



VENTURA BREEZE

Your Hometown Paper

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Please vote for me to return to the City Council once more

by Neal Andrews

I was first elected to the Ventura City Council in 2001. I ran on the platform that the City needed new leadership and new ideas. I have been a significant source of those ideas over the years since. In fact a few years ago one of our prominent bankers in town described me as “the most creative economic mind we have seen on the Council in decades.” And, while no one could have predicted how serious the recession was going to be or how negatively it would affect so many of our City programs, including some of my more creative proposals, the fact is that I have had a major beneficial impact on our City’s financial condition. I am running again because I think the City needs my continued contributions to its policy dialogue.

As a nationally respected management and business strategy expert, I served on the faculty of the Conference Board, perhaps the most prestigious business organization in the country, teaching strategic business planning and management to corporate executives. One of my first proposals after election was to introduce performance measurement and management, and its corollary performance based budgeting,



A Tribute to Nanci Cone, 1948 – 2013

by her friend Carol Leish

On Oct. 18 my beloved friend Nanci Cone passed away in her sleep.

“She touched everyone and she had a glow to her,” said her husband of 11 years, Fred Kastel. “Nanci was from Philadelphia. I’m from Baltimore. I was a professional horse race jockey. We met at a poker game. We have a tight knit family. We lived in Ventura for 8 years and in Oxnard for three years.”

According to her sister, Arlene Schwartz, “Nanci loved life, loved people and always was there for them no matter what. She was an activist for many different causes and did a lot of volunteer

work. Nanci coordinated various events and did fund raisers. She was a computer expert. She built a computer in the 80’s in L.A. She was definitely very mechanically inclined. And, because of her love for animals she was involved in animal rights.”

Her daughter, Gillian Cone stated, “Mom had the most beautiful soul I have ever known. She was always caring, thoughtful and loving.”

“Mom helped others when they needed financial help. She would do everything in her power to help others.

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Return me to the City Council

by Mike Tracy

It has been my privilege to serve the people of Ventura for many years, first as a career police officer and police chief, and the last four years as a member of the city council.

Following my election in 2009, I was selected as deputy mayor by my council colleagues, and two years ago named mayor. Under my leadership the council has come together around four priorities:

- Economic Development
- Public Safety and Core Services
- Keeping Ventura Safe and Clean, and
- Restoring public trust

Under my leadership the council has made public safety and core city services such as street paving and water

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to the City. Many say that the City was able to weather the recession, making the cuts that were needed to balance the budget more readily and more rationally because these proposals were adopted. Then I fought long and hard to include “Economic Prosperity” as one of the highest priority goals of the General Plan, something that had never before been explicitly included, much less considered important enough to be a goal, in this City’s planning process.

I also proposed the creation of an Economic Development Committee of the Council to assure greater focus on economic issues and served as its first Chair. Similarly, I argued for the restoration of a Finance, Audits and Budget Committee of the Council and served as its first Chair. My proposal for a Jobs Investment Fund, and the related development of a business incubator, were instrumental in securing for Ventura the designation as one of the top 100 cities in the nation to start a business by Forbes magazine. I also formulated a related proposal to insure City investments in

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Vote on November 5 to fill these 4 seats

To read about the candidates go to venturabreeze.com-archives.
Volume 6

#25 9.18.13 Lorrie Brown and Paul Meehan

#26 10.2.13 Richard Francis and Erik Nasarenko

Volume 7

#1 10.16.17 Brian Lee Rencher and David Swaffar

This issue Neal Andrews and Mike Tracy (we didn’t hear from Jim Monahan)



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Jeffrey Dyer, MD, is a board-certified Family Practice physician at 2593 Telegraph Road. He previously worked with the Ventura County Medical Center Family Medicine Residency program and at Fillmore Family Medical Center.

Sherilyn Wheaton, MD, is a board-certified Family Practice physician at 10885 Telegraph Road. She previously worked in the Urgent Care at the West Ventura Medical Clinic and was the Medical Director of Ventura County Healthcare for the Homeless. She is fluent in Spanish.

Jennifer Hughes, DO, is a board-certified Pediatrician at 2593 Telegraph Road with a focus on holistic wellness. She believes in educating families about infant nutrition and also is a breast-feeding specialist.

J. Michael Diaz, PA-C is the new Physician Assistant who will staff our two new offices opening this fall. He is a former paramedic who graduated from USC's Physician Assistant Program in 1986 and has been helping Ventura County patients since 1990.

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- 2953 Telegraph Road in Ventura
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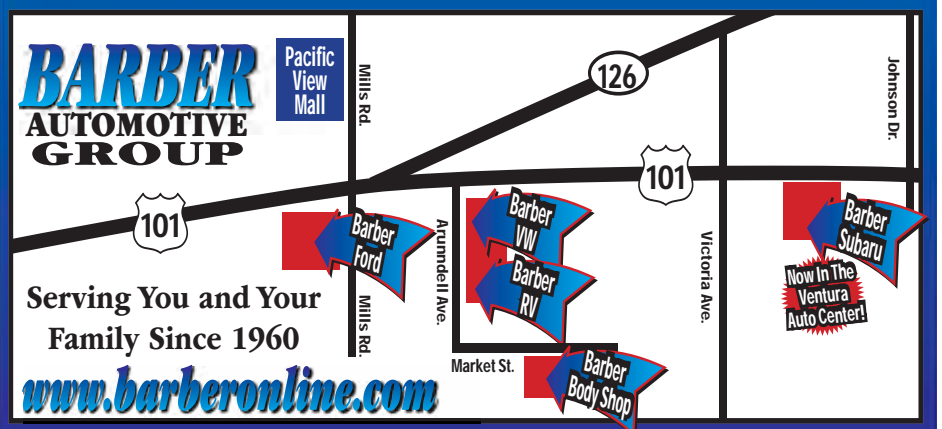
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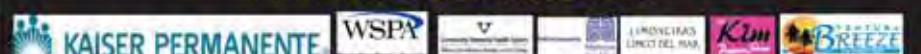
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City News



Art patrons showed up in force for the forum.

City Council candidates grilled on arts in Ventura

On Oct. 15 a candidate forum was held at the Four Points Sheraton called "Arts & Prosperity" that asked questions of the candidates regarding how they would promote the arts in Ventura, it drew a crowd of hundreds of art patrons. It was produced by Tracy Hudak of Creativity Works and narrated by Norbert Tan.

In an introductory statement to the candidates Jordan Laby (who with wife Sandra) are great supporters of the arts in Ventura, said "We look forward tonight to having you as candidates share what you think and feel about the arts. We are delighted to know that you may have played the violin as a

young person, or performed in a high school play. Or that your philosophy of life was changed and shaped by some specific artistic experience. But more than that, we want to hear how those experiences will translate into actions you will take on the City Council – what tangible steps you can and will take to improve the cultural and educational life of our community and ensure that ours is an era in Ventura history remembered for the arts and for prosperity?

"In many cities throughout the U.S., the arts are an economic engine, and we have that potential here if we make it a priority – which is what all

these people here tonight are asking. If we commit ourselves to making a significant investment, we will see a significant return.

"A study from our own Ventura Visitors and Convention Bureau reveals that cultural tourists on average spend \$80.55 per person per day, significantly higher than the average visitor who spends \$62.13 per day. The study also revealed that cultural tourists stay a day longer than the average visitors.

"I hope you will keep some of this in mind as you respond to the questions this evening. Sandy and I have devoted much of our adult lives as private citizens to supporting the arts in Ventura. Hundreds of others have done the same. It's time for the City to make an investment again in its own cultural riches as a step towards economic prosperity. We love this City and feel like most of you that it needs an economic and an artistic boost and that those paths can be aligned. I hope tonight is a step to making that happen."

Many of the candidates received a round of applause for their carefully worded responses, it remains to be seen what they do when on the city council.

City of Ventura Classes

Call 658-4726 or 654-7552 to register, or if you already have an account online, visit www.cityofventura.net. Classes are held at the Barranca Vista Center, 7050 Ralston Street, in Ventura unless otherwise noted.

Bling and everything in-between Holiday Boutique

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12 unique vendors join together for one fabulous shopping experience. Vendor fees create scholarship opportunities for the Children's Celebration of the Arts program. Call 654-7552 for more information.

Dancer's Body Cardio Barre and Sculpt 16 years-Adult

11/3-12/15 Sunday

6:00-6:45 pm \$60

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11/5-12/10 Tuesday

1:30-2:15 pm \$60

Course #35470

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ZumbaKIDS 7-12 years

11/5-12/3 Tu/Th

3:00-4:00 pm \$80

The Zumba KIDS formerly Zumba-tomic program is an explosion of dance, world music and energy designed for children. The goal is to develop a healthy lifestyle, incorporate fitness and improve teamwork, confidence, focus and coordination skills. Wear comfortable exercise clothes and tennis shoes; preferably with a flat sole. Instructor Rosalinda Trejo de Guzman.

Holiday Manners 8-10 years

11/6 Wednesday

4:00-5:00 pm \$25

Learn holiday social skills, holiday table setting, mastering buffet manners, and appropriate table conversation. Instructor Lisa Lutz of Etiquette of Ventura County.



VENTURA
BREEZE
Your Hometown Paper

Member, Ventura Chamber of Commerce

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limit them to about 300 words.

Breeze:

This is what I am thinking based upon the more stuff I am reading about the No Kill successful shelters: once the new Director is installed at VCAS (Ventura County Animal Services) and there is a declaration of VCAS being a No Kill Shelter in Process, and the com-

Opinion/Editorial



Nanci Cone, had died in her sleep the night before and then the elections really didn't seem very important to me at all.

I am still in shock over her death at 64.

She recently had back surgery (one of many) and was pain free and feeling "great" and had lost 40 pounds and was feeling great about that also. I never got to see the thin Nanci.

Nanci first contacted me almost 6 years ago about writing for the Breeze and after learning more about her I was thrilled to add her to our wonderful list of writers.

Her column, "Senior Cone-Nec-tion" has appeared in every issue for the past 5 1/2 years. And she was so conscientious that she wrote several columns in advance of her back surgery so that I would have them because she would be laid up for some time, little did she know that she should have written a lifetime of articles.

The Breeze, and I will certainly miss her, her passing has left a big void in our lives.

■ After we have a "new" city council I would like to see some changes in the way our city government works. I think some take revision to our city charter (A big undertaking) and some don't. I know charter reform has been proposed by a few council members but a majority have opposed it.

So many people that I speak with feel very detached from city politics and just aren't interested in our elected officials, and government and we need to get them more involved. Just look at how many vote, less than 25% usually.

Here are my thoughts regarding this.

■ When I first started to write this article the city council elections seemed very important to me until I received a call from Fred on Oct. 19 telling me that his wife,

Term limits- I think 12 years. I believe that community members would be much more involved having new council members more often.

An elected mayor. I'm not sure if a city is run better with one but many Venturans that I speak with feel very disconnected from city hall and will say things like "I don't remember voting for xxxxxxx for mayor". I think an elected mayor would get folks much more involved.

Council districts of some sort. Perhaps we are too small for all council members to have districts but perhaps we could have 3 with districts and 4 at large. Again to get Venturans much



Just like in Paris (Scamp wants to know why the dogs are on the outside?).

more involved and interested knowing who is looking after where they live.

Some other thoughts that I have (sure would like to hear yours):

Perhaps we don't need as many as 7 council members.

I would like to see each council member have their own town hall meetings (maybe every other month). There are people who aren't comfortable speaking at city council meetings that have much to say and contribute. And because normal rules wouldn't apply to these meetings if a person is too disruptive they can just throw them out

I would like to see our council

member's being much more pro-active instead of re-active. I see them putting out fires instead of starting them.

For "instance" jump up on the podium and say :

"We need a decent performing arts center in Ventura or we will always be considered the city on the way to Santa Barbara. And I, as your representative will do everything that I can to get the ball rolling to make this happen."

Or "Our greatest asset is our ocean, beach and promenade and we don't take advantage of that. I want to see lots of things happening on the promenade like little fun restaurants, music, kid's fun things, we should be a smaller version of Venice beach."

They will like this one I think council members should get a raise. They work 20-30 hours a week for \$600 a month. Being altruistic can only go so far.

At first I thought that we should not have off-year elections because so few people vote but I have changed my mind.

Some county election officials (surveyed by the Greenlining Institute) argued against consolidating elections, saying voters would pay less attention to local candidates and measures at the end of a long ballot.

I agree with this, there might be more voters but they would be much less informed and knowledgeable about the candidates. I would rather see voters who have studied the candidates rather than vote for the first one on the ballot or one named O'Brien because they are Irish.

Off-year elections make our elections much more important (and expensive by the way) to us because we spend more time following them and really studying the candidates.

■ I love it that the city is allowing downtown restaurants to install low wrought iron rails on the sidewalks in front of their restaurants for eaters (and gawkers). With our beautiful weather I'm surprised that all restaurants can't manage to have outdoor dining.

Mailbox

munities of VC really believe that VCAS is putting No Kill into place, not sheer Tokenisms as has been the current mode, there will have tremendous support from the people in the community.

If the Nathan Wingrad (the leader of the No Kill Movement) points were installed full up at the start of the new Director's term not piece meal you will get great help from the communities of VC. I am offering to do everything I can to help make this happen.

For reasons that are beyond me I keep hearing how hard it is to become a No Kill Shelter from what I believe are not very smart people in VC.

Why do so many people want to make VCAS becoming a No Kill Shelter akin to becoming a rocket scientist. I worked w/rocket scientists for the feds as a program analyst. I know the difference; No Kill is not rocket science. Too many lives and dollars have been wasted all these past years because there are people who make it to be so difficult. Or do they get some kind of reward for making it too difficult to happen in VCAS? Is that every little thing done to save a life or lives gets them some kind of reward? I cannot understand their thinking.

Just my thinking, and, people who have already put in place No Kill shelters ala Nevada Humane Society, Nevada,

Best Friends in Utah and 150 municipal and private shelters throughout the USA.

Joan Farber

Editor:

I am very concerned about the future of my Montalvo Neighborhood. My neighbors and I were annexed into the city of Ventura 14 months ago. We recently discovered the City Council failed to tell us 8 years ago they had targeted for development our entire neighborhood, without our knowledge or consent. Since then, our houses have been fair game to be purchased by land speculators or developers, and some probably have been. With another okay from the city, they would be allowed to plow our single family homes under, and then build duplexes, triplexes, or apartment buildings. The Council voted to allow this in 2005 when they adopted the General Plan.

Then in 2009 under the Victoria Corridor Plan, the Council voted to allow the future destruction of the single family homes in our neighbor-

hood along Victoria Ave. and allow in its place buildings that are up to 6 stories in height. Again, we were not informed.

In a blatant land grab, Montalvo residents were taken advantage of at a time when the unincorporated Montalvo neighborhood had no say-so in Ventura politics, had no right to vote for the City Council, and had no conception of what the city truly intended to do.

In doing so, the Council chose to disregard its own Infill First Strategy which says that development should occur on land that is either vacant or underutilized. It also calls for the conservation of existing housing. We do not feel that the Infill First strategy should be inappropriately applied to an existing single family residential neighborhood. We do not feel our entire neighborhood (or anyone else's neighborhood) should have to be sacrificed. All Venturans should have the right to live secure in our own homes and neighborhoods without fear of losing them.

We beg the Council to allow us to keep our neighborhood and our homes

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One should not be too distracted by definitions. Ideas transcend definitions.

– Neil deGrasse Tyson



Community Events

Ventura Music Festival opens

The Ventura Music Festival will celebrate the opening of its 20th anniversary season, “Festival!” on November 15 with a concert by Ventura County native Sean Chen, 2013 DeHaan Classical Fellow of the American Pianists Association. Fresh from his triumph as the 2013 Van Cliburn International Piano Competition Bronze Medalist, Mr. Chen will perform both solo and in a piano quintet featuring the festival’s Artistic Director, Nuvi Mehta, and special guest artists.

“We are very excited to open the 2013-2014 season with Sean Chen as our featured artist” said Executive Director Ellen Pasternack. “The Van Cliburn Competition is equivalent to the Olympics for piano competitions. No American has even reached the finals since 1997, so to have Sean finish third in the world is an incredibly significant event. As soon as the competition ended this summer we knew that we wanted to honor Sean with a celebratory concert.”

Sean Chen’s program at the Ventura Music Festival will include solo works by Chopin, Scriabin, and Ravel, followed by the Dohnanyi Piano Quintet no. 1 in C minor, op. 1.

This romantic quintet will be played by Ventura Music Festival’s own Nuvi Mehta on Violin.

“Sean’s program offers a wonderful evening of great piano music, ending with the piano anchoring the quintet by Dohnanyi,” says Nuvi. “The Dohnanyi is a lush, romantic work, with sweeping melodies that make you want to hum

along.”

Friday, November 15, 8pm, Ventura Missionary Church, 500 High Point Drive. Ticket prices are \$45 - \$12.

Please go to www.venturamusicfestival.org or call 648-3146.

A Story of courage in the Holocaust

The courage and compassion to do the right thing is what resonates with audiences when they hear author Marty Brounstein, from San Mateo, talk about his book *Two Among the Righteous Few: A Story of Courage in the Holocaust*. Brounstein’s book is the true story of a Christian couple, Frans and Mien Wijnakker, who saved the lives of at least two dozen Jews in the Netherlands during the Holocaust. On the night of November 9, 1938, Nazi-orchestrated violence broke out against Jews across Germany. It appeared to be unplanned, set off by Germans’ anger over the assassination of a German official in Paris. In two days, over 250 synagogues were burned, over 7,000 Jewish businesses were trashed and looted, dozens of Jewish people were killed, and Jewish cemeteries, hospitals, schools, and homes were looted, while police and fire brigades stood by. The morning after the massacres, 30,000 German Jewish men were arrested for the “crime” of being Jewish and sent to concentration camps, where hundreds of them perished and curfews were placed on Jews, limiting the hours of the day they could leave their homes.

Join in for a presentation at San Buenaventura Mission on Thursday, November 7, at 7pm in O’Brien Hall. The presentation coincides with the annual commemoration of Kristallnacht, the “Night of Broken Glass.”

Come hear the Wijnakker’s story, as related by author Marty Brounstein. Admission is free. The event is collaboratively sponsored by Temple Beth Torah, the Jewish Federation of Ventura County and San Buenaventura Mission.

Today’s Masters of Comedy deliver laughs

The Ventura College Theatre Arts Department opens the academic year with its Fall 2013 One-Act Play Festival featuring comedies by Ethan Cohen, Christopher Durang, and Woody Allen. “*Talking Cure*,” written by Ethan Cohen, one of the infamous filmmaking duo, the Cohen Brothers, centers around Jerry, a mailman recently incarcerated in a neuropsychiatric hospital for going postal. Through a series of short scenes directed by student Michael Davis, the audience is entertained with a therapist’s endeavor to gain the upper hand over his ostensible patient who refuses to admit the existence of a problem.

Identity Crisis, by Christopher Durang and directed by student Brendan Hutchinson, introduces the audience to Jane, a young woman recovering from a nervous breakdown and suicide attempt, who is tormented by the insane individuals in her life.

Honeymoon Motel, written by Woody Allen, involves members of a dysfunctional Long Island wedding party gathered to ignite an evening of hilarity and secret spilling. Directed by student Sara Dunham, Allen masterfully creates a relentless string of revelations about each character’s most humiliating defects and intimate personal scandals that soon become a wedding night the audience will not forget.

Performances are November 1-2 and November 7-9 at 8pm, with one matinee performance on November 10 at 3 p.m. Enjoy a free preview performance on October 31 at 8 p.m. General admission is \$7, with student and senior tickets at \$5. This production contains strong language and adult content that might not be suitable for children under the age of 13. The Ventura College Performing Arts Center is located at 4700 Loma Vista Rd. For more information call 289.6307.

Roadshow Revival Blues at the Beach

Fall for some means changing leaves, warm clothes and the return of all things pumpkin. This year, autumn in Ventura will be celebrated the way coastal Southern California celebrates best - at the beach. On Saturday, November 2, blues lovers will find themselves enjoying live music in the Ventura sunshine at the Blues at the Beach.

Sponsored by Players Casino, Blues at the Beach has confirmed a variety of different musical acts, including headliner and legendary blues guitarist Elvin Bishop and harmonica player and singer James Harman. Also gracing the

stage will be the R&B Bombers, Guy Martin, the 44s and Shawn Jones.

The concert will come equipped with entertainment for all, with vendors providing food and other goodies for purchase and a kid-zone for the little ones. As is the custom of Roadshow Revival, there will be a display of pre-1970 American hot rods and all years, makes and models of custom and vintage/antique motorcycles. Vehicle registration is currently open for a \$45 fee on the Roadshow Revival website.

Ticket prices are as follows: \$5 Youth Tickets - Children ages 6-12. \$25 General Admission Tickets - festival seating. \$50 “Got Blues” Tickets - Includes special access to a reserved section directly in front of the stage. \$100 “V.I.P. Players Casino” Tickets - Includes access to the VIP tent and special seating.

“Blues at the Beach” will take place on Saturday, Nov. 2 between the hours of 10am and 6pm at the San Buenaventura State Beach (901 San Pedro St.) For more information on purchasing tickets, vehicle registration and the event itself, please visit www.roadshowrevival.com.

Museum’s Day of the Dead weekend

Art, alters and a free first Sunday of music, dance and crafts are the highlight at the Museum of Ventura County on Sunday, November 3. The Museum will honor Day of the Dead from 11am - 3pm with free crafts for the whole family and musical and dance performances. Visitors can also see the artist created alters which will be up until November 14.

Sunday’s entertainment includes traditional son jarocho music from the Veracruz region of Mexico played by the local group Proyecto Jarocho. At 1pm and 2pm Oxnard High School Mariachi Band will be performing. At 1pm and 2pm, students from Oxnard High School mariachi band will perform under the direction of Fundi Legohn. OHS has a ten year tradition of performing at school and community events. At 1:30 pm Ballet Folklorico Mestizo of Oxnard College will be performing Mexican cultural dances. This group of students and faculty celebrate dance traditions throughout the different regions of Mexico. At 2:15 Group Folklorico Tecalitlan will perform a variety of regional dances from Mexico including a few traditional dances to the Day of the Dead.

Day of the Dead (Dia de los Muertos) is observed in many parts of Mexico and Latin America, and includes alters to welcome and honor the departed who are said to come back to walk among the living on November 1 and 2.

The Museum of Ventura County is located at 100 East Main Street in downtown Ventura. Hours are 11 a.m.-5 p.m. Tuesday through Sunday. Admission to the exhibitions is \$4 adults, \$3 seniors, \$1 children 6-17, members and children under 6 are free. For more museum information go to www.venturamuseum.org or call 653-0323.

Dine and dance to help the homeless

The fourth annual black and white dinner/dance to raise funds for the homeless will be held on Nov. 9 at the

scholarships

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Visit the **Ventura Campus** or www.sbbcollege.edu

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Community Events

Oxnard Performing Arts Center. The funds from the event will be used to support the operations of the winter shelter which serves the homeless in West Ventura County.

The Ventura District of the Society of St. Vincent de Paul will hold the dinner dance from 6 pm to midnight. The theme for the event is “giving a little warmth to the ones left in the cold.” Formal black and white attire will be required.

Since 2001, the Society of St. Vincent de Paul has been operating the shelter during the winter months, alternating between the National Guard armories in Ventura and Oxnard.

The Society expects that this year's costs will run about \$305,000 to operate the shelter for 4 months.

The Society plans to open the shelter on December 1, 2013, as it did last year. If funds allow, the shelter will close on March 31, 2014.

Music for the dance will be provided by Juano and Friends, a local band in Ventura County, consisting of Juan Garcia and his friends.

Tickets are \$50 each until October 31 and \$60 after October 31. Further information about the shelter, the event and sponsorships, and purchase of tickets can be obtained by calling 509-4400 or online at www.svdpc.org.

Clara Cries Nuts revival

Clara Cries Nuts, a local holiday dance theatre favorite, returns to Ventura this November. *Clara Cries Nuts* is parody of The Nutcracker ballet; focusing on both the stress and joy we feel during the holiday season which will be presented November 8, 9 and 10 at Ventura's new dance-theatre performing space at 1793 E. Main Street.

Twenty years ago, then Artistic Director of Plexus Dance Theatre and The Performance Studio, Pamela Pilkenton created *Clara Cries Nuts* with Associate Director, Cathy Jean Butter. Seven variations followed over the next 15 years to the delight of Ventura's local performing arts community.

The team of Pilkenton and Butter have gathered a new ensemble of dancers, singers and actors for this revival performance including Toni Janotta, local jazz singer and actress, Tom Mueller of Ventura Improv Company and John Hammel, actor and local resident.

Reservations for *Clara Cries Nuts* can be made by leaving your name, date of the performance you are interested in attending and the number of tickets you'd like to reserve at Ventura Pilates and Spiraling Arts Studio at 648-4191.

November 8 and 9 at 7:30 pm; November 10 at 2 pm and 5 pm. Cost \$25.00. Includes a seat, a treat and a winning gift to eat.

Ventura events

by Ana Baker

Oct. 31: Love Halloween Style. Every Now And Then Theatre's Production hosted by Elvira-Mistress of the Dark, **will air at 9p.m. Thursday on NewsTalk 1590 KVTA.** Since first broadcast in 2011, the show has won three international awards for audio drama excellence and distinction.

Elvira introduces five tales with twist endings, Love at a Funeral, Till Death Parts Us, My Perfect Husband, Halloween

Computer Date, and Hacker Love. At the show breaks, the Mistress of Mayhem dishes up facts about far out funerals, computer dating, and cell phone mind control.

Nov. 3: The Citizens for Peaceful Resolutions monthly meeting is from 3p.m. to 5p.m. at the Topping Room, E.P. Foster Library, 651 E. Main St. Judith Broder, MD, will discuss: *Moral Injury, An Alternative Way to Understand the Hidden Wounds of War.* In November, the month of Veterans' Day, we turn our attention to the concerns of veterans. Judith Broder M.D., founder of The Soldiers Project, will discuss the inherent limitations of the current diagnoses of the hidden wounds of war. Post traumatic stress disorder, depression and military sexual trauma do not adequately encompass the deepest and most potentially disabling wound. A moral injury alters a person's entire sense of him/herself in the world. Examples will be given of moral injuries that have followed armed conflict since time immemorial.

This meeting is co-sponsored by Veterans for Peace. Admission is free.

Nov. 6: The Beach Cities Neighbors and Newcomers Club, (BCNN) is a group of active women of all ages who live in Ventura, Oxnard, or Port Hueneme and enjoy activities such as hiking, bridge, dining, wine outings, reading, mah jong, cooking etc. For more information, please attend their **monthly meeting** at 9:30 a.m. The meeting will be held at The Channel Island Maritime Museum located at 3900 Harbor Blvd. at Bluefin Circle. No charge for meeting and no reservation is required. Coffee or Tea is available at a nominal charge of \$1.00. Guest speaker: Welcome by Museum Director, Julia Chambers, information provided by Pat Hart, Docent, subject: *Highlights of the New Maritime Museum*

Nov. 8: The General George S. Patton, Jr. Chapter, Sons of the American Revolution November luncheon meeting will feature the slideshow *NSSAR Headquarters & Library*, presented by Mrs. Nancy Kilbourn, member of the Conejo Valley DAR & Genealogical Society, describing her recent visit to the National Society SAR headquarters in Louisville, KY. The luncheon event will take place at 11:30 a.m., Friday, in the Garden Room, Marie Callender's Restaurant, 1295 S. Victoria Ave. All SAR & DAR Compatriots, friends, and visitors are welcome to join us. The self-pay luncheon cost is \$20 per person, and includes a slice of Marie Callender's pie. For additional information, please call Bill Bays 650-3036 or Robert Taylor 216-7992. For information regarding SAR membership and chapter activities, please visit the chapter website at <http://patton-patriots.org>.

Nov. 10: Celebrate 50 years with Ventura's own band! The Ventura County Concert Band volunteer musicians from the community and conductor, Ms. Julie Judd, present an entertaining 4 concert season of amazing band music and special guests. In honor of Veterans Day, the season opens with a very special patriotic concert. Bring a friend. Sunday 3p.m. at the Ventura High School Auditorium at 2 N Catalina. Admission is free. Contact: friends.of.vccb@gmail.com.

Nov. 12: Beginning at 7:30p.m. at the Poinsettia Pavilion, the **Ventura Audubon Society's third program of the year** is titled *Population Status of the Western Snowy Plover* with Andrea Jones. Andrea is the Coastal Program Director for Audubon California. Her talk will focus on conservation efforts along the California Coast. More information will be available at www.venturaaudubon.org

TAKING CARE OF BUSINESS AND THE PLANET?



Nominate your favorite eco-friendly company, or your own business for the

2013 ENVIRONMENTAL EXCELLENCE AWARD

A recognition of businesses that go beyond day-to-day practices to protect the environment.

Nomination forms are available online at www.cityofventura.net/bizrecycle and will be accepted through November 15th.

For more information contact Courtney Lindberg at clindberg@cityofventura.net or 805-667-6502



DOING GOOD BUSINESS CAN AND SHOULD INCLUDE DOING WHAT'S RIGHT TO PROTECT THE PLANET

in the November California Condor newsletter.

Ventura Audubon Society's general meetings, field trips, and special events are VAS November Field Trips: Saturday, Nov. 2, 8a.m., Arroyo Hondo Preserve, Santa Barbara, venturabirding@yahoo.com; Sunday, Nov 3, 8a.m. Hedrick Ranch Nature Area, Santa Paula, Sandy Hedrick 340-0478; Tuesday, Nov. 5, 8:30 a.m., Ventura Wildlife Ponds, Adele Fergusson 415-4304; Saturday, Nov. 9, 8:30 a.m., Carpinteria Salt Marsh, Rocky Ludes 208-9648; Saturday, Nov. 23, 8:30 a.m., Soule Park, Ojai, Allen Bertke 640-9037; Saturday, Nov. 30, 8:30 a.m. Beginners Walk at Lake Piru, Fillmore, Allen Bertke 640-9037.

Ojai events

On Nov. 9, the **Second Annual Festival of Sukinani'oy**, a celebration of bringing Chumash history back to life in Ventura County, will be held at The Pottery Studio, 1804 E. Ojai Avenue, from 10 am to 8 pm. Sukinani'oy is a Native American word meaning, “to bring back to life”. For the Barbareno/Ventureno band of Mission Indians (BVBMI), this is a day of celebrating the first time land has been returned to the original people of the land in Ventura County.

Spend the day and participate in the opening and closing ceremonies and blessings. Join artists, Aztec dance performers and try out some yoga. All ages will enjoy Chumash Storytelling by Julie Tumamait-Stenslie. Music by Tony Khalife, Raymond Powers, Shyla Rae, Judy Piazza, Tres Amigos, Rocky Navaho, David and Frank Dominguez, and Greg Bessani, a flute player. Chumash healers, artists and dancers invite you to come to this amazing collaborative community celebration and

project fund raiser in appreciation of the beauty and history of our Valley. There will be a fire ceremony and a silent auction. For more information call 646-6214 or look for the updated entertainment schedules at www.facebook.com/Sukinani'oyFestival.

Fresh Roasted Concerts will present the internationally acclaimed brass group, **Metales M5** on Sat., **Nov. 2** @ 7:30 at the Ojai Art Center. Mixing comedy, great musicianship and inventive staging, Metales M5 is a show not to be missed. Metales M5 is Mexico's leading brass quintet. Since its founding in 2005 in Morelia, Michoacán, the five gentlemen have been playing a wide variety of music without regard to genre: Baroque and contemporary music, opera and blues, pop, movie soundtracks and folk music from Spain, Mexico, and other Latin American countries. Combining their skills at fine classical chamber music, non-stop interaction with the audience, inborn showmanship and their inimitable Latin American charm, M5 concerts are unique musical-theatrical concert experiences. Tickets in advance are \$20 for adults, \$18 for seniors (65+) and \$10 for children. They are available at Ojai Coffee Roasting, by phone at 646-8907 or online at www.ptgo.org. Tickets are \$5 more at the door.

The Ojai Valley Green Coalition and the Ojai Film Festival present *Harmony: A New Way of Looking at Our World* on Sunday, Nov. 10 at the Ojai Playhouse, located at 145 E. Ojai Ave.

Inspired by His Royal Highness the Prince of Wales, it captures on film an authentic leader looking at the root causes of the global problems we face, and offering solutions. For the better part of three decades, Prince Charles has worked side by side with a surprising and dynamic array of environmental activists, business leaders, artists, architects and government leaders, all making a difference locally and globally.

Continued on page 19



Purrs 'n Paws

Holiday Boutique

A Crafts Boutique to benefit the
HUMANE SOCIETY OF VENTURA COUNTY

Saturday, November 9, 2013
8am to 3pm

Balboa Middle School Cafeteria
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Home and holiday décor • Jewelry • Children's furniture
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Visit the Humane Society of Ventura County
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or online at www.hsvc.org

News and Notes

Eco-Buyers Ventura – a Conscious Consumers Cooperative

by Kendra Gonzales

What is a Conscious Consumers Cooperative? Conscious: “having an awareness of, able to think and feel, awake, intentional”. Consumer: that’s obvious. Cooperative: “owned collectively by members who share in its benefits.” The Cooperative economic model has been around far longer than the current corporate model; for centuries really. Of the top 300 largest cooperatives listed in 2007 by the International Co-operative Alliance, 80% were involved in either agriculture, finance, or retail and more than half were in the U.S.

The current money is the end-all-be-all, monoculture, job outsourcing, profit record-breaking, government subsidized, politician puppeteering, bribing, spying, environmentally insane, socially unjust, war-profiteering, “The Supreme Court says we’re a person not a corporation and our billions equal free speech”, multi-national 1% run corrupt corporate economic model just isn’t working for me. How about you? Einstein said: “A

true sign of insanity is doing the same thing over and over while expecting different results”. We don’t need to keep buying toxic stuff that is killing the planet and making lives miserable... unless insanity is comfortable to you. You might want to check in with the kids or grandkids about that. They will have to live with what we choose to do, or not do, after all.

There are solutions! Buckminster Fuller said: “You never change things by fighting the existing reality. To change something, build a new model that makes the existing model obsolete”. Cooperative Economics isn’t new by any stretch, but it is re-emerging in this country, for obvious reasons. Cooperatives are springing up all over! Here in Ventura County, Ojai Food Co-op is in formation, Ventura Co-op is a worker-owned DIY organization, and we have Eco-Buyers. A Cooperative can certainly be a for-profit business. The difference is the members or workers are all

News and Notes

Co-Owners and have a vested interest in the community where the products or services are offered. That makes all the difference in the world...quite literally.

Eco-Buyers is an economic collective of consumers living in Ventura County who pool our purchasing power. We buy monthly basic consummables from sources as local as possible, as environmentally sensitive as possible, from companies that treat their workers fairly, at discounted, bulk, or wholesale pricing. The goal is to help build a more vibrant, green, sustainable, and secure local economy in Ventura County. We have great vendors, up to 65 products and hold on-going mixers. We’re not only creating a new model, we’re having fun!

Our last October Mixer is Wed., Oct 30th. Contact Kendra Gonzales at 628-3198, earthworks_works@yahoo.com, or “Eco-Buyers & Green Business Ventura” on Facebook.

Look for “The Do-Gooders: The Evolution of a Community Activist” a documentary by filmmaker Kathleen Good, shown soon on CAPS-TV Channel 6, for more insights into the cooperative movement. Check for weekly program schedule at www.capstv.org.

CAPS Chat

Elections, events and more

by Elizabeth Rodeno

The city of Ventura is a great place to live, work and study. Citizen participation is vital to the success of our community. CAPS works diligently to provide you with information about our city and local government. We offer live coverage and rebroadcasts of City Council meetings on Channel 15 so you won’t miss a thing. The Planning and Design Review Commission meetings and the Ventura Unified School District meetings are also available for viewing.

Have you voted? CAPS’ unique election program 10 years running is Video Voter. We produce non-partisan interviews with each of the candidates and let them share their platform directly to you, the viewer. Watch them anytime on www.capstv.org and get informed. We also filmed and are broadcasting several Candidate forums on Channel 6 and streaming on our website.

CAPS provides a forum for your events via our video bulletin boards which, in conjunction with your local paper, the Breeze, publicize to the community at large. Send your press releases and invitations to CAPS and we will share this information on the channels.

Our programs continue to bring the world of film making to the youth of Ventura, with one such program beginning at DeAnza in early November. We would love to work with local organizations to train your young people to make movies and share pertinent and interesting stories to the community.

October and November are chock full of events for the Boys and Girls Club, Project Understanding, Food Share, Ventura Chamber, Ventura Hillside and Ventura’s unique Water Take1 film festival. We are proud to have had our students submit their pieces to the festival. Be sure to take a look at one of our projects, produced in conjunction with the Ventura Hillside, on the festival website. See you at the Water Take1 event November 14.

Go to www.capstv.org and check out our election programming before you vote, watch our CAPPIE awards winners and catch up on various events around town.

Short Film Contest announces 10 finalists

Ventura Water, with partners Patagonia and iThentic, have announced the top 10 water-focused films to be considered for the Water: Take 1 Online Short Film Contest Grand Jury prize. Selected from among the 45 films entered from around the globe, the finalists are:

A Ride Towards the Sea, directed by Damien Stein (France)

Granted, directed by Michele Guieu (USA)

Never Waste A Drop, directed by Bob Lazo, Jo Lazo, John Lazo, Elle Lazo (USA)

Lofty Thirst, directed by Febrianto Pudi Utama (England)

The Big Ventura River Bottom Clean-Up, directed by Community Access Partners of San Buenaventura (USA)

The Lake, directed by Geoff Tompkinson (England)

The Rainforest Waters of Cascadia, directed by David Saiget (USA)

Water and the City, directed by Jeremy Kagan (USA)

Water Collaborations, directed by Crelis Rammelt (The Netherlands)

Wax, directed by Mark J. Blackman (England)

The \$1,500 Grand Prize, sponsored by Patagonia, will be awarded to one of the finalists during a community celebration hosted by Brooks Institute of Photography on November 14 at 6 pm. The top 10 and winning films will be screened at the Awards Ceremony, which is free and open to all ages. RSVP is required at www.watertake1.eventbrite.com. Light refreshments will be served.

Also to be announced is the Ventura Vision Award, sponsored by the Crowne Plaza Ventura Beach Hotel and presented to a film shot in and around the city of Ventura. Other awards and prizes to be presented are the Audience Choice Award, sponsored by EJ Harrison & Sons, which will win an iPad2, and the Best Student Short Film Award, sponsored by Carollo Engineers and Kennedy/Jenks Consultants, which will win a Go Pro Camera.

“Water has become an increasingly critical topic to our community and around the world,” said Ventura Mayor Mike Tracy. “Water: Take 1 has proven to be an effective way to raise awareness about the importance of water efficiency and environmental stewardship.”

In its second year, the Water: Take 1 Online Short Film Contest aims to elevate the value of water by inviting filmmakers from across the globe to submit short films less than five minutes in any genre (drama, documentary, comedy, animation, sci-fi or experimental) that address the topic of water. All 45 film entries are available for viewing at www.watertake1.com.

ART-TINI fundraiser

The Assisted family of companies will be hosting its first ART-TINI fundraiser to benefit Assisted Home Hospice Foundation on November 14. ART-TINI stands for ART Show - MaTINI celebration.

Continued on page 19

No Delay in Trash & Recycling or Green Waste Pick Up Due to the Veterans' Day Holiday

The Veterans' Day holiday falls on Monday, November 11. The collection of trash and recyclables or green waste will not be affected in the cities of Ventura and Ojai during the week of Veterans' Day, Nov. 11-17.

Thank you and Happy Holiday
E. J. Harrison & Sons

For information & to pay bills online go to www.ejharrison.com



647-1414

News and Notes



Will some of these kids be future firefighters?

Fire Safety event held at the Ventura City Fire Training Grounds

The Ventura City Fire Department, in a collaborative effort with the Ventura Unified School District, hosted a two-day Fire Safety event on October 16 and 17, at the Ventura City Fire Training Grounds, located at 765 S. Seaward Ave.

Over 1,200 fourth graders within the VUSD traveled to the Fire Training Grounds to participate in the Second Annual 4th Grade Fire Safety Days. Students, parents, and school staff witnessed live demonstrations of Ventura City Firefighters performing multiple tasks associated with a career in fire-fighting and Para medicine. Students traveled in groups around the site to multiple teaching stations. The stations included such topics as engine company operations, fire safety education, ladder and power tool demonstrations, and a grand finale involving the City Fire Department’s “hook and ladder” truck.

Firefighters from around the City served as both instructors and participants in each of the learning stations. The Firefighters focused not only on


the tasks that they are responsible to perform during emergencies, but they also concentrated on the importance of education and its relation to the job. Students learned how firefighters operate fire engines, pumps, and hoses that require on-the-spot mathematical calculations, using equations they have memorized and have to complete without the usual “pad and paper.” The instructors explained how an education in chemistry is an essential element of becoming a member of the Hazardous Materials Team. The students were exposed to the rigors of the Urban Search & Rescue Team, requiring a knowledge base in construction, geometry, and physics. In line with October being Fire Prevention month, the students also participated in a station dedicated to home fire safety and fire prevention. Students learned the importance of Exit Drills in The Home (EDITH) as well as how to properly use a fire extinguisher on a live fire prop.




Recently the Embassy Suites Mandalay Beach Hotel, in conjunction with Rancho Ventavo Wine Cellars presented a Sunset Winemaker Dinner which was attended by publisher Sheldon and wife Diane. The five-course dining experience was prepared by Chef Tim Hulbert of Coastal Grill Restaurant, the new onsite restaurant at Embassy Suites. Sitting with them was Steve and Andrea Nino, from Santa Rosa and Philip and Lynda Andrews, from England who just finished driving over 10,000 miles while enjoying our wonderful country.

They were so nice that we decided to put their photo in the Breeze (aren't they lucky?).

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Recently all of the construction workers building Community Memorial Hospital wore pink shirts in honor of Breast Cancer Awareness Month including Eddie Gray, Wade E. Richotte, Jose Barrogon, Joel Percy, Mike Gremes and Mike Karnes. Photo by John Ferritto.





Lyn Fairly and Friends, Saturday 12-1pm

I really appreciate my fans and want to thank one and all for listening to my show noon Saturdays on KVTA 1590 AM. Once again KVTA was voted the #1 Best Radio Station where you get news, weather, traffic, sports and great live interviews on the weekends. If you have a great story to tell find me on Facebook/LynFairly and become one of my “Fabulous Friends.” I am particularly interested in the retired veterans and active military personnel who are deployed or coming home. It is an honor to salute them in my “Military Minute” on every show. If you are a vet or actively serving, come on the show and tell your story!



Horsepower For An Hour, Saturday 1-2pm

Horsepower for an Hour is about increasing Your Horsepower-not just your engine's. We bring you fascinating stories, cutting edge news, cool insights into how to solve real problems. We bring you early previews of coming technology and events. Behind the scenes access to industry events, insider secrets about the automotive world, personal interviews with the greatest personalities in our field, and ... the accessibility of being able to call or text message questions to us for answers during and after the shows. We also have a robust website where value is provided on many levels and shows can be heard or videos seen when you want them!



The Kim Pagano Show, Saturday 6-7am and 2-3pm

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.

Re-Elect

MIKE Tracy

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MIKE IS PROUD TO HAVE RECEIVED ENDORSEMENTS FROM —

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**Sierra Club
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**Tri-Counties Central
Labor Council**

**Ventura Manufactured Home
Residents Council**

News and Notes



Frank Maggio, Project Understanding Board President; RoseAnn Hill, Past President; Jim Duran, Executive Director; Elaine and Hank Aldrete and running coach Dani Bahnsen were all smiles as Jim Duran accepted a wonderful check.

Project Understanding receives check from marathon

Project Understanding is pleased to announce that it has been presented a check for \$5,060 from Elaine and Hank Aldrete of Grants to You and VCMT (Ventura County Marathon Training). The Aldretes, along with Personal Trainer and Natural Running Coach, Dani Bahnsen, trained and coached runners and walkers for the inaugural Ventura ½ Marathon held on September 8th.

Participants in the program raised funds in support of their running the ½ marathon for Project Understanding. Several participants had never run before the 12 week training program began, and all 12 runners who completed the training program completed the ½ marathon. They all thanked Caryl Cantrell, Catherine Kerrigan, Editha Colitti, Jann Huling,

Katie Walsh, Larry Donofrio, Mayra Brady, RoseAnn Hill, Sarah Dinkler, Susan Wilson, Terry Alaniz and Tom Spence for raising funds and awareness for Project Understanding.

And a special thank you went to Michael Dipperstein for assisting with the summer-long training program. The Aldretes have operated their VCMT fundraising program for 6 years, raising funds for various local non-profit agencies. This is the second consecutive year that Project Understanding has been selected as the beneficiary.

Several of the participants have chosen to continue running and raising funds for Project Understanding by participating in the VCMT program for the Santa to the Sea ½ Marathon, which will be held on December 8th.



Racers from all over the west demonstrated their engineering ingenuity, creativity, whimsy, and nautical know-how on Saturday, October 19th at the 16th Annual Kinetic Sculpture Race at the Ventura Harbor. The fun started with brake testing and the water launch at the Ventura Harbor Boat Launch.

City council member Carl Morehouse was there being interviewed by Dr. Gwendolyn Lewis Huddleston, the host of the local public television program Destination:Ventura! produced by Robert Barrett/Barrett Productions.

Photos by John Ferritto and some other people with cameras.

Senior Living

Pull Out Section



These wonderful drawings are from the art classes taught at the SCAN Senior Resource Center at 6633 Telephone Rd., Suite 100 and were drawn by the seniors.

"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."

Call 658-0365 for further information and to register.

Learning new skills keeps an aging mind sharp

Older adults are often encouraged to stay active and engaged to keep their minds sharp, that they have to "use it or lose it." But new research indicates that only certain activities — learning a mentally demanding skill for instance — are likely to improve cognitive functioning.

These findings, forthcoming in Psychological Science, a journal of the Association for Psychological Science, reveal that less demanding activities, such as listening to classical music or completing word puzzles, probably won't bring noticeable benefits to an aging mind.

"It seems it is not enough just to get out and do something—it is important to get out and do something that is unfamiliar and mentally challenging, and that provides broad stimulation mentally and socially," says psychological scientist and lead researcher Denise Park of the University of Texas at Dallas. "When you are inside your comfort zone you may be outside of the enhancement zone."

The new findings provide much-

needed insight into the components of everyday activities that contribute to cognitive vitality as we age.

For their study, Park and colleagues randomly assigned 221 adults, ages 60 to 90, to engage in a particular type of activity for 15 hours a week over the course of three months.

Some participants were assigned to learn a new skill — digital photography, quilting, or both — which required active engagement and tapped working memory, long-term memory and other high-level cognitive processes.

Other participants were instructed to engage in more familiar activities at home, such as listening to classical music and completing word puzzles. And, to account for the possible influence of social contact, some participants were assigned to a social group that included social interactions, field trips, and entertainment.

At the end of 3 months, Park and colleagues found that the adults who were productively engaged in learning new skills showed improvements in memory compared to those who engaged in social activities or non-demanding mental activities at home.

"The findings suggest that engagement alone is not enough," says Park. "The three learning groups were pushed very hard to keep learning more and mastering more tasks and skills. Only

Continued on page 13



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HOLIDAY
RETIREMENT

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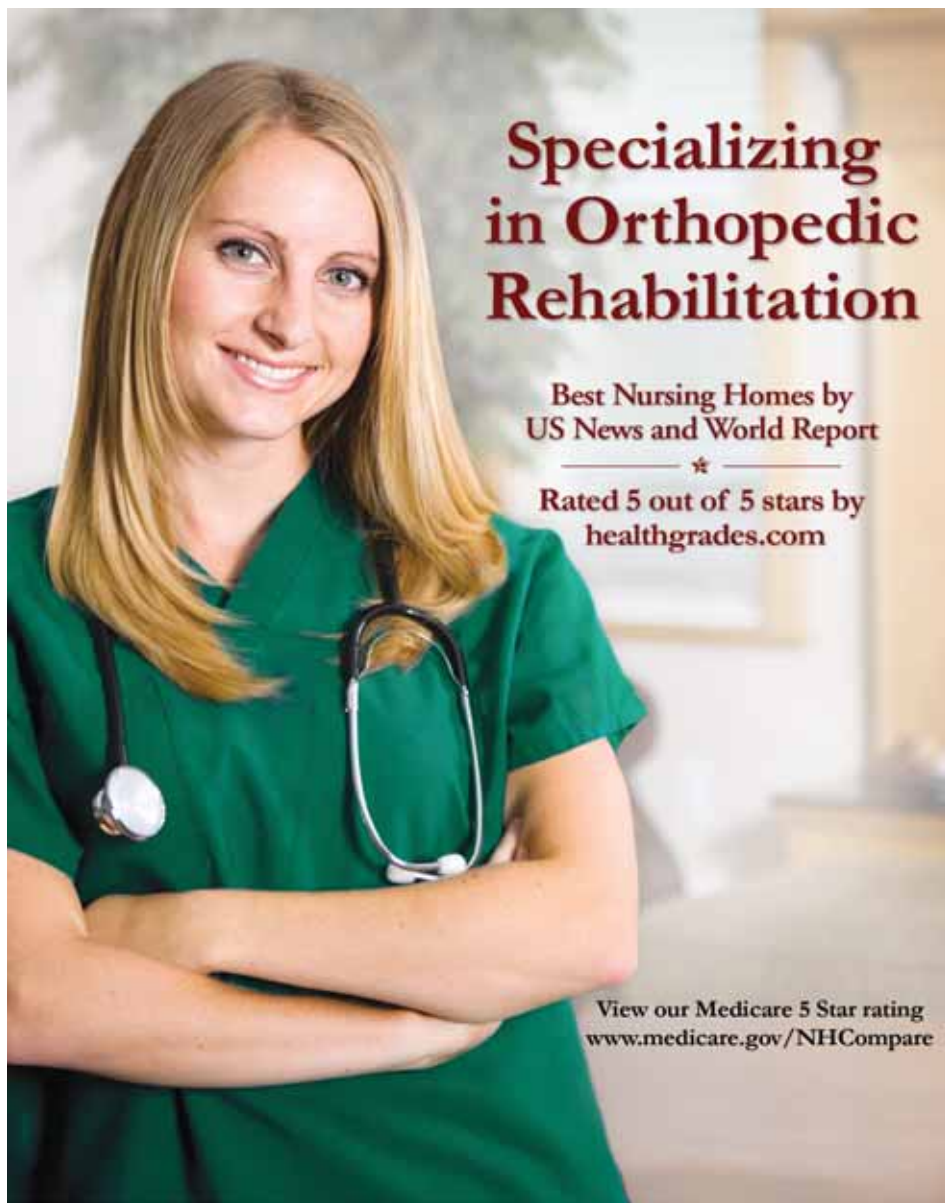
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Senior Living

SENIOR CONE-NECTION

Reprinted from Feb. 27, 2008. Nanci's first article for the Breeze

Take a byte out of this!

by Nanci Cone

How many times have you heard your grandchildren say, "What's your email address? I want to upload some new photos to you." or "Have you seen my latest blog entry?" So what is a blog? How do you get your own email address? And how do you look at email attachments?

Today's generation has been raised on computers and can "surf the net" with ease, create multimedia presentations and edit their own home movies quickly and easily – often figuring out to do this without formal instruction. If you're from a different generation, the idea of sitting before a computer can be terrifying. Too many people are convinced they'll never be able to understand the instructor or that they will hit the one key that will destroy everything on the computer. (Trust me – you won't hurt anything!!)

If you're one of those people who haven't taken the steps to learn the new technology, you need to meet Susan Vinson, instructor extraordinaire for VACE (Ventura Adult Continuing Education). Susan teaches computer classes Monday through Friday at the Ventura Avenue Adult Center, 550 N. Ventura Avenue – one of the satellite classrooms for VACE. She understands people's concerns and fears and she can help anyone through these issues with patience and understanding.

Computer classes are offered free to anyone over 50 and for a nominal fee to everyone under that age. Classes are offered mornings Monday through Friday and afternoons Monday through Thursday in two-hour sessions. Students are asked to commit to two sessions weekly and, once students get over their initial technophobia, they never want the classes to end!

The computer lab at Ventura

Avenue Adult Center is equipped with both PC and Macintosh computers. In this interactive lab, students learn mouse skills, keyboarding, file management, word processing, databases, spreadsheets, graphic presentation and some basic internet skills. Once students learn how easy it is to "get online," they can open their own internet accounts and these can be accessed anywhere – the library, a friend's home, and yes, even on your grandchildren's computers!

Students can learn how to make their own greeting cards – writing text, choosing graphics, and printing them out for friends and family. You can learn how to "burn" CD's of your favorite photographs, movies and music, make copies of them, and design unique labels. Additionally, you'll learn to understand and implement common phrases such as "find it by surfing the net," "I'll burn a cd for you," and "check out my latest blog!"

With family members often scattered around the world, it's a terrific way to stay engaged and to exchange photographs and videos.

For those really adventurous souls, Ms. Vinson offers a class Wednesday evenings entitled, "The Basics of eBay Selling" – a three-week class that costs \$30. The next class begins Wednesday, March 5th and runs from 6-9 pm. You will learn how to set up an eBay and a PayPal account to automatically purchase an item you have successfully bid on at auction, how to search the various categories on eBay, and how to tell if the seller can be trusted. If you have items you would like to sell, you will learn how to set yourself up as a seller, how to list the item, how to photograph and upload the picture of what you are selling, how to monitor the item, and how to complete the transaction. It may sound complicated but once you have taken the class, you will wonder why you didn't do this before. You can purchase items for half or less what you might ordinarily pay and you can also earn some extra spending money for items you no longer need or want. Don't forget that old saying – Your trash is someone else's treasure!

Osher coming to Ventura

by Stan Weisel

Greetings to all Venturans! Especially to those who fondly remember their educational days of learning. Something new and wonderful is coming to Ventura, Osher. Three different classes are being presented starting January 6, 2014.

For the last 3 years I've been attending such classes under the leadership of OLLI (Osher Lifelong Learning Institute) Thus far these classes have been held in Ojai, Thousand Oaks, and at CSUCI (California State University at Channel Islands) located in Camarillo.

They meet once a week for 8, 6, or 4 weeks, and usually Monday to Friday, and some on Saturdays. The hours are usually 10am to noon or 1 to 3 in the afternoon. The topics are quite varied and have no tests, or grades or attendance requirements.

The instructors of the classes in which I have participated have been knowledgeable, friendly, and entertaining. In addition The Taste Of OLLI is

offered Saturdays in Thousand Oaks.

If you call Donna at CSUCI she can enroll you in the classes you desire at 437-2748.

If you wish to speak to me I will share with you some of the great moments I have had with OLLI. My phone is 765-4400.

Annual Light Up A Life commences

Livingston Memorial Visiting Nurse Association has begun its 29th Annual Light Up A Life campaign. The beginning of the campaign coincides with National Hospice and Palliative Care month, November, and runs through the holiday season. The campaign goal is to raise \$50,000 to benefit Livingston Hospice, the first Medicare Certified hospice in Ventura County.

Livingston invites all residents of Ventura County to support this year's Light Up campaign. Memory Stars can be ordered online for \$25 each at

MEDICARE INFORMATIONAL SEMINAR

Friday, November 22nd • 2:00 - 4:00 pm

Enjoy light refreshments while Oscar Meraz from AGA Medicare Options discusses some of the changes in Medicare you may be seeing as some of the Obamacare regulations take effect.

- Exchanges and Medicare replacements
- Access to primary care physicians
- Donut holes for medicines
- Outpatient services caps
- Home Health changes
- Rehabilitation rules
- Hospital visits



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Senior Living

livingstonvna.org or by calling 642-0239. Event sponsorship is also available.

Livingston Hospice is a special kind of care for the terminally ill, their families and caregivers. Hospice care addresses and meets the physical, emotional and spiritual needs of patients. Services are provided in the patient's home, wherever their home may be. Livingston's hospice team, including our medical director, nurses, social workers, spiritual care providers and volunteers, combine their expertise, passion and compassion in providing end of life care.

Hospice patients live with a variety of diagnoses that include heart disease, Alzheimer's, lung disease and cancer. Anyone with a life expectancy of six months or less who is no longer receiving cure-oriented treatment is eligible for our hospice care, regardless of age or ability to pay. The goal of cure is replaced with the goal of comfort, dignity and quality of life.

Joint replacement

Livingston Visiting Nurse Association will hold the following joint replacement classes 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:

November 13th, from 10:00 – 11:00 am at Pleasant Valley Hospital, 3rd floor Classroom, 2309 Antonio Avenue, Camarillo

November 13th, from 1:00 – 2:00 pm at Thousand Oaks Surgical Hospital, 401 E Rolling Oaks Drive, Thousand Oaks

November 20, from 1:00 – 2:00 pm at Sunrise Senior Living, Activity Room, 190 Tierra Rejada Road, Simi Valley
RSVP to Barrie Gilster at 797-7699.

What happened? I just hit "delete"?

On Saturday, November 9, there will be a 9:15 am workshop on computer Tips and Tricks by Marcie Malony, followed by Q&A, and 11 am program on eBooks and audio Books for the Computer by Laurie Dunning. Beginners and intermediates are welcome. The Ventura Beginners PC Users Group meets in the third floor lounge of Cypress Place Independent Living section, 1220 Cypress Point Lane.

Wonderful events at The Bonaventure

There are lots of nice things for our veterans at The Bonaventure, 10949 Telegraph Road, Ventura.

Friday, 11/8 at 3pm – Veteran's Appreciation Event.

Saturday, 11/9 at 4:30pm – "Melodies on My Mind" Concert and Dinner (Outward Bound Fundraiser - Suggested Donation \$10).

Sunday, 11/10 at 2pm – "A Look Back in Time" (bring something from your past and tell us about your life).

Sunday, 11/10 at 3pm – Ice Cream Social.

Monday, 11/11 at 11:30am – Veteran's Day Event.

Tuesday, 11/12 at 11:30am – "Mama's Wranglers" Fiddling Family and Lunch.

Thursday, 11/14 at 3pm – Yoga and Fitness.

Friday, 11/15 at 2pm – Arts and Crafts Class.

Friday, 11/15 at 4:30pm – Live Entertainment and Dinner.

Sunday, 11/17 at 3pm – Zumba Class.

Tuesday, 11/19 at 3pm – Yoga and Fitness.

Learning new skills

Continued from page 11

the groups that were confronted with continuous and prolonged mental challenge improved."

The study is particularly noteworthy given that the researchers were able to systematically intervene in people's lives, putting them in new environments and providing them with skills and relationships:

"Our participants essentially agreed to be assigned randomly to different lifestyles for three months so that we could compare how different social and learning environments affected the mind," says Park. "People built relationships and learned new skills – we hope these are gifts that keep on giving, and continue to be a source of engagement and stimulation even after they finished the study."

Park and colleagues are planning on following up with the participants one year and five years down the road to see if the effects remain over the long term. They believe that the research has the potential to be profoundly important and relevant, especially as the number of seniors continues to rise.

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A time to learn how Livingston Hospice can help.
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Sports



Ricardo Chavez, Jaime Baker and Izzy Kress were colorful winners at the Color Run.

Color Run celebrates health, happiness, and individuality

The Color Run, the single largest event series in the nation, debuted in Ventura on October 19. The event was held at the Ventura County Fairgrounds. Participation in, and buzz for, The Color Run has exploded since its debut last year with more than 2 million “likes” on Facebook and more than 8 million views on YouTube. The Color Run has recently been featured on ESPN, Runner’s

World, Sports Illustrated and Wall Street Journal, to name a few. With no winners or official times, The Color Run celebrates healthiness, happiness, and individuality, bringing the community together to create a five-kilometer canvas of colorful fun in which thousands of participants were doused from head to toe in different colors at each kilometer.

The Color Run visited over 50 cities last year with more than 600,000 participants, a feat following their first event in January of 2012. They hope 2013 is a stellar year, launching more than 100 events with an estimated 1 million participants. “Color Runners,” as they are called, vary in demographics and reasons for running. With no winners or official times, The Color Run caters to anyone – first time runners to professional athletes. Over 60 percent of Color Runners are first-time 5k runners and participate as a

celebration and capstone of their healthy living accomplishments. The Color Run loves the opportunity it has to partner with charities to help shine a light on their amazing work within society and highlight the causes they stand for. The Color Run’s global partner is Global Citizen; a curator of charities with wide reaching abilities whose main goal is to end extreme poverty. For the Ventura event, The Color Run worked with a local partner, the Rotary Club of Ventura.



On Saturday, Oct. 26, approximately 70 Michael Jackson “Thriller” zombies filled the main lawn area at the Ventura Harbor Village as part of the worldwide attempt to break the record for the most people (about 23,000) participating in the Thriller The World event. Ten-year-old Shaylee and mother Holly Peterson were there trying to be part of the record dancers (and father Sean assisted in making them up, a real family affair). Photo by Bernie Goldstein.



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PAUL MEEHAN

☆☆ VOTE NOV. 5 ☆☆

VENTURA CITY COUNCIL

Endorsed by the Ventura County Star

My name is Paul Meehan, and I'd like to earn your vote for Ventura City Council. I love our city and will work to make it even better. Here are the areas I'll focus on:

Quality of Life. I'll work to improve the safety and protect the property of residents. I am dedicated to enhancing the quality of our surroundings in Ventura — like the upkeep of parks and open spaces, the maintenance of our streets, the preservation and addition of libraries, and improving the city's overall attractiveness.

Opportunity. I believe Ventura can do more to welcome business and foster economic growth. I'll be proactive in courting businesses to relocate here. And I'll work with the private sector to create more opportunity for our workforce in the areas of both employment and education — including technology *and* the arts.

Environment. Being concerned about the environment is not just about big ideas like "saving the earth." It's also about conserving our LOCAL resources, preserving the natural beauty of Ventura, and caring for our coastline. I believe most people would like to lower their impact, and I want the city to give them more tools to help.

Vote for Paul Meehan for Ventura City Council

CITY COUNCIL VOTE

About Paul Meehan

- Senior IT Specialist with FedEx
- Former Boat Captain and National Park Service Ranger
- BA in Environmental Studies, UCSB
- Owns local small business with wife
- Soccer dad with two kids ages 5 & 8
- Learn more at PaulMeehan.com

Paid for by Committee to Elect Paul Meehan for Ventura City Council 2013

News and Notes



Grandma Laurie Rutledge loves reading the Breeze, and wanted you to see the cutest train conductor (Henry, 28 months) and cutest pirate (Nolan) she can imagine! Do you have a grandkid that you think is even cuter? If so send their photo to editor@venturabreeze.com.



THIS SPACE FOR WRITING MESSAGE

Cheryl Gooss in Alesund, Norway.

POST CARD

GOING ON VACATION? BE SURE TO TAKE THE VENTURA BREEZE WITH YOU AND SEND US A PHOTO WITH A LITTLE INFORMATION ABOUT YOUR TRIP AND EMAIL TO EDITOR@VENTURABREEZE.COM

Professor Scamp, Ph.D

(Pretty Happy Dog)



■ I'm a very sad dog because my good friend Nanci Cone passed away. I had many good times with her and her 2 dogs. She had written for the Breeze almost as long as I have, she will be missed by us all.

■ Shannon Coyner: Ventura Pet Wellness & Dog Training Center Shannon:

I was at the dog park last week and I noticed that some dogs were wearing some metal collars that were poking into their necks. Can you tell me what those collars are used for? Look as if they would hurt.

Scamp

Scamp:

Theses collars are called prong or pinch collars. They are similar to choke chains as they are designed to cause pain or discomfort with the intention to teach the dog to "obey". If used as they are designed, the handler tightens the collar when the dog does something wrong.

There are many mistakes when "correction" type training is used. Primarily, you are teaching your dog if they don't do what you want, you will cause pain or discomfort to them. Another mistake that is involved with this type of training is that the dogs are never

actually taught what you want them to do, so when they do something "wrong" they are "corrected" but often don't know what they were supposed to do in the first place.

Another negative side effect of "correction" base training is that if your dog experiences pain or discomfort when he sees a person or a dog, your dog could associate the pain with the person or dog and display behaviors like growling, barking and lunging.

Trainers that use "correction" based training are often called "traditional trainers" where trainers who use positive training methods are identified as "modern trainers". Modern trainers use positive based training techniques that include treats, toys, play and sometimes clickers. Over the last 20 years more research has been done on how dogs learn. It has been scientifically proven that dogs (and people) learn faster and better using positive based techniques. There are many different techniques that modern trainers use, however no force or pain is involved with the training.

Want to learn more?

<http://avsabonline.org/resources/position-statements>

<http://www.goodnewsforpets.com/Articles.asp?ID=147>

Scamp:

Thanks Shannon, I learn best if you give me something good to eat.



Chica

As many of you know, Chica (No. 7 in the Captured on Canvas Rescue Collection paintings by Cheryl Gooss) has been on a long journey. Having come from death row in Cabo San Lucas to CABODogz this past May.

After being diagnosed with cancer she spent several months going through chemo and on October 13 Chica had her last

follow up vet visit and was given the 'green light'...cancer free! She never complained while on this journey... but, instead, worked her way into the hearts of those who took turns to foster and care for her.

October 14, marked the end of Chica's rescue story and the beginning of her new life...her ship literally came in. Chica left the Ventura Harbor on a beautiful sail boat, with a beautiful family who, just happened to be looking for that one 'very special' dog to fill an empty spot they had. She will sail across the sea for the next six months and visit many wonderful places with her new family. She will ultimately land in her new home in Bend, Oregon where she has two sibling Golden Retrievers who can't wait to meet her. Chica is one lucky dog, many are not! Be a hero, adopt a pet...save a life... spay and neuter your pets." www.cabodogz.com.



What a lucky dog Chica is to have, Julie and Ben (and Mike) as her new family.

Forever homes wanted

Hi: I'm Andy a 1 year and 8-months-old affectionate and playful Chihuahua mix who was dumped in the street. No one came to claim me, so I'm up for adoption and waiting for my forever family to come and take me home. I'm an active dog who is good with other small dogs (I haven't interacted with bigger dogs yet) and cats too, although I may chase the cat, but it's just because I want to play. I need a few more lessons, but I'm almost house trained. I hope it's not long before I have a home to call my own.

The Canine Adoption & Rescue League, Sam's Place, 3203 E. Main Street, 644-7387. www.carlvc.org.



Jake and Finn are playful, fun, active brothers. These boys are inseparable and follow each other around all the time. Whether it's exploring, napping or eating, they love doing everything together. Jake & Finn would prefer to live indoors. Finn can be a little feisty, so the boys would do best in a home without children. These neutered brothers have good litter box habits. You are invited to come meet the shelter

rabbits, learn about proper bunny care, and find out if a house rabbit is right for your home. Jake and Finn are at the Ventura County Animal Shelter, 600 Aviation Drive in Camarillo in kennel #419, ID A576816 & A576815, and their joint adoption fee is \$100.

Hi: My name is Chip, I'm a chi-weenie mix, that is Chihuahua 'n Dachshund, a great combination! I was rescued by CABODOGZ from the Ventura County Animal Shelter in September.

I am a young boy, about 1-2 years old, very sweet and playful with toys, tennis balls, and other dogs! I looove to romp and run, and sit in your lap, so if you have room and energy for a sweet lil guy in your life, call 643-3647 or come by: Ventura Highway Luxury Boarding for Dogs, 4692 Ventura Avenue.



Lost Kitty

Hi: I'm lost and my friends really want to find me. I'm a male long hair, 8 years old. I was wearing a black collar with silver sparkles, and pink heart shaped tag with name "Texas" and number 340-7059 (but have a new number now) Color black and white, tuxedo look with greenish yellow eyes.

Please call Tani or Kathy at daytime 701-7744; evening 647-9627 or e-mail: okada@yahoo.com.

When you've lost or found a cat in Ventura County go to LostCatVentura.com.



Scamp Club

Hi: We are Sophie and Sadie. I'm Sophie, a white shih tzu, and I'm six years old. What I love most is lying out in the sun on the patio. Sadie, is a brown shih tzu (like Scamp). She's four years old, and she love to play with her toys.



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.

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.

Commercial Burglary

On Wednesday, October 9th, at 9:55 p.m., the VPD responded to Stock Building Supply business located in the 1100 block of East Thompson Boulevard in response to a burglary alarm activation.

The glass front door of the business had been smashed out. The officers with the assistance of a police K-9 searched the interior of the business, but no suspects were located inside.

The investigation determined that several expensive power tools had been stolen from the business and that the suspects fled prior to the arrival of police.

An employee of the business responded to the scene in order to secure the damaged front door. The total dollar loss is undetermined at this time.

Vehicle Pursuit

On Wednesday, October 16th, at 11:44 a.m., a vehicle was stolen from the street in front of a residence in the 900 block of Via Cielito. The victim contacted the VPD and a stolen vehicle report was filed. The vehicle was equipped with a stolen vehicle recovery system.

At 12:43 p.m., a police officer on patrol began receiving a signal from the stolen vehicle and began tracking its location. The stolen vehicle was located parked and unoccupied at a gas station in the 4100 block of Telegraph Road. Officers monitored the vehicle and watched Crystal Marotta enter the vehicle and drive out of the gas station.

Officers attempted to make a traffic stop on the vehicle, but Marotta failed to stop and continued driving north on Ashwood Avenue. Marotta traveled through several residential streets in the area north of Loma Vista and Pomona Street, driving at speeds in excess of 55 mph. She also ran a red light and stop sign. As she attempted to negotiate a sharp turn in the 300 block of McGill Avenue, Marotta lost control of the stolen vehicle and collided into a parked vehicle.

Marotta was trapped in the stolen vehicle and once she was removed, she was transported by AMR ambulance to VCMC for treatment of moderate injuries. After being cleared from VCMC, Marotta was booked into VC Jail.

Multiple Burglaries

On Wednesday, October 16th, at 3:00 p.m., the VPD received a call referencing multiple RV's as having been burglarized at Ventura RV, 6353 Ventura Boulevard. The Ventura RV is a long-term storage facility for motor homes.

Investigating officers determined that between the above timeframe, unknown suspect(s) entered the storage yard and burglarized 10 motor homes. Various items were removed from the vehicles, including electronic equipment, clothing and a firearm. Other vehicles were found to have been burglarized, but officers were not able to contact the victims.

Stolen Vehicle Arrest

On Saturday, October 19th, at 10:52 p.m., officers were working a downtown foot patrol detail in the area of Main Street and Chestnut Street when they observed a green Ford van drive east bound on Main Street. The van matched the description of one that had been

stolen from the west end of Ventura. The officers quickly got into their police car and followed the van.

Once the officers confirmed the van was stolen, they conducted an enforcement stop and the driver, Anthony Novetti, pulled into the Circle-K parking lot at Laurel Street and Main Street. Novetti was taken into custody without incident and his female passenger was questioned and later released.

Novetti was booked at the VC Jail. No one was injured during this incident.

Robbery

On Tuesday, October 22nd, at 3:09 p.m., the VPD received a call of a robbery that just occurred at the Ninety-Nine Cents Bargain store located at 6372 Bristol Road. Officers learned that the suspect entered the store and physically assaulted a store employee. After assaulting the employee, the suspect took property from the store and fled. The suspect was last seen running south on Peacock Avenue. Responding officers searched the area for the suspect but he was not located. The victim sustained minor injuries.

Shooting

On Tuesday, October 22nd, at 9:40 p.m., the VPD received a call in reference to a shooting that just occurred in the area of Ramona Street and Ventura Avenue. Officers arrived and located the victim with a gunshot wound. The victim was transported to VCMC where he later died.

Investigators learned that the victim was walking in the area of Ventura Avenue and Ramona Street when a dark colored SUV occupied by 4 males stopped near him. The suspect exited the vehicle and shot the victim. The vehicle fled the area.

They just wanted to do their laundry

On Thursday, Oct. 24th, at 8:14pm the Ventura Command Center received a call regarding two males breaking into to a condo complex laundry room in the 1100 block of Chalmette Avenue.

Ventura patrol officers along with a Ventura K-9 officer responded to the location and when they arrived they encountered two suspects near the laundry room. One suspect, later identified as Ricardo Amaya, was holding a small handgun when confronted by officers. He immediately discarded the weapon and was taken into custody. The second suspect, Juan Soto, was found to be in possession of burglary tools and was also taken into custody.

The officers conducted an investigation and determined that the suspects had used a tool to force entry into the locked laundry room in an attempt to access the coin-operated machines inside.

Both suspects were found to be on felony probation for narcotic related offenses. Evidence recovered at the scene as well as from a search of Amaya's residence indicated that Amaya is affiliated with a local Ventura street gang.

Harbor Patrol Blotter

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

10-14 6:45 p.m. FCC dispatched Patrol and others to a kite surfer in distress by Surfer's Point. Patrol responded and found the kite surfer being assisted by two surfers 100 yards from shore. Patrol stood by until the kite surfer safely

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reached the beach.

10-15 9:21 p.m. Patrol issued a citation to a hoopnetter for setting his nets within 250 feet of the outside of the breakwater.

10-17 2:30 a.m. Patrol observed a hoopnetter move his traps from outside 250 feet from the breakwater to within 50 feet of the breakwater after the normal time Patrol got off duty. Patrol contacted the subject and issued him a citation for that violation.

10-19 8:40 a.m. Patrol received a request for assistance from a vessel disabled a quarter mile from the Ventura Pier. Patrol responded, took the vessel into tow and released it at the Launch Ramp.

9:30 a.m. Patrol received a report of a dock floating free in the Keys. Patrol responded. Upon arrival, they found a dock had broken free with a 30-foot vessel attached. A Good Samaritan secured them to an empty dock. Patrol tied the vessel to an empty dock and then towed the broken dock to the District's Long Dock.

1:30 a.m. Patrol responded to a medical emergency at the Hat Store. Upon arrival, they located the woman, who was reported to be starting her clothes on fire. PD contacted the individual, spoke to her and released her.

10-20 8:00 a.m. Patrol received a report of an electrical problem at HV D-dock. Upon arrival, one of the decorative rope lines had developed a short and caused a 2" burn mark. The cord was unplugged and a service request issued.

Health CMH making Ventura healthier

Community Memorial Hospital presents "Exchanges, Mandates and Marketplaces," on Nov. 19 that will serve

as a practical primer for patients and families about what they need to know about healthcare reform. The speaker will be Dylan Roby, Ph.D., director of Policy and Research at UCLA's Center for Public Health.

James Hornstein, M.D., chairman of the Bioethics Committee at CMHS, will serve as moderator of the seminars at the Museum of Ventura County, 100 E. Main St.

Registration is free but reservations are required. Call 800/769-0745 or visit www.cmhshealth.org/ethics.

Advances in minimally invasive spine surgery will be the focus of a free seminar the Community Memorial Health System is holding on Tuesday, Nov. 12.

Michael Dorsi, M.D., a local neurosurgeon with subspecialty expertise in spine and peripheral nerve surgery, will lead the seminar that will be held from 6 to 8 p.m. in the eighth-floor Nichols Auditorium at Community Memorial Hospital, 147 Brent St. in Ventura.

Minimally invasive spine surgery was first performed in the 1980s but has recently seen rapid advances. Technological advances have enabled spine surgeons to expand patient selection and treat an evolving array of spinal disorders with less tissue disruption. This can result in a quicker recovery, less operative blood loss and help the patient return to normal function.

Dr. Dorsi received his medical degree from Johns Hopkins School of Medicine. He trained in neurosurgery at Johns Hopkins and completed an advanced spinal care fellowship at UCLA. Dr. Dorsi is an active member of the Community Memorial Hospital medical staff and the clinical instructor for Western University School of Medicine.

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



News and Notes



Pam Shapiro, Nathan Shapiro, Dan Sones, and Dolores Vajcovec dusted off their cowboy boots.

National Charity League raises money for local charities

On September 28th members of the National Charity League, Ventura County Chapter, dusted off their cowboy boots, hats and Spanish style dresses all to raise money for local charities. The primary focus of National Charity League (NCL) is mothers and daughters working together to serve their community, but on Saturday night dads, friends and family members were invited to kick up their heels for a fun evening of dancing, great food, a silent auction, and education about Ventura's historical Olivas Adobe museum. DJ's kept the dance floor busy all evening with the highlight being the father-daughter

dance. Money raised went to NCL's philanthropy fund which provides much needed assistance to Ventura County charities.

The National Charity League is a philanthropic, educational, cultural and social organization for mothers and their daughters in 7th through 12th grades. The NCL, Ventura County Chapter's 240 members volunteer at 24 local philanthropies in the community. Last year the NCL mothers and daughters volunteered 6,642 hours of service for our local philanthropies. In addition, the group donated \$22,000 last year to these Ventura County philanthropies.

Business The Affordable Care Act

James C Nicoll, Broker and Owner of Nicoll Insurance & Financial Services, is now one of few ACA Certified Healthcare Reform Agents, and can save money for individuals, families, and small companies in and out of the Affordable Care Act Exchanges.

Nicoll, who has served Ventura County for over 24 years, is a fully licensed Life, Health, Disability/LTC

insurance and Safer Money Investment Professional. He has developed unique medical insurance strategies not subject to The ACA, that save his clients money with the recent across the individual market rate increases and terminations.

Nicoll has expanded his office hours, to include Saturdays, to handle extra Healthcare Reform issues and solutions. Jim is available by appointment and can help clients open new health insurance accounts over the phone, by fax, or by email at Nicollinsurance@yahoo.com.

For more information, and to schedule a courtesy insurance and financial review, please call 642-1775, or fax to 642-0522.

Would you like to learn to assist a grant writer?

Grants To You trains volunteers, primarily senior citizens, high school/college students and other computer knowledgeable individuals to research and assist grant writers to win the funds that non-profit agencies desperately need. They have a class coming up soon! Project Understanding has chosen to be the host for this, the last class for 2013.

Session 1: Saturday, Nov. 9th, 9am - noon

Session 2: Saturday, Nov. 16th, 9am - Noon

Both sessions at Union Bank Community Partners Center, 801 S Victoria Ave., Ste #200B. Instructor: Shari Bridges, Grant Writer at St. John's Healthcare Foundation, PhD-Teaching Fellow-Grantwriting at Saybrook University.

All students must have an organization that they will be volunteering for and attend both days. The cost is \$40

To sign up please go to: <http://www.grantstoyou.org/chapter/chapterdisplay.php?id=5> and click on the Register Now button (If you can do this you are a computer knowledgeable individual).

Stick out your can, here comes the garbage man

E.J. Harrison & Sons will maintain its regular trash and recyclables collection schedule in Ventura, Ojai and surrounding areas the week of Veterans Day (Nov. 11-16).

For more information, call 647-1414.

Neal Andrews

Continued from page 1

economic development projects that has been forwarded by White House staff to the President's Council of Economic Advisors to be evaluated as a potential national program.

But, my contributions range far wider than financial reforms and economic issues. I brought forward the proposal to adopt policies providing tax relief to owners of historic properties if they maintain them in a manner that preserves our historic and cultural heritage. I've been a champion on water issues, which I call the "defining resource", and my proposals have saved the City literally millions upon millions of gallons of precious water. Council Member Carl Morehouse has more than once referred to me as the Council's workhorse for the poor, frail, elderly, mentally ill, and downtrodden in our community. My advocacy for the arts is evident from the fact that to this day many quote my statement that the goal for Ventura should be to "weave the arts so thoroughly into the fabric of city life" that we only realize how

profoundly they have been integrated into our community when we leave and find other places do not have what we take for granted.

I've had a rich and varied career as a university professor, a hospital administrator, a health care executive, a State program administrator, the CEO of a regional emergency medical system, and a business entrepreneur. All of it has contributed to my approach to my work on the Ventura Council. Whether you like what I have done or not, one thing is certain. I have a record that tells you something of what you are likely to get if I am elected once more.

Mike Tracy

Continued from page 1

supply sustainability our top priorities. We have added to our police and fire resources—including additional police officers and reopening a previously shuttered fire station. We have made significant progress on requiring closer integration of our planning and development process with our identified water resources to ensure that we don't develop beyond our water capacity. During my time as mayor we have completed several significant public works projects, like the hillside waterline replacement and repaving project and the pedestrian and bicycle bridge over the Harmon Barranca near the Community Park.

We have strengthened our relationships with critical social service agencies (The Salvation Army, Turning Point, and Project Understanding) and I personally worked to help establish a Community Intervention Court to address issues related to chronic homelessness and vagrancy. Through our Safe and Clean program we have decreased graffiti, trash, abandoned shopping carts and other public nuisances. Through community partnerships we can point to progress on the Ventura River Parkway, Kellogg Park, and the Ventura Botanical Gardens.

The council recently adopted a 6-year economic development strategy to engage every sector of the business community. With our city staff we have worked to strengthen relationships with the business community to retain and attract new businesses, like Allied Distributing Company and the relocation of Barber Subaru. We have taken on the ambitious task of meeting with our top 100 businesses to open lines of communication. I have led the effort to improve the competitiveness of the Ventura Auto Center (the City's largest source of sales tax revenue) by moving forward on the long delayed plan to improve access and attract destination retail. Ventura's sales tax revenue has increased more than 12 percent over the last two years, and we are conservatively projecting another 5% increase in sales tax revenue this fiscal year.

Under my leadership, this council has made a successful transition to a re-energized management team under the guidance of our city manager Mark Watkins. Under Mr. Watkins' leadership, for fiscal year 2013-2014 we balanced our budget without using reserve funds for the first time in several years. In fact, we have begun the process of rebuilding our reserve funds.

The last four years have been busy

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Solo piano works by Chopin, Ravel and Scriabin Dohnányi's Piano Quintet No. 1 in C minor, Op. 1 with Nuvi Mehta, violin, and special guest artists

What's the Score? Pre-Concert Talk with Nuvi Mehta in the hall at 7:15 p.m.

FRI / NOV 15 / 8 PM

Ventura Missionary Church, 500 High Point Dr., Ventura

News and Notes

and productive. I am very optimistic about our future, and proud of what our city council, working with the community, has accomplished. I look forward to the next four years, and I would be honored once again to have your vote on November 5th.

Ojai events

Continued from page 7

The film begins at 3 p.m. and is followed by a panel discussion and reception with the filmmakers, who traveled the world shooting the film.

Tickets are \$10 for the film and panel discussion, and \$35 for the reception, featuring organic, gourmet dinner and wines. For more information and advance ticket purchases call 669-8445 or visit www.ojaivalleygreencoalition.org.

The Ojai Raptor Center, (ORC) a non-profit 501(c) (3) organization is dedicated to the rescue, rehabilitation and release of birds of prey and other wildlife, and to providing educational programs to teach communities about wildlife and our shared environment.

The Center is closed to the public year-round due to the sensitive nature of wildlife in rehabilitation, but on Sunday, **Nov. 3**, ORC will open its doors to the public for a rare opportunity to meet all 18 of our non-releasable “ambassador” raptors.

Hawks, falcons, eagles, and owls will be on hand to greet guests with concurrent presentations on the ORC stage throughout the afternoon. Drinks and snacks will be available for purchase as well as activities for children. ORC will also be hosting their first ever holiday gift sale at this event, featuring local artists and artisans.

Ojai Raptor Center Open House will be a free event with a suggested donation of five dollars. Handicapped parking will be available. Overflow parking will be located one street down from the Center where Pegasus shuttles will be running every 10 minutes.

Located at 370 Baldwin Rd., 649-6884.

ART-TINI fundraiser

Continued from page 8

celebration. The fundraiser will take place from 6-10 pm at the Santa Barbara Woman’s Club in Santa Barbara. Tickets for the fundraiser are still available for purchase at www.assisted1.com/tickets.

The festivities will include a live performance by local band Roux 42, whose music is jazzy and bluesy, with a tinge of soul and pop. Rising Star winner Chelsea Chaput and fellow contestant Lizette Rubio will also be performing live. The event will also feature local art vendors, a raffle and a silent auction.

100% of the proceeds from the ART-TINI will be donated back into the local community.

Assisted Home Hospice Foundation is a non-profit organization established to provide residents of Los Angeles, Ventura, and Santa Barbara counties with educational, professional and financial assistance focused on end-of-life care.

Assisted was founded in 1989 by Elaine and Bill Donley and is headquartered in Thousand Oaks. For additional information please visit www.assisted1.com or call 371-9988.

Mailbox

Continued from page 5

by taking immediate action to match all of our Single Family Residential Zoning in Montalvo to the appropriate Land Use designation of Neighborhood Low

Density.

In our first opportunity to vote for the Council, we call on all the candidates to let us know if we can trust you to save our neighborhood.

Mark Abbe

Ventura City Council election selections

Ventura Citizens for Hillside Preservation has endorsed Richard Francis, Lorrie Brown and Erik Nasarenko for City Council.

Stating “All three candidates expressed their support for hillside preservation, the Ventura River Parkway, and the renewal of SOAR. Each candidate wants to protect Ventura’s quality of life and our surrounding environment.”

All three candidates bring valuable experience to Ventura.

Diane Underhill. President

Ventura Citizens for Hillside Preservation

Within minutes after I met Erik Nasarenko and questioned him about his candidacy, it was obvious that although this is his first campaign, he has exactly the qualifications that will significantly add quality to the Ventura City Council.

After a number of in-depth probing conversations and listening to him in the forums, he is the real deal. He has proven himself to be intelligent, a quick study with a good sense of humor and the ability to engage a wide variety of citizens.

He captivated my senior education classes, no small feat!

Suz Montgomery

Educator, Senior Advocate

Ventura Breeze

Has anybody noticed that there is an estuary fee on our water bill, and the bill is increasing? There is also a wastewater charge of some \$60.

Why am I charged an estuary fee, when as a biologist I can clearly see that the end of Santa Clara River is only a lagoon and not an estuary. It is a lagoon of fresh water with 0 nitrates and 0 ammonia. An estuary is always at sea level, and clearly the lagoon isn’t. Secondly an estuary has constant flushing of salt and fresh water and represents an evolutionary path over thousands of years, whereas a lagoon is here today and gone tomorrow. The sandbar to the lagoon normally breaks open in the winter opening the pathway for steelhead reproduction. Although the city has spent hundred thousand Dollars pumping out the water, passing it through nets to save any endangered species from the pumps, supposedly none were encountered. The goal of pumping out the water to the sea, lowering the water level from the campground, which has been flooded for a year, and if we don’t get rain this winter, the sand bar will stay and the water level at the campground will raise again. If this is an estuary you could camp next to it and see it summer or winter without curtailing camping. Pumping in an estuary would cause unacceptable damage to its function as a nursery ground for a multitude of species. I wish the supervisor Bennett would address this situation. Many mistakes have been made one being that a campground can’t be placed next to a lagoon that receives a constant flow of wastewater into it without a proper exit to the sea. Our goal should of course be to protect the steelhead that can only enter by winter flooding.

Dr. Eric Todd
Ventura

Nanci Cone

Continued from page 1

When an animal was in need of a home, she found them a home through us. When

Dr. Ron Magnusson is back in Ventura!



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a friend needed somewhere to stay or a shoulder to cry on, my mom would be there and when Dad and I didn’t know what to do, where to go, how to move forward in life, Mom would go to the end of the earth to make sure we were happy.

“Mom has left behind her memories, love, and dreams to keep alive with all of us.” Her sister, Arlene, said that, Nanci was a walking library and an avid reader. According to Arlene, “She had a Mensa I.Q. She loved theatre and movies. She was a sports enthusiast. She was an avid pinocle and poker player. She always won!”

Nanci got her B.A. at Temple University in Philadelphia where she majored in communications.

Nanci was also in naval intelligence. She was the only female assigned to naval intelligence. She was an extremely fast typist. She was in the naval reserves for six years.

She worked as a researcher for Diana Ross in New York. She produced and coordinated a 24 hour marathon on the east coast for TV. She also did promotions and public relations. She worked with Trudy Haines in television. Diana Ross got Nanci a job in Los Angeles with E TV Network. She also worked for Walt Disney and Hanna-Barbera in L.A.

When she was in L.A., she left the entertainment business and took a job as an administrative assistant at a private school in Studio City, Campbell Hall. Hollywood stars sent their children to the school.

When she moved to Ventura, Nanci took a job with the City of Ventura as the director of the Ventura Avenue Senior Adult Center for 5 years. She helped to get many programs started at the senior center. Her boss, Marcia Ortiz, got her on a weekly radio show: The Dave & Bob show on KVTa for a 5 minute segment. From that, she was involved in a show that was called, “55+” and it dealt with various senior issues.

After working at the Ventura Avenue Senior Adult Center, Nanci worked for Caregivers. She would interview seniors to see what programs would be of benefit to them.

After working for Caregivers, Nanci answered an ad on Craigslist where she got connected with Margaret Rust and became a companion to her for 2 years.

She wrote for the Ventura Breeze for 6 years with her column the Senior Cone-

nection. She wrote about issues related to seniors. She also had articles published in the L.A. Times and the Ventura Star.

According to current Downtown Ventura Rotary secretary, Dr. Jim Deardorff, “Nanci has been an active member of the Rotary Club of Ventura and a past club Director. She was honored twice as a Paul Harris Fellow by the Rotary Foundation and is also a benefactor of this foundation.” He said that Nanci left Rotary in June 2012. “The club first met Nanci long before she became a member when she worked with the club to serve breakfasts to seniors at the Senior Center on Ventura Avenue.”

Irene Henry, current president of the Downtown Ventura Rotary, said that she knew Nanci for 15 years personally and professionally. She said that, “Nanci put her heart and passion into helping the seniors and youth.”

Thus, Nanci Cone touched many lives, including mine. Her legacy of the importance of educating and informing others, and accomplishing her best in order to make the world a better place will live on. Her memory will also live on.



Music & Entertainment

- 10/31 VOODOO LOUNGE HALLOWEEN PARTY WITH THE GYPSY BLUES ROOM! 8PM LOS DUDES 10:30 PM
- 11/1 GABE & NATE FROM THE SHOEMAKER BROS EVERY FRIDAY FIESTA HOUR 6-8, BONGO TOWN 9PM
- 11/2 CALIENTE 805 LATIN LOCALS 9PM
- 11/3 THE TOSSER’S BRITISH ROCK 5:30
- 11/4 KAREN AND JOE 6PM DEEP POCKETS 8:30
- 11/5 CATFISH & DOUG BLUES SWING JAM OPEN MIC 8PM
- 11/6 SOUL REVUE W/CHUCK VINCENT 7PM OPEN MIC W/ BRION SHEARER 10PM
- 11/7 DONNA GREENE & THE ROAD HOUSE DADDIES 7PM MARK MASSON 10PM
- 11/8 GABE AND NATE FROM THE SHOEMAKER BROS EVERY FRIDAY FIESTA HOUR 6-8, 10 THE ZION BAND
- 11/9 SOUL MACHINE DANCE PARTY 9PM
- 11/10 2PM THE SWILLY’S, STEVE & SALLY WILLIAMS 6PM THE JOE WILSON BAND SUNDAY FUNDAY
- 11/11 KAREN & JOE 6PM INDUSTRY NIGHT W/DEEP POCKETS 8:30
- 11/12 CATFISH & DOUG BLUES SWING JAM OPEN MIC 8PM

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546 E. Main St., Ventura
(805) 874-2232
amigosventura.com

Show Time



Jason Mariani, Dave Palmer, Don Heffington, Neal Casal, Dan Grimm, Jesse Siebenberg and Bob Glaub. Photo by Amanda Peacock.

The Music Scene

Around town

by Pam Baumgardner
VenturaRocks.com
Pam @VenturaRocks.com

I heard an amazing cut off of Dan Grimm’s upcoming new CD, *Average Savage*, called *Sweet Relief*. Dan told me that he just got done recording his third release at Brotheryn Studios in Ojai. It was produced by Jesse Grey aka Jesse Siebenberg and engineered by the Grammy winner Jason Mariani. “It sounds like JJ Cale, Dire Straits, Jackson Brown, Steve Miller, and Paul Simon,” according to Dan. His players are virtual who’s who in the industry from Don Heffington on drums (Bob Dylan, Dwight Yoakam and Lucinda Williams); Neal Casal on guitar (Ryan Adams, Chris Robinson Brotherhood, Weir and Lesh); Jesse Grey Siebenberg’s help on guitars, keys, drums, and other various instruments (Lissie, Supertramp, Kenny Loggins); Dave Palmer on keys (Fleetwood Mac, Fiona Apple, Chris Issac) and Jaime Wyatt on duet vocals best known for the Calico Girls. *Average Savage* available soon on iTunes, Spotify, Sound Cloud, Salzers, and of course at all of Dan’s live shows. www.danisgrimm.com

Tony Cortez and Carl Valdez, original members of the legendary Nardcore band Ill Repute, are teaming up again after 20 years to form an “old school punk” band with a hard-edged punkabilly sound. Rounding out the new band are Randy Miller, lead guitar (Global Warming, Mayors of Garrett) and local bassist Mojo who is well known on the local music scene. The band hopes to be gig ready by the end of the year and have already been offered a spot on a local punk compilation album. Cortez and Valdez are also featured in the book and documentary, “Clean Cut American Kids - the story of Ill Repute” by True Underground Network in association with Firehook Entertainment and Canadie Bacon Films.

Author and blues harp master, Jon Gindick is bringing his Blues Harmonica Jam Camp to Ventura. This 5-day camp, usually held in the Mississippi Delta, takes place January 21 – 25 at the Pierpont Inn. Focusing on the joys of jamming, each camp is limited to about 30 students, or campers. Gindick is flying in his core team of harmonica coaches to give each camper the time and attention they need. Campers jam with a great blues band daily. It’s a music-learning vacation.

Coach/performers include Cheryl Arena from Boston, Hash Brown from Dallas, TJ Klay from Nashville, Rj Mischo from Arkansas, Ralph Carter from Malibu and Brian Purdy of Florida. In addition to intensive instruction, a show is planned at Yolie’s Blues Club. Get more information at www.Gindick.com.

And then finally, it’s a travesty that we lost Zoey’s. Their doors official closed October 20. We can all be Friday Morning Quarterbacks and place the blame on the City, or landlords, or poor management, or the economy. But deep down inside, if you have the courage to look, you might agree with local musician and photographer, Chris Jensen. Jensen commented on Ventura Rock’s Facebook page, “I’m feeling guilty as hell because I wasn’t down there at least once a week, every week, experiencing great live music...when was the last time you were there? We are the reason Zoey’s is closing...So sorry Zoey’s.”

What the Hogansons did was quite amazing; they provided national acts in an intimate setting while allowing the best of our local talent to shine.

So we need to learn a lesson, and learn it quickly.

What a class act Steve and Polly Hoganson are as they leave us with this thought, “Our hope is that you all continue to enjoy and support live music and the community of musicians here in Ventura County and beyond.” And I say, “We won’t let you down Steve and Polly.”

Two on the Aisle

Drama unlimited in Rubicon’s *Sunset Limited*

by Jim Spencer and Shirley Lorraine

It’s a geometric given – two parallel lines, no matter how close they get, will never meet. This and other axiomatic principles symbolically populate the action in the Rubicon Theatre Company’s latest production, *The Sunset Limited*. The two-person drama stars Tucker Smallwood (*Star Trek: Enterprise*, *The Cotton Club*, *X-Files*) and Joe Spano (*NCIS*, *Hill Street Blues*, *NYPD Blue*).

The story involves a despondent Professor White (Joe Spano) who tries to end it all by jumping in front of a commuter train called the Sunset Limited, and Mr. Black (Tucker Smallwood), a religious ex-convict who pulls him to safety. Black brings the professor back to his ghetto apartment where he insightfully shares with the suicidal White his beliefs in hope and life as an evangelical Christian. But the professor, an atheist, is equally steadfast in his nihilistic views and on the utter futility of life. The resulting interplay between the two makes for 90 minutes of thoughtful examination of such topics as suffering, the existence of deity and happiness.

The script by Pulitzer Prize winner Cormac McCarthy is packed with other symbolism and parallels, in addition to the obvious opposites - black and white, spiritualism and atheism, happiness and despair, life and death. The train, the Sunset Limited, becomes the symbol for death.

As written, the character of Black permits Smallwood to infuse his portrayal with texture, depth, color, compassion and range as Black struggles to inspire the professor to accept his view that “a great world is there for the asking, you’ve just got to get in the right line.” Smallwood fully brings all the subtleties and humanity of the role to the fore with unexcelled theatrical craftsmanship.

The erudite and troubled Professor White is able to passionately offer explanations for his darker viewpoint

VFS @ 420 East 2013

Being There

by VFS

A justly famous performance by Peter Sellers, in one of his last films, is reason enough to catch *Being There* (Tues. Nov. 5th at 7:15pm. Starring Peter Sellers, Shirley MacLaine, Melvyn Douglas, Jack Warden, this masterwork from American director Hal Ashby follows the misadventures of a simple-minded gardener named Chance (Peter Sellers). Closing in on fifty, this innocent soul has spent his entire life in the Washington D.C. house of a wealthy man who’s taken care of him since youth. When the man dies Chance is put out on the street with no knowledge of the world except what he has learned from watching television. After Chance is backed into by a limousine, he ends up a guest of Eve (Shirley MacLaine), a sinfully rich but

lonely woman who wants her personal physician to have a look at him. The people “Chauncy Gardner” meets at the palatial estate of Eve’s dying husband (Melvyn Douglas) include the troubled President of the United States (Jack Warden). The media, the FBI, and the Secret Service are soon wondering where the hell this mystery man came from, and why are all these influential people listening to him.

The Ventura Film Society is proud to present *Being There*, sponsored by Helen Yunker, as part of our 5th season. The VFS Screening Room is located at 420 E. Santa Clara. Advance Tickets to any VFS film, as well as VFS Memberships, can be purchased securely at www.venturafilmsociety.com/tickets.html. Screening information is available at www.venturafilmsociety.com. Call 628-2299 or write info@venturafilmsoociety.com for further information.

(“Happiness is contrary to the human condition” and “This place [the world] is just a moral leper colony”). In contrast to *Black*, the professor speaks extremely fast. Spano’s pristine diction as he delivers his character’s beliefs and disbeliefs in an urgent, yet crisp, clear and rapid-fire style are some of the hallmarks of his richly memorable performance.

Since the piece is essentially a two-person debate set at a kitchen table, injecting visual variety and the like into the play could have presented a number of challenges. However, director Brian McDonald proves he is ready for such opportunities for directorial creativity. The play is presented without an intermission, yet McDonald’s structuring and pacing of the action assures the audience remains fully captivated and involved throughout.

The Sunset Limited runs through November 17, 2013. Performances are Wednesdays at 2:00 and 7:00 p.m., Thursdays and Fridays at 8:00 p.m., Saturdays at 2:00 and 8:00 p.m., and Sundays at 2:00 p.m. Tickets - \$25 (including students) to \$49 - are available at the Rubicon Theatre Company box office, located at 1006 E. Main Street (use the Laurel Street side entrance); by telephone, (805)667-2900; and on line with 24-hour selection and ticket printout at www.rubidonthatre.org.

Movie Review

Rush

by Andrea Gibb



I know nothing about cars. Until recently, I thought Formula One was something you fed to babies, but now I know better. The world of Formula One racing is definitely not for babies, and Ron Howard’s new film, *Rush*, turned me into a fan, of both the sport and the movie.

It begins at the 1976 German Grand Prix in Nuremburg. In this era, racing had none of the current technology which insures greater safety for drivers. It was just “the man, the machine, and the road.” As one of the characters states, these cars were “little coffins surrounded by high octane fuel” and your chances of getting killed were 20%. But the devotees, that is the drivers, sponsors, and fans, are all in it for the rush.

Ron Howard’s direction brings the skill and thrill of Formula One racing

to the fore in this true tale of the rivalry between English playboy, James Hunt (played by Chris Hemsworth who came to our notice in the movie *Thor*) and the cool methodical Austrian driver, Niki Lauda (Daniel Bruhl from *The Bourne Ultimatum*). Although equally driven by ambition, they are distinct personalities who start out intensely disliking each other and wind up earning one another’s grudging respect.

Bad boy Hunt, is a devil-may-care reveler, who thrives on the adulation of his female fans. The danger of the sport is his aphrodisiac. Lauda, in contrast, is disciplined, focused on technically improving his car’s performance, and claims he can troubleshoot through the seat of his pants by feeling how the engine is vibrating.

Hunt flaunts his disregard for danger at the Japanese Grand Prix by wanting to race in spite of bad weather. Lauda, equally fearless, but more concerned for life and limb since his marriage, urges the other drivers to cancel, but cannot sway the group.

The subsequent tragedy, a crash in which Lauda is trapped for a full minute in flames generating 800 degrees of heat, is life changing. The pain of his recovery, dealing with facial reconstruction, and his decision to return to racing all contribute to our admiration for him.

These trials and alternating wins at major events ultimately forge a wary bond between the main characters. In a final scene, Lauda tells Hunt, “A wise man has more to gain from his enemies than a fool does from his friends.” You may root for one or the other, or decide they’re both crazy, but you’ll have to admire the highly developed reflexes and single-mindedness of these men. Director Howard insures we do.

Nerd note: “Race Car” is a palindrome.

Rated R. 123 minutes / Action, Biography, Drama

Music Calendar 10/30 to 11/12

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. See ad page 19.

Bombay Bar & Grill
143 S. California St., 805-643-4404

Local Live Music every Thur thru Sun

Continued on page 24

Lighter Breeze

Rhymes With Orange



Shoe



Moose and Molly



Mother Goose and Grimm



Tiger



Todd the Dinosaur



Solutions on page 17

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!

Solutions on page 17

King Crossword

ACROSS

1 Energy

4 Car

8 Mexican money

12 Scull tool

13 Got bigger

14 Small stream

15 Wasteful

17 Exam format

18 Ashen

19 Last letter

20 Sleep soundly?

22 Pedestal part

24 Master of ceremonies

25 Crystalline mineral

29 "I — Camera"

30 Shuts loudly

31 Brazilian tourist mecca

32 Miami squad

34 Shape

35 Knocks

36 Coral producer

37 Let

40 Texas city

41 Laugh-a-minute

42 Saskatchewan, e.g.

46 Roundish hairdo

47 Aching

48 Eviscerate

49 Existed

50 On the rocks

51 Vast expanse

DOWN

1 Soda

2 Listener

3 Offer

4 Nimble

5 Incite

6 Afternoon social

7 Pussy-cat's partner

8 Ads for upcoming shows

9 Green land

10 Refinery

11 — podrida

16 Pub missile

19 Probability

20 Roe provider

21 Hideo of baseball

22 Campus VIPs

23 Charitable donations

25 Buy and resell quickly

26 Drags out

27 Ethereal

28 Cavort

30 "Pygmalion" writer

33 Atom component

34 Points of concentration

36 Macadamized

37 Bedouin

38 Bio title word, often

39 Traditional tales

40 Sported

42 Letter before 19-Across

43 Sindbad's bird

44 Prompt

45 Timetable abbr.

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LIBRA (September 23 to October 22) Some misunderstandings resist being resolved. But your sincerity in wanting to soothe those hurt feelings wins the day. By month's end, that relationship should begin to show signs of healing.

SCORPIO (October 23 to November 21) A hectic job schedule begins to ease just in time to blow off all that work-generated steam on Halloween. A family situation runs into an unexpected complication.

SAGITTARIUS (November 22 to December 21) A cutting remark in the workplace needs to be handled with finesse. Remember: How you respond could determine the depth of support you gain from colleagues.

CAPRICORN (December 22 to January 19) Once again, that Capricorn stubborn streak sets in and could keep you from getting much-needed advice. Fortunately, it lifts by week's end, in time to make an informed decision.

AQUARIUS (January 20 to February 18) A surprise trip early in the week could lead to other unexpected offers when you return. Word to the wise: Avoid talking too much about this until you've made some decisions.

PISCES (February 19 to March 20) Learning dominates the week for perspicacious Pisceans, who are always looking to widen their range of knowledge. A series of important job-linked commitments begins late in the week.

BORN THIS WEEK: Your sense of humor generates good feelings and good will everywhere you go.

ARIES (March 21 to April 19) The high standards you set for yourself don't always translate into the behavior you expect of others. That relationship problem can be resolved if you're more flexible and less judgmental.

TAURUS (April 20 to May 20) Not enough party bids to satisfy the Bovine's fun-loving side this week? Go ahead and throw one of your own. Then prepare for some serious work coming up early next week.

GEMINI (May 21 to June 20) A new and intensely productive cycle is about to kick in. Be careful not to get too stressed out, though. Make time to restore your energies by relaxing with family and friends.

CANCER (June 21 to July 22) This could be a good time to share some of your plans with those closest to you. Their comments could give you some added insight into how you might accomplish your goals.

LEO (July 23 to August 22) An attack of self-doubt might be unsettling for the usually super-assured Feline. But it could be your inner voice telling you to hold off implementing your plans until you've reassessed them.

VIRGO (August 23 to September 22) This is a great time for you to reward yourself for all your hard work by taking a trip you haven't spent months carefully planning, to somewhere you never thought you'd be going.

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Youth High school students host “Really Really Free Market”

On Sunday, November 3 with the help of Ventura Co-Op, students will be hosting Ventura's First Annual “Really Really Free Market” at Plaza Park to inspire community fellowship and offer the local community an example of alternative economy.

A Really Really Free Market (RRFM) is a community gathering where participants give away usable items, skills, food, entertainment, games and various other things in order for the community to come together and share. A RRFM is a 100% free and non-commercial event and is also a demonstration of collective spirit, abundance, recycling, and sharing through the gift economy.

The participants are not only helping themselves, but helping the community. All items that are left at the event will be donated to charity.

Benjamin Leanos, junior at Ventura

High School and event planner, comments “The RRFM is just a small example of what young people are doing to actively change the world we live in. We really can make a difference in making the world a better place with more thoughtful people.”

The event is being facilitated by Ventura Co-Op with the help of high school students from various Ventura schools. It is meant to inspire people, especially young people, to come together and work towards building a better, happier community.

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Art Scene



Fiddling around with Phil Salazar

Join Focus on the Masters for the November 12 Artist Spotlight interview with Phil Salazar at The Comedy Club in the harbor from 6-7:30. From jazz to bluegrass, Phil Salazar has explored a world of violin and fiddle music over the last 50 years. The son of former Ventura County Symphony Director and Conductor Frank Salazar, Phil started playing violin at age five, but his lifelong passion for fiddle didn't emerge until he began as a teenager to play traditional American folk and rock and roll.

To purchase a ticket and reserve your seat visit: www.FocusOnTheMasters.com or call 653.2501

And enjoy the AfterGLOW Special Event for an informal supper immediately following the interview at the FOTM Archive & Library. It's time to mix and mingle with artists and enjoy a behind-the-scene look at the Archives! The AfterGLOW dinner is \$20 for FOTM

members, \$30 for non-members. Paid reservations are essential and required prior to November 7 for the AfterGLOW.

Tickets available online at: www.FocusOnTheMasters.com or call 653.2501.



All items are produced by FOTM volunteers, board members and staff, and outstanding Ventura County artists. This stoneware vessel is by Steve Ramirez.

Gift shop opens

Focus on the Masters Volunteers announce the opening of The Holiday Gift Shop located at the FOTM Archive & Library, 505 Poli Street, Suite 405 (right behind City Hall). For 4 days only The Gift Holiday Shop will carry unique, hand-made and lovingly crafted gifts and art that are perfect for those special people on your shopping list.

November 7, 8, 9 from 10:00-5:00

November 10 from 12:00-4:00.

A portion of the proceeds benefits FOTM acclaimed Learning To See art education outreach programs.



Golden Shimmer, pastel by Corradi.

On November 16, 6 – 9pm, Fox Fine Jewelry will host both an artist reception and a fundraising party for the Ventura County Jewish Family Services. The event will include a silent auction, raffle, charity information and refreshments. The public is welcome.

Donna Vis, Chris Provenzano and Lori Corradi will display their art in a show “California Colors” at Fox Fine Jewelry from November 14 through January 11, 2014.

The Ventura County Jewish Family Services provides low and no cost non-denominational counseling services by Marriage Family Therapists to community members and school children. Low cost legal services are also provided.

Corradi's art proceeds are donated to non-profit organizations that protect the environment and provide assistance to people with disabilities and illnesses.

For information on the show, contact Debbie Fox at 652-1800.

Fox Fine Jewelry is located at 210 East Main Street, in Historic Downtown Ventura, Across the street from the Mission. (805) 652-1800. Hours are Monday – Thursday, 10:30 – 6p.m., Fridays and Saturdays 10:30 – 8 p.m.

Art, a la Carte



Few artists cover as much ground for their artwork as Ventura painter Robert Wassell, who has hiked Los Padres National Forest ridges and canyons for decades collecting the views he captures in oil on canvas. Twenty-nine of his landscape paintings comprise The Essence of the Forest, an exhibition Nov. 5-Dec. 7 at the nonprofit Buenaventura Art Association's gallery in downtown Ventura.

“This show is all new work, never seen before,” Wassell said.

An opening reception will be held 4-7 p.m. on Nov. 9 at the gallery and Wassell also will be on hand 5-8 p.m. on Dec. 6 for Ventura's First Friday gallery crawl.

Propelled by “my love for the forest,” he has been traversing Channel Islands and Los Padres trails since moving to the area in 1985. Wassell names his works for the locations where he makes sketches that he later paints in an idiosyncratic style he described as “a cross between realistic representation and the abstract.”

Results of his frequent past treks can be seen online at <http://www.wassellart.com>.

Buenaventura Gallery, 700 E. Santa Clara St., which is open 11 a.m. to 5 p.m. Tuesdays through Saturdays.

There will be a solo exhibition of work by Water Kerner. Water Kerner's use of creative construction has led her to develop unique, installations and sculptures. Using a variety of materials such as wood, paint, and found objects, she incorporates music and computer motion graphics. The combination of these materials creates a vision of thought provoking levity, allowing her to express the unbalance between nature and technology and stimulating the senses with color, sound, and movement.

An opening reception will take place on November 2, from 3-5pm.

The show runs from November 2, through December 14.

Admission to the gallery is free and open to the public. Gallery hours are Wednesday-Saturday. For more information, please contact the Sylvia White Gallery at 643-8300 or info@artadvice.com



Studio 30 presents Ralph Corners - Forty Years.

Vita Art Center, 432 Ventura Ave. Opening reception: November 1 from 6-9 p.m.

Exhibit Dates: November 1 - 30

Gallery Hours: Mon-Fri. from 10-5, weekends by appointment

“I think of myself as an extension of that hairy fist that first

grabbed a chunk of charcoal and scrawled the image of the beast he feared, worshiped, needed and desperately wanted to understand. Just as our ancestors captured the images of animals on the walls of caves in the hope of exercising power over a world in which they had little control; I struggle with the image of the modern beast. Unfortunately, the beast is more difficult to define, more subtle in its form, and infinitely more varied in its purpose. Now, of course, the beast is us.”



The Tool Room Gallery presents Andrea Vargas Mendoza from November 1 – 23. Join Andrea on Friday, November 1st from 6 - 9pm at 432 N. Ventura Ave. (inside Bell Arts Factory)

This exhibition showcases the new work of Andrea Vargas Mendoza titled Relámpagos.

Contemporary artist Andrea Vargas-Mendoza explores the parallels between nature, violence and aspects of transcendence in her life-size paintings at the Tool Room Gallery.

The body of work brought together for, Relámpagos (Lightning Bolts) uses pastels and acrylics to capture the subjects that have become Andrea's inspiration while living in Santa Fe, New Mexico. The new series combines the literal and the abstract with dynamic compositions and charged colors.

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This 'n' That

Music calendar

Continued from page 20

Wed 10/30 - Blue's Session Hosted by Tommy Marsh 8pm
Thur 10/31 - Halloween Party - 6 Cover Bands 8pm
Fri 11/1 - (Front Stage) Xoco, Spinobi, Jenkins 10pm
Back Stage) Rubberneck Lion's Halloween Show with Juke Box Mutiny, Angie's Curse, Kapeesh 10pm
Sat 11/2 - Blues Fest Official After Party with Red Headed Stepchild, Deb Ryder & The Blues Ryders, Blues Bullet, Tommy Marsh & Bad Dog, Johnny Main, Shawn Jones, Ray Jaurique, Lenny Kerley, Guy Martin 6pm
Sun 11/3 - Blue Stew 2pm, Shoemaker Brothers 5pm

GiGi's Cocktail 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

Sat 11/2 - The Neighborhood 9pm - Sold Out
Wed 11/6 - Ab-Soul, Joey Bada\$\$ & Pro

Era, Underachievers, Chevy Woods 8pm

Pacific View Mall - Fall Music Festival

Mills Rd & Main St (Parking Lot)

Sat 11/2 - Steven Skylar, Cindy Ortega,

Leyo, Desiree Estrada & Muzik Junkies,

Sonny, Katcha Glieson, Galante 1-6pm

Sun 11/3 - House Arrest, Charangoa,

The Lions, Blue Agave 1-6pm

Sandbox Coffeehouse

204 E. Thompson Blvd., 805-641-1025

Live Music Performances every Thur, Sat & Sun

Open Mic Night every Thur

Sat 11/2 - Roux 42 12pm

Sat 11/9 - Roux 42 12pm

Squashed Grapes

2351 E. Main St., 805-643-7300

Live Music every Wed thru Sat 7-10pm

Fri 11/1 - Jeanne Tatum

Sat 11/2 - Barrelhouse Wailers

Wed 11/6 - Skip Spiro's Little BIG Band

Thur 11/7 - Winter's Trio

Fri 11/8 - Tony Ybarra Trio

Sat 11/9 - CODA

The Tavern

211 Santa Clara St., 805-643-3264

Live Bands every Tue thru Sat
Ventura County Blues Society Jam session hosted by Tommy Marsh every Wed 8pm

Wed 10/30 - Band the Captions 9:30pm

Thur 10/31 - Halloween Party with Siren 10pm

Fri 11/1 - Halloween Party with Saletta 10pm

Sat 11/2 - Halloween Party with The Roostes 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

Thur 10/31 - The Bomb

Fri 11/1 - Pure Joy

Sat 11/2 - The Bomb

Sun 11/3 - Train Hoppers

Thur 11/7 - Buenaventura Social Club

Fri 11/8 - Shawn Jones

Sat 11/9 - TBA

Sun 11/10 - INSTONE

Yolies/Hi Hat Entertainment

138 W. Main St., 805-816-9663

Top Notch Musicians and Bands every Fri 8pm

Fri 11/1 - Pre-Show Party for Blues at the Beach 8pm

Fri 11/8 - Nick Moss Band 8pm

Zoey's Café

185 E. Santa Clara St., 805-652-1137

We are so sad that Zoey's has closed its doors for good. What a loss for Ventura.



Even the little ones were there to raise money to combat MS.

MS rides are the country's largest organized charity bicycling event

On Saturday and Sunday, Oct. 12 & 13 bicycle rider's peddled into San Buenaventura Park to raise money to benefit the Southern California & Nevada Chapter of the National MS Society.

Nearly 1,000 cyclists participated in the Bike MS: Coastal. Participants opted for one or two days of cycling and routes ranging from 30 to 160 miles.

The goal was to raise \$1 million to help to create a world free of multiple sclerosis, an unpredictable and often disabling disease of the central nervous

system. Funds raised will support direct services for the more than 19,000 Southern and Central Californians and Nevadans living with MS and their families, and cutting-edge MS research worldwide to find better treatments and a cure for this chronic disease.

The National MS Society's Bike MS Ride is the country's largest organized charity bicycling event series. Last year, cyclists raised \$83 million to support MS research and programs delivered by the Society's 50-state network of chapters.

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