elected to the Ventura City Council in

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Deputy district attorney Nasarenko kicks off race for Ventura City Council.

Nasarenko candidate for City Council

Approximately 40 friends and supporters joined deputy district attorney and Ventura library advisory commissioner Erik Nasarenko at Ventura Community Park on July 6 for the kick-off of his campaign for Ventura

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When in Paris, France, for La Fête Nationale (Bastille Day, July 14), you can always catch up with the Breeze at venturabreeze.com



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Homeless policies, part 1

Continued from page 1

others may have sprouted up, Brown maintains that the city has continued its efforts to keep these camps out of the river. “Success was always defined as the reduction or removal of these permanent build encampments and was never based on this notion that nobody would ever camp in the Ventura River again,” he stated. “By those standards, our cleanup efforts have been an undeniable success.”

As a follow-up, the city has also launched an anti-panhandling campaign called the safe and clean public places initiative (www.cityofventura.net/page/safe-and-clean-initiative). Brown described it as a notion that “all public places are going to be safe and clean for everybody to use.”

He listed six targeted locations where the city has focused its efforts: South Seaward, Plaza Park, the Promenade, the downtown mini park, Mission Park, and Mission Plaza.

The second and perhaps more important factor is the change in funding approach by such federal agencies as the Department of Housing and Urban Development. In the last several years, HUD has moved away from funding emergency services and directed its monies toward providing housing for the homeless.

This change has directly affected the way agencies such as Project Understanding, the Salvation Army Ventura, and Turning Point Foundation are dealing with homelessness.

For instance, Project Understanding and Turning Point now ask that a client agree to accept free services such as housing assistance, drug and alcohol services, and mental health

treatment, before these agencies will allow access to their drop-in center.

In addition, Turning Point and the Salvation Army have helped launch the new Homeless to Home Project that provides housing for the homeless as its first priority.

“We’ve housed 90 of the chronic homeless over the last year,” said Rob Orth, director of social services for the Salvation Army Ventura. “They’ve been housed locally in low income housing, rehab facilities, sober living facilities, and camps like River Haven. And we’ve helped some of them simply get a bus ticket and go home.”

Orth asserts that rather than make broad and often incorrect assumptions about the homeless, it’s important to get to know the client. “Our attitude about it is that we ask each homeless individual: How did you end up in Ventura? What networks do you have that can help sustain you living here? And depending on what their answers are and what makes sense, then we start exploring the direction for their housing.”

Brown acknowledged that this change in funding approach as well as a shift in local agency policies toward homeless assistance has had an impact on how the city has dealt with homelessness.

“What I would contend is that the reduction of maintenance and management programs that allow people to live comfortably on the streets or river bottom is consistent with the city of Ventura’s hand up not hand out policies,” he explained. “But also the federal government’s change in policy away from funding temporary solutions and toward finding permanent housing is what’s driven the city of Ventura’s policy.”



VENTURA BREEZE

Your Hometown Paper

Member, Ventura Chamber of Commerce
and Oxnard Chamber of Commerce

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

Here are just a very few of the opinions regarding the proposed summer concerts:

Joanne Wall Waylett: "Yes, I think that is sad. I would love to see Ventura have a Botanical Garden, and I love the idea of concerts. There is always someone or

Opinion/Editorial



Sheldon (Governor) Brown
Publisher

■ A sad day for Ventura as the summer concert series won't happen this year.

Before you read this let me say that I posted some of this on our Facebook and there seems to be a lot of misunderstanding about why I think this is sad for Ventura.

It is not because it is not happening above City Hall but because, right now it is not happening at all.

Perhaps above City Hall would be a terrible location, I don't know. But it's not for me to decide because I don't live in the downtown area.

Okay having said that, in what I consider a very big loss for Ventura, because of concerns about possible noise complaints the promoters have cancelled their plans to launch an outdoor concert series this summer.

As proposed, it would have presented up to 12 "major" concerts under a tent in the upper parking lot above City Hall, with seating for about 1,900 concert goers. The parking lot serves very little purpose now.

The concert series was expected to put about \$1.5 million into our local economy. And better yet a portion would have gone to support the proposed Ventura Botanical Gardens that will be located right above the parking lot.

The concert series was proposed last year and was approved by the City Council. Public hearings were held, and only a few residents voiced opposition, mostly about increased traffic. As I recall there was no concerns expressed about the noise and the concert's had to end at 10pm so plenty of time for neighbors to still get to bed.

Because a city ordinance requires that decibel levels be monitored (and have a maximum volume) and logged at each concert the promoters were concerned that noise complaints could be used to shut down an ongoing concert and possibly upcoming events.

The promoters, local Star Lounge and Watermark restaurant owner Mark Hartley, and Nederlander Concerts, (the company that puts on concerts at the

Santa Barbara Bowl and others) decided that they didn't want to take the chance of this happening.

It has taken a few years for the promoters and the city to work out the parking, fire safety (with the Fire Marshall) and access for people with disabilities. A final permit was recently granted.

This would have brought major artists to Ventura. Just as we might go to the Libby Bowl, in Ojai or the Santa Barbara Bowl many "tourists" would have come to Ventura to hear the talent that would have performed at this concert series greatly helping our economy and perhaps changing the idea by some that



we are "That town on the way to Santa Barbara".

In my opinion the cancellation of this concert series is a blow to those who see downtown Ventura as a place for live music within walking distance to local residents and tourists staying at our local hotels.

Hopefully some pro-active members of our city council will look into changing our noise ordinance so that the promoters might re-consider presenting this series next summer, at city hall or at a different location.

I spoke with co-promoter Mark Hartley who told me "We are ready and happy to proceed with presenting these concerts except for the potential lawsuits

regarding the sound level of the concerts on surrounding homes. We are prepared to satisfy all of the conditions set by the city and the Fire Marshall."

"I plan to meet with the city council and explain to them how the sound is monitored at all of the major concerts. Our contracts with the artists would set a maximum decibel rating for their music and it would be monitored by the engineer at the soundboard who would reduce the level once it reaches the maximum set by our contracts and the city, this is the industry standard. The contract with the artist contains fee production and usual requirements for both parties. City events like we propose contain a curfew with a fine if the band goes past and sound DN levels at the approved level. It is the only way to enforce a contractual agreement and the only way to control the sound because weather factors can determine the sounds that could be heard by the neighbors." (Much as the sounds of the race track are only heard sometimes based on low clouds, wind, etc.).

"We really want these concerts to stay in Ventura because they can only help our local economy, both downtown and the hotels. So we certainly hope that this can be resolved with the intention of presenting them next summer."

Council member Brian Brennan agrees and stated "The noise ordinance is scheduled to come back to Council this fall for tweaking because the present one would allow citizens to sue the City (And promoters) for not enforcing our sound ordinance which puts the concert series in the cross hairs."

And to confirm their concerns the Bella Maggiore Inn is suing Cafe Fiore, and the city alleging that the loud noise from the Fiore's music is hurting their business and they are violating the cities' noise ordinance.

Please go to Ventura Breeze Facebook to read many comments (And a few on Nextdoor Vista Del Mar) regarding this and feel free to add yours on Facebook or to email them to me at publisher@venturabreeze.com, would love to hear from you.

Very exciting that so many folks are expressing their thoughts, this is what a free press, and country is all about.

Mailbox

something that seems to throw a monkey wrench in everything even if the majority wants it."

Ellie Kearns-Richman: "Ross Emery did the Johnny Cash concert at the fairgrounds and it brought business to downtown and parking was not a issue or noise because it was at the fairgrounds. And yes unlike Ross having to pay rent for his concert the one in the parking lot was getting it free. Was Ross offered the spot? And city hall is surrounded by homes. So many more issue behind this!"

Sheldon: *Actually the noise from the race cars, from the fairgrounds is a concern of many and occasionally sound as if they are in my living room on some days.*

Elaine Donovan: "It's too bad they don't consider moving it to the grassy area in Ventura Harbor. There is already a small stage set up, plenty of parking, restrooms and a free trolley running from downtown to the harbor until 11 p.m. Wed. thru Sun."

Sharon Rosenthal: "I was actually surprised this was the venue that was chosen for these concerts. I had heard

about them doing it a long time ago and thought it was a done deal. I do understand what the residents felt and I sympathize with them. Had I lived in the area I might feel the same but what I don't understand is why this was the venue chosen. So many venues in Ventura they could do it at, I am not sure I understand why it had to be here or nowhere."

Denise Coin: "Thank you Sheldon, I'm disappointed too! Seems like every area of Ventura deals with some noise for community venues...Ventura High-sporting events, fairgrounds and trains, East End- Community Park, Hillside-Arroyo Verde Park concerts. Seems a little short sighted and selfish."

Sheldon: *Sorry to say that the Hillside-Arroyo Verde Park concert has been cancelled for this year. They are running out of volunteers.*

Bunnie Thomas: "The space that was

selected was perfectly fine. It's music which everyone can honestly say they love. There is never going to be 100% agreement on where to place the venue, but to always shut down positive ideas before they come to life doesn't make sense. We need more music and beauty instead of a dilapidated Seaward Ave and liquor stores."

Lynne Hiller: "What a disappointment! The series would also have benefitted the restaurants and shops along Main Street. Perhaps the Harbor merchants would be interested in helping to develop a larger stage to hold musical events there. Again, it would be a boon to the restaurants and shops, as well as another event for residents and tourists to enjoy."

Debi Pasricha: "Oh, no! I'm sad to hear this as well. Summer concerts there would have been a win-win for everyone. Too bad for Ventura."

It is likely I will die next to a pile of things I was meaning to read.

— *Lemony Snicket*



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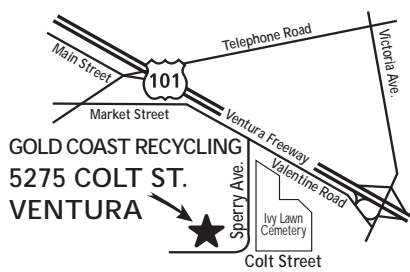


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City News

Francis to run

Continued from page 1

1987 and was appointed Mayor in 1989 where he served for two years. Francis took a break from public office in 1991 to raise his twins, Dillon and Hannah, with wife Nancy, a Ventura City Planning Commissioner.

From his first arrival in Ventura, Francis helped neighbors and citizens who were concerned about their neighborhood land-use issues. He stated that “the potential for Ventura becoming another San Fernando Valley due to unchecked urban sprawl and the special interests that would drive it was a real threat to our quality of life.” So he teamed up with now Ventura County Supervisor Steve Bennett and together, along with hundreds of other volunteers, became the driving force to stop urban sprawl and give the citizens a voice in how our communities would grow into the future with the SOAR (Save Open-space and Agricultural Resources) measure.

Asked why he has decided to return to public office Francis said, “Anyone who lived in Ventura prior to 1987 knows what poor condition Ventura was in, particularly in the downtown area. As Mayor, I worked hard to help guide our city towards a sustainable future that protects our quality of life and grows a vibrant economy.

Community service has always been important to Francis. He is currently advisor to Cabrillo Economic Development Corporation and a Trustee with the Ventura Hillside Conservancy. He sits on the Ventura County Mobile Home Rent Review Board, and is a board member for both the Community Action of Ventura County, Inc. (formerly Commission on Human Concerns) and SOAR. His law firm was voted 2013 Premier Law Firm in West Ventura County by the readers of the Ventura County Star. Generally a supporter of the Arts, Francis is also an enthusiastic contributor to the Rubicon Theater.

Nasarenko running for City Council

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City Council.

Holding “Erik Nasarenko For Ventura City Council” signs in the background, the 43-year-old launched the “Campaign for Core Services,” telling the crowd that when city government “takes care of small but measureable improvements, good things will happen” in Ventura.

In the speech Nasarenko called for trimming the trees overgrowing the Telegraph Road median near Ventura College, repaving cracked asphalt on Telephone near Montgomery and Petit avenues, and placing “Welcome to Ventura” signs near freeway exits to greet prospective businesses, visitors and residents.

Nasarenko also called for making the permit and license process simpler for prospective and current business owners by supporting web-based companies like License123, where all necessary city, county, state and federal permits can be accessed electronically in one place “so entrepreneurs can spend less time at government counters and more time growing their business.”

Nasarenko, who worked in public education for over a decade, selected Ventura Community Park because one of his priorities if elected to the City Council would be to implement the Sports Fields Master Plan for the park, which called for adding shade pavilions, more softball diamonds, soccer fields and children’s playgrounds.

“As your next city councilmember, I will work toward completing the park and finishing the job,” said Nasarenko, who pointed out to the audience how certain areas of the park remain unused dirt lots.

In order to do that he asked Venturans to get involved in his campaign and visit eriknasarenko.com, and “Like” us on the campaign’s Facebook page, “Erik Nasarenko City Council 2013,” and start talking to your friends and neighbors about how we are going to make Ventura even better tomorrow than it is today.

In the future Nasarenko would like to see a library added to the park next to the master plan’s community center, a place where families and seniors can visit after the soccer tournament, softball game, or swim meet.

Additional information about Nasarenko can be found at eriknasarenko.com. The election is November 5, 2013.

Hide yer gold

Continued from page 1

buyers for a chance to win \$100 in gold dollar coins. Village galleries bustle with free activities for wee ones and for grog and grub, the Village restaurants offer a variety of cuisine and live entertainment.

The festivities continue on the water with the Bill of Rights Tall Ship Sail from 4 – 7 PM out of Ventura Harbor Saturday & Sunday, July 13 & 14. Tickets can be purchased online at www.AmericanTallShip.org. More merriment aboard Island Packer’s Pirate Dinner Cruise with live music by Ship of Fools and dinner, departs 7 PM Saturday, July 14 and cruises around the Ventura Harbor. Tickets can be purchased at www.IslandPackers.com

Admission, parking and shuttle buses are free. Pirate Days shuttle parking is located at Schooner Drive and Harbor Boulevard or Schooner Drive and Anchors Way Drive both Saturday and Sunday from Noon – 5:00 PM. Catch the new Downtown – Harbor Trolley from hotels, Amtrak/Ventura Fairgrounds or Downtown for free rides to the festival (best to get on the trolley early).



New trolley drivers John and Zeke will make your trip around Ventura a smooth ride. Photo by Laura D. Luongo.

The new trolley is free

Continued from page 1

and hotel guests, the radius of the area they can visit easily expands if there is visible and frequent streetcar transportation. The ride also becomes part of the visitor experience.

The trolley can also create a buzz of what is going on in Ventura. The trolley can heighten Ventura as a weekend getaway and daytrip location. The trolley will make regular stops starting at the Amtrak platform next to the Ventura County Fairgrounds, so visitors could arrive by train and access their hotel to enjoy Ventura without a car.



Community Events

Dinner at City Hall

In 1911, the Los Angeles Times reported that the Ventura Court House's (now Ventura's City Hall) "Roman Doric order" design would be "one of the most imposing public structures in California, and a credit to the seat of government of the prosperous lima bean section."

Totally Local VC – Ventura County's breakout advocacy network – will hold its third annual "Dinner At The..." series on July 18, 2013 Celebrating the 100-year anniversary of the City of San Buenaventura's historic City Hall. The evening will be an elegant repast in the unusual context of Ventura's City Hall, overlooking the sweep of California Street down to the coast. Time is 5 pm, for more information go to www.totallylocalvc.com/dinner-at-the-2013-dinner-series/#sthash.Ss0XZekP.dpuf

The cost is \$135.00 per person and includes dinner by some of the area's top-line chefs preparing seasonal selections harvested from the region's celebrated farms and a selection of fine wines. This will be a sellout event and not to be missed.

Events at the Museum

Get the inside scoop behind the exhibit! Next in the series of once a month gallery talks offered at the Museum of Ventura County, Curator of Collections, Anna Bermudez will take an in-depth look at the current exhibit, Quiet on the Set! Bermudez will discuss some of the more bizarre and interesting stories she uncovered while researching this exhibit. The gallery talk will take place on Wednesday, July 17 at 2:00 p.m. and is free with general admission. MVC members and children under 6 receive free admission.

The Museum will host an afternoon of bug-inspired fun on Sunday, July 28. Starting at noon kids and families can make and take insect inspired crafts. Then, at 1 p.m. come sit "ant style" to watch *A Bug's Life* on the big screen in the Museum's carpeted Pavilion. Kids are encouraged to come dressed as their favorite bug and bring a cushion or pillow for sitting comfortably on the floor to watch the movie.

Crafts and movie screening are included with regular admission to the Museum which is \$4 for adults, \$3 for seniors, \$1 for children 6-17, and Museum members and children under 6 are free.

Foster Library offers many classes and fun things

7/13: Geocaching 1 p.m.-3 p.m. Geocaching is a free real-world outdoor treasure hunt. Players try to locate hidden containers, called geocaches, using a smartphone or GPS and can then share their experiences online. Light refreshments will also be served. Mini starter kits will be available so you can place your own geocache!

7/14: Ed Provost 2 p.m.-4 p.m. Sounds of Second Sunday - This very talented musician will showcase his variety of skills by playing jazz, blues, rock; a little something for everyone. The Topping Room is a family friendly atmosphere where you can truly listen and enjoy our local talent.

7/15: eBooks and eAudiobooks 11-11:45 – See what the library has to offer! Free computer classes.

7/17: 3:30pm Magic with Shawn McMaster. Free events for kids during the Summer Reading Program,

7/22: Q&A 11-11:45 – A drop in session focused on helping with computer skills. Free computer classes at Foster Library.

7/23: So, You Think You Want to Publish a Book? 6:30 - 7:30. Writers have more options than ever to share their work - great news, indeed, but navigating the options can be daunting! This is a practical overview, focusing on key questions to consider about the wide world of publishing platforms available today.

7/24: 3:30pm Reptile Family - Free events for kids during Summer Reading
7/24: KLOS annual blood drive - An all day event to help others in need. Give blood in the Topping Room and win cool prizes!

7/31: 3:30pm Fairy Queen Flutterby - Free events for kids during Summer Reading Program.

Call 648-2716 for more information.

Ventura events

by Ana Baker

Nosh, schmooze and make business connections within the growing community of Jewish business people, professionals, trades people and corporate executives at non-profit JNET. No charge to attend 2 meetings and \$65 yearly dues. Temple Beth Torah on the **last Thursday of each month** at 6:30 p.m. to 9p.m. Go to www.JNetOnline.org or JNetVentura@gmail.com for further information.

Would you like to meet new friends? **Ventura's Conversation Group** is the right outlet for you. This eclectic group meets **Wednesdays** from 4p.m. to 6p.m. at the Adult Recreation Center, 420 E. Santa Clara Street. People of all ethnicities, education, incomes, personalities, and interests are welcome. No topic is off limits. There is only one rule that applies to the Conversation Group; don't lecture and don't bore.

Are you interested in developing your communication and leadership skills? **Toastmasters** provide a mutually supportive atmosphere in which speakers are provided with constructive evaluations. Their meetings are held on the **first, third and fifth Mondays of the month** from 7p.m. to 8:45p.m. at the Union Bank Community Partnership Room located at 801 S. Victoria Ave. For more information you can contact Kevin Daly at 890-3801 or dr.kevin.daly@sbcglobal.net.

Brain Injury Center of Ventura County will host **Brain Injury Support Groups** for BI survivors and families of BI survivors. The groups meet on the **second and fourth Wednesdays of each month** at Bible Fellowship Church, 6950 Ralston Street, building 300 from 4p.m. to 5:30 p.m. Open to anyone who wishes to attend. Brain Injury survivors gather to share information, discuss problems and raise issues about the ongoing challenge of living with a brain

Continued on page 8

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Fantastic Diamond

July 13 Neil Diamond Tribute Band
 Presented by Barbara Meister: Barber Ford, Volkswagen, Subaru, RV
 Sing and dance along to an incredible live tribute show by gifted musicians who recreate 40 years of chart-topping hits by Neil Diamond such as "Song Sung Blue," "You Don't Send Me Flowers" and more.

Leslie Paula & the Latin Soul Band

July 20 Latin Jazz
 Presented by Community West Bank
 The three-octave plus vocalist and her exciting band thrill audiences onto the dance floor with a music range from conga-line Salsa to "Themes from My Heart" Spanish ballads lifting Pop, R&B and Jazz to a higher level.

Olivas Adobe, 4200 Olivas Park Drive, Ventura
 Reserve tickets \$20 and tables \$10 at 805-658-4726 Concerts 7:30 to 9:30 pm
NEW! Tickets at door using cash or **VISA & MASTERCARD ACCEPTED**
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If you or a member of your family has donated to one of these hospitals in the past—but we have lost contact with you—please give us a call. We'd like to know when you were involved with the hospital—and how we can reach out to you today to recognize your past generous support.

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Community Memorial Hospital

Community Memorial Health System

Ventura events

Continued from page 7

injury call 482-1312 or visit www.BrainInjuryCenter.org

July 10 & 11: Community Memorial Auxiliary Gift Shop \$6.00 Sale, 7am to 5pm in the hospital lobby. Sale includes jewelry and accessories for men, women and children. Auxiliary proceeds are donated to CMH annually.

July 12: The General George S. Patton, Jr. Chapter, Sons of the American Revolution June luncheon meeting will feature the special program *Who Am I?* presented by chapter compatriot Daniel Sword. The luncheon event will take place Friday at 11:30 a.m. in the Garden Room, Marie Callender's Restaurant. A self-pay luncheon cost is \$20 per person. For additional information, please call Bill Bays 650-3036 or Robert Taylor 216-7992. For information regarding SAR membership and chapter activities, please visit <http://pattonpatriots.org>.

July 13: The Ventura Beginners Personal Computer Users Group will meet Saturday, in the third floor lounge of the Cypress Place Active Senior Living building, 1220 Cypress Place, from 9:15 a.m. to noon for a workshop on computer shortcuts and featured speaker, Leonard Gilmore, on the Internet, its structure and history, web browsers, and search engines. There will also be an opportunity to ask questions. Everyone who would like to know more about their computer is welcome to attend any or all sessions. For more information, call 648-1368.

July 13: Don't miss the grand opening of the new East Ventura Certified Farmers' Market on Saturday, 1:30-6 pm, in the North Bank Plaza parking lot next to the former Century Theatres 16, at Johnson Drive and North Bank Road.

The weekly Saturday afternoon market will feature organic and fresh local produce, fruit, fresh baked goods and plants as well as musical entertainment. **July 14: Join Ojai herbalist/naturalist Lanny Kaufer for an Herb Walk** at Seaside Wilderness Park in Ventura from 9 a.m. to 12 noon on Sunday. Meet and park on the far end of West Main Street, just before it enters the northbound 101 Seaside Wilderness Park, also known as Emma Wood Group Camp. From there, they will walk into the Group. Forage for wild food and learn identification and uses of native plants. The cost is \$20 for adults, \$15 for full-time students and seniors 62 and up. No dogs, please. Register at www.HerbWalks.com or call 646-6281

July 15: The California Zeta Chi Unit of the National Association of Parliamentarians will meet at 7p.m. Monday, in the Topping Room of the E. P. Foster Library on Main Street. Learn how to manage your meetings! The National Association of Parliamentarians goals are to encourage its members and the general public to learn the principles and practice of democratic decision-making; help teachers instruct people of all ages. Claudia Worthen will present a lesson on *Ranking Motions*.

July 18: RAW natural born artists presents Elevation. Every month RAW hand selects and showcases artists in film, fashion, music, art, performing art, hairstyling, makeup artistry and photography. Event will be held on Thursday at 8p.m. at Bombay Bar and Grill, 143 S. California St. RAW creates a one night showcase event that features local creativity in all of its flavors. Featuring 25 local Ventura artists! Visit <http://www.RAWartists.org/ventura> for more information.

July 20: The Askew poetry journal

Community Events

reading celebrating the publication of Askew #14. Editors: Marsha de la O, Phil Taggart and Friday Lubina. Event will be held at the EP Foster Library in the Topping Room at 7p.m.

July 20: Ventura Hillside Conservancy Big Rock Property - Trail Building and Arundo Removal - Saturday, 9am-noon. Come out and join in at the preserve along the Ventura River as we clear out the stalks and lop the re-sprouts of recently removed Arundo. Bring long pants, long sleeve shirt, water, hat and sun-protection. Afterwards, we'll tour the property and maybe even get a little wet so bring shorts and water shoes if you are up for it! To get there, take SR-33 north and park at the Casitas Vista overpass. Head south (back toward Ventura) down the bike path until you come to the watershed mural

or call 320-6079. Symphony of Life meets every Sunday at the Ojai Valley Women's Center. Meditation begins at 10:00 a.m., followed by service at 10:30. A Youth Adventures Program for children is offered simultaneously.

Elderhostel-Road Scholar is a lifelong learning, travel adventure organization. Road Scholar inspires adults to learn, discover, and travel. The Road Scholar learning adventures engage expert instructors, provide extraordinary access, and stimulate discourse and friendship among people for whom learning is the adventure of a lifetime. Jill Swaim, Road Scholar Ambassador, will discuss the history, name change, and purpose of this not-for-profit organization and share stories of Road Scholar adventures. The program will be held at the Ojai Library on **July 13** at 2 pm.

The **Ojai Studio Artist Tour takes place October 12 & 13.** Studio tour participants include nationally-known artists whose work has been featured in many prestigious publications. Over 50 artists will participate in the two-day event which includes self-guided tours through artists' studios and an evening reception to meet and greet the artists, enjoy food, entertainment and drinks from the no-host bar. Tickets are \$20 each and are available for purchase at www.OjaiStudioArtists.org. Children 12 and under are free. Ticket price includes admission to the Saturday evening reception. A portion of the proceeds will benefit the Ojai Studio Artists Education Outreach program as well as the student collegiate scholarship competition. For more information, visit www.OjaiStudioArtists.org.

Fresh Roasted Concerts will present a **series of eight eclectic performances** from acclaimed performers in both Ojai and at the Thousand Oaks Civic Arts Plaza. Tickets for individual performances as well as separate subscriptions for just the Ojai events, just the Thousand Oaks performances or the entire series by phone at 646-8907 or online at www.ptgo.org. The subscription for all 5 Ojai events is \$100 for adults, seniors (65+) \$90, the Thousand Oaks Subscription (3 performances) is \$100, the entire subscription (Ojai and Thousand Oaks is \$200 adults, \$185 seniors. The series subscriptions includes reserved seats for all performances.

The **Ojai Valley Green Coalition** invites readers to "come feed your environmental soul" at the official opening of the Coalition's environmental lending library and first reading salon. Come share wine and appetizers at the Coalition Resource Center while browsing their excellent collection of books and films, all available to borrow.

To be one of the lucky 30 to join the **Coalition's library opening and Summer Salon**, RSVP to membership@ojaivalleygreencoalition.com or call 669-8445. The event Thursday, **July 18**, 7 p.m. to 9 p.m. will feature select readings from books that have inspired us to carry on our work for the earth. Attendees are invited to bring a book that has influenced them and read a passage. The Resource Center is located at 206 N. Signal St., Suite S. The library opening is free, but donations appreciated for the wine offering. Further details will be sent with reservation confirmation.

Ojai events

The **Ojai Photography Club** welcomes Mark and Holly Jansen, of Jansen Photo Expeditions, to their **July 16** meeting at 7pm, Help of Ojai's Kent Hall, 111 Santa Ana Street. The Jansens have been teaching and guiding photographic workshops since 2005, taking their clients on photographic tours throughout the American West and the world. Their Ojai Photography Club presentation on landscape photography, *It's All About the Light*, will take members and visitors on a photographic journey.

Monthly presentations are part of the Ojai Photography Club's community service and education outreach. Visitors are welcome to attend.

The club, which is devoted to education, inspiration, and camaraderie, meets on the third Tuesday of each month, February – November. Only members may submit images for critique. More information is available at: www.ojaiphotoclub.com

Songs and Satire is a tribute to songs that pokes fun at the inanities of our times from Tom Lehrer, Wayne and Schuster, presented by Broadway singer and actor Gale McNeeley who himself has some of his own satire to dish out. The show will be at Ojai ACT, 113 S. Montgomery St. at 2 p.m. Saturday, **July 27** for a suggested \$10 donation at the door; no reservations necessary.

On Sun., **July 14**, the **Ojai Film Society** will screen *Blancanieves*, a sensual and sophisticated retelling of the old Teutonic fairy tale done as a black and white silent film set in the 1920s. Winner of ten Spanish Goya Awards.

On Sun., **July 21**, the **Ojai Film Society** will screen *On the Road*, a poetic, sensitive and achingly romantic film version of Jack Kerouac's beloved American novel about Sal Paradise, Dean Moriarty and Dean's girl friend Marylou as they head off on a road trip in search of the world and themselves. Ojai Playhouse, 4:30 pm

Symphony of Life Spiritual Center and Dr. Brock Travis will present a **workshop on making peace with the sorrows of life**: age, illnesses, and death. The workshop is by donation and will take place on Sunday, **July 14**, from 1:30 – 3:30 p.m. at The Ojai Woman's Club, 441 E. Ojai Ave.

The event is by donation. For more information, visit www.brocktravis.com; brocktravis3@gmail.com,



News and Notes



Cynthia DeJesus hopes to become Ms. Wheelchair USA while representing California.

Local resident vies for National Title

by Sheli Ellsworth

What if you suffered a broken back as an active 12 year old and you weren't expected to live? Three days in a coma, a month in the hospital with nuns shaking their heads in pity, three months in rehab and no promise of ever walking again. Cynthia DeJesus found herself in exactly this place after falling from a tree. It was not the end, though. DeJesus did walk again with the help of leg braces and crutches. And even though she eventually came to depend on a wheelchair she was never "confined to one." DeJesus continued to play sports with the help of adaptive equipment made by her father and his cousin. She says she is the same person that she was before the accident, "I am the same individual heart and soul with or without my mobility impairment." DeJesus also reminds people, "I may have a mobility impairment but it does not have me."

DeJesus moved to Ventura last November after she visited the area in July 2012. "Is the weather always like this? I asked. When the answer came back absolutely, I knew I would move out here." She says she loves not only the elements, but the old town charm Ventura has to offer. "It is quite the eclectic mix of old and new. The people have been so friendly and welcoming from the BNI group to the Chamber of Commerce. Amazing, supportive people are absolutely right here in Ventura."

In March, DeJesus was awarded the title of Ms. Wheelchair California.

She will represent California on July 16-18 at the national Wheelchair USA Pageant in Akron, Ohio. DeJesus, 48, says it is not a beauty pageant, "It is a pageant for advocacy and who will be the most appropriate agent to the disabilities community." She says that winning the crown at nationals is important because of all those who have chosen her to be their voice, their representative, their hope. "Every child that says, 'look at the princess' will see my crown and sash, not my wheelchair. Now I'm working on the adults to see with their hearts too."

Originally from Chicago, DeJesus says, "I educationally reinvent myself every few years," and she is now studying for a PhD in anthropology from the University of Iowa Extension. She is also the CEO of DeJesus Coaching Services. "I coach many types of situations such as life, business, disabilities, and families. I mentor people from all over the world via phone/skype, or whatever means they choose. I have coached CEO's, physicians, school teachers, students . . . people with disabilities as I can put myself in their shoes like others can only imagine. I have coached people with family members that have illnesses." DeJesus knows what it is like to make tough decisions. She had to make life-altering decisions when her brother was injured in an accident and faced life as a quadriplegic. "He was mid-forties, with custody of his two daughters, owner of a million dollar successful business and best friend to all. He lost all that in the blink of an eye . . . he had two daughters to stay for whether he liked it or not, he would have to be there for them in whatever capacity."

DeJesus has also been a foster parent and has an adopted daughter, Glori and a grandson, three-year-old Jesse. "I was overjoyed when Jesse was there to see his grandmother crowned Ms. Wheelchair California. The smile on his face was priceless," says DeJesus. Also,

DeJesus says that although she is thrilled to be crowned Ms. Wheelchair California, the job is not without its pitfalls. "Ms. Wheelchair California is a non-profit organization. We need sponsors. Unlike Ms. Iowa, who received sponsors and even a car from Dodge, Ms. Wheelchair is almost entirely out of pocket for the titleholder. I want to get out to my Chamber of Commerce members in hopes that they will help my leadership."



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| 5:00 to 7:00 Brad Rabuchin, Bob Ledner, Jacob Soesney | 5:00 to 7:00 Brad Rabuchin, Steve Billman, Karl Huner, Jacob Soesney, Davey Miller |
| 7:30 to 9:30 Tom Peterson, Matt Harris Key, Armando Compean, Davey Miller | |

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News and Notes



On June 8 the Ventura Police Department presented A Community Law Enforcement Day featuring the wonderful VPD K-9 Units at the Pacific View Mall. Enjoying meeting Officer Mike Hibdon and Fero were Kyle Trone and her mom Stacey Trone. And Kyle even got to pet gentle Fero.

To learn more about these wonderful officers visit www.cityofventura.net/pd/community/k9s. Photos by John Ferritto.

CAPS Chat

Board Elections, the CAPPIES and more

by Elizabeth Rodeno

Community Access Partners of San Buenaventura (CAPS), a 501(c)3 non-profit organization is seeking nominees for two (2) open board seats each with a term of two (2) years. We encourage members of the community to become involved with what many say is one of Ventura's treasures. Nominees must be at least eighteen years of age, and either living, working or attending school in the City of Ventura. Applications are available at the station or on www.capstv.org. Completed Applications for Nomination must be received at the CAPS Media Center at 65 Day Road in Ventura no later than 5:00pm Friday, July 26th, 2013.

The 2013 CAPPIE Awards are coming September 19th. The CAPPIE Awards celebrate our local producers and those who share their voice with shows that air on Channel 6 and the City of Ventura's Channel 15. Over the years we have had some powerful, creative and funny shows compete for a CAPPIE award. The categories include Arts, Culture and Music, Civic and Community, Informational & Educational, Inspirational and Spiritual, Variety and Other and VTV Channel 15 programming. Check the website for nomination forms or stop by the station and submit

your piece. Check out our Vimeo page to view last year's winners.

Are your kids bored already? There are still spaces available for all 3 sessions of Digital Storytelling Summer 2013. It's a full week of creative learning and fun. Our first session begins July 29th and they run thru August 16th. This year we are partnering with Ventura Water to have students produce videos to submit to the Water Take 1 Film Festival. They will have the opportunity to win \$1500. For more information and to register for a Digital Storytelling week, go to www.CAPSTV.org.

This past month CAPS has been filming some important events throughout our community. We covered the Chamber's Annual Economic Outlook Breakfast, featuring businesses and local government representatives. We are filming the E.P. Foster Summer series throughout the summer. To celebrate the centennial of the Ventura City Hall, we produced a documentary about this occasion, shown at the July 4th open house. It is an informative piece about the city of Ventura and City Hall that is showing on Channel 6 and 15 and available on the city website. We spent the afternoon with the K9 division of the Ventura Police Department. They are an important asset to our community. We are looking forward to being at the BMX California State Race this month being held at the new BMX park off Kimball Road. Stop by and say hello.

Don't forget to go to visit our Facebook page, CAPS-TV Ventura and our Vimeo channel, www.vimeo.com/capstv for all the latest news and videos.



Jennifer Arnett, Sandra Espitia, Mary Thompson, Chris Collins, Jeanne Zappia, Lisa Rizzo, Chris Glaser, Marion Iglecia, Barb McIntyre and Erika Brandt were the winners of the Battle of the Sexes when the Gold Coast Lady Anglers out fished the men from Ventura County Sportfishing Club in a tough competition aboard the Mirage (CISCO). At the end of the day, each angler weighed their largest fish and the total of the ladies catch out weighed the men's catch. Once again, the coveted trophy is in the hands of the Lady Anglers. www.goldcoastladyanglers.com.

NEWS TALK 1590 KVTA



Lyn Fairly and Friends, Saturday 12-1pm

I am pleased to be the hostess of the "Lyn Fairly and Friends" show. Listen for opportunities this summer to win tickets to lots of amazing events, parties, art exhibits, films and lectures. Every other week on the "Legal Clarity" segment we tell you about all the hot topics the Supreme Court is debating. We remind you of your constitutional rights and take calls to hear your side of the debates. Every show we thanks a veteran and their families for the sacrifices they have made for those freedoms. Find me on Facebook/Lyn Fairly and message me on any topic you please.



Horsepower For An Hour, Saturday 1-2pm

The Hottest Automotive Talk Radio Show in the Nation. Horsepower for an Hour "We are Your Ultimate Stop in Automotive Radio" Saturdays @ 1pm



The Kim Pagano Show, Saturday 2-4pm

The Kim Pagano Show-The brighter side in the 805. Tune into the entertaining Kim Pagano Show every Saturday morning at 6-7am and again at 2-3pm. Your Media Mom talks with guests from the 805 and all over the world about the brighter side of just about everything. Kim's husband Lou now joins the 6 am show to give a man's perspective. Together they are passionate, positive and powerful. Join them, as you never know what they're going to talk about.



Andrea Speers and Karen Pagano are spoiling their grandkids Jackson and Annabelle and think that they are as cute as they get. Do you have a grandkid that you think is even cuter? If so send their photo to editor@venturabreeze.com.

Senior Living

Pull Out Section



On July 4 residents and guests enjoyed a wonderful holiday BBQ at the Lexington. And they could work off the food after by taking a swim in their heated pool or just relax in the Jacuzzi

The Lexington believes in giving back

The staff, residents and families of the Lexington believe in giving back to the community. At the beginning of the year they implemented a "Pay it Forward Movement." Each month they have chosen a local charity to give to. The charity for July is Ventura County FOOD Share. They are asking for your help in feeding the hungry in Ventura. Please bring your non-perishable items to the Lexington starting on July 15th until July 31st. They invite church youth groups, youth sports teams or anyone who wants to make a difference, to get involved.

And they are hosting a monthly breakfast for those who serve the senior community.

The Lexington Assisted Living is hosting a monthly breakfast meeting for vendors who market to seniors in Ventura County. Every 4th Tuesday of the month, from 9:00 am – 10:30 am.

SMART (Senior Marketing Alliance

Round Table) is a small group of vendors in the "Senior Market" that meet once a month to discuss issues in a round table format, perhaps have a speaker, and try to help each other with any senior concerns or referrals they might make. They visit new members, host or participate in senior events, and use their collective experience to help seniors in our community. There are no annual dues and they strive to have members who are in non-competing/complimentary businesses. RSVP to Jim Nicoll at 642-1775 or email nicollinsurance@yahoo.com.

The Lexington Assisted Living has prided itself on providing housing and quality care at affordable prices to seniors for over 22 years, offering independent living, assisted living and Alzheimer's/Dementia Care in 113 apartments with gorgeous ocean and mountain views. Lexington is located at 5440 Ralston in Ventura.

The Cottages provide a safe and serene setting

Seniors with Alzheimer's and other forms of memory loss will enjoy and be reassured by their familiar quality of life. The Cottages, at the Ventura Townehouse provide a safe and serene residential setting with a comfortable

neighborhood feel. Each apartment has its own fully-enclosed, sun-kissed garden patio with self-returning paths that make fresh air and natural beauty a daily luxury.

Our Cottages program offers a secure, compassionate environment specifically designed to respond to memory challenges. Cottages residents enjoy the comfort and gracious living to which they are accustomed, while receiving the extra care and support their health needs require.

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Continued on page 12

VENTURA TOWNEHOUSE

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|--|--|

Senior Living

Senior Connection

Avoiding the dangers of caregiver distress

by Nanci Cone

Most family caregivers are unaware that they could be at risk for heart disease, diabetes, depression and various other physical and emotional maladies as a result of caregiver distress, a potentially dangerous condition brought on by the pressures of caring for a senior loved one.

Studies increasingly show that acting as a caregiver is considered the leading cause of stress for families. Caregivers must adjust to role changes in addition to the extra tasks of caregiving. For example, an adult child often becomes a caretaker for their mother or father and a spouse assumes extra burdens and tasks in the relationship. Keep in mind that role changes are tremendously stressful for both the caregiver and patient and it's normal to feel resentful and overwhelmed when forced into a new role.

In response to this growing issue, the local Home Instead Senior Care® office has launched a public awareness campaign called Family Caregiver Stress Relief (www.FamilyCaregiverStressRelief.com) to help family caregivers determine if they are at risk for distress and to minimize problems before they escalate.

Included in the program are two new tools: The "Are You a Caregiver Quiz," which is designed to help a family caregiver self-identify and recognize the role of a caregiver, and the "Family Caregiver Distress Assessment," adapted for the Home Instead Senior Care network by Dr. Peter Vitaliano of the University of Washington.

"So many spouses and adult children are unaware of their potential

risk of caregiver distress because they don't see themselves as caregivers," said Laurie Reid, owner of the local Home Instead Senior Care office. "These new resources enable them to understand their role, the stresses they may face as a caregiver, and how that stress might lead to more serious health effects."

A recent Home Instead Senior Care study discovered that caregivers are prone to hiding their emotions and, as a result, their health suffers. Approximately 74% of caregivers who repress their emotions report fatigue while 53% report difficulty sleeping, 37% report depression, and 30% weight gain or loss.

Research shows that certain characteristics make family caregivers more vulnerable to caregiver distress, the top being:

- Gender: Women report more psychological distress than men (however, male caregivers have more negative physiological responses to caregiving, including higher blood sugar and insulin levels, poorer cholesterol and immune function, and obesity).
- Reluctance to ask for help: Caregivers who won't ask for help are setting themselves up for the kind of exhaustion that can lead to distress.
- Chronic Illness: Caregivers who are already sick or have existing medical conditions, such as coronary disease, hypertension and cancer, are more vulnerable to additional negative health effects resulting from caregiver stress.

"It's important for caregivers to understand that stress can impact one's ability to care. If they don't care for themselves, they may put their senior loved ones at risk. Whether it's support groups, stress management techniques or respite help, caregivers need to realize the importance of managing their health, too," said Reid.

For more information about the services of the Home Instead Senior Care office serving Ventura County call 577-0926 or visit www.homeinstead.com.

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A few squiggly lines can make an impressive picture

You really can take a few squiggly lines and draw an impressive picture! Come and learn how at "Art for Seniors," a four-week class that begins Wednesday, August 14, at 4 p.m. at the SCAN Senior Resource Center at 6633 Telephone Rd., Suite 100.

"This class supports healthy aging in so many ways," said Steve Lehman, MBA, MPH, manager of the SCAN Senior Resource Center. "Learning new things, or improving on skills you already have, is a great way to exercise your brain. And having fun is incredibly good for your overall state of mind."

Participants choose their own medium - crayons, markers, water colors or colored pencils. Basic drawing skills, including an introduction to perspective, will be taught in a fun atmosphere. There is a \$20 supply fee payable directly to the instructor,

artist Marilyn May. Call 658-0365 for further information and to register.

The Cottages

Continued from page 11

cameras ensure the comfort and safety of the residents.

Their caring, compassionate staff balances professional courtesy with energetic interaction. Each resident is treated with respect and dignity, using specific memory care techniques.

Their Certified Activity Director, who is experienced in working with the needs of memory impairment, coordinates activities that encourage strength and flexibility of the "whole person." Mind, body and spirit are fortified through exercise programs such as yoga, arts and crafts projects, brainteasers, social events and outings.

When disorientation and memory loss begin to affect a person's life, basic needs become ever more complex. In the Cottages they provide a gentle, compassionate environment that minimizes confusion while maximizing security, health and enjoyment.

The Ventura Townhouse is located at 4900 Telegraph Rd., info@venturatownhouse.com or 642-3263.

Senior Living



Area veterans honored at Cypress Place Senior Living.

Remembering the service and sacrifice

On Wednesday, July 3 Cypress Place Senior Living hosted a special "Salute To Our Veterans" celebration with a ceremony recognizing residents of Cypress Place, as well as members of the public, who served their country. Nearly 300 people attended the powerful tribute.

"Our great Country was founded on the service and sacrifice of so many Americans, and so it is appropriate today, the day before Independence Day here in the United States, that we honor them," said Steve Spira, executive director of the senior community.

A military Color Guard presentation by the 1st Memorial Honors Detail led off the tribute, followed by a special Veteran recognition and recognition of widows of Veterans led by Ventura Mayor Mike Tracy.

Mayor Tracy, and Sheriff Geoff Dean, who later recognized Fallen Heroes, thanked the Veterans for their service. Sheriff Dean said he could not do his job of protecting citizens without the men and women in the Armed Services protecting our Country first. TAPS was played after the Recognition of Fallen Heroes, leaving many with tears in their eyes.

In another touching moment, with Ventura Fire Chief Don McPherson and Assistant Fire Chief David Endaya in attendance, the gathering paused for a moment of silence for the 19 brave firefighters who lost their lives in the recent

Arizona wildfire.

Capt. Tom Brovarone of Naval Base Ventura County made the keynote presentation. Live musical entertainment was provided by the Saxophone Quartet Band of the South West Air National Guard.

The Pledge of Allegiance was led by Cypress Place Senior Living resident Lt. Colonel Irv Wasserberg (Ret.). Cypress resident Lurie Stewart led the audience in God Bless America. A free BBQ lunch followed the tribute, along with a special Veterans memorabilia display inside the community.

Cypress Place Senior Living is a premiere 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.

This safe, loving environment offers residents a continuum of care through life's transitions. Amenities include three meals daily, weekly housekeeping, transportation, activities, utilities, as well as personal caregivers and laundry service in the Assisted Living and Memory Care communities.

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



On July 4 friends, and relatives of 98-year-old Esther Hochman joined her for the July 4 festivities at the Ventura Townhouse which included an assortment of fine food and lively music and a jumper for the little ones (and a few adults) to enjoy.



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Thursday, August 29th, 2013

11 am - 1 pm



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Please RSVP by Thursday, August 22nd by calling 805-647-0616

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HOLIDAY
RETIREMENT

The Bonaventure Independent Retirement Living

**The Ventura Council on Aging along with
SCAN Senior Resource Center and The
Bonaventure Independent Retirement
Community are hosting a
Senior Forum & Lunch**

**Tuesday, 7/23 at 11am (lunch to follow)
The Bonaventure's Community Room
11949 Telegraph Road, Ventura, CA 93004
RSVP: 805-671-9700**

Partial List of Speakers:

Camille Torgeson: Certified Adult Education instructor and Certified Tai Chi: Moving for Better Balance (fall prevention)

Andrea Ricketts: Nurse Practitioner, Community Memorial Health Systems HEALTHAware program

Greg Clure: Home Care representative with Darancare

Marion Holzwarth: Shop Ahoy for Ventura City

**Please RSVP to this event or to come
have a tour any day!**

**10949 Telegraph Rd, Ventura, CA 93004
805-671-9700 | thebonaventure.net**

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Senior Living

Bonaventure events you won't want to miss

The Bonaventure, located at 10949 Telegraph Road, will have these wonderful days in the month of July. Please RSVP to these events, or to have a tour any day at 671-9700 or visit the bonaventure.net on your computer. Surrounded by lemon and flower orchards, The Bonaventure offers a perfect blend of beach and country living.

- 7/13 Frank Jackson "Mr. Fitness" 11:30am
- 7/14 Ice Cream Social 3pm
- 7/19 Happy Hour with Live Entertainment 3pm
- 7/20 Learn How to Play Pool 10am
- 7/22 Sing-Along 2pm
- 7/23 Ventura Council on Aging Senior Forum 11am
- 7/27 Luau and Lunch with Polynesian Dancers 11:30am
- 7/30 Eye Wellness Class 10am

Bereavement support groups

Livingston Hospice conducts several adult bereavement support groups to help those who have experienced a loss. Explore and express feeling, understand the grief process and receive emotional support. Open to the public, free of charge, all are welcome.

The groups are held in Ventura at Livingston Memorial VNA, 1996 Eastman Ave (#112), Wednesday, (July

10, 17, 24, 31); from 6:30 – 8:00

For the newly bereaved at Livingston Memorial VNA, on second Thursday, (July 11); from 6:00 – 7:30 pm. Call 642-1608 for more information.

Joint replacement (not "beer joint")

Livingston Visiting Nurse Association will hold the following Joint Replacement Class to prepare you for total knee or hip replacement surgery. Home preparation, exercises and rehabilitation information will be discussed. Open to the public and free of charge, the class will be held:

July 11 from 1:00 – 2:00 pm at Livingston Memorial Visiting Nurse Association, Rm 109, 1996 Eastman Ave. RSVP Diana Davis at 642-0239 x 739

CMHF sponsors AARP driver safety course

The Community Memorial Healthcare Foundation will sponsor the AARP Driver Safety course on Saturday, July 20th and July 27th from 9 a.m. until 1 p.m. in the CMH 8th floor boardroom. This eight-hour course is designed to help seniors evaluate their driving skills. CMHF's sponsoring of this course includes all the fees, therefore reservations are absolutely required. To save a space, please call 652-5385.

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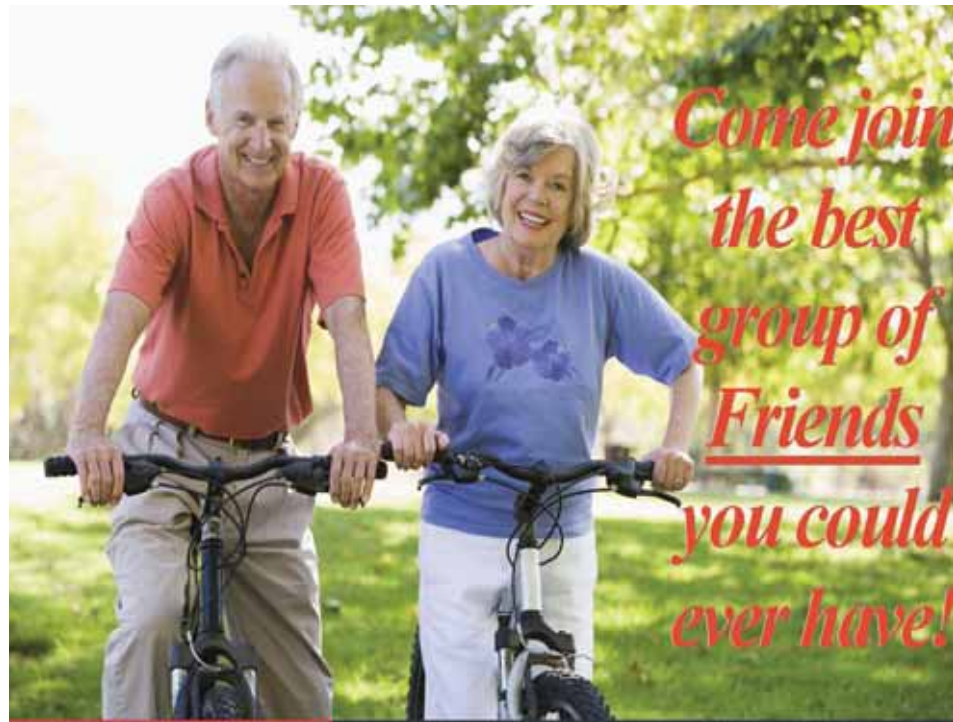
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FRIENDS OF
VICTORIA

What is Friends?

Friends of Victoria is an important link to the broad range of health, wellness and safety programs available right here in Ventura County that will allow you to age gracefully and safely in place.

Attend the **FREE official launch** of
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July 17th at 2:00 pm

At The PARC at Victoria
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- ◆ Food and drinks
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- ◆ Health and Wellness Expo
- ◆ Keynote Address by one of Ventura's foremost physicians
- ◆ Dakim® Cognitive Fitness Demo
- ◆ Free fitness, gait and balance assessments

The Friends of Victoria network is a free program designed to provide residents of Ventura County with one number to call for help with every lifestyle, healthcare and domestic need. For more information, visit www.friendsofvictoria.org or email cbloomquist@ensigngroup.net

Sports



Matthew and Chad hope to see kids in Nicaragua doing this soon (without falling off). Photo by John Ferritto.

Healing waves

by Tom Marshall

Ventura could be considered a surfer's paradise with world famous breaks up and down the coast and local shops supplying the necessary gear. Perspective has a way of sneaking up on those of us fortunate enough to be born into a prosperous and equitable nation. Matthew Smith was inspired to spread the many positives of surfing to those less fortunate while on a surfing trip to Nicaragua back in 2011. There was a local kid named Chinto who was riding a board that any surfer in the states would consider garbage. Matthew and his friends on that trip met many local children who wanted to surf but lacked boards and related gear. "Surfing can be a selfish act. We travel all over the world in search of waves," said Matthew. "Those kids live a half mile away from world class waves yet don't have boards. We can't immediately change their financial situations but we can bring them happiness," stated Matthew. Those world class waves were the reason a group of friends traveled to Nicaragua in 2011, Foam For Families is the non-profit that was born on that trip.

Foam For Families began as an idea to make a positive change in the lives of impoverished youths around the world. Providing surf boards and gear to local kids is the focus but co-founders Matthew Smith and Chad Compton have much bigger ideas in mind. "Surfing tourism is a huge industry. We want to provide the boards, teach locals how to surf, and show them how to make money through surfing," said Matthew. The idea is to provide the equipment and teach the locals how to repair boards. Board rentals, surfing lessons, and surfboard repairs are all very real business opportunities that Foam For Families envisions will provide hope to the extremely poor.

Foam For Families returned to Nicaragua in 2012 armed with surfboards donated by Channel Islands Surfboards, fins donated by FCS, and repair kits courtesy of Pro-Lite. "We've received huge support from the surfing community," said Matthew. The group set up a community surf supply center with the help of a local named Joe and gave surfing lessons to children. Anybody in the community now has access to boards and supplies. A trip to Mexico in August is next up for the non-profit.

Recreation tourism is a massive industry and one that can make huge differences in poor communities worldwide. It takes courage and vision to travel into these areas and attempt to make a difference. Surfing also requires courage and vision. Team members Chad Compton, Matthew Smith, and Kellen Ellison are committed to making a difference around the world in places most of us don't have the courage to venture into. Their vision for Foam For Families is to be ambassadors for the sport of surfing while uplifting the lives of the less fortunate. They are well on their way.

Foam For Families needs your help. Donations, boards, supplies, and many other things are needed to continue making positive changes.

Foam For Families website - www.foamforfamilies.org/home



Running, cycling, and swimming toward a common noble cause, athletes competed in the 15th Annual Breath of Life Ventura Triathlon/Relay on Sunday, June 23rd. Proceeds from the event were donated to the Dina LaVigna Breath of Life Fund, geared toward improving the care and comfort of patients diagnosed with Primary Immunodeficiency (PI) disorder. This disease is a set of hereditary disorders caused by a defect in genes responsible for the development of the immune system and affects over 10,000,000 across the globe.

The event was a great success, and triathletes from all over came to compete in the race. Even the owners of Culprit bicycles traveled all the way from Indonesia to participate in the triathlon. The Dina LaVigna Breath of Life Fund hopes to raise even more proceeds in next year's event.



This year's National Stand Up Paddle Boarding Day, or SUP Day, was celebrated across the country on Saturday, June 15. Here in Ventura, the morning started off gray and gloomy and then brightened as if to beckon people to the beach. The day certainly did not disappoint Frank Umipig, Ventura resident, dedicated paddler, and owner of Umipig Boards, who gathered with friends and paddle boards at the Ventura Harbor to celebrate the sport. The solidarity was fitting: National SUP Day was originally founded to celebrate the ways in which stand up paddle boarding can benefit children diagnosed with cystic fibrosis (CF). Of course, tributes like Umipig's to National SUP Day prove that anyone can benefit from a sport he or she appreciates.



Music & Entertainment

- 7/10 The Lady sings with...Jodi Farrell 9pm
- 7/11 L.A. Jazz Collection 7:30pm
- 7/12 Rock Tribute-Rick Hunter 9pm
- 7/13 Jerry and the Big Beats 9pm
- 7/14 The Roosters 9pm
- 7/16 Catfish and Doug Blues jam/open mic 8pm
- 7/17 The Lady Sings...Lauren Donahue 7pm
- 7/18 Barrelhouse Wailers 7:30pm
- 7/19 The Sundogs 9pm
- 7/20 The Beers Blues Band 9pm

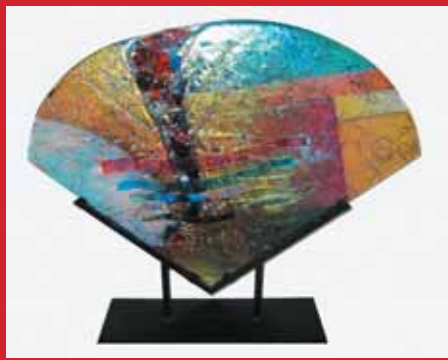
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Professor Scamp, Ph.D (Pretty Happy Dog)



■ You'll never believe the horrible news that I heard! One of my very own pooch pals was stolen right from his home in Santa Monica. This poor pup was

one sight to see too—weighing over 200 pounds (And I thought I was heavy), my friend was a giant pink bulldog statue! Placed near Barney's Beanery as artwork, he was stolen right from his base. LA County deputies are tracking down the prankster to bring back the pocketed pooch.

Be on the lookout for him folks! He's hard to miss; he wears sneakers on his front paws and a water bottle on his back—and he's got a bright pink coat. The stolen puppy was one of six other bulldogs sculptures, cast in resin in advance of Santa Monica's gay pride parade. I feel bad for the old hound, but I'm sure glad I wasn't the one to get snatched—especially because I'd be a lot easier to carry!

■ Remember, if I was a teacher you would learn things like:

When loved ones come home, always run to greet them

Never pass up the opportunity to go for a joyride

Allow the experience of fresh air and the wind in your face to be pure ecstasy

Take naps

Stretch before rising

Run, romp, and play daily

Thrive on attention and let people touch you

Avoid biting when a simple growl will do

On warm days, stop to lie on your back on the grass

On hot days, drink lots of water and lie under a shady tree

When you're happy, dance around and wag your entire body (not just your tail)

Delight in the simple joy of a long walk

Be loyal

Never pretend to be something you're not

If what you want lies buried, dig until you find it

When someone is having a bad day, be silent, sit close by, and nuzzle them gently

Be good to cats

■ That pet casualties do not appear in statistical reports on structure fire damages is no indication of the impact of their loss. To prevent the deaths of our furry family members in these often fatal events, 2,500 pet oxygen mask kits have been donated in the last two years to fire

departments throughout Southern California to prevent the deaths of our furry family members in the event of fires. 98 of these kits are in Ventura County, enough to equip all of the fire trucks here.

These masks came from the Emma Zen Foundation, an Anaheim-based foundation whose namesake is a now six-year-old Labrador and Great Dane mix who was found by an animal shelter when she was wandering around in a wildfire zone in Orange County in 2007.

Foundation president Debra Jo Chiapuzio rescued Emma Zen when she was a four-month-old puppy. Chiapuzio was so inspired by Emma Zen's story she began raising funds for animal charities and in 2011 started her own organization. Kits provided by the Emma Zen Foundation come in a red carrying case and contain three masks, each of a different size, as well as oxygen tubing, instructions for CPR and first aid care, and even a decal to indicate presence of the kit. The foundation also offers training on how to attach the gear. Please visit www.emmazenfoundation.com to learn more and help out.

■ The National Association of Boards of Pharmacy said, "Many websites selling prescription drugs are unlicensed, operating illegally, or operating from foreign countries where medicines shipped to the United States are unregulated. Thus, there is no way of knowing whether the medicine you receive is contaminated, sub-potent, super-potent, expired, or counterfeit, or whether it has been stored and shipped under proper conditions to maintain its effectiveness."

Medications purchased from sources other than veterinarians may not provide the needed medical benefits to the animal, and even worse, could be dangerous and do serious harm. By obtaining these drugs through their veterinarian, consumers will be counseled regarding proper administration and potential adverse reactions. Passage of SB 688 will assure the quality of medications dispensed for the care of companion animals and provide the safe treatment of livestock, thereby protecting public health.

Chris Cowing, DVM, president of the CVMA said, "The CVMA is strongly embracing SB 688 as a significant step forward to help clients achieve savings for the necessary care and treatment of their animals."

The California Sales and Use Tax law already provides for an exemption for human prescription medicine. By providing a similar exemption to animal medications, SB 688 will protect the health of millions of California pets and livestock by making prescription medications safer and more affordable.

Forever homes wanted

Hi: We're H a y m i s h and Hubert playful and inquisitive Terrier mixes who are a little over 1 year old. When we were only a couple months old, we were found in a



box on the side of a road where someone had left us. We had a home for a little while, but that family decided that they did not have the time to give us the attention that we needed. We're both good with other dogs and children. We're also house trained and will even let you know when we have to go outside. We need an active family that will play with us and take us for daily runs/walks. We would like to be adopted together. If you have room in your heart and home, please stop by and meet us, we'll be waiting. If you're not quite ready to adopt, we also need a foster home. The Canine Adoption & Rescue League, Sam's Place, 3203 E. Main Street, 644-7387. www.carlvc.org.



Ziggy is an exuberant, spayed, female rabbit that is full of personality! She loves to be petted and will pull out all the stops to get as much attention as possible. When her nose is being rubbed, her whole body relaxes as she settles in for some petting. Ziggy wants a home where she can live inside as part of the family. She will make a wonderful companion for the family that has plenty of attention to give her. The public is invited to come meet

the many shelter rabbits, learn about proper bunny care, and find out if a house rabbit is right for their home. Ziggy is at the Ventura County Animal Shelter, 600 Aviation Drive in Camarillo in kennel # 417, ID A569660 and her adoption fee is \$50.

Scamp Club

Hi: We are Codybear and Clifford, we are 9½ years old and are Shih-Tzus like Scamp. Except that we weigh a lot less. We live in Camarillo and like to dance, socialize and play ball



Join Scamp Club

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



Duende

called me a 'foster' at first...whatever that is? For the past 2 ½ years I've lived with them, and my 5 rescued siblings whom I love. I'm pretty sure this is my 'Forever Home'! We go for hikes every day. I go everywhere with the woman who adopted me. I won't let her out of my sight. I go to the senior center to lick and kiss the folks, and they warm their hands on me! Can you believe I was special enough to be painted? I love my portrait. I am a lucky Cabo Dog. I made it to the other side. Millions do not!"

Be part of the solution not the problem...spay and neuter your pets...adopt! You can visit the CABODOGZ' rescues at Ventura Highway Luxury Boarding for Dogs, 4692 Ventura Ave. Stop by or call 643-3647 to give them a hug and fall in love with them. SAVE A LIFE...SPAY and NEUTER YOUR PETS...

CAPTURED ON CANVAS...THE RESCUE COLLECTION

Professor Scamp, the Ventura Breeze, Cheryl Ann Gooss and CABODOGZ present Captured on Canvas...The Rescue Collection, featuring the faces and stories of beautiful rescues.

"I'm Duende...approximately 4 years old. I lived with a family in Cabo San Lucas, Mexico. One day I was "surrendered" at the Los Cabos Humane Society. I wasn't wanted anymore. I was given food, shelter and kindness. Unfortunately, though, I was very depressed. I missed my family and really did not enjoy other dogs barking. I wanted to go home. When the workers opened my kennel to walk me, I hid in the corner. I was so sad. I had no appetite and lost weight. One day a couple came to the shelter and saw me standing at the front of my kennel, perfectly quiet, and staring at them. The woman came over to me and for the first time, since abandonment, I was ready to go for a walk! My friends at LCHS said I was 'muy especial' and next thing I knew I was on my way to the aeropuerto! Cabodogz rescued me in April 2011. The first thing I loved about America was the burger and fries when landed, they were were amazing. The wind in my face on Pacific Coast Highway was also a treat. I was taken to Ventura Highway Luxury Boarding for Dogs. The people there tried to find me a home for 3 months. I kept seeing the couple who took me from Cabo. Every time I saw them I jumped in their arms and licked their faces. I cried and barked when they left. Finally, one happy day, they took me home! They

Police Reports

by Veronica Johnson

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

Minor Decoy Operation

The Ventura Police Department conducted a Minor Decoy Operation at various alcohol establishments throughout the City Of Ventura. The Minor Decoy Program is an enforcement program that Alcohol Beverage Control and local law enforcement agencies use to detect and deter the sales of alcohol to minors. During the operation, the decoy attempted to purchase alcohol at 9 different locations. Of those 9 locations five businesses sold alcohol to the 19-year-old minor decoy. The businesses were:

Ventura 76 Gas, located at 11008 Citrus Ave.

Chevron Gas, located at 7700 Telegraph Rd.

Village Wine & Spirits, located at 1449 S. Victoria Ave.

Victoria Chevron, located at 2199 S. Victoria Ave.

Victoria Shell, located at 2440 S. Victoria Ave.

Too Bad the Crooks Aren't Fumigated

Since March 2013 the Ventura Police department and other law enforcement agencies throughout Ventura and surrounding counties have identified a trend in fumigated residential properties being targeted by burglars.

Several residents have reported their homes burglarized after being "tented" for fumigation. Residences are targeted between the times the structure is covered with the tent until the tent is removed. The suspects generally enter the residence by going under the tent or cutting through the tent and forcing entry into the tented residence. The most commonly stolen items are house and car keys, personal documents, money, jewelry, and small electronics. In one case a resident reported their vehicle being stolen during the burglary as a result of their keys being left behind in the residence.

If a resident of Ventura is scheduled to have their home fumigated, they can call VPD Command Center at 650-8010 and advise them when their home will be fumigated.

Sexual Assault

On Sunday, June 23rd, at 11:00 a.m., VPD responded to VCMC to contact a victim of an assault. In the morning, David Romero had gone to the residence of the victim, who he knew, and forced his way inside. Romero battered the victim, forced the victim into her own vehicle and drove her to another location where he sexually assaulted her.

Romero then drove the victim to the VCMC and fled prior to police arrival. The victim was treated at the hospital for non-life threatening injuries.

Prowling Arrest

On Saturday, June 22nd, at 6:30 a.m., VPD received a call from a frantic female who was reporting a male, whom she was not familiar with, attempting to break in the front door of her residence, located in the 100 block of South Pacific Avenue.

As officers were responding to the scene, the suspect, Simon De Los Santos, broke a windowpane in the door and appeared to be attempting to gain access into the residence. The victim fled out the back of her home just as officers were

arriving. Officers took De Los Santos into custody without incident.

De Los Santos was placed under arrest and later booked into the VC Jail for prowling and vandalism.

Assault with a Deadly Weapon

On Tuesday, June 16th, at 7:38 p.m., the VPD received a call of a stabbing that just occurred in the Vons Shopping Center in the 2400 block of East Harbor Boulevard. Officers arrived on scene and found Calvin Morton lying in the parking lot with a stab wound to his chest. Morton was transported by ambulance to the hospital where he was treated for a non-life threatening injury.

VPD detectives conducted an investigation into the stabbing and identified Jason Garner as the suspect. Garner and Morton got into a verbal argument that ultimately led to Garner stabbing Morton in the chest with a knife.

On the 20th, an alert patrol officer located Garner walking in the 1100 block of East Thompson Boulevard.

Stolen Vehicle Arrest

On Tuesday, July 2nd, at 1:37 a.m., an officer was driving in the area of Telephone and Victoria, when he saw three subjects walking up to the front door to the mini market located at the 76 Gas Station. The officer noticed that as soon as they saw him, they immediately walked away in the opposite direction.

The officer saw two of the subjects enter a SUV in the parking lot. The officer was able to conduct a records check on the vehicle and was told by the VPD that it was a stolen vehicle out of Oxnard. The officer made a High Risk stop on the vehicle in the 6000 block of Ralston.

The two subjects, Heidi Harrel and Mark Wilson, were detained. The third subject, who remained at the gas station, was never located. During the search a controlled substance was found.

Fatal Collision

On Wednesday, July 3rd, at 10:55 a.m., the VPD received a call of a domestic dispute, involving a male and female, that was occurring in front of a residence in the 1200 block of Halifax Court. The caller advised that the male had left the scene in a vehicle. The male, Erik Lopez, returned to the front of the residence in his vehicle and collided with a female bystander in the front yard of her residence, which was across the street. The victim was pinned underneath the vehicle and had to be extracted by the Ventura Fire Department. The victim was pronounced deceased at the scene. Lopez was arrested for investigation of the domestic incident as well as the fatality.

Harbor Patrol Blotter

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

6-30 2:42 p.m. Patrol observed a disabled and becalmed sailboat at the Harbor Entrance. Patrol took the vessel into tow and released it at the Harbor Entrance.

4:01 p.m. Lifeguards reporting multiple victims in the water at Marina Park. Patrol responded by vehicle and requested the RWC respond. Lifeguards rescued six swimmers from the water.

4:26 p.m. FCC dispatched Patrol and

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other agencies to a medical call at Harbor Cove. Patrol assisted transporting the patient to the ambulance. AMR transported the patient to the hospital. 9:27 p.m. FCC dispatched Patrol and others to a medical assist at Four Points. AMR transported the patient to the hospital.

7-2 12:50 p.m. Patrol received a report of a small amount of gasoline in a vessel at Dry Storage. Patrol responded and found the incident as reported. FD stated that the owner could clean up the spill safely.

2:00 p.m. Patrol received a report of vessel accident in a slip at VWM. Patrol responded and found that the vessel had entered the wrong fairway and got in a tough spot. They hit a dock and caused minor damage. They had hit a sailboat, but caused no damage.

8:03 p.m. A restaurant reports a woman in distress in the restroom. FD and PD responded. PD searched for the woman, but could not find her.

7-4 9:02 a.m. FCC dispatched Patrol and others to an injured person at Andria's. Upon arrival, Patrol found that the incident related to an accident where a fork lift fell out of a truck. AMR

transported the injured patient to the hospital.

2:19 p.m. FCC dispatched Patrol and others to a medical assist at the Ventura Marina Mobile Home Park. AMR transported the patient to the hospital.

7-5 9:20 a.m. FCC dispatched Patrol and others to a medical assist at Harbortown Point. Patrol responded, took vitals and administered oxygen. AMR transported the patient to the hospital.

7-6 3:15 p.m. Patrol received a report of a capsized sailing vessel near VWM A-dock. Patrol responded and righted the vessel.

7-7 8:50 a.m. Patrol received a walk-in report of a fall victim at the time share. Patrol responded and attempted to take vitals. AMR transported the patient to the hospital

3:41 p.m. The vessel "Dreamer" reports a Hobie Cat capsized just outside the South Jetty. Patrol responded, assisted in righting the vessel, and then released it under its own power.

10:51 p.m. FCC dispatched Patrol to a person in the water at the Ventura Pier. Patrol responded. Upon arrival, the subject was being assisted out of the water. Patrol cleared.

Weekly SUDOKU

Answer

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

King Crossword

Answers

Solution time: 25 mins.

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



Business



Melinda Jenkins–Ventura, Crisbel Tapia–Oxnard, Karen Mallory–Moorpark, founder Zuinda Martinez, with Curley the dog and Lupe Barragan, Administrative Coordinator, are helping those with substance abuse.

A Triumphant Journey

by Jennifer Bowles

How many of us have been affected by substance abuse or addiction? It is powerful and persuasive and it affects people in a myriad of ways. Many of us have witnessed a family member or a close friend travel down the dark path of addiction. For some it touches us ever so slightly. For others, it can be devastating and/or life altering. If it weren't for the dedication of people like Zuinda "Cookie" Martinez and her colleagues, who knows where our loved ones would be today.

At the young age of 17, Zuinda started a journey that would lead her somewhere she never imagined. Despite watching her own mother struggle with addiction, she headed down a similar path of substance abuse. This part of her journey took her into her 30's. It was then, as a homeless woman, she had a moment of clarity, and decided to take her life back. She sought out help at a treatment facility in Long Beach. This center utilized a holistic approach to healing. It is not about only treating the problem at hand, but about treating the whole person and getting total wellness. She met a counselor there who changed her life and put her on the path she is on today. It is the reason she is where she is now.

Now, 16 years later, and 16 years sober. Zuinda has come full circle. She has now been clean and sober longer than she was an addict. This is a huge accomplishment for someone who has battled addiction. It was barely a year into her recovery when an addict approached her for help. It was then Zuinda realized she had the ability to help others with their struggle. She pursued an education and earned an MA in Clinical Psychology. During her graduate studies, Zuinda and a group of colleagues made the decision to start a school. This group of colleagues, Rosalinda, Naj, Ben, Irina, Carmen, Crystal, Lupe, and Jennifer, saw a void within the system. They had the wherewithal to create a way to fill it. It was Zuinda's vision to build an institute that would provide the proper education and necessary skills to effectively change the stigma that often occurs with the diagnosis of addiction. She has a strong

desire to instill empathy in her students so they can become advocates for the clients they care for. What began with months of brainstorming at a dining room table finally came to fruition in December 2012. Hence, The Ventura Training Institute for Chemical Dependency Counseling was born.

The program at the Institute is open to people from all walks of life. From man on the street to mental health care professionals. Most people who apply have been affected by addiction either by a family member, a friend, or even themselves. The Institute is a CAADAC approved program and offers two different tracks depending on the education of the enrollee. The first is a certificate program, CAADAC, which is open to anyone with a High School Diploma or a student in an undergrad program. Next is the LAADC program, which is open to students with an MA degree specific to behavioral sciences with a clinical application.

This is an amazing woman who has created this Institute. Zuinda has transformed from a homeless addict, to a woman with an alphabet behind her name. She is no longer Zuinda Martinez, addict; she is now Zuinda Martinez, MA, IMF, C.A.O.D.C-CS. She is the President and Clinical Supervisor at the Ventura Institute for Chemical Dependency Counseling. This is where her journey has led her and where it will continue.

For more information on The Ventura Training Institute for Chemical Dependency Counseling, please visit their website at: www.training4cdc.com.

Visitors & Conventions Bureau validates its worth

by Katie MacDonald

Attesting their efforts, on June 10 to the City Council, the Executive Director of the Ventura Visitors and Convention Bureau (VVCB), Marlyss Auster

presented a slideshow that highlighted its success in marketing Ventura. A review of the information revealed that the VVCB is a key driver of demand in the local economy, stimulating job creation, business income development and increasing both sales tax and transient occupancy tax. The Bureau is a city investment that pays for itself and then some, generating significant return on investment. To highlight, travel spending for the California tourism travel & tourism outlook of April 2013 includes: Air 1%; Retail 20%; Arts & Entertainment 14%; Ground Transportation/Gasoline 12%; Food Stores 3%; Accommodations 21%; and Eating and Drinking Establishments 29%. Each year, 20% of city funding goes to the VVCB budget to promote the city.

The meeting ended with positive feedback and support for the VVCB's past, present, and future efforts to promote the city of Ventura; recognizing that the city's economy depends on bringing visitors to Ventura. The City and VVCB will enter into a one year agreement, beginning July 1, 2013 through June 30, 2014, with commitment to negotiate a 5-year contract for continued partnership. The Ventura Visitors and Convention Bureau Executive Director, Marlyss Auster, comments "I am pleased with the outcome and look forward to our future discussions with City Staff. The VVCB is dedicated to the continued growth and prosperity of our wonderful city through tourism." She continued, "I would also like to take this opportunity to thank Board Members for their continued support. Victor Dollar, Oscar Pena, Pat Seminario and staff member Hilda Kilpatrick were all there with me until midnight – it was a late one. I had many conversations with others, thank you. The support we have received from our strategic partners is also very much appreciated."

Looking to the future, the Ventura Visitors & Convention Bureau has many exciting projects in progress to attract visitors and continue growth of Ventura's market share. Upcoming developments include: promoting the Downtown Ventura Trolley – as part of Ventura being a car free destination; Ventura Rebranding Effort with Strategic Partners; and Ventura Website Update & Redesign – tapping into the abundance of local talent.

Guest Columnist

Business License tax collecting

by John Stewart

Recently I commented about unsolicited letters from a P.O. box in Fresno claiming to represent the City of Ventura in its business tax collection efforts; a firm referring to itself as MuniServices (a subsidiary of publicly-traded "Portfolio Recovery Associates") and seeking past business taxes owed the City by scofflaw business enterprises. It sent multiple collec-

tion letters within a two-week period demanding a Social Security number, driver's license number and suggested it had "information" I had been doing business within the City and to explain myself.

I visited the office of Ms. Janey Espinoza Dunn, Ventura's "business tax collector", for an explanation. Since my last visit to said office (in 2004, I soon learned), it had grown exponentially from two desks in a small room in City Hall to a replica of an old fashioned bank interior filling at least 1200 square feet, including nine teller windows, behind which Janey and her assistant sat ensconced in what I estimated cost we taxpayers at least \$250,000.00 in tenant improvement work. No wonder they needed money.

I told her I would look into the matter and would gladly pay whatever I may owe. Janey also intimated that she required copies of my Internal Revenue tax returns for "verification". I thanked her and immediately ran upstairs to City Attorney Ariel Calonne's office where, while explaining my concern to the receptionist, Mr. Calonne materialized at the counter, having overheard my comments. He graciously shook my hand, addressing me by name, and proclaimed absolute surprise and consternation at my having been asked such personal information by this out-of-town quasi-collection agency for the City. He said, "I will call Janey".

Subsequently I received the following on June 11 from Mr. Calonne and Ms. Dunn, respectively:

Mr. Calonne: Mr. Calonne cited Muni Code Sec. (and copied in City Council members) # 4.155.230 (#7), requiring: "federal employee ID number or social security number of all owners... driver's license number..., date of birth, etcetera..." for a business license application – not for a collection agency in Fresno.

Response: "No problem, but I'm not gonna send this information to a bunch of collection goons in Fresno. It's one thing to give this information to a clerk in the city....."

Ms. Dunn: Ms. Dunn offered to recall my information from Fresno and will be handling it in house. She was very nice. She noted her office had attempted to contact me but had the wrong address. She graciously sent me a work sheet for my gross revenue summary, and suggested I could provide either a Schedule C from my tax returns or verification from any "other financial report" She noted if my gross business revenues did not exceed \$2400.00 annually, I might qualify for a "limited tax exemption", where only \$20.00 per year would be required. She also indicated that if I owed more than I could afford, she could allow for a promissory note to the city with installment payments.

Meanwhile, MuniServices is still advertising (www.muniservices.com) and soliciting cities (call 916-441-4530) to avail themselves of its many service under the rubric of "revenue enhancement": "parking ticket collections", "Sales tax collections", "property tax collections", and "utility user tax collections".

Of particular interest: MuniServices "compiles numerous external data bases to identify non-compliant businesses", "identifies business tax audit targets", and "conducts business tax audits". Sound familiar?

Business

How to make a good impression on your interview

by SBBCollege

SBBCollege aims to provide its students with the skills and experience they need to maximize their chances of getting a job.

This is the second in a series of articles written by SBBCollege's Career Services Manager, Sue Okoneski, which will provide guidance to anyone on the hunt for a new job.

Sue shares her insights and provides her top tips to create a strong first impression on an interview:

Your resume has given you a foot in the door; now you've got the chance to prove you really are the right person for the job.

Here are my top interview tips on making you stand out from the crowd in a positive way to give you the best possible chance of getting your dream job.

Do your research

Fail to plan, and you plan to fail. Do your homework and research the company you're interviewing with. When you're knowledgeable about the company, it shows that you care and are interested in the position. Plus, you are bound to be asked specific questions about the company, so make sure you know the answers.

Practice your answers

Although there is no set format that every job interview will follow, there are some questions that you can almost guarantee will crop up. You should prepare answers to some of the most common interview questions about your personal strengths and weaknesses, as well as being able to explain why you would be the best person for the job.

Look the part

You're often judged before you've even uttered a word. Make a good first impression by looking professional. Wear clothes that fit correctly, watch the hemlines and necklines and be careful with excessive perfume/cologne and makeup. Dressing one level above the job you're applying for shows a desire to succeed.

Stay calm

Good preparation is the key to staying in control. Plan your route, allowing extra time for any unexpected delays, and get everything you need to take with you ready the night before.

Ask questions

You should always have some questions for your interviewer to demonstrate your interest in the position. Prepare a minimum of five questions.

Mistakes to avoid

Some mistakes are obvious: inviting a parent or turning up late are definite no-nos; however, some aren't as easy to spot. Be sure to do the following:

- Turn off your phone
- Give a firm handshake
- Know the interviewer's name
- Bring extra copies of your resume
- Bring a list of references
- Make eye contact with the interviewer

Don't criticize your prior bosses and companies

Send a thank you note after the interview

Visit www.sbbcollege.edu to find courses that could help shape your future career.

billions of dollars for the participants. The mission of the organization is to teach business professionals that the word-of-mouth process is more about farming than hunting; it's about the cultivation of professional relationships in a positive business environment for the mutual benefit of all.

For more information on the mixer (or BNI), please feel free to give Shawn a call at 850-0157, or check out www.bni-vc.com.

Free Executive Seminar

Calling all CEOs and executives! If your company already uses mobile devices to allow employees to access company information or wants to introduce mobile computing to make work easier outside the office, this free Executive Seminar is right for you.

Hosted by Kenneth May, Author of *The Boss' Guide to Smarter IT*, this event will cover cloud and mobile computing 101 (what it is, how it works, and the pros and cons of integrating cloud and mobile devices into your organization) as well as critical policies, procedures, and protections every business must have in place before allowing employees to use mobile devices to access the company network. May will also be speaking about the best mobile devices to use for your company, and how to reduce or eliminate your risk concerning legal issues introduced with mobile computing.

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This free seminar will be held on Thursday, July 18th at the Ventura Chamber Board Room (505 Poli, in the back of city hall) between 8:00 and 9:00 am. Seating will be limited, so please register by July 11th to claim your spot. For full details and registration, visit <http://goo.gl/tTf6a>.

Foster parenting informational meeting

Recent changes in the law now support fostering young people up to their 21st birthday. Come to this month's informational meeting to learn about the difference you can make to

a child as they start their journey as a young adult.

Over 600 children in Ventura County need a foster home where they can thrive, develop and achieve dreams that once might have seemed impossible. And it's not all one-sided: their youthful enthusiasm and gratitude can bring new spirit to your life while you keep them on the path to a happy, productive life. That's the power of foster care.

Become a foster parent; it's quite possibly the best thing one human can do for another. This month's event is Tuesday, July 23 from 6:00 p.m. to 8:00 p.m. at the Human Services Agency of Ventura County (855 Partridge Dr., Ventura). Call 654-3456 or go to www.vchsa.org/foster for more dates and an online meeting option.



On May 21st a graduation ceremony was held at the Montecito Country Club in honor of the 80 new local entrepreneurs (40 from Ventura County) who graduated from the Self Employment Training Course offered by Women's Economic Ventures' (WEV) Women's Business Center. Greta Strautman, Megan Hooker, Julie Samson (Instructor), Kate Pepper, Holly Woolson, Hilary Mann, Jennifer Macias, Enrique Leyva, Jan Arnold, Lindsay Hanson (front row) Susan Bardsley, Doris Wells, Cynthia Bailey, Jessica Jackson, Codie Laverdure and Candice Wilson are now ready to take on the business world.

Show Time

Where The Music Flows

Fun on the Fourth

by Michael Kohli

VenturaLiveWire@gmail.com

#DjKohliRocks

Currently listening to: Why Can't I? by Liz Phair

Hello, hello! 4th of July looked like a very busy downtown! Started my holiday watching KHKG (aka Kyle Hunt & King Gypsy) perform on the Ventura Pier in front of Beach House Tacos. Huge group of friends, family, and passerby's all head bobbing and dancing!

After the pier, I drove by crowds and bands playing on California Street and over on Oak Street. And walked around a bit at the street fair. People wearing plenty of red, white and blue flair! Dancing away, walking with families. It was really awesome to be part of.

In the evening, I joined friends to see popular DJ Nick Dean at The Tavern. Even, I got dragged into dancing for almost two hours! Lot of local musician friends dancing also.

All in all, it was a very musical 4th. Surrounded by great friends! We were singing the new song from AWOLNATION, *Sail*, almost all weekend long! Good times! Thank you!

Two on the Aisle

Second Samuel serves up surprises

Jim Spencer & Shirley Lorraine

Santa Paula Theater Center is known for bringing to its stage plays of depth. Its current production, the Pulitzer Prize nominated comedy *Second Samuel* by Pamela Parker, continues this tradition with its inner exploration of a small Georgia town in 1948.

The southern town of Second Samuel, so named because the original town of Samuel met an untimely demise and was rebuilt, has its share of well meaning, yet misguided citizens. It seems every town harbors secrets buried beneath the patina of society and Second Samuel is no different. In a town where everyone seems to want to know everyone else's business, secrets cause quite a stir. The story is narrated by B Flat, a young man of borderline intelligence. When startling information emerges following the death of the revered town matriarch, the town is set all a-twitter. B Flat, in his simplicity, sees the solution clearly where others apparently cannot. He supplies the common thread of reason throughout, ultimately pulling the citizens back from near mental chaos to calm. B-Flat is superbly played by Eric Burton with naïve enthusiasm and consistent affectations.

The thought provoking comedy is ably directed by Fred Helsel, who cleverly trisects the set so there is never a need to break for scene changes. Each corner of the triangle represents a specific and significant part of the town's social arena – the Bait and Brew, a local hangout for the men-folk; the hair salon, a gathering place of the women; and the front porch of a citizen's home.

The town folk of Second Samuel

include a variety of characters, all of whom are endearing in their own way. The piece is truly an ensemble work – all the actors give well-thought through and consistent characterizations. However, standout performances are given by Peggy Steketee as Omaha Nebraska (whose family members are all named after locations), Burton as B-Flat, and Dan Tullis as the superbly understated handyman.

The hair salon is reminiscent of *Steel Magnolias* – the town's gossip capitol where tempers flare and friendships are fueled. Led by Omaha, the salon is the haunt of Jimmy Deanne, Ruby and Marcela, played by Tammy Mora, Maranda Mobley and Sindy McKay, each delightfully adding flair, flounce and fluster.

The Bait & Brew offers the men a similar diversion, only with alcohol. County stage staple Doug Friedlander renders a suitable performance as the resident bitter old coot, flanked by Rick DeLeon, Scott Blanchard, Ron Flesher and Elixio Flores as various local denizens.

Second Samuel is a light look at times gone by, where we find that human nature, our desire to be included and things we talk about today really hasn't changed all that much through the years. To their credit, the cast gives the entire piece an any town feel to which the audience can clearly relate.

Second Samuel runs Fridays and Saturdays at 8 p.m. and Sundays at 4 p.m. through August 4. Tickets are \$18, seniors & students \$15, and children \$12. 525-4645 or www.santapaulatheatercenter.org. Reservations are highly recommended.

The Entertainment Report

Silver screen

by Linde Carlson

I'm back, Ventura, and have recovered from my popcorn and jujubes addiction. These are my picks of the week.



White House Down

Directed by Roland Emmerich, this political drama with some unexpected humor is closely related in the vein of *Olympus Has Fallen*, and *Independence Day*.

Progressive U.S. President James Sawyer (Jamie Foxx) is on the verge of negotiating peace in the Middle East. Soon to be retired and head of Secret Service, "Walker" played by James Woods orchestrates a bloody takeover; perpetuated by revenge, blaming the president for his son's death in war.

Channing Tatum plays Capitol Police officer John Cale, a wanna-be Secret Service agent, whose quest to impress his daughter leads to heroic adventures and saves his country from a lethal band of terrorists. Cale's job is rejected, but he sticks around to take his daughter on a tour of the white house.

Joey King plays Cale's daughter Emily, a politically obsessed adolescent, while her political knowledge is impressive, dreams of meeting the president. Her terror becomes more than she bargained for in the wake of a hostage takeover, amidst paramilitary commandos and terrorists. The film is full of intrigue, and intense

VFS @ 420 East 2013

Accidental Icon – The Real Gidget Story

Reviewed by Kat Merrick

Totally Local VC

(This VFS screening will take place in the Bay View Room at the top of the Crowne Plaza Ventura Beach, 450 E. Harbor Blvd.)

On Tuesday July 16th at 7:15pm, the Ventura Film Society presents a very special screening of *Accidental Icon – The Real Gidget Story*, with filmmaker Brian Gillogly and Kathy Kohner Zuckerman, aka Gidget, attending. Anyone growing up in the 60's and 70's could not help but be influenced by the surf culture as it came at us through TV and movies. Most people do not realize that one teenage girl helped to inspire this phenomenon.

Accidental Icon explores the largely untold story of the real "Gidget," Kathy Kohner Zuckerman. At 15 Kathy became enchanted with the Malibu Beach scene of the mid 1950s. She recorded her impressions of the still-outsider surf culture and the beach boys she met, the original Moondoggie, Tubesteak and Kahuna. Showing her diary to her father, well-known author and screenwriter Frederick Kohner, he saw potential given its colorful stories and freedom-loving characters. Kohner turned Kathy's diary into a bestselling novel woven around "Gidget" (an amalgam of "girl" and

military situations.

Rated PG 13 Running time 131 minutes



The Bling Ring

Inspired by true events, Directed by Sofia Coppola, an entourage of five celebrity-obsessed teenagers tracks stars on the internet to gain access to their home and rob a string of celebrity's homes. They are stricken with a must-have obsession of their favorite celebrities' personal possessions and money. The teens follow Rebecca, the most popular girl in school, but when they are all caught on security cameras and busted, the teens play one against the other to defend themselves.

This film is not for everyone, it's like watching TMZ, but Emma Watson (formerly Hermine) plays the innocent "Who me" participant of the ring. If nothing else, it's a lesson for young people not to follow the leader, and use common sense when you think your friends are about to embark on a very illegal venture. There really isn't any acting, just re-acting.

Rated R Running time 90 minutes

Music Calendar 7/10 to 7/23

For more events go to Fun-in-Ventura.com

Amigos Cafe & Cantina

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

Live Bands and Musicians every Tue thru Sun

Wed 7/10 - Jodi Farrell 7m

Thur 7/11 - L.A. Jazz Connection / Davey Miller 7pm

Fri 7/12 - Rock Tribute God - Rick Hunter 9pm

Sat 7/13 - Jerry & The Big Beats 9pm

Sun 7/14 - The Roosters 5pm

Wed 7/17 - Lauren Donahue 7pm

"midget"), a fictional character based on his daughter. Several book sequels followed, as well as movies, two television series (one of which helped launch the career of Sally Field), and a hand in the meteoric rise in the popularity of surfing. The film features surf legends and present-day "surfer girls" whose own empowerment has turned Gidget into an iconic character for thousands of women. Prominent actors including Sally Field, Cliff Robertson, James Darren, Gregory Harrison, Caryn Richardson and director Paul Wendkos (*Gidget*, *Gidget Goes Hawaiian*, *Gidget Goes To Rome*) provide a behind-the-scenes perspective. This wonderful documentary captures the spirit of surfing and how one person's story helped to inspire many to hit the beach and grow surfing into the international sports culture that it is today.

The Ventura Film Society is proud to present *Accidental Icon*, sponsored by Totally Local VC, the Crowne Plaza Ventura Beach, Mary Osborne Surf Camps & Retreats, and Betty Belts, as the 12th of 21 feature films of our 5th season. The VFS thanks all of its patrons, donors, volunteers and sponsors for supporting our mission of bringing quality alternative films and filmmakers to Ventura. Screening, Membership and advance ticket information on our 2013 season is available at www.venturafilmsociety.com. For information call 628-2299 or writeinfo@venturafilmsociety.com for further information.

Thur 7/18 - Barrel House Whalers 7:30pm

Fri 7/19 - The Sun Dogs w/ Mark Masson, Franklin Murphy & Adam Clark 9pm

Sat 7/20 - The Beers Blues Band 9pm

Sun 7/21 - Shawn Jones 5pm

Blackbeard's Seaside BBQ
1591 Spinnaker Dr. #115, 805- 650-7773

Live Bands every Thur thru Sun
Open Mic/Jam Night with "Shure Thing" every Mon 6-9pm

Blue Grass Jam featuring: The Bottom Feeders every Thur 6-9pm

Acoustic Jams with "Ken Kong" every Fri, Sat & Sun 12pm

Fri 7/12 - Pacific Coast Blues 7-11pm

Sat 7/13 - Fish Fry 6-10pm

Sun 7/14 - Blue Stew 2-6pm

Fri 7/19 - Masters of the Past 7-11pm

Sat 7/20 - A Fine Mess 6-10pm

Sun 7/21 - Blue Stew 2-6pm

Bombay Bar & Grill

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

Local Live Music every Thur thru Sun

Wed 7/10 - Blue Jam Session Hosted by Tommy Marsh 8pm

Thur 7/11 - Vincent Falcone Band 9pm

Fri 7/12 - Count Lorenzo 6pm, Shaky Feelin 9pm

Sat 7/13 - Rock Show 9pm, Electric Liberace 10pm

Sun 7/14 - Joe Wilson & The R&B Bombers 5pm

Wed 7/17 - Blue Jam Session Hosted by Tommy Marsh 8pm

Thur 7/18 - RAW Event 7:45pm

Fri 7/19 - New Liberty & The Pullmen 5pm

GiGi's Coctail Lounge

2493 Grand Ave., 805-642-2411

Karaoke with Steve Luke every Sun & Wed 7pm- 12am

Live Bands every Fri & Sat 9pm

It's All Good Bar & Grill

533 E. Main St., 805-641-9951

Open Mike Night every Wed

Majestic Theater

26 S. Chestnut St., 805-653-0721

Wed 7/17 - Katchafire, J Boog, Hot Rain

Continued on page 24

Lighter Breeze

Gil



Mother Goose and Grimm



Hagar the Horrible



Hi and Lois



Sam and Silo



Snuffy Smith



Solutions on page 17

Solutions on page 17

King Crossword

ACROSS

- 1 Burst
- 4 Answer an invite
- 8 Mid-June honorees
- 12 George's brother
- 13 — out (supplements)
- 14 Out of the storm
- 15 Unimprovable place
- 17 “— do for now”
- 18 Back
- 19 Great commotion
- 21 “America's Got —”
- 24 First st.
- 25 Wall climber
- 26 Listener
- 28 Distance down
- 32 Nap
- 34 Crazy
- 36 Avis adjective
- 37 Basin accessories
- 39 Pie filling?
- 41 Deteriorate
- 42 Last (Abbr.)
- 44 Political argument
- 46 Colored like hippie shirts
- 50 Website section, often
- 51 Opposed to
- 52 South

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|----|----|----|----|----|----|----|----|----|----|----|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 |
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| 25 | | | 26 | | 27 | 28 | 29 | 30 | 31 | |
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| 37 | | | 38 | | 39 | 40 | | 41 | | |
| | | 42 | | 43 | 44 | | 45 | | | |
| 46 | 47 | 48 | | | 49 | 50 | | | | |
| 51 | | | | 52 | 53 | | | 54 | 55 | |
| 56 | | | | 57 | | | | 58 | | |
| 59 | | | | 60 | | | | 61 | | |

- 5 Tackle moguls
- 6 Two-piece suit's lack
- 7 Intellectual pretender
- 8 Company that merged with Benz in 1926
- 9 Choir member
- 10 Sandwich shop
- 11 Vend
- 16 Census stat
- 20 Roulette bet
- 21 Ocean motion
- 22 Acknowledge
- 23 Highlander's
- 27 Aries
- 29 Strong herbicide
- 30 Jog
- 31 Loathe
- 33 Scholarly
- 35 Flop
- 38 Crafty
- 40 Malign
- 43 Lukewarm
- 45 Satchel
- 46 Chore
- 47 Black
- 48 List-ending abbr.
- 49 Information
- 53 Sleep phenom
- 54 Carte lead-in
- 55 Evergreen type

DOWN

- 1 Spot on a domino
- 2 “... man — mouse?”
- 3 Render immobile
- 4 Given a makeover

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LIBRA (September 23 to October 22) Set some strict guidelines for yourself so your heavier-than-usual work schedule doesn't overwhelm the time you need to spend relaxing with loved ones.

ARIES (March 21 to April 19) Your persistence pays off as the information you demanded starts to come through. The pace is slow at first, but it begins to speed up as the week draws to a close.

SCORPIO (October 23 to November 21) You might feel a little uncomfortable being among people you hardly know. But remember that today's strangers can become tomorrow's valuable contacts.

TAURUS (April 20 to May 20) An unwelcome bit of news jolts the Bovine, who would prefer that things proceed smoothly. But it's at most a momentary setback. A **Leo** brings more welcome tidings.

SAGITTARIUS (November 22 to December 21) Reward yourself for all that you've accomplished despite some annoying situations that got in your way. Enjoy a well-earned getaway with someone special.

GEMINI (May 21 to June 20) You need to pay close attention to the details before making a commitment. Don't accept anything that seems questionable, unless you get an answer that can be backed up.

CAPRICORN (December 22 to January 19) Realizing that someone else is taking credit for what you did is bound to get anyone's goat, but especially yours. Be patient. The truth soon comes out.

CANCER (June 21 to July 22) Congratulations on getting that project up and running. But as exciting as it is, don't let it carry you away. Make sure you set aside time to spend with family and friends.

AQUARIUS (January 20 to February 18) Forget about opposites attracting. What you need is to find someone who thinks like you and will support your ideas, even if others say they're too radical.

LEO (July 23 to August 22) Be sure you're part of the discussion involving your suggestions. Your presence ensures that you can defend your work, if necessary. It also helps gain your colleagues' support.

PISCES (February 19 to March 20) Workplace problems can affect your financial plans. Be prudent and avoid running up bills or making commitments until things begin to ease up by the 26th.

VIRGO (August 23 to September 22) A misunderstanding needs to be dealt with, or it can grow and cause more problems later on. Be the bigger person and take the first step to clear the air.

BORN THIS WEEK: Your intuition helps you communicate easily with people and understand their needs.

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

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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 OXNARD: Embassy Suites Madalay Beach Resort, Channel Island Marine Emporium Landing

Kids

confidence, learning good sportsmanship, as well as setting and achieving personal goals. Families interested in learning more about this unique and outstanding youth program may visit www.namiss.com.

Miss Samarra Marin Blanson's activities include acting, singing, dancing, soccer, basketball, needlepoint, and arts and crafts. She also enjoys being a member of the Good News Club, the American Heritage Girls, and serving in her community of Ventura.

Career Camp for 6-8th grader

Ventura College invites all middle school students (6-8th grade) to attend

its Summer Career Camp from 9 a.m. to noon on July 22-25. The free camp offers five programs in the areas of Robotics; Drafting and Architecture; Environmental Science & Exploration; Criminal Justice; and Business Entrepreneurship. Learn about new technology in 2D and 3D drafting, design and build a robot, or learn to start your own business. Students can join a team of science explorers to sample soil, water, and plants, or study the criminal justice system. Nearly all programs offered will be taught on campus by Ventura College faculty. Supplies and food are included for registered students. To sign up, contact Celine Park, Ventura College at 289-6058 or by email at vo.cedstudent@vccd.edu.



Samarra was a state finalist for National American Miss California.

Seven-year-old Venturan a finalist

Miss Samarra Marin Blanson, age 7, has been chosen as a state finalist in the National American Miss California

Pageant that was held on June 27-29, at the Hilton in Costa Mesa. The National American Miss pageants are held for girls ages 4-18, and have 5 different age divisions. Samarra participated in the 7-9 year old age division, along with other outstanding young ladies from across the great state of California.

The National American Miss Pageants are dedicated to celebrating America's girls and equipping them with life-long skills. Each year the pageant nationally awards more than 1.5 million dollars in cash, scholarships and other prizes.

All activities and competitions are kept age-appropriate. Girls under the age of 12 are not allowed to wear makeup, and there is no swimsuit competition. The Pageant program is based on inner-beauty, as well as poise and presentation, and offers an "All-American spirit of fun for family and friends." Emphasis is put on the importance of developing self-



The always wonderful, and serving City Corps kids were at the First Felix 'n Fido "Bring Me Home" Adoption Festival helping out with whatever they were asked to do. Our thanks go out to Carlos Hernandez, Jose Arreola, Sarah Duenas, Destiny Martinez, Jodie Cortez and a few that didn't make the photo.

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Art Scene



This PODS® container was painted on by muralist MB Hanrahan and youth and community volunteers. Photo by Consortium Media.

ArtWalk is much more

ArtWalk Ventura, Ventura County's weekend celebration of the area's thriving arts community, returns for its 20th year on July 20-21. ArtWalk Ventura has long been a signature event of Ventura, drawing thousands of cultural tourists from all over California.

The two-day event will take to the streets of Ventura's historic Downtown and Westside Cultural District as venues will be transformed into high-end art galleries and studios for patrons' viewing pleasure. Artwork of more than 500 esteemed regional artists, including this year's Artist of Distinction, Gerd Koch, will be on display throughout the weekend.

New to ArtWalk's free, self-guided tour is the addition of PODS® Mini Galleries, with 16 PODS® containers being converted into mini art galleries, each one uniquely designed by local artists.

Kicking off the illustrious affair will be a special multimedia benefit event hosted by Focus on the Masters on Friday, July 19. "Convergence" will feature an electrifying performance by Ventura County Ballet Company's DANCE ART. The ballet ensemble will dance to live classical music performed by Grammy-nominated

composer Miguel del Aguila and master violinist Yue Deng, as projections of paintings by Koch bathe the dancers in expressionistic color and texture.

Also new to ArtWalk Ventura this year, under the generous sponsorship of the Ventura Auto Center, will be a street festival with live music, art, vendors and an eco-friendly automobile display on Thompson Boulevard, outside the WAV, located at 175 S. Ventura Ave. This free, family-friendly festival is open to the public and being held in conjunction with the WAV.

ArtWalk Ventura attendees also will have the opportunity to participate in Bowl Hop, in which they may purchase a \$25 beautifully hand-crafted artistic bowl. In return, patrons will receive a punch card to "hop" around to fine restaurants in Ventura and sample delicious cuisine. All proceeds from Bowl Hop will benefit Project Understanding, a 501(c)(3) charity that provides hope by developing and directing resources for the purpose of transforming lives and community through justice, mercy and compassion.

For more information about ArtWalk Ventura, visit <http://westsideartwalk.org/>.

Art glass at Jewelry Couture

Recent works in fused glass by artist Frances Elson will be presented until August 15 in *New Horizons*, in The Artist Collection series at Jewelry Couture by Sehati, 390 S. Mills Road.

After a working life spent as a social worker, teacher and interior designer, Elson has, since 2006, been creating vibrant, colorful, intricate glass art in her Somis home studio.

New Horizons will consist of about 15 large pieces encompassing some new techniques and subject matter, including a series of lovely ethnic women's faces, a series of what she calls her *Homage Series*, blown vessels and some large fused glass bowls.

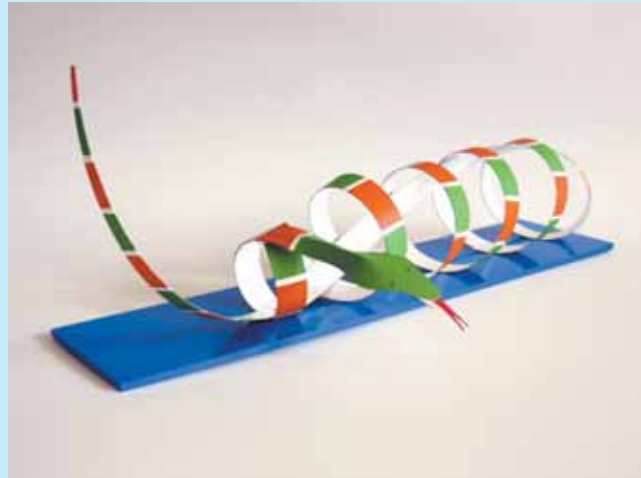
She has been experimenting with

large glass landscape wall hangings that incorporate silkscreen images and a new "starfire" bowl shape. The complexity of Elson's designs and dictates of her medium require some high temperatures and exacting timetables. Some large pieces take up to 30 hours of studio time and three or more kiln sessions at varying temperatures, resulting in up to 60 hours of firing to create the results she desires.

Elson will be on hand to discuss her art and techniques at an Artist Collection Gala Event from 5-7 p.m. July 20 that will include hors d'oeuvres, music and a drawing benefiting her chosen charity, Casa Pacifica. One piece of art and one item of jewelry will be awarded. The nonprofit also will receive 20 percent of the proceeds from Elson's show.

Jewelry Couture by Sehati is open 10 a.m.-7 p.m. Monday through Friday, 10 a.m. to 6 p.m. Saturday, and 11 a.m. to 6 p.m. Sunday. Visit www.jewelrycouture.com.

Art, a la Carte



Biljan Fan and Peggy Pownall will display their art in a show "Stories to Keep, Secrets to Tell" at Fox Fine Jewelry from July 11 through September 14. An artists' reception will be Saturday, July 13th, 6 - 9 pm.

Biljan Fan was born

in Beijing, China where he learned paper art from his grandmother. Fan now resides in Camarillo where he creates cutting-edge sculpture in metal, polymer and other materials.

Peggy Pownall received her Bachelor of Arts from Pepperdine University, and continued her studies at the Studio Art Centers International in Florence, Italy. She became an Artist-In-Residence at Studio Channel Islands Art Center in Camarillo in 2008, and has taught art in Thousand Oaks for many years.

Fox Fine Jewelry is located at 210 E. Main Street.



Focus on the Masters presents an evening with Katherine Chang Liu on July 23 from 6 to 7:30 p.m. at The Comedy Club at the Ventura Harbor. The event is part of an on-going interview series conducted by FOTM Founder and Executive Director, Donna Granata.

My work is like a map. Everything which goes in my mind that day sorts itself into some ideas. Working out those ideas, and consolidate them into something I feel rather urgent visually, then that's what I paint that day. -Katherine Chang Liu

To purchase a ticket and reserve your seat visit www.FocusOnTheMasters.com.

After join in for a celebratory supper following the interview at The Greek at the Harbor, just a short walk from The Comedy Club! The dinner is \$20 for FOTM members, \$30 for non-members. Paid reservations are essential and required prior to July 19 for the AfterGLOW. A no host bar will be available.

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Music calendar

Continued from page 20

- Kounterfeit Change, Aradhna 8pm
- Fri 7/19 - The Wallflowers 8pm
- Panaro Brothers Winery**
4517 Market St., #7, 805-654-1577
- Sun 7/13 - Saint Pierre - Alternate Beatles Tribute R&B 2 & 5pm
- Sat 7/14 - Raspin Stewart 2 & 5pm
- Sat 7/20 - TK & The Tiki's Concert 2 & 5pm
- Sandbox Coffeehouse**
204 E. Thompson Blvd., 805-641-1025
- Thur 6/27 - Open Mic Night Hosted by Jammin' Joe 7:30pm - 9:30pm
- Squashed Grapes**
2351 E. Main St., 805-643-7300
- Vocal Jazz Night every Tue 6:30-10pm
- House Jazz Band every Fri 6:30-10pm
- The Tavern**
211 Santa Clara St., 805-643-3264
- Live Bands every Tue thru Sat
- "Honky Tonk Tuesdays" Country Night, Live Country Band every Tue 8pm
- Ventura County Blues Society Jam session hosted by Tommy Marsh every Wed 8pm
- Wed 7/10 - Dan Grim 10pm
- Fri 7/12 - Fall of the Domino, Rubberneck Lions 10pm
- Sat 7/13 - I Want My 80's Band 10pm
- Wed 7/17 - Dan Grim 10pm
- Fri 7/19 - The Tavern Band, Rick

- Sheldon 10pm
- Sat 7/10 - The Sheiks, Jive Turkey 10pm
- W2O Rooftop Lounge**
598 E. Main St. (above Watermark)
805-643-6800
- Live Bands every Wed thru Sun
- Friday Dance Party every Fri 9pm
- Yolies/Hi Hat Entertainment**
138 W. Main St., 805-816-9663
- Top Notch Musicians and Bands every Fri 8pm
- Fri 7/12 - Grant Langston (Contemporary Country)
- Fri 7/19 - Hot Roux with Special Guest Dona Oxford (Rock)
- Zoey's Café**
185 E. Santa Clara St., 805-652-1137
- Live Musicians & Bands almost every night
- Thur 7/11 - Chill Child, Fay Ray, Beach Buzz 8pm
- Fri 7/12 - George Krikes 7pm, Tony Ferrari & Kenyan Keihani 8:30pm
- Sat 7/13 - Nels Andrews & The Bowmans 8pm, Zeke Berkely 10pm
- Tue 7/16 - Songwriter's Competition 7pm
- Thur 7/18 - Shanon McNally, Neal Casa, Shawn Jones 7:30pm
- Fri 7/19 - Cole Citrenbaum Band, Chi McClean 7:30pm
- Sun 7/21 - Guggenheim Grotto 8pm
- Tue 7/23 - Bluegrass Jam 6pm

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