



VENTURA BREEZE

Your Hometown Paper

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"We don't want any of your kind in our city."

Council votes down medical marijuana dispensaries in Ventura

At the July 8, 2013 City Council meeting, the City Council voted 7-1 to approve a motion that directed the City Attorney's office to prepare an ordinance banning mobile and stationary medical marijuana dispensaries, as well as large scale cultivation.

Medical Marijuana Dispensaries are defined as "Medical Marijuana Distribution Facility shall mean any facility or location, whether fixed or mobile, where medical marijuana is made available, sold, transmitted, given, provided, exchanged for consideration, or otherwise made available to two or more qualified patients, persons with identification cards, or primary caregivers, or any facility where qualified patients, persons with identification cards, or primary caregivers meet or congregate collectively or cooperatively to cultivate or distribute marijuana for medical purposes."

The 4-3 vote came after about 20 speakers on the proposed ordinance, 19 of which urged the council to reject the ordinance.

Mayor Mike Tracy (who originally requested the banning ordinance) supported the ban along with council members Christy Weir, Cheryl Heitmann and Jim Monahan.

The opponents were council members Neal Andrews, Brian Brennan and Carl Morehouse.

A motion, before the vote was made for the formation of a working group to study safe access to the drug. That

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Jim Harrison, Ralph Harrison and Myron Harrison, in front of the new E.J. Harrison Family Youth Center that was named after the Harrison family business.

E.J. Harrison Family Youth Center opens in Saticoy

The doors of the Boys & Girls Club of Greater Ventura's new Saticoy clubhouse – the E.J. Harrison Family Youth Center – officially swung open during a grand opening on Thursday, Nov. 14.

Over 200 community members and scores of Saticoy children attended the event that was held to also honor the over 120 donors of the new 4,000-square-foot facility. Ed Summers, board president of the B&GC of Greater Ventura, presided over the event that featured a dedication ceremony by members of the Saticoy

Chumash community.

The club is named in honor of Harrison Industries, a Ventura-based trash and recyclables collecting company, which matched the contribution the Ventura County Board of Supervisors made in 2010 to launch the \$1.3 million project.

"We're thrilled to help build the club in Saticoy, where our business began," said Harrison Industries President Ralph Harrison, who attended the

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Help would be available if this had really happened to this girl.

Graduates of the CERT program will be ready

In the wake of the recent devastation in the Philippines, it brings to light the importance of disaster preparedness, 36 graduates of the CERT program will be ready to assist their community if such an event takes place.

Captain Steve Lazenby (Santa Paula Fire Department) and Ventura City Fire Marshal Brian Clark have been preparing individuals through a Community Emergency Response Team Course (CERT) over the last few months.

The CERT program consists of a 21 hour class that is available to residents of Ventura County for free. The course covers the basics of search and rescue, how to free people from light entrap-

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Ask the Director

by Jeffrey Lambert

Community Development Director for the City of Ventura

Do I still have time to participate in Ventura's 2nd Dwelling Unit Amnesty Program and if so, how does it work?

Yes. For property owners who are considering whether to legalize their unpermitted second dwelling unit, now is the time.

In light of the struggling economy of 2008-2010 and the need to provide safe and affordable housing, the City of Ventura explored options for legalizing existing 2nd dwelling units that had no record of a valid building permit. In the fall of 2011, the city began officially granting property owners amnesty from fines and impact fees, while working with licensed contractors to assure the safety of 2nd dwelling units. Today, more than 50 property owners have participated in the City of Ventura's amnesty program and have saved thousands of dollars and significantly increased their property values.

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Two thousand red flags will be placed on the front lawn

Join World AIDS Day

On Sunday, Dec. 1, to commemorate World AIDS Day, Ventura County Public Health's (VCPH) HIV / AIDS program will host a community health fair that includes free HIV testing, health screenings, nutritional counseling as well as information about programs and services provided by other local agencies. The free, open-to-the-public event will take place from 10 am – 2 pm in the back parking lot of the VCPH building at 3147 Loma Vista Rd., Ventura.

Two thousand small red flags, each printed with the words "I Know, Do You?" will be placed on the front lawn of the VCPH building. The flags, which represent the over 2,000 Ventura County residents who currently know their HIV positive status, will serve as a visual reminder of the importance of getting tested for HIV.

Since the first cases of HIV/AIDS were reported 32 years ago in 1981, the

Continued on page 4

While in Taiwan for the Dongzhi (Winter) Festival on December 21, you can always catch up with the Breeze at venturabreeze.com



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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.

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City News

In voting against the dispensaries Council member Christy Weir told the Breeze “Medical marijuana dispensaries have proven to be detrimental to the neighborhoods where they are located. Allowing “multimillion dollar”, unregulated cash businesses is an invitation for increased crime. That is why the cities (including LA and Santa Barbara) that have not banned dispensaries are now struggling to create and/or enforce restrictions, and the federal government is raiding and shutting them down. In many cities, less than 10% of the clients are medical patients, and 90% are recreational users. Because marijuana is not regulated, taxed or inspected by the state or federal governments, 100% of the regulation would be the responsibility of the City of Ventura. We do not have the public safety or legal or administrative or code enforcement resources to oversee a complicated network of marijuana operations that extend far beyond our city boundaries.”

In favor of the voted down working group Carl Morehouse told us “While I believe I understood Mayor Tracy’s concerns, I thought it best that we convene a working group of affected stakeholders to see if we could come up with a solution that could provide those who find relief from pain in cannabis a legal, viable way to obtain access to marijuana. This was not about recreational use. This was about not criminalizing those who were in need. In developing other ordinances that affect a fair number of individuals in Ventura, we have always included them in the discussion. This time we did not.”

The council will vote to adopt the ordinance at its second reading at their meeting on Dec. 2.

would cost more than \$10,000.

Deadline for applications for this special program is December 24, 2013 and all permits for this program must have a final inspection and be approved by the city before July 1, 2014.

Please visit our webpage for more information: www.cityofventura.net/safehousing.

Graduates of the CERT program

Continued from page 1

ment, basic medical skills, triage of injured people, the use of fire extinguishers, introduction to the incident command system, how to turn off house utilities, and methods to integrate with fire department personnel when they arrive.

CERT graduates participated in realistic scenarios that exercised their newfound skills. Captain Lazenby orchestrated Ventura City Firefighters and Prevention personnel who proctored stations and provided instruction to students. Scenarios replicated what the public could expect in an actual disaster.

Various assembled props featured: a broken gas meter, a fire pit where CERT members used an extinguisher, search and rescue of victims that require treatment and triage, and freeing people from entrapment utilizing heavy lifting techniques.

“With every class, our county gets a little more prepared for a disaster with these great individuals who have stepped forward to be the stewards of their neighborhoods”, stated Fire Marshal Brian Clark.

The CERT class is paid for by a FEMA Homeland Security grant and is administered by the state and the county. For people who are interested in participating in the next class, they can access the Ventura City Fire Department web page: www.cityofventura.net/fire for more information or call 658-4717.

Ask the Director

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Application for a Second Dwelling Unit Amnesty Permit is streamlined. An application packet can be picked up at Ventura City Hall, 501 Poli Street, Room 117 during normal business hours or downloaded from <http://www.cityofventura.net/safehousing>. A licensed contractor will need to complete one of the forms in the packet. City staff is available by phone and/or appointment to assist with completion of the forms. Once completed, the forms will give the property owner a very good estimate of the costs associated with legalizing their second dwelling unit. There are no city fees charged for the application or application review services.

Once the completed application has been reviewed and approved, the property owner can decide whether to purchase the building permit or stop the permit process. If the property owner decides to move forward with legalization, the fees that were estimated during application review will be due and the permit will be issued to the licensed contractor. Once the licensed contractor has confirmed the second dwelling unit meets the state minimum housing standards (via a checklist provided in the application packet), the city will meet with the contractor onsite for an inspection. This single inspection will be based on the checklist items and any repair work done to meet the checklist requirements.

This program has significantly improved the safety of second dwelling units in our city and has saved unpermitted second dwelling unit owners tens-of-thousands of dollars. We have seen older, single bedroom/studio, second dwelling unit amnesty permits cost less than \$700. As a comparison, a new, standard, second dwelling unit permit of the same size

Ventura news

The City Council has decided that more than 200 fees will rise in Ventura, in some cases by as much as 50%. The council voted 4-2 to approve a new fee schedule that attempts to recoup more of the city’s costs. In addition to raising existing fees, the council approved some additional ones.

The fee changes for most departments will go into effect Dec. 1, and those for planning, land development, construction permits and fire prevention will take effect Jan 1.

In January 2012, Ventura received a \$2.3 million grant that paid for 2 years’ worth of salaries and benefits in exchange for the city pledging to keep Ventura Fire Department Station No. 4 open a third year. The question has always been of how to keep the station. In 2014 a three-year partnership between the city and federal government ends. The department is applying for a \$2.4 million grant that would cover the salaries and benefits for nine firefighters from February 2014 to February 2016.

Both Ventura city and county are going to sue California Mushroom Farm Inc. to try to recoup the costs associated with fighting a compost fire at their shuttered farm located on Olivas Park Drive. The Ventura City Council voted 6-0 to sue the farm. Officials think that the owners didn’t properly maintain their compost piles after it shut down, and that this caused them to combust spontaneously.

The county spent about \$45,000 fighting the blaze, and the city more than \$155,000.

And all of Ventura had to cope with the awful smell for weeks so maybe we should all get some of the money?

Ventura police officers Nicole Gallion and Kendra Williams thought that it would be just a routine call when they responded to Motel 6, on Harbor in March to help evict a hotel guest. But on this call the male guest being evicted was able to get into his truck and attack both of them with his vehicle. They were able to gain control and shot him to death. Their actions were recognized recently at the Peace Officers Association of Ventura County’s Medal of Valor Awards Ceremony. The ceremony, held at the Sun Air Hangar in Camarillo honored more than 40 civilians and law enforcement personnel.

Council votes down dispensaries

Continued from page 1

motion failed on the same 4-3 vote.

Speaking of the problems that Santa Barbara had when dispensaries opened there was Police Chief Ken Corney. Crime and use by students on the high school campus increased, Corney said.

He stated that “Dispensaries haven’t brought anything good to any community”, adding that he talked to police chiefs across the state about the problems encountered.

While the ordinance bans dispensaries, collectives and cooperatives, state law lets residents grow up to 6 mature and 12 immature (those are the ones that haven’t grown up yet) marijuana plants for personal use.

In supporting the further study Neal Andrews said growing marijuana wasn’t an option for many people who needed it. “We don’t need huge numbers of dispensaries, but we do need dispensaries,” he said.

According to a new Gallup Poll a majority of Americans now favor legalizing marijuana use 58% to 39%.

Join World AIDS Day

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number of people in the U.S. infected with HIV has grown to more than 1.2 million. One in five people with HIV does not know that they are infected and every 9.5 minutes someone new in the U.S. becomes infected.

The Centers for Disease Control recommends that everyone ages 13-64 get tested for HIV at least once in their lifetime and recommends even more frequent tests for those people who have higher risk factors, such as those who have multiple sexual partners or use IV drugs.

For more information about VCPH’s HIV/AIDS program call 652-3342.

E.J. Harrison Youth Center opens

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ceremony with his brothers, company Vice Presidents Jim Harrison and Myron Harrison, along with a large number of other Harrison family members.

“Our parents, E.J. and Myra, always told us to help children, because they are our future,” Myron Harrison said. “The need was great and the fact that Saticoy is the hub of our business makes this even more special. It was the right thing to do at the right time.”

The new building, designed by Main Street Architects of Ventura, replaces the old 1,500-square-foot clubhouse in Saticoy Park – a dual-wide construction site trailer that the Ventura County Sheriff’s Department donated to B&GCV after building the Todd Road Jail about 20 years ago.

Donations are still needed to help continue operating the facility. For more information, call 641-5585.



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limit them to about 300 words.

Dear Sheldon

Apart from homeless people in Ventura who are truly in need and seeking assistance, there is a separate group of hard core street people who are euphemistically referred to as “service resistant”. For the most part they are

Opinion/Editorial



becomes a council member the council will make him the deputy mayor.”

I feel that I should explain. I don’t think this is the right way to select a mayor, but it is what has been happening.

I would like to see the council elect Neal Andrews to be Deputy Mayor. I certainly think that he has served the city well and always votes the way that he feels is correct. He deserves this position. I don’t always agree with him (or the other council members) but the time has come to make him Deputy Mayor.

■ And speaking about the City Council, at their last meeting I was happy to see Mayor Tracy allow people in support of medical marijuana dispensaries to applaud, instead of waving their hands in support. Waving is the standard protocol for applause which the council has been using.

Even though it is a universal way of showing support I believe, waving of the hands is really stupid. I know there are concerns that too much clapping interferes with the meetings but I think that this can be controlled by the mayor.

■ Did you ever wonder why a dozen 18-wheelers were parked on Spinnaker across from the Harbor Village? They were hauling squid (maybe Calamari to you) - most of which ends up overseas. You won’t see them again until next squid season because our fishermen have reached the limit of almost 118 tons of the stuff which is regulated by the Department of Fish & Wildlife. This is very early to close the season but it has been a great season for catching the little buggers.

■ For years people have been trespassing (they call it hiking) over private property to get to Ventura’s somewhat odd icon, “Two Trees”. But this will no longer be happening because the owner of the property - (Lloyd Ranch) - is putting a stop to this.

Mailbox

drug-addled criminals who vandalize, trespass, and trash our city as they please, safe in the knowledge that there is no consequence for their actions here in Ventura.

Attached is a letter (see right) sent to the Ventura City Manager, VPD Chief, and every City Council member documenting the problems caused by these individuals in our neighborhood and asking for some help from the city.

To date there has been no reply from any City staff to our request.

Thanks
Steve Storz
Ventura

Dear Sheldon:

How can you be against red light cameras? Go stand at the Victoria and Telephone intersection and watch all the illegal left turns. It can only get worse because human beings tend toward worse manners, not better manners.

I was in Miami, FL, in 2001 and saw things at their worse. Miami did not have cameras. It was common to see six or seven cars/trucks run a red light on left turns. They do it by tailgating so no one can get between them. Using the crosswalks was a concern too: it was safer to jaywalk in the middle of the block

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And it is not because they don’t want people to enjoy the hike and views, it is because of the abuse that some bring with them. The trees are full of graffiti (and carvings) and trash litters the area. In addition, some neighbors have been burglarized and hassled.

It is a shame that because of the actions of a few we all must suffer.

■ Our second dwelling amnesty program will be running out after Dec. 24 (see article by Jeff Lambert). This somewhat controversial program allowed illegally built second units to secure permits if certain guidelines were followed.

I’ve never been too comfortable with allowing people who knowingly (unless they bought a house with previous illegal construction) built without the required permits to “get away with it.” This program



Do these street bicycle lanes give bike riders a false sense of security?

basically accepts they’ve done this because these units “are rented to people who would become homeless without them” as suggested by those supporting the amnesty program.

I didn’t know that the homeless could afford to pay rent or they wouldn’t be homeless.

■ Recently, 49-year-old Scott Adamson was killed riding his bicycle at Hillmont Avenue and Loma Vista when he was hit by a semi-truck.

I do not know the details of this awful tragedy but, as I have expressed before, I am very concerned about the safety of our new “green” bike lanes and allowing bikes to ride down the middle of some of our streets.

Not because we shouldn’t encourage bicycle riding, but because it gives the bike riders a false feeling of security.

I liken it to people who walk across streets in crosswalks without ever making sure that the cars are going to stop (or even worse as I have seen lately, texting without even looking up).

It is as if they are saying “Well, if I get killed the car driver is in big trouble.”

So bicycle riders, please be very careful and cautious when riding next to, or with vehicles.

■ Wow, final election results show that Jim Monahan beat Richard Francis by 41 votes and first time candidate Lorrie Brown by just 53 for the seat on the city council; this will be his tenth term.

Perhaps if Francis or Brown had advertised in the Breeze they would be on the City Council (ouch).

■ Duke’s, on Seaward is closed for remodeling but you can go to Kay’s Coffee Shop, right next door for some fine coffee and goodies. They anticipate the remodel to take up to 2 months to complete.

■ Ventura schools are taking steps to expand their anti-tobacco policies. They want to prevent students from getting hooked on devices that mimic smoking, such as electronic cigarettes.

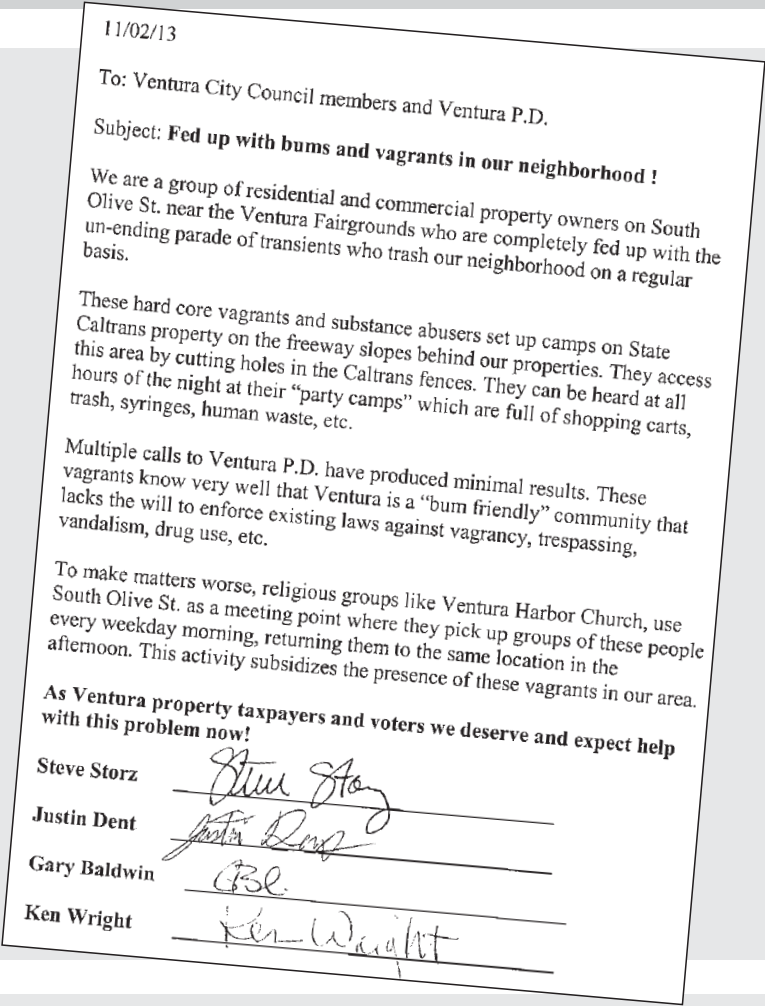
The Ventura Unified School District board has voted to broaden the district’s tobacco policies to include vapor-emitting electronic devices that simulate smoking, such as hookah pipes and so-called e-cigarettes.

The expanded policies will restrict students from bringing e-cigarettes or similar products on campus or to any school events, even if the devices don’t contain tobacco.

E-cigarettes, which have become more common in the past several years, are battery-powered devices that often resemble cigarettes and vaporize nicotine or a flavored liquid.

My question is, where will teachers hide to have a smoke, or maybe those days are over?

Remember when you were sent to the principal’s office for chewing gum? Now if you bring a gun to school you need to take it back home before you can get back into class.



The secret to success is making your vocation your vacation.

– Mark Twain



Community Events



Support this year's Light Up campaign while being entertained by the ChannelAire Chorus.

Light Up A Life Celebration

Livingston Memorial Visiting Nurse Association's 29th Annual Light Up A Life Celebration will take place at 6:30pm Tuesday, Dec. 10, at the Pacific View Mall. The ChannelAire Chorus will sound-off the evening, followed by names of loved ones being read during the tree lighting ceremony and a video presentation of remembrance photos.

This event is free to attend. Light Up is a celebration and campaign to increase awareness and raise funds

for Livingston Hospice. 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 livingstonvna.org or by calling 642-0239. Remembrance photos can be submitted online or by mail with donation.

Ventura Winter Wine Walk

The 4th Annual Ventura Winter Wine Walk returns to beautiful downtown Ventura on Saturday, Dec. 7. Festivities kick off with a free Holiday Street Fair from noon – 8 p.m. on the 300, 400 and 500 blocks of Main Street featuring a wide array of holiday vendors and live entertainment. A fun-filled "Snow Fall" happens with live jazz and blues music from 6:45-8:00 p.m., followed by the Ventura Winter Wine Walk from 4-7:15 p.m. with over sixty tasting locations featuring world-class wines. Craft Beer will also be available. Friday, December 6 is the Annual Christmas Tree Lighting, also free for the entire family.

Ventura Winter Wine Walk tickets are \$50. (Includes Wine Walk wristband, sampling cup, and Wine Walk map with all the tasting site locations). Tickets are available at Fox Fine Jewelry in Ventura; and the Ventura Visitors & Convention Bureau. Check-in time is 3-6 p.m. sharp at Watermark Event Center; Crowne Plaza; and The Tavern). Rain or shine. Space is limited. Must be 21 and over to participate. A portion of the proceeds go to the DVO (Downtown Ventura Organization) to help keep Downtown Ventura beautiful.

Free days at two Museums

The Museum of Ventura County will be continuing their Free First Sunday programming at both the Ventura location and the Agriculture Museum in Santa Paula. Holidays are special times for families. Join on December 1st as both Museums will feature hands-on activities all ages can enjoy from 1-3pm. The museums are open with free admission all day.

To help get into the spirit of the season, the Museum of Ventura County's activity is holiday inspired crafts including ojos de dios and gingerbread man ornaments.

The Agriculture Museum will celebrate "Holiday Traditions Around the World" with storytelling, games and crafts you can take home. Current exhibitions Strawberry Fields Forever? and 6th Annual Art About Ag open through February.

In honor of Thanksgiving, The Museum of Ventura County will have free admission November 30 – December 1st. Bring your family and see their exciting permanent exhibits that are on display.

December events at the Harbor

These are just some of the holiday events being held in December at the Ventura Harbor Village.

Chanukah Festival Sunday, December 1

Celebration of the season includes live music, Judaica boutique, hot Latkes, family fun, and lighting of a Grand Menorah. Presented by Chabad of Oxnard and made possible by the Jewish Federation of Ventura County. Free admission. www.ChabadofOxnard.com.

California Sleigh Rides December 1 – December 31 Departs 6:00 and 8pm

Take a California Sleigh Ride through the Ventura Harbor and Ventura Keys with Ventura Boat Rentals! Holiday lights dazzle as they reflect upon the water from boats in the Ventura Harbor, Ventura Harbor Village, and the decked out homes in the Ventura Keys neighborhood! Adults \$20 and children \$10. Reservations Required. 642.7753. www.VenturaHarborVillage.com

Cool California Caroling Cruises December 6, 10, 11, 12, 17, 18 and 19

Warm up your pipes with family and friends on a one hour Island Packers Caroling Cruise on select weekday evenings. Start a unique holiday tradition and make new friends aboard a 64' catamaran. Laugh and enjoy serenading the families in the Ventura Harbor and Ventura Keys neighborhood with joyful holiday favorite tunes. \$16 adults, \$13 senior citizens, and 10 for children. Advance reservations recommended and bring a scarf! Call for tickets at 642.1393.

Foster Library is much more

12/4 College Planning Class 6:30-10 p.m. Class #5, in the Topping Room with local librarian Linda Kapala. Ms. Kapala will help you navigate the college application process.

12/8 Sounds of Second Sunday – Barrelhouse Wailers, 2-4 p.m., Jazz and blues band with vintage acoustic Americana roots. You don't want to miss this special treat as they play in the Topping Room on a Sunday afternoon. Bring the family, bring a snack and enjoy the free show!

12/8 Author Sue Fries 5-6 p.m. Join local author, radio personality and entrepreneur Sue Fries for a reading and book signing in the Topping Room. Ms. Fries will share her riveting true story about her son's battle with asthma.

12/14 Ukulele class 1-2 p.m. A free class where you can learn the basics of playing the ukulele. Don't have a ukulele? Check one out at the library!

12/20 Friday Night Flicks 7-9 p.m. The Griswold family's plans for a big family holiday predictably turns into a big disaster. Enjoy this classic holiday movie free of charge in the Topping Room.

12/21 Teens Teaching Tech 10-noon. Need help with today's technology? Bring your device to the library for help from local teens.

Computer classes:

12/2 Basic Training – Doug's five-step method for navigating the internet: In this class you will learn how to log onto the internet as well as the five necessary functions for doing a successful internet search. Level: Beginner

12/9 Holiday Websites – We will feature some of our favorite seasonal websites.

12/16 PowerPoint – Learn how to create a presentation by adding slides, editing text, and inserting pictures.

12/23 Q&A - A drop in session, ask for help with your technology questions. Level: Any.

Ventura events

by Ana Baker

Would you like to meet new friends? Do you need more than tweeting or blogging to express what's on your

CMH Auxiliary & Gift Shop Present the 2013

Holiday Boutique

*Benefiting the new
Community Memorial Hospital*

**Wednesday, December 4
8:00 a.m. - 5:00 p.m.**

**Thursday, December 5
8:00 a.m. - 3:00 p.m.**

**Nichols Auditorium
Community Memorial Hospital
147 N. Brent St., Ventura**

Sponsored by:
Terry Alaniz – Mary Kay Independent Consultant
Patti Brown – Origami Owl
Billy Coburn – Tupperware
Community Memorial Hospital Auxiliary
Joanne Cowles – Dove Chocolate Discoveries
Lisa Fitzgerald – The Soap Dishes
Rhonda Foley – Cookie Lee
Carol Gerke – Pampered Chef
Joan Johnson – Kika Paprika
Carla Kincaid – Crafts & Hand Painting
AnaMaria Rodriguez – Quilts & Baby Items
Deanna Smith – Things Handmade
Lupe Vasquez – Pottery
Shannon York – Scentsy
Mary Zaragoza – Quilts & Gifts

CMH Community Memorial Hospital
Community Memorial Health System



Community Events

mind? Whatever the reason, Ventura's Conversation Group is the right outlet for you. This eclectic group meets Wednesdays from 4p.m. to 6p.m. at the Adult Recreation Center, 420 E. Santa Clara Street. People of all ethnicities, education, incomes, personalities, and interests are welcome. No topic is off limits.

Nov. 29: Sean and his buddies are having a bake sale to benefit Red Cross efforts in the Philippines after the typhoon. It's from 9am-noon inside Track Sports store, next door to Von's on Seaward. Please come bring your baked goods and your \$ and support the kids' efforts; they've raised over \$600 on each past bake sale (Hurricane Sandy and Japan tsunami)! Bake an extra batch over Thanksgiving. We all have so very much to be grateful for. You can drop goodies at Sunny Oberto's house in advance at 2789 Seahorse or to the sale.

Dec. 1: Merry Tubachristmas is celebrating its 40th Anniversary. Every Christmas season, tuba and euphonium players of all ages, gather to pay respect to all the great artists and teachers who represent their heritage by performing traditional Christmas carols especially arranged by American composer Alec Wilder. The warm, rich organ-like sound of the tuba-euphonium choir has won the ears and hearts of every audience. It is no wonder that Tubachristmas has become an established Christmas tradition in cities throughout the world. The event will be held at the Pacific View Mall on Sunday at noon.

Dec. 1, 6, 7, 8, 13, 14 & 15: The 20th year of the Dudley House Holiday Boutique continues into December on weekends from 10 a.m. to 6 p.m. with a flea market added on Sundays. Celebrate the spirit of holidays past at this historic 1892 farmhouse where you will find quality crafts, home décor, antiques and collectibles and a tearoom with refreshments, silent auction and bargain items. Located on the corner of Loma Vista and Ashwood in Ventura, admission is free. Call 642-3345 for information.

Dec. 3: Join the Ventura Chamber Biz Connect Groups at their Holiday Biz Connect. Connect from 5:30pm-7:30pm at Rhumb Line - 1510 Anchors Way. Light appetizers provided by Rhumb Line restaurant. No host bar. Free admission, open to the public. They are asking that each attendee bring an unwrapped gift for a child to be donated to Spark Of Love or canned goods to be donated to FOOD Share. Please RSVP to Diane Myers, 339-9533. Ventura Chamber's Green Task Force invites you to a Green Drinks Mixer from 4-7pm at the Crowne Plaza Ventura Beach. Meet like minded, environmental friendly business members. www.facebook.com/venturachambergreentaskforce

Dec. 3, 7, 14, 21: Audubon December Field Trips. Tuesday, Dec. 3, 8:30 a.m. at the Santa Clara River Estuary/Surfers Knoll. Contact: Adele Fergusson 415-4304. Saturday, Dec 7, 8a.m. at Hedrick Ranch Nature Area, Santa Paula. Contact: Sandy Hedrick 340-0478. Saturday, Dec 14, 8:30a.m. at the Lang Ranch/Oakbrook Regional Park. Contact: Eric Waian 630-0100. Saturday, Dec. 21, 8:30a.m. at Arroyo Verde, Ventura.

Dec. 4: Real Estate Partners presents First Wednesdays mixer event at the Pierpont Inn, 550 Sanjon Rd. Come and network with local realtors, lenders, and brokers. \$5 admission at door. Proceeds to benefit the Rise Above Typhoon Haiyan Relief Efforts. For more infor-

mation, please contact Lupe Flores 844-8433.

Dec. 4, 5: CMH'S Auxiliary Annual Holiday Boutique from 8a.m. to 5p.m., located in the 8th Floor Auditorium of CMH. Homemade items and Baked Goods provided by Auxiliary members as well as Vendors: The Soap Dishes, Craft Hand Paintings, Origami Owl, Tupperware, Things Handmade, Pottery, Mary Kay, Kika Paprika, Dove Chocolate Discoveries, Pampered Chef, Quilts & Baby Items, Quilts and Crafts, Cookie Lee, and Sentsy. The Boutique proceeds will all be donated back to the hospital by the Auxiliary. For information on becoming an Auxiliary member please call Katie Weldon, Auxiliary President, 643-3095. They would love to see you there.

Dec. 5: Livingston Visiting Nurse Association will hold the following Joint Replacement Class to prepare you for total knee or hip replacement surgery. Home preparation, exercises and rehabilitation information will be discussed. Open to the public and free of charge, the class will be held on the 1st Thursday of the Month, from 1p.m. to 2p.m. at Livingston Memorial Visiting Nurse Association, Rm 109, 1996 Eastman Ave, RSVP Diana Davis 642-0239 x 739

Dec. 6: The Ventura Poinsettia Dance Club and the Ventura Jazz Orchestra will be performing a Holiday Swing Big Band Dance featuring the vocal styling of Donna Greene. Swing dance to holiday music along with a whole host of great swing dance songs. The event will be held on Friday at the Poinsettia Pavilion Ball Room at 3451 Foothill Road from 8p.m. to 10:30p.m. Admission is \$15 at the door plus free refreshments and parking. For more info call 548-1143

Dec. 6: The Filipino Council of Ventura County invites you to the Rise Above II: "Bayanihan" Dinner and Dance on Friday, from 7pm - midnight at the San Buenaventura Mission. The evening will include a catered dinner by Chef Jason Collis of Plated Events by Jason, live entertainment, dancing, a silent auction, and cultural dance performances. Admission is \$25 donation. For more information, please contact Grace Tuazon 766-3231 or Sonia Arredilla 402-0204 or visit www.facebook.com/RiseAboveVC. 100% of the proceeds to be donated to aid the victims affected by Typhoon Haiyan.

Dec. 7: Bargain Box, the upscale resale shop of Assistance League of Ventura, will be featuring a Jewelry Event and half price Art Sale, Saturday, from noon to 4p.m. A very large selection of jewelry, never displayed before, will be available. This is a perfect opportunity to shop for those special holiday gifts. Bargain Box is located at 1975 E Main St. All proceeds benefit Assistance League of Ventura County philanthropic programs. For more information, call 643-5593.

Dec. 7: Amnesty International Local Group #452 is holding their annual Write-a-thon at College United Methodist Church, 4300 Telegraph Road from 1 p.m. to 4 p.m. This year the local group is coordinating their write-a-thon with Amnesty International USA's Global Write-a-thon. Write For Rights is the world's largest letter writing event, a global initiative that will generate a massive outpouring of letters and cards to protect the human rights of people at risk. Furnished will be snacks, pens, paper, stamps and good company along



2nd Annual Holiday CAN-tree Collection
Celebrate. Build. Help.
DECEMBER 6-8



Help Us Meet Our Goal!

Let's Tackle Hunger in Ventura County

Working together with our family of 163 pantries – we serve over 74,500 hungry friends per month.

Here's how you can help:

CAN-tree Collection Signature Event

It's that magical time of year when your canned food donations transform into spectacular holiday trees! Be a part of FOOD Share and the Collection at RiverPark's signature CAN-tree event.

Businesses, neighborhoods, family and friends, join us during the weekend of December 6, 7 and 8 to help build CAN-trees and enjoy fun holiday activities including photos with Santa, an ornament decorating station, and great local entertainment!

Sign up today at foodshare.com to build your own CAN-tree or start your own neighborhood food drive to help us collect cans.
(The Collection at RiverPark - exit 101 at N. Oxnard Blvd.)

Donate Food or Cash:

FOOD Share needs nonperishable foods like canned tuna, chicken and meats, canned fruits and vegetables, rice, beans and pasta and peanut butter. Help FOOD Share provide even more protein-rich foods.
Donating just \$1 will provide \$5 worth of healthy groceries.

For more information,
visit www.foodshare.com or call (805) 983-7100 x 135



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with live music from local musicians.

Dec. 6, 7: Fox Fine Jewelry will host an Antique Jewelry Showcase. Over three million dollars of estate jewelry will be brought in for this special event. The jewelry ranges from the 18th century to the 20th century and will be available for sale. An antique jewelry expert will be on hand to answer questions. Refreshments will be served and the public is invited to attend this free event. The show runs from 10:30 a.m. to 8p.m. both days. This event will coincide with the Mission's tree lighting ceremony, the downtown holiday Street Fair, and the Winter Wine Walk.

Dec. 8: Channel Islands Chamber Orchestra will present "A Baroque Holiday". Sunday, at 3p.m. located at the First United Methodist Church, 1338 Santa Clara Street. \$20 donation appreciated. Youth 18 and under are Free.

Dec. 10: Beginning at 7:30 p.m. at the Poinsettia Pavilion, the Ventura Audubon Society's fourth program of the year is titled *A Naturalist's Guide to the Santa Barbara Region*. Join Joan Easton Lentz as she introduces us to the amazing diversity of our region's natural history. In this presentation on a journey of the AREA's flora and fauna by sharing photographs and hearing passages from her newly released book.

Dec. 11: Puppy pics with Santa Paws at Send Rover on Over from 4-6:30pm. By appointment, 650-3294, 1255 Callens Rd. \$10 for one 5"x7" print. Send Rover on Over is a donation station for all the local dog rescue organizations during the holidays!

Dec. 13: The General George S. Patton, Jr. Chapter, Sons of the American Revolution December

Continued on page 19



Celebratory 20th Anniversary Season

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Introduce young people to the fun and delight of live, professional musical performances

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Music by Paul Patterson for piano and woodwind quintet

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News and Notes



Barbara Bruce was an A tennis player

Barbara Erhart Bruce, known as "Bo" to her friends, passed away early the morning of November 9, 2013, at the age of 80, while sleeping comfortably at home with her family present. Set free from cancer, she is survived by her husband, Wayne Bruce; her two children, Jeff Erhart and Jan Erhart; three grandchildren, Becky, Jennifer and Sam; and her great-granddaughter Avery.

Growing up in Northern California, Barbara taught piano, and volunteered her time with Cub Scouts, Boy Scouts, and Girl Scouts, while actively raising her family. She took up tennis as the kids got older and developed a strong passion and love of the game.

After relocating to Southern California in the early 80's, she teamed up with a wonderful group of women, playing tennis for the A Team of the Ojai Valley Athletic Club. Barbara remained an active member of the team until 2011. These ladies became some of her closest friends and have provided continuous love and support to her and her family over the years. Prior to her illness, Barbara served over 20 years as a volunteer for the Ojai Tennis Tournament, both as secretary and desk manager at the Villanova and Thacher School tournament sites. Quick Start, a program to promote tennis to youth, was a place that you would find Barbara tossing tennis balls to youngsters, sharing her love of the game.

Barbara spent her summers in Lake Tahoe, continuing a tradition her family had started in her teens. Always fond of games, Barbara loved to play bridge and made frequent gambling trips to the Tahoe casinos and the Chumash Casino to play video Keno. Not one to shy away from technology, she texted with friends and researched new recipes to make for her family and friends to enjoy.

Barbara was an inspiration to her

tennis team, friends, and family with her passion for life, positive attitude, and fun-loving spirit. These traits were never more apparent than during her ups and downs of cancer treatments. Her memories and example will live on forever with those she touched.

A Celebration of Life service will be held at 2:00 pm, on Sunday, Nov. 24, 2013, at Barbara and Wayne's home.

Arrangements are under the direction of the Ted Mayr Funeral Home, 3150 Loma Vista Road, Ventura. Condolences may be left at TedMayrFuneralHome.com.

CAPS Chat

All of us are winners!

by Elizabeth Rodeno

During this past year, CAPS and Ventura Water have been working together on our summer Digital Storytelling program. In August, our documentary filmmakers visited the Ventura Wastewater Treatment Plant. We were happy to say that the kids produced some great films.

CAPS spent quite some time with the Ventura Hillside Conservancy and others documenting the big clean-up of the Ventura River. It was a labor of love and commitment to Ventura. The subsequent documentary was shown at the National Wild & Scenic Film Festival. It was suggested we submit it to the International Water Take1 festival as its focus is the restoration of our very own Ventura River. Low and behold, we were honored with the Ventura Vision award for The Big River Bottom Clean-Up.

We were also presented two WAVE awards at the Western Region Association of Community Media Awards. One was for our collaborations with Ventura College and their Pirate Soup show about the CTE Welding and Manufacturing programs for Best Educational film. CAPS won another WAVE award for the BMX Grand Opening film in the Best Sports Entertainment program division.

Aside from our regular coverage of City Council meetings, as well as the Planning Commission, Design Review and Historic Preservation committees and the VUSD, we have been working with Gold Coast Transit, the Ventura Chamber, Community Memorial Hospital and the Ventura County's District Attorney's office.

Do you have an important event that needs coverage or promotion? We have what it takes to promote, through bulletin boards and promos, and to cover your event. We have some of the best talent around. Go to www.capstv.org and take a look. There are links to regular shows and to our Vimeo page with a full menu of programming. us at 658-0500 or via www.capstv.org.



One of the last pieces to go into the steel structure of the new Community Memorial Hospital is the Community Beam which will hang above the main entrance. Folks have been signing their names on the Community Beam before it is lifted into place.

Signing here are Al Paolini (from CMH CAT Scan department) and 7-year-old daughter Amber and brothers Shaun and Julien Provencio.

Photos by John Ferritto.

VENTURA CHAMBER OF COMMERCE presents...

17th annual Poinsettia Awards

RECOGNIZING THE BEST: LARGE, MID-SIZE & SMALL BUSINESS OF THE YEAR; CITIZEN OF THE YEAR; JEWEL KEY AWARD; INNOVATION AWARD; NON-PROFIT SERVICE ORGANIZATION OF THE YEAR; YOUNG PROFESSIONAL OF THE YEAR; ENVIRONMENTAL SERVICES AWARD

ALSO AWARDING... CITY EMPLOYEE, FIREFIGHTER, POLICE OFFICER, STUDENT, EDUCATOR & DOWNTOWN VENTURA BUSINESS OF THE YEAR

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Senior Living

Pull Out Section



Yvonne Knepper, marketing director at Cypress Place Senior Living in Ventura, was the cat's meow at the Ventura Chamber of Commerce "Haunting at the Harbor" business expo held on October 24. Knepper was awarded best costume at the event (once again). Photo by Laura Luongo.

Cypress Place Senior Living to host memorial service

On Tuesday, December 4, join Cypress Place Senior Living for a Candlelight Memorial Service. This touching event is in loving memory of those who are no longer with us but are forever present in our hearts.

"We all come to terms with those we have lost in different ways," said Yvonne Knepper, one of the marketing directors at Cypress Place. "We hope to provide comfort, support, and ultimately inspiration for people during this holiday season."

The candlelight service will be led by Pastor Leonard DeWitt, Pastor to Senior Adults at Ventura Baptist Church. There

will be speakers, music, and attendees will be able to light a candle in honor of their loved one. Ventura Mayor Mike Tracy will be one of the featured speakers.

The free memorial service begins promptly at 5:30p.m. and is open to the public. Light refreshments will be served.

"Coping with the loss of a loved one is never easy," said Pam Staniland, activities director at Cypress Place. "We invite neighbors and members of the community to come together to support one another during this beautiful and touching service."

Cypress Place Senior Living is located at 1200 Cypress Point Lane in Ventura. Seating is limited so please call to reserve a seat. For more information or to RSVP, please call 650-8000.

To learn more about Cypress Place Senior Living of Ventura, visit their web site at www.cypressplaceseniorliving.com.



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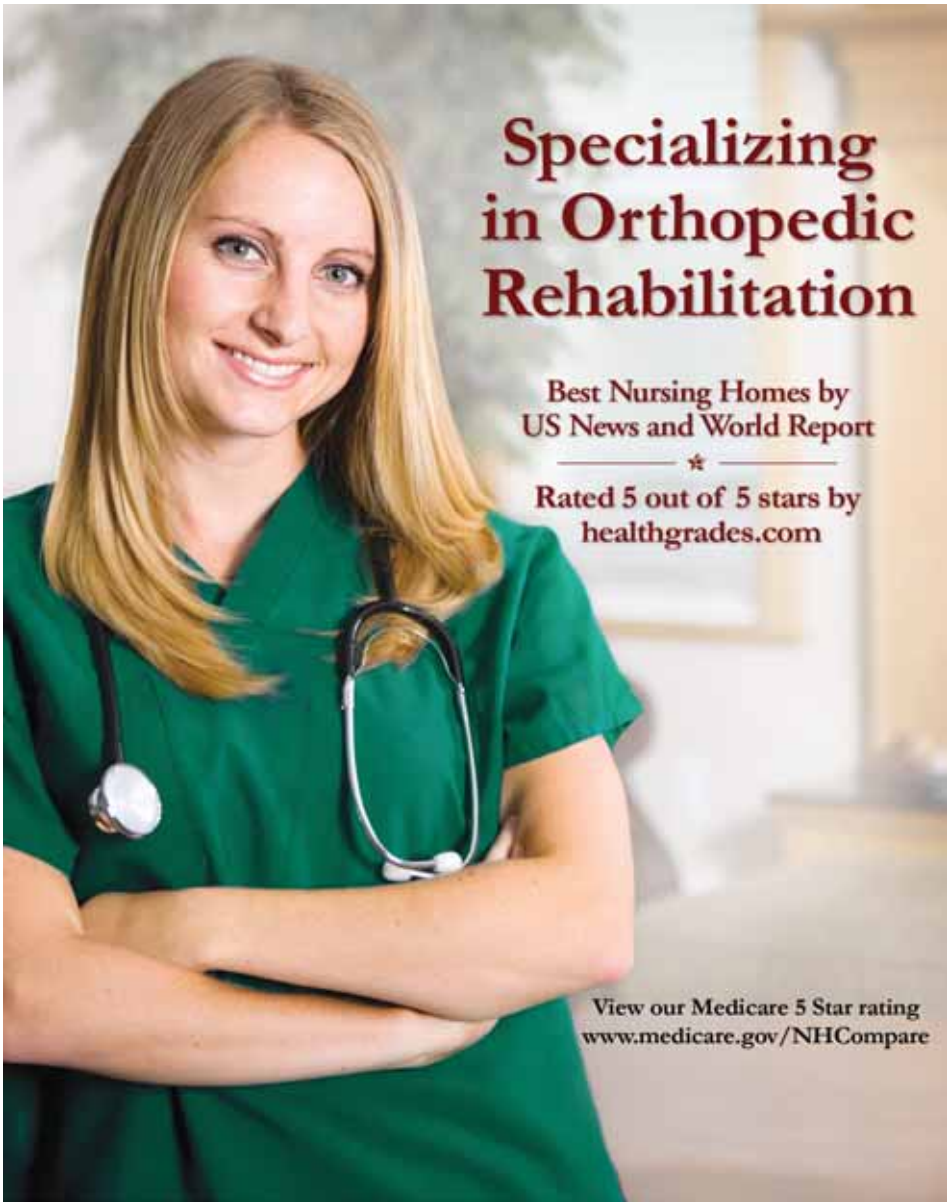
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Senior Living

This is the first in what will be a regular column in the Breeze. Columns will include health tips and education. We will be featuring classes from local health education providers such as CMH's HEALTHAware, SCAN Resource Center, Ventura Adult Continuing Education (VACE), and local senior centers. If your organization offers classes open to the public and would like to be included in this column, please contact Lori Harasta at 320-5758.

November is Pre-Diabetes/ Diabetes Month

by Andrea Ricketts
RN, PHN, MSN, ACNP-BC and HEALTHAware Manager

Did you know that 8.3% of the population in the United States has diabetes? This is equivalent to approximately 25.8 million children and adults. 27% of people over age 65 have diabetes. 79 million people have pre-diabetes.

This is a growing problem. In 2010, 1.9 million new cases of diabetes were diagnosed in people ages 20+. The cost of diabetes has increased to \$245 billion U.S. in 2012: \$176 billion for direct medical costs and \$69 billion in reduced productivity.

What is pre-diabetes?

When a person has pre-diabetes, the blood sugar levels are higher than normal but are not high enough to be called diabetes. There are no clear symptoms for pre-diabetes. You can take steps to reverse, delay, or prevent Type 2 Diabetes and heart disease.

What is Type 2 Diabetes?

Type 2 Diabetes occurs when your body can no longer make enough insulin to convert glucose from the food you eat into energy. High glucose levels stay in your body and can cause serious problems. There is no cure for diabetes, but it can be managed.

How can you take care of your diabetes?

Choose what, how much, and when to eat: "Create your plate"

Be physically active (30 minutes, 5 days a week)

Check your blood glucose (see CMHS screenings below)

Take your prescribed medication; keep appointments with your physician

Attend classes: educational and/ or support groups with family members (see CMHS classes below)

Maintain a healthy weight

What can you do for prevention and screening?

1. Community Memorial Health Systems (CMHS): Take the online risk assessment

www.cmhshealth.org/healthaware and click on "Diabetes", which invites you in for a free cardiovascular assessment

2. Make an appointment for a free diabetic glucose screening on the first Monday of the month from 11 am -1 pm at the HealthAware office: 805-667-2818

3. Attend Diabetic Update classes: held monthly at no charge -call the HealthAware office

4. Call the CMHS dieticians for a one-to-one counseling appointment at 805-652-5066 for weight management and/ or diabetes consultation.

5. Join the CMHS HealthAware Walking Program at Kimball Park every Tuesday/Thursday from 8:00 to 9:30 am.

Tips to avoid colds or flu this holiday season while traveling

(StatePoint) The most wonderful time of the year is all about spending time with loved ones. But if doing so requires travel, be sure to take precautions to stay healthy.

"Stressed travelers confined in crowded spaces can be particularly susceptible to colds and flu, especially at this time of year," says Dr. Kenneth Redcross, M.D.

But don't despair. Redcross says that a few behavior tweaks can help you get through the season.

Cold and flu viruses are transmitted by touching respiratory secretions and then touching your eyes, nose or mouth. So avoid touching escalator rails and other surfaces in crowded public places like airports. Don't put your face directly on airline-supplied pillows or blankets that haven't been sanitized. Use antibacterial wipes to clean off tray tables and arm rests.

One of the simplest ways to avoid transmitting cold and flu bugs is to wash your hands, yet as many as 30 percent of airline travelers do not after using airport restrooms, according to a study by the American Society for Microbiology.

The moment you feel achy or

rundown, nip flu symptoms in the bud with a natural homeopathic medicine clinically shown to shorten the duration and reduce the severity of flu-like symptoms, such as fatigue, headache, body aches, chills and fever.

Airplane cabins are extremely dry, and viruses tend to thrive in low-humidity conditions. Cold, dry air will dry out your mucous membranes, breaking down your natural barrier to infection. Drinking water, juice or electrolyte drinks or spritzing your face with water will keep skin moist. Avoid dehydrating beverages like coffee, soda and alcohol.

Stress can take a toll on your immune system. Reduce the stress associated with traveling by being flexible and prepared. Build extra time into your schedule for a more relaxing trip.

Exercise may prevent the elderly from getting colds and flu, according to a study reported in the journal, "Medicine and Science in Sports and Exercise." Make an effort to continue exercising on trips.

Do your best to get a full night's sleep while traveling. Even missing an hour or two of sleep nightly can wear down your immune system and increase your stress level, making you more susceptible to germs.

Eat right to avoid digestion problems and ensure you're getting immunity-boosting nutrients, such as vitamin C.

The busy holiday season doesn't have to mean sniffles, a sore throat and an achy, rundown body. Take steps to ring in a happy, healthy New Year.

Cypress Place Candlelight Service

**Wednesday,
December 4th
5:30pm**

*In loving memory
of those who are
forever present
in our hearts.*



Refreshments will be served.

RSVP By Dec 2nd
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Senior Living



On Veteran's Day, Nov. 11, Lexington Assisted Living honored all of their veterans with a special day featuring plaques presented to each one of them that stated "THE LEXINGTON ASSISTED LIVING – WE APPRECIATE OUR VETERANS – "VETERAN'S NAME AND SERVICE" – WE PAY SPECIAL TRIBUTE TO YOU FOR YOUR MILITARY SERVICE TO AMERICA AND FOR ADVANCING THE UNIVERSAL HOPE OF FREEDOM AND LIBERTY FOR ALL."

A wall of appreciation was also unveiled and veterans Woody Moldenhauer, Bill Oblinger, Merle Block, Bob Woods and Ed Carpenter proudly displayed their wonderful plaques and appreciation for the wall which honors each branch of the service.

Lexington Assisted Living is located at 5440 Ralston and can be reached at 644-6710.

The Bonaventure events and educational seminars

Everyone is welcome. Thank you and happy holidays!

Saturday, 11/30 - (11:30am) Fitness with Frank Jackson and (12:30pm) Lunch

Sunday, 12/1 - (11:30am) Holiday Music with John Hendrickson and (12:30pm) Lunch

Tuesday, 12/3 - (3:00pm) Yoga and Fitness

Friday, 12/6 - (12:30pm) Lunch and

(1:30pm) Estate Planning Seminar "Is Your Legal House in Order?" presented by Christopher P. Young Esq., The Alvarez Firm

Saturday, 12/7 - (10:00am) Moving/ Downsizing Seminar presented by Greg Gunderson, Gentle Transitions

Sunday, 12/8 - (2:00pm) Christmas Caroling and (3:00pm) Ice Cream Social

Wednesday, 12/11 - (4:30pm) Ventura Youth Choir and (5:30pm) Dinner

Friday, 12/13 - (3:00pm) Happy Hour

Saturday, 12/14 - (5:30pm) Dinner Concert

Monday, 12/16 - (11:00am) Holiday Entertainment and (12:30pm) Lunch

Saturday, 12/21 (3:00pm) Happy Hour, (4:30pm) Holiday Show and (5:30pm) Dinner

Sunday, 12/22 - (3:00pm) Ice Cream Social

Thursday, 12/26 - (3:00pm) Yoga and Fitness

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Senior Living



The sun wasn't the only thing shining when volunteers planted a large Victory Garden at the Ventura Convalescent Hospital for senior residents who were literally beaming at the prospect of getting their hands dirty. It

took months of planning by scores of volunteers and businesses who generously supplied and built a concrete patio for raised beds that gives the seniors a garden for healthy eating and recreation beyond bingo and TV. "The Senior Victory Garden has been installed by our Garden Angels and community partners who donated time, talent and treasure to make a simple dream a community miracle of giving back," said Suz Montgomery, who spent untold hours creating the garden that seniors could tend and taste. Photo by John Hankins.

Religion

Chanukah

Every year between the end of November and the end of December, Jewish people around the world celebrate the holiday of Chanukah, the Festival of Lights. Chanukah begins on the 25th day of the Hebrew month of Kislev, but the starting date on the western calendar varies from year to year. This year it starts at sundown on Nov.27 and ends on Dec.5.

In the land of Judea there was a mean (boo) Syrian king, Antiochus. The king ordered the Jewish people to reject their God, their religion, their customs and their beliefs and to worship the Greek gods. There were some who did as they were told, but many refused. One who refused was Judah Maccabee.

Judah and his four brothers formed an army and after 3 years of fighting, the Maccabees were finally successful in driving the Syrians out of Israel and reclaimed the Temple in Jerusalem.

When Judah and his followers finished cleaning the temple, they wanted to light the eternal light, known as the N'er Tamid, which is present in every Jewish house of worship.

Only a tiny jug of oil was found with only enough for a single day. The oil lamp was filled and lit. Then a miracle occurred as the tiny amount of oil stayed lit not for one day, but for 8 days.

Jews celebrate Chanukah to mark the victory over the Syrians and the rededication of the Jerusalem Temple. The Festival of the Lights, Chanukah, lasts for eight days to commemorate the miracle of the oil.

The menorah candles are lit to celebrate the 8 days that the oil stayed lit.

Health

Help and information for cancer wellness

Community Memorial Hospital's Cancer Resource Center is offering a free discussion group on Wednesday, December 11, for cancer patients and their families to discuss what the Affordable Care Act means for people with cancer.

Jody Giacopuzzi is an oncology social worker at the CMH Cancer Resource Center. The group will be held from 2:30

to 3:45 p.m. at the CMH Cancer Resource Center. Discussion points include:

An overview of the ACA.

Six ways the ACA is helping cancer patients.

ACA and expanded Medi-Cal.

How to review current insurance options under the ACA.

The Cancer Resource Center is located at 2900 Loma Vista Road, Suite 105, in Ventura. For more information or to RSVP, call 652-5459.

Community Memorial Health System wants you to protect yourself and learn your risk. CMHS offers a free Lung Assessment online screening tool which takes just seven minutes and provides information about your personal risk for lung disease. Answer a few simple questions, and you will be provided with a report of your risk factors and recommendations for improving and maintaining a healthy lifestyle. To find out if you are at risk go to www.cmhshealth.org/healthaware.

In addition, CMHS offers a lung cancer screening program to aid in the early detection of lung cancer. This helps doctors treat the disease in its early stages. Oftentimes, lung cancer is detected in its later stages, making it difficult to treat after it has compromised other parts of the body. Talk to your doctor to see if you're a good candidate for the screening.

Mailbox

Continued from page 5

than to use the crosswalk. The same is true here at the Ashwood-Telegraph intersection. More than once I have been almost hit by someone running the red light while making a left hand turn from Telegraph onto Ashwood. I now jaywalk.

If rear-enders are the concern, follow the three second rule: leave a three-second gap between you and the car ahead. And if you got a ticket, it's probably because you deserved it.

I don't want you in jail for hitting someone in a crosswalk. I want you around because the Ventura Breeze is a good read where I always learn something. I wish it were a weekly.

C. Miller

Ventura

C:

Well I don't want to be in jail either so I shall be very careful at crosswalks. But we should also warn people that they should be cautious while crossing the street even if in a crosswalk
Sheldon



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News and Notes



Teams were cheered on by their large group of fans who attended.

Trivia Challenge raised funds for Library’s adult literacy program

On Nov. 21 the Rotary Club of Ventura South presented their 25th annual ‘Trivia Challenge’ for the Ventura Public Library’s Adult Literacy Program at the Wedgewood Banquet Center. This was a major fundraiser for the library’s adult literacy program.

The event was divided into multiple teams of 3 placed in categories: Youth (under 25) Service clubs, businesses, and Individual “Just for Fun” teams. The teams competed in a general knowledge game similar to TV’s “Jeopardy” for trophies. Entry fees were \$125 per person or \$375 per team.

The evening featured wonderful hors d’oeuvres, no-host bar, raffle prizes as well as the competitive trivia teams.

Larry Matheney was again the Master of Ceremonies for the evening and was as entertaining as the competition with his great sense of humor. The

event was “Called to order” by Dante Honorico, President of Rotary Club of Ventura South, and Carol Chapman, Adult Literacy Program Manager, explained the Ventura County Library Association Adult Literacy Program.

Rotary is a worldwide organization of professional men and women who focus on both needs in their local communities and international programs such as the global elimination of polio in collaboration with the Bill Gates Foundation. If you are interested in knowing more about the Rotary Club of Ventura South you are invited to attend their weekly Monday noontime meetings at the Wedgewood Banquet Center, 5880 Olivas Park Dr. that includes an excellent buffet lunch and outstanding presentations. For additional information contact dhonorico@aol.com.

A Fairgrounds Christmas accepting vendor applications

The Ventura County Fairgrounds is accepting vendor applications for the Christmas Boutique in the second

“A Fairgrounds Christmas.” Vendors who sell gifts, ornaments, jewelry, packaged foods, toys and clothing are invited to apply. Deadline for applications is Monday, November 18.

The “Rain or Shine” indoor event, slated for Saturday, December 14 from 9am – 5pm will include Santa Claus with photo opportunities, Christmas Boutique, Children’s Activities, Christmas Music, Santa’s Fun Zone and a lot more.

Applications for vendor booths are available at www.venturacounty-fair.org or 648-3376.

At the monthly business mixer held at the Ventura Executive Suites, 701 E. Santa Clara Street, this lucky lady won one of the wonderful door prizes. This event is designed for locally owned businesses to network themselves and their companies. It’s casual, fun and free for everyone and includes wine tasting and wonderful food from local restaurants.



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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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805-647-7704
- 3555 Loma Vista Road, #110, in Ventura
805-653-0303
- 2953 Telegraph Road in Ventura
805-652-5252
- 2772 Johnson Drive in Ventura -Scheduled to open in November
805-642-1430
- 1751 Lombard Street in Oxnard - Scheduled to open in October
805-981-9111

www.primarymedical.net



Professor Scamp, Ph.D

(Pretty Happy Dog)



Professor Scamp
Ph.D

Recently the government is proposing tougher rules to protect America's pets for how their food is manufactured. The new Food and Drug Administration regulations would establish production guidelines to help prevent harmful bacteria and other contaminants from tainting pet food and animal feed (I hate the taste of bacteria so this is good). The aim is to reduce food-borne illness that could harm people as well as animals (especially us dogs).

This is the result of the FDA continuing to grapple with a widespread outbreak of illness linked to imported jerky treats. About 3,600 dogs (and even a few cats) have become sick since 2007 after eating the Chinese-made products; nearly 600 pets have died.

The FDA says the proposed rules will give its inspectors more power to crack down on offenders during the manufacturing.

Writing in the LA Times (I read 2 newspapers) Sandy Banks stated "Last spring I wrote about a novel campaign to keep dogs and cats out of the South Los Angeles shelter by helping pet owners through difficult times."

"With a little money and a lot of volunteers, the intervention program run by Downtown Dog Rescue had paid vet



Here I am at the Coastal View Healthcare Center visiting some of my senior friends while helping them improve their mental health and physical functioning.

bills and pet deposits, repaired backyard fences, spayed and neutered hundreds of dogs, and found homes for pets whose owners had to give them up."

"In just 7 months, the group has kept more than 1,500 dogs and cats from winding up in the shelter. That's in a neighborhood where almost a third of the people live in poverty and packs of stray dogs roam the streets (Maybe a lot of these people shouldn't have pets to begin with)."

The Ventura County Board of Supervisors has approved a rule that would require dogs and cats older than 4 months to be spayed or neutered. The board voted 4-1 on the new ordinance. The rules are intended to prevent dog breeding in puppy mills and reduce the number of homeless animals, many of which are unadoptable and eventually euthanized (Like those in the article above).

Final adoption of the ordinance is scheduled for Dec. 10. It would take effect 30 days later.

The ordinance would apply to unin-

corporated areas only but is certainly a good idea for Ventura also (I have been).

Pet owners would receive a 60-day notice to spay or neuter their animals by the time the pets are 4 months old. Violators would be fined \$25 per day if they fail to spay or neuter their pets within 60 days of receiving a notice. Multiple violations could result in civil penalties up to \$500.

A recent party celebrated the retirement of 3 dogs from their duties with the Simi Valley Police Department's K-9 program. The Simi Valley Police Foundation hosted the event in honor of German shepherds-Rocco, Gino and Zep. The dogs, all over 9, were honored for their service, which ranged from 4 to 7 years.

Replacing a police dog costs on average \$15,000-\$25,000, and replacing a columnist dog (With a PhD) is priceless.

A Sierra Madre resident recently escaped eviction when the town's police chief decided that "Neil" (Not the resident) was actually a pot-bellied pig, not a hog. Which was good for Neil, because hogs are illegal in Sierra Madre.

Neil couldn't live in Seal Beach, however, because the Orange County beach city has adopted an anti-pig law, adding it to the list of animals that are illegal to keep. Hogs – along with goats, horses, cows and mules – were already banned in the city limits. Personally I like pigs and hogs equally as long as they are bar-b-qued.

Researchers meeting in Chicago have presented findings from 3 new studies that show health and other benefits from human-animal interaction (I could have told them that and saved them a lot of money). Scientists who examined the impact of pets on physical and emotional health and on human social relationships have found positive and lasting effects of pet ownership and pet therapy.

"What we're seeing overwhelmingly is benefits from the interaction," says Dr. Sandra McCune, Scientific Leader of Human-Animal Interaction at the Waltham Centre for Pet Nutrition, based in Leicestershire, England.

In one of the studies, University of Maryland researchers looked at elderly adults with dementia residing in assisted-living facilities and found that structured interaction with a dog helped improve their mental health and physical function. The study involved 40 elderly adults with dementia who had two, 60-90 minute sessions per week for 3 months, during which they could interact with a visiting dog. The interaction included feeding and grooming the dog using large and small motor skills.

"They had to put a collar on the dog or do something that was dog-related and what they found was that really helped their physical functionality of being able to open things and being able to manipulate things with their hands," McCune says. "What you find is that it really improves their mental health so their depression scores are lower (better) and their physical function is better. And over time, those results persisted."

Forever homes wanted

Hi: I'm Jacob, a 3-year-old affectionate and playful Jack Russell Terrier/Poodle mix. I'm shy when I first meet new people and need some time to warm up to you. I'm looking for a new home because my owners have fallen on hard times and can no longer take care of me. I love going for walks, being around my people and Mr. Penguin (my favorite stuffed toy). I don't like being left alone all day so I need a family that would rarely leave me alone or has another dog in the home to keep me company. I would do best in an adult only home or a home with older children. I'm in need of a foster home as well as a permanent home. If you are interested in fostering call the Adoption Center at 644-PETS(7387).

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



Hi: I'm a little girl named Daniella! I like to cock my head to one side while watching you. I will spend hours rubbing my head against your hand to get attention, but I don't mind being in a cozy corner alone for some relaxation time. Come visit me at the Camarillo Adoption Center and ask for A587038. We're located at 600 Aviation Drive.

Hi: My name is Crumb and I am a young male Chi/Jack Russell mix. I was found as a stray and rescued by CABODOGZ. I am friendly and playful with peep and other dogs too! I looove to play with squeaky toys and tennis balls!

Come see me at Ventura Highway Luxury Boarding for Dogs, 4692 Ventura Ave., or call 643-3647. Be A Hero... Adopt a homeless dog this holiday Season!



Adopted!

These 2 boys, Darwin and Chip, will grow up together, thanks to the Breeze and Professor Scamp!

Scamp Club

Hi: I'm Sassy, a lucky 10-year-old lady chow mix. I was adopted from CARL in 2007. I like eating chicken and tri-tip and taking walks with my very best friend. I'm not very fond of young dogs (to be honest) and see no sense in chasing things when they are thrown for me to go get. If you want them don't throw them.



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.

PUPPY PICS WITH SANTA PAWS AT SEND ROVER ON OVER!

\$10 for one 5x7 print. Wednesday, December 11th, 4-6:30pm, by appointment. Call 650-3294 TODAY!

Send Rover on Over is a donation station for all the local dog rescue organizations during the holidays! Cage free boarding now offered at Send Rover on Over. The nicest place for your dog to stay when you're away!

Valeri Stallings Owner/Trainer/CGC Evaluator/CPDT KA., Behavior Consultant, R.N., BS (student ABA)

1255 Callens Road, Ventura



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.

Strong Arm Robbery

On Monday, November 11th, at 5:21 p.m., the victim was sitting in his vehicle to the rear of ARC thrift store in the 200 block of East Main Street. The victim told officers that Richard Pulido approached his car window and asked to use his cell phone. The victim refused, but Pulido reached into the victim's vehicle and stole the phone. After taking the cell phone, the suspect fled. The victim gave chase, catching Pulido in the 200 block of Santa Clara Street where they got into a physical altercation over the property. Pulido was able to break away from the victim and flee.

Officers responding to a call of a fight at the intersection generated by the altercation and located Pulido hiding in a nearby parking lot. Pulido was identified and taken into custody without incident.

As a result of the robbery, the victim suffered minor injuries to his arm. Pulido was uninjured during the incident and transported to VC Jail.

Stolen Vehicle

On Monday, November 11th, at 7:37 a.m., the VPD received a phone call about a suspicious occupied vehicle in the 100 block of Cambria.

Officers were dispatched to the area and while en route, were advised that the license plate given by the caller came back to a stolen vehicle out of Santa Barbara. Officers arrived on scene, confirmed it was the stolen vehicle, were able to block the vehicle in, and take the driver into custody without incident.

Residential Burglary

On Sunday, November 17th, at 12:16 p.m., the VPD received a call from a citizen reporting a residential burglary that had just occurred in the 2200 block of Pierpont Boulevard. The citizen observed the suspect, Krystal Chaney, enter the victim's open garage and enter the victim's unlocked vehicle that was parked in the garage. The suspect went through several areas of the vehicle before leaving the garage.

Officers located Chaney, who was still in the area. Chaney was found to be in possession of items that had been taken out of the victim's vehicle. Chaney was arrested and booked at the VC Jail.

Assault with Deadly Weapon

On Sunday, October 26th, at 1:50 a.m., patrol officers were hailed in reference to a stabbing that just occurred in front of Dargan's, located at 593 East Main Street. The victim, Aaron Landeros, and suspect, Apolinar Lopez, had been inside the bar and went outside where Landeros was stabbed once in the torso area. Lopez fled.

Landeros was transported to the hospital by ambulance where he was treated for the non-life threatening injury.

On Tuesday, November 19th, at 10:00 a.m., the VPD located Lopez at a residence on Dakota Avenue. Lopez was arrested without incident and booked at VC Jail.

Armed Robbery

On Thursday, November 21st, at 8:49 a.m., the VPD received a call of a robbery that just occurred at Western Pacific Medical located at 955 East Thompson Boulevard. The reporting party stated

that two suspects entered the location wearing bandanas and were armed with knives. The suspects obtained property from the business and fled. A patrol officer responding to the call saw Tomamalo Saipale enter the rear seat of a vehicle being driven by Matthew Titus. The vehicle was stopped and officers located the evidence in the vehicle that linked the suspects to the crime.

Fatal Traffic Collision

On Sunday, November 17th, at 12:43 p.m., the VPD received calls regarding an injury traffic collision at the intersection of Thompson Boulevard and Figueroa Street. Officers arrived and found that the pedestrian, Evaristo Juarez-Chavez, had sustained major injuries after being struck by the truck being driven by Thomas Robles. Juarez-Chavez was transported to VCMC and was treated for his injuries. November 19th, Juarez-Chavez succumbed to his injuries while still at the hospital and was pronounced dead.

Juarez-Chavez was walking in a marked crosswalk. Robles was driving and collided with Juarez-Chavez at the crosswalk. There were multiple uninvolved witnesses at the intersection at the time of the collision. All of the witnesses stated that Juarez-Chavez was crossing the street in the crosswalk; however he was crossing against a red light signal. Witnesses state that vehicles going both eastbound and westbound had to come to complete stops in order to allow Juarez-Chavez to cross the street, despite the fact that the vehicles were facing green signals.

Juarez-Chavez was legally blind and he navigated on foot by listening to vehicular traffic. It was decided that he was at fault for crossing the street against a red light signal.

Harbor Patrol Blotter

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


11-9 9:47 a.m. The Ventura Yacht Yard relayed a message of a vessel taking on water in its slip at VWM. Patrol responded, dewatered the vessel and cleared.

11-10 11:10 a.m. After PD cleared from a domestic dispute of a couple yelling at the launch ramp, Patrol received a second call that the fighting had resumed. Patrol responded and found the center of complaint was that their truck was out of gas. Patrol gave them enough gas to get out of the Harbor with a promise not to return.

11-14 6:25 a.m. Patrol monitored a call from a vessel calling Vessel Assist to report they are disabled and anchored off the breakwater. Patrol contacted Vessel Assist and then responded to check the well-being of the vessel. The vessel was just outside the surfline.

11-15 9:35 a.m. PD relayed a report of a surfer in trouble at "the Point". One officer responded from the Harbor Entrance and the second responded by RWC. Upon arrival, FCC cancelled all units because the person was on the beach.

11-16 1:32 p.m. Patrol observed a trimaran nearing the surfline south of the Harbor. The vessel entered the surfline and went aground on the beach. Vessel Assist handled salvage operations; Patrol cared for the boat operator.



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Nobody is immune to crime

The Ventura Police Department has issued a Community Crime Advisory due to an increase in reported incidents of packages being taken from the porches/doorsteps of residents' homes throughout Ventura.

For example, for the months of September and October 2013 they have had 14 reports of packages stolen from the front porches/doorsteps of homes; (7 in September and 7 in October). When compared to the same timeframe last year there were a total of 4 reports of stolen packages; (3 in September and 1 in October). For the year-to-date of January 1, 2013 to October 31, 2013 there have been a total of 67 reports filed compared to 13 during the same period last year.

Although this type of crime occurs year round, the busy Holiday shopping season is rapidly approaching and naturally many people will have items

delivered to their homes. Unfortunately, the criminals also know this all too well. Nobody is immune to crime but there are a number of steps you can take to reduce your chances of being a victim of this type of crime.

Request delivery of package(s) via signature so as to ensure the package will not be left on the porch.

Track your package online so you have a better idea of when it is scheduled to arrive.

If a package was left on your doorstep, and if possible, have a neighbor, friend, or family member go to your home and pick up the package.

If you know you will not be home in advance then have the package delivered to your work (if possible) or to a neighbor, friend, or family member who will be home.

If you have a P.O. Box at a local mailbox services store, UPS Store, etc., then have your package delivered directly to the store.

Effective lighting is always a good deterrent. Install a light/motion light on your porch/doorstep in the event your package is delivered in the late afternoon

Continued on page 20

Weekly SUDOKU

Answer

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

King Crossword

Answers

Solution time: 25 mins.

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

Show Time



Ventura’s own Guy Martin will open for B.B. King.

Ventura’s Music Scene

Around Town

by Pam Baumgardner

VenturaRocks.com

Pam @VenturaRocks.com

How cool is it that our very own Guy Martin, guitar wiz extraordinaire, is opening up for B.B. King at the Majestic Ventura Theater? “It is definitely a rare opportunity, and I’m honored to say the least,” Martin confided to us. You know Martin is going to bring it on and represent Ventura. Talking about the big night, Martin disclosed his game plan, “It will be the usual in-your-face ‘Guy Martin’ style blues, but maybe with a little toned down homage to the great BB King; possibly a sit-in with the man if I’m lucky.” Backing up Martin will be his long-time friend and bass player of 16 years, Tony Trigueiro, and local skin beater Pete Gallagher driving the bus, on the drums. B.B. King who recently turned 88 years old, plays the Majestic Ventura Theater, Wednesday, December 4. Visit www.VenturaTheater.net for ticket information.

I was honored to be asked to be one of the judges for the 5th annual RAWards semi-finals for Ventura. Sara Vausbinder, Showcase Director for RAW Ventura explained, “Artists are competing locally for the title of RAWartist of the Year in their category. They then move on to compete nationally - of which our national winners receive career boosting prizes including gallery placements, consultations with professionals in their field, magazine features, and more.” Bands performing for a chance to move on to the National finals are Sleepercub, Ship Wreck, Easy Bear and Jukebox Mutiny. Get out and vote for your favorites Friday, December 6 at Bombay Bar and Grill.

The Ventura Music Festival is celebrating the opening of their 20th anniversary season entitled, “Festivo!” You’ll want to take the entire family Sunday, December 1, to the Ventura College Performing Arts Center when Nuvi Mehta, the company’s Artistic Director, will narrate Dr. Seuss’s *The Sneetches* and Roald Dahl’s *Little Red Riding Hood* with live musicians and slide projectors. Mehta told us what parents could expect, “Great stories, great music, great fun and a chance to meet the instruments of the woodwind section!” And according to Mehta, he has a plan on how to keep kids engaged, “Both works are narrated, with music chiming in, and there are images on the screen to see, too! Both of these works are as fun for adults as they are for children.” For more information go to www.VenturaMusicFestival.org.

And as always, it’s a crowd favorite when Billy Vera and the Beaters play the room at Yolie’s. Vera has written a number of hits and has a Star on the Hollywood Walk of Fame near Capitol Records. “At This Moment” which hit

#1 in January 1987, still gives me goose bumps! Vera and crew will hit the stage at Yolie’s, Black Friday, November 29. Go to www.HiHatEntertainment.com for more information.

Two on the Aisle

Rubicon overflows with holiday magic

by Jim Spencer & Shirley Lorraine

There is so much holiday magic at Ventura’s Rubicon Theatre Company this season – over 35 shows and events – that it’s impossible to fully share all the details here.

There’s a Santa’s Village, Dickensian carolers, a late night comedy event, holiday readings, Tiny Tots concerts, a holiday boutique and two blockbuster musical productions.

The merriment begins with the 2013 edition of *A Rubicon Family Christmas Concert*, conceived and directed by the Rubicon’s multi-faceted Associate Producer, Brian McDonald. The cast features Santa, Frosty, Rudolph, a talented local youth chorus and six Broadway veterans, all making marvelously memorable musical magic. The Broadway voices include Joan Almedilla (Kim in *Miss Saigon*), Teri Bibb (Christine in *The Phantom of the Opera*), Trey Ellett (Mark in *RENT*), Anthony Manough (*The Lion King* and *Jesus Christ Superstar*), Natalie Nucci (*Dirty Rotten Scoundrels*, and *Jesus Christ Superstar*) and Brian Sutherland (*1776*, *Victor/Victoria* and *110 in the Shade*).

It is a show of the season that at once gladdens the heart and creates lifetime holiday memories for the entire family.

A Rubicon Family Christmas opens the day after Thanksgiving, November 29, and plays through Sunday, December 8, 2013.

The second major musical event, *Little Miss Scrooge*, is a modern day musical retelling of Charles Dickens’ holiday classic *A Christmas Carol*, mashed-up with the intriguing addition of characters, plot lines and references to other Dickens’ works, such as *Nicholas Nickleby*, *Great Expectations* and *The Pickwick Papers*, to mention a few.

It has been described as a tale that combines the love story from *Great Expectations* with the ghost story from *A Christmas Carol*.

Here’s how we thumbnailed the plot when the show was presented as a staged reading last year. Estella Scrooge, a direct descendant of Ebenezer, is a profit-driven Wall Street banker. Since Betty Cratchit and other staffers decline to work on Christmas Eve, she personally goes to Pickwick, Ohio, to foreclose on an unprofitable hotel that caters to the dispossessed. The project is run by the attractive Philip “Pip” Nickleby, who turns out to be a former childhood friend. When a snowstorm hits she is forced to stay the night at the hotel. After retiring she is visited by three eccentric spirits who share with her visions of Christmases Past, Present and Future.

Little Miss Scrooge debuts Wednesday, December 18 and continues through Monday, December 23.

Performance times for both *A Rubicon Family Christmas* and *Little Miss Scrooge* are 2 & 7 p.m. on Wednesdays and Sundays; 8 p.m. on Thursdays and Fridays; 2 & 8 p.m. on Saturdays; and 2 p.m. on Sundays, with additional performances of *Little Miss Scrooge* at 7 p.m.

VFS @ 420 East 2013

The Source Family

Ventura Film Society’s 2013 closing night film.

Filmmakers Maria Demopoulos & Jodi Wille will attend, along with other special guests.

The Source Family (Sunday Dec. 1 @ 6:15pm – Century 10 Downtown Ventura) is a riveting and highly personal insider’s guide to the counter-culture movement of early 1970’s Los Angeles. The Source Family, headed by their charismatic spiritual leader, Father Yod, (a World War II veteran and successful entrepreneur by the name of Jim Baker),

on Sunday, December 22 and Monday, December 23.

Tickets: \$35 to \$59; \$20 for students and active military with ID. (805) 667-2900. Information about all the other events and on line 24-hour seat selection and ticket printout available at www.rubidonthatre.org.

About Time



Movie Review by Andrea Gibb

andreagibb@hotmail.com

About Time is Ground Hog Day with a British sensibility and an equal amount of charm and kookiness.

But there’s enough here that’s new in this fresh take on time travel to make it a must-see.

As is always the case in this type of fantasy, you have to suspend logic and go along with a few wacky rules. In this one, Tim (red-head Domhnall Gleeson, from the Harry Potter films) inherits the ability to go back – only back, not forward – in time from his father, the brilliantly quirky Bill Nighy.

How is this accomplished? Well, as his dad explains, there’s standing in a dark closet, clenching fists, and recalling the exact moment you wish to return to. As long as it’s not before the birth of your most recent child, see, because then DNA gets involved. OK, as long as you understand that, you can return to any point in time. Now that we’ve gotten the wacky rules out of the way, let’s do the Time Warp.

Young Tim gets the hang of it fairly quickly, and uses his talent to “do-over” any number of things from minor faux pas (knocking over a table full of drinks at a party) to sexual blunders (going back to master the critical unhooking of Mary’s bra) to changing his mind repeatedly about who will be the best man at his wedding. The comic tone of the movie changes when Tim goes back in time to try to save a loved one from disaster.

Writer/director Richard Curtis is master of the light comedic touch, also evidenced in *Love Actually*, and *Four Weddings and a Funeral*. He always succeeds in combining young hopefuls, black sheep, and raging misanthropes in a most engaging way. Also, on display are the unmatched irony of Bill Nighy, the open hearted charm of Rachel McAdams as Mary, and the playful nuttiness of Lydia Wilson as sister Kit Kat. Venerable British thespian, Lindsay Duncan, brings warmth to the role of the mother.

One great thing about movies is that they take us places we’d like to go to, but might never get the chance. In *About Time*

passionately pursued a communal lifestyle and other radical experiments in utopian living.

“The Source”, their pioneering Sunset Strip health food restaurant, their legendary rock band Ya Ho Wa 13, and the seemingly endless array of beautiful women in the family, made them the darlings of hipster Hollywood. But their outsider ideals and unconventional behavior became an issue with local health and building code authorities. Father Yod made a lot of people nervous with his 13 wives, free love doctrine, and other “cult-like practices”. Controversy followed the group when they decamped for Hawai’i in search of a fresh start. This is not what they found in that island paradise.

we get to visit “Dans Le Noir,” French for “In the Black,” a restaurant where service and dining take place in pitch darkness, the ideal place for Tim and Mary’s initial meeting. You know you’ve always wanted to go to one of those places. Too dark? OK, then you’ll probably prefer another unique location, the fashion photography exhibit featuring supermodel Kate Moss, a fun backdrop to the couple’s second meeting, this time fully lit.

The “do-over” is clearly an irresistible fantasy, probably the one super power we’d all like to have. Who wouldn’t want the ability to go back and do it right, or do it better, or kiss the one we should have kissed? Where this movie succeeds is in showing both the unfair advantage of this ability and the pitfalls inherent. If all decisions and actions can be recalled, then what weight does the present have? What care, if any, do we need to take in our daily lives? This movie is guaranteed to make you think about the past and the present in a fresh and funny way.

Rated R. 123 minutes / Comedy, Drama, Sci-Fi

Music Calendar

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

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Continued on page 20

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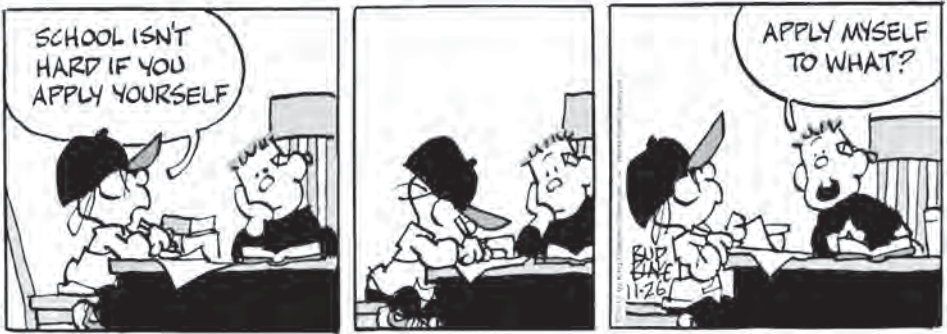
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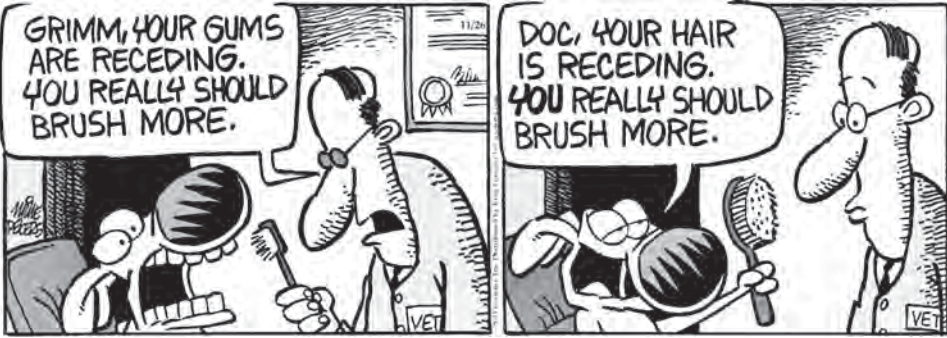
Tiger



Crock



Mother Goose and Grimm



Buckles



Rhymes With Orange



Solutions on page 15

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

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 15

King Crossword

ACROSS

- 1 Distant
- 4 Primary
- 8 — vu
- 12 “Rocks”
- 13 Bullets and the like
- 14 Mosque bigwig
- 15 Blood group?
- 17 Tarzan’s transport
- 18 Diving bird
- 19 Substantial bodies of work
- 21 Cronkite or Brennan
- 24 Parched
- 25 Beer’s cousin
- 26 Cratchit lad
- 28 Medical worker
- 32 Apparel
- 34 Chum
- 36 Bartlett or Bosc
- 37 Don’t slouch
- 39 Steal from
- 41 Cacophony
- 42 Pantheon member
- 44 Ping-Pong need
- 46 Parade of a sort
- 50 Not many
- 51 Common rhyme scheme
- 52 Warnings

1	2	3		4	5	6	7		8	9	10	11
12				13					14			
15				16					17			
		18				19		20				
21	22				23		24					
25				26		27		28		29	30	31
32			33		34		35		36			
37				38		39		40		41		
				42		43		44		45		
46	47	48				49		50				
51					52		53				54	55
56					57					58		
59					60					61		

- 56 Nevada city
- 57 — & the Gang
- 58 Knock
- 59 Lily type
- 60 Formerly
- 61 Aviate

DOWN

- 1 Christmas tree, often
- 2 Expert
- 3 Period of imminent danger
- 4 Sell
- 5 I love (Lat.)
- 6 Pointer Sisters’ “— Excited”
- 7 Snooped

- (around)
- 8 Split evenly
- 9 Mideast ruler
- 10 “— Eyre”
- 11 Iowa city
- 16 Snip
- 20 Coffee shop vessel
- 21 Moves back and forth
- 22 Jai follower
- 23 Tear
- 27 Ruin the veneer
- 29 Low-temp star
- 30 Take to the seas
- 31 Sea eagle
- 33 Imaginary cause of fear
- 35 Prune
- 38 Camera-person’s angle (Abbr.)
- 40 Confound
- 43 2001 movie, “Donnie —”
- 45 First st.
- 46 Jam ingredients?
- 47 Have — in one’s bonnet
- 48 Pealed
- 49 Night light
- 53 Elmer, to Bugs
- 54 Guy’s companion
- 55 Agent

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LIBRA (September 23 to October 22) Changing your views about something you believe in isn’t easy. But you might reconsider as the facts come in. Keep your mind open, even if you’re uneasy about what you might learn.

ARIES (March 21 to April 19) Your Arian penchant for impatience shows, as you consider passing a problem-prone project on to someone else. Best advice: Stay with it and work out those snarls yourself.

TAURUS (April 20 to May 20) Even patient Bovines can be frustrated when carefully made plans go awry. But crank up that “stick-to-it-ivity” you do so well, and you’ll soon find that your schedule is back in sync.

GEMINI (May 21 to June 20) Your aspect favors using more resourceful means in dealing with a workplace situation. Some discreet checking around could help shed light on the root cause of the problem.

CANCER (June 21 to July 22) You show an unusually strong streak of stubbornness in rejecting suggestions from friends and/or family members early in the week. But you become more receptive by the week’s end.

LEO (July 23 to August 22) The Big Cat might find a gentler approach more effective when dealing with those who resist needed changes. Remember, the word “persuasion” starts with the sound “purr.”

VIRGO (August 23 to September 22) A disappointing experience with someone you felt you could trust can be painful. But there just might be more to this situation than you’re aware of. Press for an explanation.

SCORPIO (October 23 to November 21) You might have to do some serious shifting of gears to get your project back on track. But cheer up. Your hard work starts to produce some positive results by the week’s end.

SAGITTARIUS (November 22 to December 21) An unsettling mood at the start of the week soon lifts and gives way to a more positive attitude as you find fun and friendship beginning to dominate your aspect.

CAPRICORN (December 22 to January 19) A delay in firming up holiday plans could work to your advantage. Use this time to scout out possibilities that might be more in line with what those close to you would prefer.

AQUARIUS (January 20 to February 18) Some people might question some of the new friends you’ve welcomed into your life. But your ability to see beyond the obvious helps you recognize how special they are.

PISCES (February 19 to March 20) Financial matters can be especially tricky this week. It’s best to follow a conservative investment path for now, and wait for a more fortuitous time to take a bolder approach.

BORN THIS WEEK: Your warmth, your humor and your genuine concern for others make you someone people love to keep close to their lives.

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THIS SPACE FOR WRITING MESSAGE

This picture was taken on our recent visit to Cedar Ridge in Northern California. It is a small former mining town that is about 2 hours northeast of Sacramento. Pictured are Mike, Molly & Megan Peterson, Susan Ferro (from Ventura) and Uncle Bill. Everyone enjoys reading The Breeze and staying up to date on the latest happenings in Ventura.

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Art, a la Carte



Discover treasures for your home and one of a kind gifts at the Fine Art and Craft Fair at the Unitarian Universalist Church of Ventura on Sunday, Dec. 8, from 11:30am-3pm and Dec. 15, 11:30am-2pm. You will find items ranging from handmade jewelry, mosaic work, wood turning, fiber art, original artwork, photography and more. Work from over 19 artists will be available for sale.

The Unitarian Universalist Church is located at 5654 Ralston St. 644-3898 www.uuventura.org

Visual Feast Nov. 18th through Jan 14th is Red Brick Gallery's biggest and most colorful show of the year featuring unique art gifts by over 35 of our favorite artists; most with pieces under \$100. The colors, textures and scenes captured by the artists are a rich vision of their lives. Join at the Free Holiday Artist Reception, a part of the Winter Wine Walk, Dec. 7th, from 4-8pm, where you can meet the artists and watch them all create.

Featured artists include Jen Livia's vibrant local scenes in acrylics and photographs on aluminum.



Until February 2, 2014, the Smith Gallery will host 18 of George Stuart's exquisitely detailed ¼ life-size sculptures of an eclectic group of famous and infamous historical characters. Among these featured figures are Vlado Tepes, the 15th century ruler from present-day Romania who gained notoriety for executing some 20,000 persons; Theresa of Avila, a Spanish Carmelite nun, who worked to make the church more responsive to the needs of the common people; and Abraham Lincoln, considered one of America's all-time favorite historical figures (by most) for saving the Union and abolishing slavery.

George Stuart will elaborate on each of the Historical Figures® over the course of two intimate presentations in the Smith Gallery. Part I will take place on Tuesday, January 21, 2014 from 2 to 3 p.m. Part II will be presented on Tuesday, February 4, 2014, from 2 to 3 p.m. Prior to each lecture, there will be a reception with refreshments in the Museum's Courtyard beginning at 1:30 p.m. Space is limited to 30 attendees. Reservations can be made at 653.0323 x7. Admission is \$10 for MVC members and \$15 for the general public.

Avant-garde artist Jeff Sanders offers his vision of everyday America in this fun and provocative exhibit, Tina's Toys and Other Things, opening at the Museum of Ventura County on Sunday, December 8. Tina's Toys and Other Things takes its cue from Sanders' Chihuahua Tina and her favorite toys. These oversized, plush moving toys are sculptural machines and finished in a variety of materials. A public opening reception will be held Tuesday, December 10 from 5:30 to 7:30pm. Light refreshments and a no-host bar available. Free for Museum members, \$5 General Public. The exhibit is open December 8, 2013 through February 2, 2014.

On December 11 at 2pm get up close and personal as Sanders discusses his work and the provocative meaning behind it. Free with museum admission.



Ventura events

Continued from page 7

luncheon meeting will feature the Chapter's Annual Christmas Program. The luncheon event will take place at 11:30 a.m., Friday, in the Garden Room, Marie Callender's Restaurant. All SAR & DAR Compatriots, friends, and visitors are welcome to join. 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://pattonpatriots.org>.

Ojai events

Miracle on 34th Street, based on the iconic Oscar-winning movie and story by Valentine Davies, brings its inspirational heart **on stage live at Ojai ACT, 113 S. Montgomery St., Fridays and Saturdays at 7 p.m. and Sundays at 2 p.m.** Tickets are \$18 general, \$15 for students, seniors and Art Center members and \$10 for youth 12 and under. Call the box office for reservations at 640-8797 or log on to www.OjaiACT.org.

No less an authority than the Library of Congress has deemed *Miracle on 34th Street* to be "culturally, historically, or aesthetically significant," and you can see why at the Ojai Art Center Theater live on stage from Nov. 30 to Dec. 22.

It's holiday shopping time!! You've made your list and you're checking it twice, so it's time to **do your shopping in the Museum Store at the Ojai Valley Museum at their annual, "all-Ojai", extraordinary Book Fair on Friday, December 6th** from 5 to 7 p.m.

in the Sanctuary Gallery.

Hot cider, wine, and light fare will make your buying experience all the more festive! In addition, the Museum Store will be open for artful gifts from objet d'art to jewelry, ceramics, glass, fiber, and more!!

As many as twenty local authors will be present to autograph and personalize your book purchases. Book selections include novels, cookbooks, history, art, and biographies. All Museum Store merchandise is made by local artists so send someone you care for an essentially Ojai present this Holiday Season! How can you resist??

Every purchase helps support the collections and exhibitions of the Ojai Valley Museum. You will be buying gifts while contributing financial support to Ojai's only museum!

For more additional information visit the museum website at Ojai Valley Museum.org

On **Sun., Dec. 1 the Ojai Film Society will screen *Nicky's Family***, the inspirational documentary/drama about Nicholas Winton, a British stockbroker who saved the lives of 669 Czech and Slovak children just before the outbreak of WWII. Thousands of people are alive today because of the heroics of this one man. Ojai Playhouse, 4:30 pm.

On **Sat. & Sun., Dec. 7 & 8 the Ojai Film Society will screen *Unfinished Song***, a humorous and uplifting story about a grumpy pensioner who reluctantly agrees to join his wife's offbeat choir where he unexpectedly finds friendship and a renewed joy in living, starring Vanessa Redgrave and Terence Stamp. Ojai Playhouse, 4:30 pm.

Focus on the Masters Presents *Convergence: From Composition to Dance* Premier screening and discussion with Miguel del Aguila, December 7, from

4:30 to 6:00, Ojai Playhouse Theater, 145 S. Ojai Ave., Ojai. Suggested Donation - \$15. Or pay what you can. (No one will be turned away for their inability to contribute.) All proceeds benefit FOTM Education Outreach. Seating is limited. RSVP requested: www.FocusOnTheMasters.com or 653.2501

Focus on the Masters invites the public to view the long awaited short film featuring the celebrated performance of Convergence, a collaborative multi-media performance featuring the music of two-time Grammy nominated composer Miguel del Aguila and the Ventura County Ballet Company's DANCE ART ensemble.

The Ojai Music Festival has announced the appointment of Janneke Straub as Executive Director. Ms. Straub currently holds the position of Executive Director at the American Youth Symphony, based in Los Angeles.

"The Ojai Music Festival welcomes Janneke Straub as Ojai's new Executive Director," said Stephen J.M. Morris, President of the Board of Directors. "Her extraordinary success at the American Youth Symphony, her long and successful development experience with the Los Angeles Philharmonic and her passion for fostering the music of today makes her the ideal choice to lead Ojai. Recognizing its stature across the United States and abroad, the Ojai Music Festival welcomes Janneke to lead our efforts in further nurturing regional relationships and collaborations. Together with Artistic Director Thomas W. Morris and the entire Festival team, I welcome her to the Festival community."

Spiritual Cinema Night, the free monthly film and discussion offerings sponsored by Symphony of Life Spiritual Center, Casa de la Luna Eco-Spiritual

Retreat Center, and Alchemy On Demand PR and communications agency, **will be on holiday hiatus in November and December.** The program will resume on the fourth Friday evening in January 2014, which will be January 24.

"It's been a wonderful year of movies and discussions," says Margaret Elliott, Casa de la Luna co-founder. "We look forward to starting up again next year."

Brad Warner's **Hardcore Zen** is a documentary about a controversial Zen master who has sought to strip away the sheen off many taboo topics in Zen Buddhism and exhibit a healthy dose of reality to his readers.

Brad Warner is a Zen monk, writer, bass player and filmmaker. He has written several books, including *Hardcore Zen*, *Sit Down And Shut Up*, *Zen Wrapped in Karma Dipped in Chocolate*, *Sex, Sin, and Zen*, and his latest, *There Is No God and He Is Always with You*. He received Dharma Transmission from Gudo Nishijima Roshi, who received his transmission from Rempo Niwa Roshi, who, at the time was the head of the Soto Sect in Japan. He writes about Zen and other topics on his blog, **Hardcore Zen**, and as a writer for Suicide Girls.

Ojai Playhouse, Dec. 6, at 9:30pm. \$10 to attend.

Cookbook signing at the Lavender Inn, Monday, December 9, 4 – 6 p.m. Chef Randy Graham will sign his new cookbook, *So You've Inherited A Vegetarian...Now What?* This book is an omnivore's guide to cooking vegetarian meals for friends and family. It was inspired by real life events when, more than 30 years ago, Randy eliminated all meat and fish from his diet.

Includes chapters on vegetarian diets, how to cook for vegetarians, and how to stock your kitchen in preparation for visiting vegetarians.



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Strictly compliant with CA Prop 215, Senate Bill 420, and Health and Safety Code 11362-5 (B) (1) (A) & 11362.7 (H)

This 'n' That

Many fires are caused by holiday trees

by Kris McDonald
Fire Captain, Ventura City Fire Department

Each year, fire departments respond to an average of more than 200 structure fires caused by holiday trees. These fires cause an average of 13 deaths, 27 serious injuries, and \$16.7 million in property damage. By carefully choosing, decorating, and caring for your holiday tree, as well as disposing of your tree properly, you can make your holiday season much safer.

When placing your tree, ensure it is at least 3 feet away from any heat sources. Items such as fireplaces, radiators, candles, heat vents or even lights can become an ignition source. Ensure that the tree is not blocking an exit that could be needed during an emergency.

If you purchase an artificial tree, be sure that it is certified or identified by the manufacturer as fire resistant. When choosing a natural tree, pick one with fresh, green needles that do not fall off when touched. Before placing the tree in a stand, cut off one to two inches from the base of the trunk. Add water to the tree stand right away and be sure to check it daily. Allowing your tree to become completely dried out is a recipe for disaster; keep it fresh by keeping it watered. When your holiday tree begins dropping needles, it's time to get it out of the house. Dried out trees pose a significant fire danger and should never be kept in the home or garage. They should not be placed outside directly against the home. Check with your local trash service for tree recycling options.

The decorations you choose for your tree should be the safest possible. Always use lights that have the certification of an independent testing laboratory. Be sure to note whether the lights are for indoor or outdoor use. Replace any string of lights that has worn or broken cords, or that has loose bulb connections. Connect no more than 3 strands of mini-string sets, and a maximum of 50 bulbs for screw-in bulb sets. Read manufacturer's instructions for the maximum number of LED strands to connect. Lit candles should be used with caution around the home. They should never be used to decorate the holiday tree.

Always turn off your holiday tree lights before leaving home, or before going to bed. Have a functioning smoke detector on each level of the home and outside every sleeping area. Also, have a fire extinguisher in a readily accessible location. Test your smoke detectors monthly, and replace the batteries every six months. An emergency home evacuation plan should be created and practiced with all members of the family. Taking a few precautions during your holiday decorating, and taking proper care of your holiday tree, will help you and your loved ones stay safe and fully enjoy this holiday season.

Follow us anytime at facebook.com/venturacityfire or youtube.com/VenturaCityFD

Music events
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It's All Good Bar & Grill
533 E. Main St., 805-641-9951
Open Mike Night every Wed
Majestic Theater
26 S. Chestnut St., 805-653-0721
Wed 11/27 - Deltron 3030 8pm
Tue 12/3 - Canzoni Invernali di Amore (To Benefit Interface Children & Family Services) 8pm
Wed 12/4 - BB King, Guy Martin 8pm
Thur 12/5 - X, The Blasters 8pm
Fri 12/6 - Foals 8pm
Sandbox Coffeehouse
204 E. Thompson Blvd., 805-641-1025
Live Music every Thur, Sat & Sun
Open Mic Night every Thur
Squashed Grapes
2351 E. Main St., 805-643-7300
Live Music every Wed thru Sat 7-10pm
Wed 11/27 - Karl Hunter Quartet
Fri 11/29 - Rachel Flowers Organ Trio
Sat 11/30 - Tom Buckner & Friends
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
W2O Rooftop Lounge
598 E. Main St. (above Watermark) 805-643-6800
Live Bands every Wed thru Sun
Friday Dance Party every Fri 9pm
Fri 11/29 - Luis Oliart
Sat 11/30 - Shawn Jones
Sun 12/1 - Los Dudes
Thur 12/5 - Buenaventura Social Club
Fri 12/6 - Sound Effect
Sat 12/7 - Drunken Monkeys
Sun 12/8 - Pure Joy
Yolies/Hi Hat Entertainment
138 W. Main St., 805-816-9663
Top Notch Bands every Fri 8pm
Fri 11/29 - Billy Vera & The Beaters 8pm
Sat 11/30 - Dona Oxford & Eeco Rijken Rapp (Boogie Woogie Pianos) 8pm
Fri 12/6 - Doug Macleod (Acoustic Guitar) 8pm

Nobody is immune to crime
Continued from page 15
to evening hours.

If you have a home security video surveillance system make sure it is operational and recording activity.

Additionally, you can also register your camera security system with our department. Cameras that record and view public areas such as streets, sidewalks, parking lots, etc., can be extremely useful in helping to identify individual(s) and solve crimes.

The program with our department works whereby should a crime occur in the vicinity of a registered camera, a representative from the VPD might contact the registered owner of the camera and ask to review the recorded footage relevant to the date and time of the incident. To register your camera and participate in the program please visit our website at www.venturapd.org.

Be vigilant. If you ever suspect suspicious activity, persons, or solicitors in and around your neighborhood please call our 24 hr. non-emergency line at 805.650.8010 or of course 911 in the event of an emergency.

SPAY AND NEUTER YOUR PET: **SAVE A LIFE**

LETTING YOUR PET PRODUCE OFFSPRING YOU HAVE NO INTENTION OF KEEPING IS NOT A GOOD LESSON FOR CHILDREN - ESPECIALLY WHEN SO MANY END UP IN SHELTERS.



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