



VENTURA BREEZE

Your Hometown Paper

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Nasarenko answers his critics

The controversy regarding the Harbor Community Church and their outreach program serving the homeless finally came before the Ventura City Council and for a reason, still not understood by some, council members Erik Nasarenko and Jim Monahan recused themselves from the hearing. This is Erik's explanation.

Venturans:

While you are right that I had a duty to stay engaged in the Ventura City Council's hearing on Harbor Community Church's homeless outreach services, my higher duty as an officer of the city and of the court is to follow the law. The law required my disqualification.

Unlike our traditional legislative role, where we adopt rules and laws of general applicability, such as a proposed ban on the sale of plastic bags citywide or establishing protections for residents' views, in this case the City Council is acting as an administrative court. As such, it is hearing an appeal from a subordinate commission and applying facts to an individual property case. All parties to the appeal must have their hearing before fair and impartial councilmembers; otherwise the council's decision can be invalidated and rendered void.

While most of us recognize that having a personal or financial stake in an administrative decision can deny the

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While in New Orleans for Mardi Gras (March 4) you can always catch up with the Breeze at venturabreeze.com



Cloudy skies didn't dampen the enthusiasm at the ribbon cutting.

VBG is on the way

On February 8, under threatening skies a celebration was held at the Ventura Botanical Gardens trail with a ribbon cutting to celebrate what one day will be the biggest Chilean garden outside of Chile. A grant by the Stanley

Smith Horticultural Trust that was matched by the Ventura Botanical Gardens paid for this first installation.

Approximately 100 seedlings have been planted the last few weeks,

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The Annual Meeting and Board Installation was attended by business members, city officials and dignitaries.

Chamber encourages a thriving community

The Ventura Chamber of Commerce held its Annual Meeting and Board Installation on Thur., Jan. 23 at the Wedgewood Banquet Center.

Outgoing Board Chair, Jim Duran proudly focused on the many programs and accomplishments over the past year,

thanking the Chamber members, Board, and staff for their support and contributions. Jim highlighted increased participation and attendance for Chamber events and programs. During the year the Chamber developed a strategy to

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VPD officers reflect on Motel 6 shooting incident, Part 2

by Tim Pompey

Williams had surgery on her shoulder bones and biceps and returned to duty in November.

Gallion's injuries were more severe—a spine injury and a torn meniscus in her right knee. "Because of the spine injury, I have nerve damage," she explained. "I have a numb left foot. The doctor has determined that I have permanent restrictions. I'm now in the process of applying for medical retirement."

Both officers are happy to be alive. Neither has any doubt that the experience changed their outlook on life.

"For me, coming face to face with death, my priorities have changed," said Williams. "The little things that I took for granted, I don't take for granted anymore. Any time I can be away from this job, I pretty much use my time to spend with my daughter."

Though she regrets having to shoot Park, Gallion is grateful for the training she received as part of her job. "I kind of carried the weight of taking a life," she said, "but I never second guessed my decisions. I always felt confident in what we had to do."

Gallion believes that her training helped save both their lives: "I feel fortunate that all of our training kicked in at a very intense, dangerous moment. I still got up off the ground. I still drew my weapon. I could still see my partner and was concerned for her safety. And I still stopped a dangerous person."

And one other thing. The incident at the Motel 6 has given her a clearer sense of purpose about her role as a police officer: "The whole incident was life changing. I remember thinking to myself after this happened that it's a huge responsibility to wear this badge. All of a sudden the belt that I wore every day was more serious. These things are really here to save my life. I came out of it with a deeper understanding of my job and the responsibility."

As for the future, their experience has made them think more about what

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- Your neighbor is everyone in your community! Join us as we engage in conversation about working together to solve the homeless issues in our city so that everyone wins.
- Learn why giving money to panhandlers, hosting large meals in the park, and giving handouts may not always be the best solutions.
- Hear innovative ideas from our panel on how to collaborate as a community. Our panel will include local business owners, city & county representatives, law enforcement, social service agencies, church leaders and neighborhood families.
- Meet the H2H (Homeless to Home) outreach team and learn what is happening in our city in regards to the homeless and the progress being made.

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Public invited to help design Ventura's new Kellogg Park

Community members are invited to help design Ventura's new neighborhood park during a series of five public workshops to plan and design Kellogg Park, located at North Ventura Avenue and Kellogg Street.

The public is encouraged to attend one of three workshops to share ideas for the new park design:

Wednesday, February 19. 6:30-8 pm, Bell Arts Factory, 432 N Ventura Ave.

Saturday, March 8. 10-11:30 am, E.P. Foster School, 20 Pleasant Place.

Wednesday, March 19. 6:30-8 pm, Bell Arts Factory, 432 N Ventura Ave.

Residents are also invited to two follow-up workshops to Review Proposed Designs created after the first three workshops in February and March:

Wednesday, April 16. 6:30-8 pm, Bell Arts Factory, 432 N Ventura Ave

Saturday, April 26. 10-11:30 am, E.P. Foster School, 20 Pleasant Place

In 2013, the City of Ventura entered into a partnership with The Trust for Public Land to apply for grants to purchase land for and to plan the design, development and build out of the future park. The Trust for Public Land is a national non-profit with a successful track record of creating parks and conserving land for people for 40 years – more at www.tpl.org.

For more about these workshops, contact The Trust for Public Land representatives:

Tori Kjer at tori.kjer@tpl.org or 323.223.0441 ex. 11

Diane Silva at diane.silva@tpl.org or 323.223.0441 ex. 23 or

Elena Brokaw, Director of the Department of Parks, Recreation & Community Partnerships at 658.4731 or ebrokaw@cityofventura.net.

City of Ventura Classes

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

Intro to Aikido for Youth 7-13 years
2/23-3/16 Sundays 11 am-12 pm
\$40

Students focus on conditioning and basic aikido techniques in a cooperative environment to help gain focus and awareness. Instructor Dennis Belt. Classes held at Aikido Dojo Training Center, 2406 E Main St., in Ventura. Course #36776.

Zumba Kids 7-12 years
2/25-3/20 T/Th 3-4 pm \$50

This program is an explosion of dance, world music and energy designed for children. Wear comfortable exercise clothes and tennis shoes; preferably with a flat sole. Instructor Rosalinda Trejo de Guzman. Course #36892.

Dancer's Body Cardio Barre and Sculpt 16 years-Adult
2/25-4/8 Tue. 12-12:45 pm \$60

Sculpt muscles, trim fat and lift the entire body with a challenging no-impact strength and flexibility workout using the ballet barre and techniques from Pilates, Yoga Ballet and Lotte Berk. Bring

City News

towel & water. No class 4/1. Instructor Haley Nicole-Harwood. Course #36755.

Cardio Belly Dance 16 years-Adult
2/25-4/8 Tuesdays 1-1:45 pm \$60

Participants learn and master the fundamentals steps, turns, and essential isolations of belly dance with fun, energetic, non-stop drilling to upbeat modern world music. Bring towel & water. Instructor Haley-Nicole Harwood. No class 4/1. Course #36657.

Hoop Habit Hoop Dance 16 years-Adult

2/26-3/26 Wednesdays 7-8 pm
\$58

Heal yourself with every revolution. Laugh and have FUN playing with a large hoop as your dance partner! It's motivational movement disguised as a low-impact, core toning, calorie burning, and cardio dance fusion workout. Classes held at Arealistic Circus & Flying School, 4476 Dupont Circle, Ste. B, in Ventura. Course #36756.

Adult Dogs Night Out Owners 14 years-Adult, Dogs 1 year+

2/27-4/3 Thursdays 6-7 pm \$100 + \$3 supply fee

Basic training for the beginner, or review for the rusty! This is a fun way to train your dog and provide them with challenges and confidence. Instructor Catherine Gould. Classes held at Barranca Vista Park, 7050 Ralston St., in Ventura. Course #36882.

Chamber encourages

Continued from page 1

focus on industry segments and specific issues and needs. As a result, new working committees were formed for manufacturing, restaurant, and energy.

Mary Jarvis, incoming Board Chair for 2014 highlighted the Chamber's priorities for 2014, that were developed at a recent Board retreat.

New Chamber Board of Directors were installed by outgoing Chamber Senior Director, Stephanie Becerra. Among the newly installed were Sam Benner (Keller Williams Realty), Diane de Mailly (DDM Metering Systems), Tim Hampshire (Dairy Farmers of America), and Monica White (Ventura County Star).

Ventura Chamber businesses were also recognized for being long time members, including 50-year Members: AECOM, Coastal View Healthcare, and Ventura County Amusement Service; and 25-year members: Ashwood Gardens Apartments, BBM&D Strategic Branding, Jim Hall Kart Racing School, Rayco Roofing Contractors, Inc., S.T. Rent-It, Inc., and Sullivan Oilfield Services.

Mayor Cheryl Heitmann will deliver the annual State of the City Address at the Ventura Chamber's State of the City and Education Breakfast on Thur., Feb. 20, at Crowne Plaza Ventura Beach. The mayor will discuss the City's progress including looking forward to 2014.

Another component of the breakfast will include the State of Education address by Ventura Unified School District Superintendent Trudy Arriaga, who will speak on behalf of education, and discuss Ventura Unified School District plans for 2014.

The Ventura Chamber of Commerce hosts the breakfast each year. Ed Summers, President and CEO, Ventura Chamber of Commerce, commented, "This is an important event for our business community. Attendees will hear about last year's accomplishments and receive a first-hand look

at this year's activities for the school district." The breakfast will include a networking session starting at 7:30 a.m. and breakfast at 8am.

The cost is \$35 for members and \$45 for non-members. Sponsorships are also available. – Bronze level is \$500 (2 seats), Silver level is \$750 (4 Seats), Gold level is \$1000 (6 Seats), Platinum level is \$1,500 (8 seats). All sponsors will receive a table sign, recognition on promotional material and Ventura Chamber of Commerce website. For more information or to purchase tickets, please contact Charleen Morla at 643-7222 or visitwww.VenturaChamber.com.

Erik Nasarenko

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parties a fair and impartial hearing, it is less known that courts do not permit city officials to decide a land use dispute when they possess "an unacceptable probability of actual bias" in the matter. In 2004 the Second District Court of Appeal—the same appellate district that Ventura sits in—struck down a planning commission decision on these grounds, finding that a commissioner was biased when he wrote an article critical of a development project prior to the project being heard. Four years earlier the Court determined that when councilmembers have a commitment to a result—even a tentative commitment, "the process will be found violative of due process."

After campaigning vigorously during the summer and fall and stating publicly on multiple occasions that homeless services in residential communities don't mix, I have no doubt that I have formed a tentative commitment to a result: the planning commission's decision to deny Harbor Community Church's permit should stand. Can I now set aside the conversations I had, the impressions I've formed and the observations I've seen and listen to the evidence with an open mind? Maybe—but the probability I could not would remain high, and it is this probability of bias that demands my recusal under the law.

Sincerely,

Erik Nasarenko,

Deputy Mayor of Ventura

VBG is on the way

Continued from page 1

including giant terrestrial bromeliads, and an array of succulents and cacti.

Ultimately, 5 additional gardens will be in the gardens, each will represent a different Mediterranean region.

Council member Christy Weir, who cut the ceremonial tape along with volunteers and other interested Venturans, stated "Every step along the way is an inspiration."

Martha Picciotti, Vice President of the Gardens, said "With the demonstration trail opening over a year ago, we provided our first regional asset to the community."

Jonell McLain, a long time board member, went on "Opening the Chilean Garden is a significant moment for us, for our community. We are very excited about the support that we've received from the City and look forward to what this wonderful destination will become."

The hiking trail has become a popular spot in Ventura and provides wonderful views of Ventura and the ocean. Even dogs are welcome but must be kept on a leash. So if you haven't walked the trail just park up behind city hall and enjoy the exercise and spectacular views.



VENTURA BREEZE

Your Hometown Paper

Member, Ventura Chamber of Commerce
Member, Ojai Chamber of Commerce

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

Hey Breeze!

This is my funny story. I saw a job ad for a part time job slinging pot (the kind you smoke) and suddenly I'm talking to detectives!!! I e-mailed the fella at city hall

Opinion/Editorial



Sheldon (Governor) Brown
Publisher

At a recent City Council meeting, the Council identified more than 60 items of concern, but narrowed the list down to only two. These were revising the City Charter and the General Plan. City Manager Mark Watkins told the Council that they should zero in on what city staff should first spend their time studying. Regarding the City Charter, the council's first concern was to change Ventura's elections so that they are held in even years, coinciding with other State and Federal elections. The goal is to save money and get more Venturans to vote, even if they are less informed.

Member's Morehouse and Andrews expressed their opinion that more charter changes should be considered including electing a mayor, council-member pay and the consideration of creating council districts. I believe that these other provisions should be considered, and are long overdue. Council did instruct staff to report on these revisions and the assembling of committees to examine their scope and when revisions would go to the voters for approval.

Regarding revision to the General Plan, it seems that this has to be updated frequently as the economy dictates what developers are willing to build. Maybe there needs to be another way to determine future zoning requirements.

Another important item that the Council will need to act on soon is the naming of an interim City Attorney to replace Ariel Calonne. Ariel accepted the same position with the city of Santa Barbara. This made sense for him – he lives in Santa Barbara and their City Council reached out to offer him the position. He will begin working in Santa Barbara on March 17. He has been Ventura's City Attorney since 2007 succeeding Robert Boehm. He's been an excellent City Attorney and will be sorely missed.

On Sunday, February 9, my wife Diane and I attended a Camerata

Pacifica concert at Temple Beth Torah. Camerata Pacifica's mission is to positively affect how people experience live classical music – they certainly achieved that.

Their members are among the finest classical musicians you will see, and this concert featured Ji Hye Jung who was playing a different kind of classical instrument – the marimba (the marimba is a percussion instrument consisting of a set of wooden bars struck with mallets to produce musical tones, she played with 4 mallets). She played Bach and compositions by two new classical composers. Ji Hye, who was quite amazing, is an Assistant Professor of Percussion at the University of Kansas. The group's next concert at the Temple is March 9. Read about it in our events section, and try to attend if you can.

As I have stated before, it is such a shame that we don't have a decent performing arts center in Ventura. Perhaps this should be on the City Council's most important list. Voting, in even years is hardly going to make Ventura a nicer place to live. It is nice that the



Hardly the restoration we wanted for McGrath State Park. Photo by George Robertson.

Temple is available, but temporary seats (consider bringing a cushion) in their multipurpose room should not be the only available venue for these wonderful concerts in Ventura.

One of my favorite sports in the winter Olympics is curling. I understand that the next Winter Olympics will include ice window washing.

I recently attended a student assembly (do they still call them that?) at Ventura High School. The Ventura Police Department and the Ventura Unified

School District has partnered with Motivational Multimedia Assembly, who uses high-tech imagery to present a dynamic, celebrity-filled multi-media show in order to save lives and help build a better future for teens. It has played at many other schools in Ventura and uses popular music videos, movie and TV clips shown on 11 foot by 43 foot screens to create powerful, age-appropriate messages that encourage youth to hold each other accountable and to make positive and healthy life choices. In this presentation they addressed, among other concerns, safe driving practices, drug prevention and bullying.

The Ventura Police Department was recently awarded a grant from the California Office of Traffic Safety to educate students on the prevention of destructive decisions and behaviors such as drinking and driving, texting and driving, and driving under the influence of marijuana.

It was a very powerful presentation. The students were respectful and seemed very appreciative of the material, clapping enthusiastically when it was finished.

It is funny, though, how styles change from generation to generation. The majority of the boys had short haircuts and were dressed conservatively – made me feel like a hippy.

Recently, the berm that has kept McGrath State Beach flooded for a very long time was breached, letting some of the water drain back into the ocean. It is not known if the recent rains made this occur or if people made it happen, which would be illegal.

It's a shame that those trying to protect the environment actually have caused so much damage to McGrath.

Reader Robert George stated (before the breach) "It would seem that the levy should be manually broken to let the water escape to the ocean. Note the result of doing nothing is that a lot of McGrath State Park is still under water. The Park generates \$600,000 a year for the State. Yet it appears that nothing is being done to put it back in operation. Go figure. I would think that this deserves being looked into."

Mailbox

to see if I'd get in any trouble for working at the dispensary. He e-mails me back saying "pot is illegal and illogical and ill advised and illusory in Ventura". I thought my flirting with the cartel was finished. Plus, the people didn't hire me. So...

Today I get home and have an e-mail from a detective saying he got my e-mail and to call him. Funny, I think, I did not e-mail a detective. Turns out city hall fella forwarded my e-mail to the detectives! Thanks! So I called the guy and told him "look man I'm just looking for a job and didn't want to get in trouble and wanted to make sure and they didn't hire me anyway". So, he was happy. Until he wanted the address of the place. Which I didn't have 'cause it's a Craigslist ad. I told him to look on Craigslist and then he was happy again.

Anyway, I didn't get the job and it looks like I'm a major narcotics risk.

Name Withheld

NW:

Sounds like a major sting operation and you could have gone to federal prison for many years and have no one to watch your daughter and dogs. Good thing that you were able to talk your way out of it. But you could have still read the Breeze online in Folsom and kept up with the local news. Hope you have luck in finding a job.

Breeze:

Good Grief! The new Ventura Logo looks as though a high school art student was trying to be clever. Who cares if the logo can be read upside down! Steve Jobs would be sneering! Please give us a nicely designed logo we Venturans can all be proud of.
Bruna Jones-Ventura

Breeze:

Last Sunday - I watched a segment of 60 Minutes that covered Housing First. Yesterday, Valentine's day, I volunteered for a few hours at the winter warming shelter. For a long while now I have attempted to discern why our community of San Buenaventura struggles so with how we best transform the lives of those of our brothers and sisters most in need. Currently there is a battle underway in regard to what the Harbor Community Church is allowed to do and where. I will be first to admit I don't have the answer. At the same time I am convinced that our call to love

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Correction...

A recent article in the Breeze had the following headline: "Winning artist lives what he paints."

Well, Mackenzie Lowry, a 17-year-old senior at Foothill Technology High School in Ventura, is actually a lovely young lady and not a he.

Sorry about that.

The enemy is fear. We think it is hate, but it is fear.

– Gandhi



Community Events

Weight Watchers opens new meeting for 60+ members

Weight Watchers is pleased to announce the opening of a new meeting in Ventura. The new meeting opened on Thursday, February 6 at SCAN Health Education Center, 6633 Telephone Road, Suite 100. Weight Watchers Leader Rita Nickloff welcomed members and visitors to learn all about Simple Start, a straightforward, do-able two-week starter plan that makes Weight Watchers simpler than ever to follow. This is the first Weight Watchers meeting for 60+ members that will address specific health concerns for seniors in the area of weight loss.

"At Weight Watchers, we recognize that food is only one part of the weight-loss equation. Activity, healthy habits, support and smart food choices are also components that can lead to real, lasting success," explains D'Vonne Day, Territory Manager, Weight Watchers. "We are excited about working with SCAN Health Education Center at this new meeting location and look forward to helping local seniors reach their weight loss goals."

Like all WW meetings, the one at SCAN will be held weekly, every Thursday starting Feb 6th. Weigh-in at 3:00, meeting 3:30 – 4:00 with program orientation from 10 – 25 minutes after the general meeting. At this time, this is the only meeting day/time that will be held at this location.

Feel free to call D'Vonne Day, Territory Manager, at 338-4255 if you have any questions.

Festival of Talent to present all ages of students

Ventura Kiwanis and Ventura Education Partnership present the highly anticipated 13th annual "Festival of Talent," showcasing performances by students of all ages in the Ventura Unified School District. The show director is Brian McDonald of the Rubicon Theatre, and the Music Director is Miriam Arichea. This event is one of the most highly acclaimed

school events of the year and one of its biggest fundraisers. The show is expected to raise \$40,000 for Ventura Education Partnership which goes directly into the classrooms in the form of grants to teachers for special projects.

The show is February 22, 7:00 pm, at the Ventura High School Theater at 2 Catalina St. Tickets are \$10 in advance and \$15 at the door. Preferential reserved tickets are \$20 paid in advance. The associated student bodies will serve an Italian dinner generously provided by Milanos for \$5 in the Ventura High School cafeteria from 5:30 to 7pm the night of the show. Go to VEP4VUSD.org to purchase tickets, reserve dinner, and obtain more information.

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 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. There is only one rule that applies to the Conversation Group: don't lecture and don't bore.

Enjoy **Foothill Food Truckfest** the first Tuesday of each month from 5 to 9 PM at the Poinsettia Pavilion, 34 50 Foothill Rd. Enjoy the ocean view and beautiful sunset, free admission and indoor seating. Wine and beer by Four Brix Winery and Surf Brewery and live music. Facebook.com/foothill food truck fest

Feb. 20: Adventure in Ventura and beyond and enjoy tastes of food from around the world in downtown at Ventura Executive Suites! Don't be shy! Come on over on Thursday, from 5 to 7pm. This **networking event** is free and open to the public. These events are put on to promote growth in our local businesses. We encourage everyone to join and bring business cards and/or any other publication with you to share!

We will have our fabulous drawing (we've got awesome door prizes including a free ad in the Breeze!!) at 6:30 on this night. Make sure you stick around this time to collect your door prize or we will give yours to the next lucky winner!

Feb. 20: The Ventura County Rose Society will hold its **monthly meeting** on Thursday, at the Ventura County Office of Education Conference Center

at 5100 Adolfo Rd., Camarillo. The doors will open at 6:30 p.m. for advice from Consulting Rosarians and refreshments, and the speaker presentation will begin at 7:30 pm. Please note that this is a change in date to the 3rd week of February for this month only.

The VCRS meeting will feature Bob Martin, Jr. who will speak about Tools for Roses You Never Knew You Needed. For more information contact Janet Sklar at 818-337-9970 or Dawn-Marie Johnson at 805-523-9003 or www.venturarose.org.

Feb. 20: Channel Islands Maritime Museum speaker series presents Russell Galipeau, Superintendent Channel Islands National Park. Hear about the 10,000+ years of history unique island topography, 63 unique plants, seal rookeries, whales, island foxes, bald eagles, and all just 12 miles away. 3900 Bluefin Circle In the Channel Islands Harbor) at 7:00pm, 6:30 Social hour, refreshments. Members and children free, \$5.00 Adults, Seniors \$4.00. RSVP: <http://www.cimsvc.org>.

Feb. 21: Van Cliburn International Piano Competition gold medal winner Cristina Ortiz will make her New West Symphony debut on the next 2013/2014 Masterpiece Series concert. New West Symphony music director Marcelo Lehninger will lead three performances of the program that also includes Maurice Ravel's *Suite from Ma Mère Løye* ("Mother Goose") and *Pictures at an Exhibition* by Modest Mussorgsky in the Ravel orchestration. Locally The first performance will take place on Friday, February 21, at 8pm at the Oxnard Performing Arts Center, located at 800 Hobson Way, and on Saturday, Feb. 22, at 8 pm at the Thousand Oaks Civic Arts Plaza. Go to newwestsymphony.org, for tickets and more information. **Hear & Now Live:** This lively and informative, pre-concert discussion about the music on the program begins at 7:00 pm on Friday and Saturday evenings and 3:00 pm on Sunday afternoon. The programs are free and open to ticket holders for the respective performances.

Feb. 23: Drought Landscaping Herb Walk with Lanny Kaufer and special guest Jessica Thompson of Green Goddess Gardens from 9:30 a.m. to 12 p.m.

West Sulphur Mountain Road trailhead near Casitas Springs. Learn about native plants for drought-tolerant landscapes and identify edible and medicinal wild plants

Admission: \$20 adults, \$15 seniors/students. Children 5-12 free when accompanied by an adult. No dogs or toddlers, please. Information/Registration 646-6281, www.HerbWalks.com

Feb. 24: Aspiranet, one of California's leading social services agencies, will hold an **informational meeting** for prospective foster parents who would like to learn more about foster parenting on Monday, from 6 – 8 p.m. at its Ventura County offices located at 1838 Eastman Avenue, Suite 100. Participants are encouraged to RSVP by contacting Sarah Casey, MSW, at 289-0120.

To learn more about how to become a foster parent, visit www.aspiranetheroes.org.

Feb. 25: PFLAG (Parents, Families & Friends of Lesbians and Gays) provides support, education, and advocacy to the families and allies of the lesbian, gay, bisexual, and transgender community. PFLAG's goal is to help families through the often difficult adjustment when a member comes-out as gay or transgender. PFLAG meets the 4th Tuesday of every month at 7pm at the Unitarian Universalist Church of Ventura, 5654 Ralston St. Free to the community. Please spread the

word. Contact Gary Zinik, 650-3327, pflag.ventura.ca@gmail.com.

Feb. 25: Simple gestures can restore a child's faith in love and security. This is the power of a foster parent. A willingness to comfort, encourage and enrich a life, whether briefly or forever is the essence of being a foster parent. See if the power of fostering is in you at an upcoming **foster parenting information meeting** on Tue. From 6:00 p.m. to 8:00 p.m.

Recent changes in the law enables foster parenting to extend to a foster child's 21st birthday.

To learn more about foster parenting, attend this informational meeting at the Human Services Agency of Ventura County, 855 Partridge Dr., Ventura. Call 358-3220 or go to www.vchsa.org/foster for more dates and an online meeting option.

Feb. 26: The Ventura County Camera Club will hold a free workshop on Wednesday, at 7 p.m. at the Poinsettia Pavilion, 3451 Foothill Rd. The topic of the workshop will be Understanding Your Camera, which will cover both beginning and advanced aspects of exposure, focus, histograms, lens sharpness, and other aspects of getting the most from a high tech DSLR camera. Anyone with an interest in photography is welcome and admission is free. See the club's web site for more information about the club and examples of member's work or call 530-6005 www.VenturaCountyCameraClub.com

Feb. 27: Portuguese Fraternal Society of America - The local chapter of PFSA (Council #128) will hold its monthly meeting on Thursday. The state PFSA officers will conduct an official yearly visit at this meeting. The meeting will be held at the Holiday Inn Express/Windjammer Room, 1080 Navigator Dr. This meeting is open to any person of Portuguese descent or interested in the Portuguese culture. The meeting will begin at **11:30am** with lunch being served at noon. For more information and reservation, please call Cora Corella at 483-6285 or Helen Rolls at 988-0964.

Mar. 1: The Ventura Gem Show—The Annual Gem, Mineral, Lapidary & Fossil Show of the Ventura Gem & Mineral Society (VGMS) takes place at the Ventura County Fairgrounds (10 AM - 5 PM, Saturday; **10 AM - 4 PM**, Sunday). Admission is free! (Fairgrounds charges \$5 for parking) This free show features over 50 displays of gems, minerals, fossils, and award-winning hand-crafted jewelry from private collections throughout Southern California. On-going demonstrations will give visitors up-close looks at lapidary artists demonstrating their skills in person, including gemstone cutting and polishing, silversmithing, and colorful glass bead forging. With a range of kids' activities offering fun, educational prizes, this is a show the whole family can enjoy.

Mar. 2: Toastmasters X-L meets on the **1st and 3rd Tuesday of each month** from 12 to 1 p.m. at Ventura City Hall in the Santa Cruz Room. The meeting is free of charge for the guests and will include refreshments. "This club is a wonderful addition for downtown Ventura employees and residents," says Creda Nowlin, Club Public Relations Officer. For more information, contact Creda Nowlin, 658-2820 or csnowlin@sbcglobal.net or Andrea Palmer at (478) 714-6239 or dreadione@hotmail.com

Mar. 2: From 3 to 5 pm at the **Citizens for Peaceful Resolutions Monthly Meeting** you are invited to a Pete Seeger Commemorative Social Action Sing-Along. Local singers and musicians will lead you in Seeger songs at the Bell Arts Factory Community Room. Admission Free. Please note change of venue from

Dr. Ron Magnusson is back in Ventura!



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Excellent Audiology and Hearing Aids
3418 Loma Vista Rd., Ste 5A, Ventura, CA 93003
805.620.0049

News and Notes

their usual meeting place for this meeting.

Mar. 2: A December 23, 1951 broadcast of *Amos 'N Andy* and 1925 recordings of Bessie Smith will be featured in the Dudley House historic recording series during the **Dudley House Open House** on March 2. The house will be open from 1pm to 4pm with the flea market and collectibles faire beginning at 9am. Admission to the house and the refurbished lavender garden with over 80 varieties of lavender is free. The Dudley House is located at 197 N Ashwood. Anyone interested in working on the docent tours of the house, the lavender garden, or the lavender program, call Steve Cummings at 644-3286.

Mar. 5: The Beach Cities Neighbors and Newcomers Club, (BCNN) is a group of active women of all ages who live in Ventura, Oxnard, or Port Hueneme and enjoy activities such as hiking, bridge, dining, wine outings, reading, mah jong, cooking etc. Monthly meeting from 9:30 to 11am. Meeting will be held at the Ventura Museum Pavilion located at 100 E. Main Street. No charge for meeting and no reservation is required. Coffee or Tea is available at a nominal charge of \$1.00. Guest Speaker: Michele Ray Williams, Personal Stylist and Fashion Consultant, Subject: Refresh and Renew Your Personal Style.

For additional information bcnnwomensclub.org, 659-9223 or 985-8085.

Mar. 6: Come and join in for the Ladies Luncheon. Eat, Meet, Greet and Shop! When you pre-register you are entered into a raffle for lunch for two at Austen's Restaurant at the Pierpont Inn, placed on the attendee list we hand out and receive vendor space to market your business. Seating is limited!. To register go to www.TheLadiesLuncheon.com. Please bring a raffle prize to share and canned goods for the Project Understanding food pantry. Thursday from **11:15am to 1:30pm**. Pierpont Inn & Spa, 550 Sanjon Rd.

Mar. 9: Camerata Pacifica's 24th season continues at 3pm at Temple Beth Torah with a concert featuring compositions by Ades, Brahms, Britten and Auerbach. With clarinets, violins, cellos, piano, violas and a world premiere *New Work for Cello and Ensemble* by Lera Auerbach. Camerata Pacifica's mission is to affect positively how people experience live performances of classical music. Their musicians are among the finest classical musicians of our time.

Temple Beth Torah is located at 7620 Foothill (At Kimball). Call 884-8410 for more information or info@cameratapacificafica.org

Ojai events

For the past 18 years, Oak Grove seniors have spent the end of December and the majority of January visiting Oak Grove's sister schools in India. During the year, seniors work diligently to earn \$1,000 through sales and events in order to fund School in a Box, which provides education for elementary school children in India. The current seniors will present their experiences at **India Night** – Friday, **February 21** at 7pm in Oak Grove's student center. The program is free and open to the public. For more information visit www.oakgroveschool.org or call 646-8236.

Ojai's Official Earth Day Event EarthPlay 2014 – Wishes for Our Watershed, Oak Grove School, 220 West Lomita, Food for Thought, Oak Grove

School, Ojai Valley Green Coalition, Ojai Land Conservancy, and Once Upon a Watershed are teaming up again to host *EarthPlay 2014 – Wishes for Our Watershed* – **April 19**, 11am – 4pm. The day will include local school involvement, environmental exhibits, arts and outdoor activities for all ages, live entertainment, world foods and more. Admission is free. For more information visit www.ojaiearthday.org, or call 646-8236 x103.

Diana Lorence of Innermost House to speak in Ojai on the **The Joy Of Small House Living**. In a weekend retreat experience of stories, pictures, and reflections, Diana Lorence recreates her years of simple, mindful living. For 7 years Diana Lorence and her husband Michael lived in an un-electrified, twelve-foot-square house they built themselves called the Innermost House, hidden in the woods of California, in a world lit only by fire.

Two years ago Diana Lorence emerged from her seclusion with a single essay that has been read in 150 nations of the world. Diana Lorence will reflect on her simple, contemplative life in a weekend retreat held at The Ojai Retreat from Friday evening **Feb. 21**, at 7pm, until Sunday morning, **Feb. 23**, at 10am. Vina Lustado of Sol Haus Design will be hosting and facilitating this event. Inspired by Diana's Innermost House.

All gardeners and farmers are invited to the **3rd Annual Ojai Valley Seed & Plant Exchange** on Saturday, **February 22** from 1:00 to 4:00 p.m. at the Chaparral Auditorium, 414 E. Ojai Ave.

This year's Ojai Valley Seed & Plant Exchange is hosted by the Ojai Valley Green Coalition, Food for Thought Ojai and the Center for Regenerative Agriculture. There is a \$5 suggested donation at the door. For further information contact Deborah at 669-8445 or coordinator@ojaivalleygreencoalition.com.

The **15th Annual Ojai Storytelling Festival** is seeking craft vendors for this year's festival on **May 3** at Libbey Bowl. The fee is \$75 and includes a table. Interested vendors should send a photo of their work along with contact information to mrs_etchart@yahoo.com

Interface Children & Family Services will be hosting **Love is Brewing High Tea** on Sunday, **February 23**, from 1:00 p.m. to 4:00 p.m. at The Lavender Inn (210 East Matilija Street). Proceeds from the event will benefit Interface's Family Violence Intervention Programs.

Love is Brewing attendees will enjoy snacks provided by event sponsor, Main Course California, as well as a mimosa bar, contest for best tea hat, a wine pull, and live entertainment by Ventura musician, Shawn Jones and classical guitarist Robert Jacobi. Attendees are encouraged to wear tea party attire along with an elaborate party hat.

The program portion of the event will feature guest speaker, Brenda Clubine, a domestic violence survivor. Tickets are \$50. Sponsorships are available. Reservations and sponsorships must be prepaid by February 19, 2014 to guarantee seating. Seating is limited and at-door seating will not be available. For reservations or for more information, visit www.icfs.org or contact Julie Harvey at 485-6114, Villanova Preparatory School's Annual Villanova Wildcat Nova Bowl is set for Friday Feb. 28th from 8:45 am to 2:30

Is completing a ½ marathon on your “Bucket List”?



VCMT (Ventura County Marathon Training) trains amateur runners and walkers of all levels. All proceeds from this program are donated to charity, with Project Understanding being the primary beneficiary.

On March 2, 2014 we will begin our training for the Mountains to Beach ½ Marathon.

Each participant is asked to raise \$300 and receives:

- Our 12 Week Training Program
- Entry into the ½ Marathon
- End of season Celebration Party
- A Race Shirt to Proudly Wear in the Race
- Race day support
- And more!

For more information please email us at Grants2U@roadrunner.com



Grants To You - Ventura County West
Spring Class at Ventura College
4667 Telegraph Road,
Room MCE-341, Ventura

Session 1: Mar 15, 2014 9:00 AM - 1:00 PM
Session 2: Mar 22, 2014 9:00 AM - 1:00 PM

Both sessions are required.

Please register at: www.grantstoyou.org/chapter/chapterdisplay.php?id=5

Instructor: Shari Bridges
Grant Writer at St. John's Healthcare Foundation,
PhD Teaching Fellow-Grantwriting at
Saybrook University

pm and will provide students opportunity to compete in academic-based team events. Activities will include a *Jeopardy* type game, a scavenger hunt, a math and science *CSI*-type event, improvisation competition, and a Battle of the Books. The day will conclude with the Nova Cardboard Boat Regatta, with each team creating a two-person cardboard boat and sailing across the Villanova pool.

The **Ojai Mardi Gras Wake Up! Krewe** will host the **24th annual Ojai Mardi Gras** celebration on Saturday, **March 1**, from 7:30 pm till 1:00 am, at the Ojai Art Center, 113 South Montgomery St. (\$20 in advance, \$25 at the door). Sunday features a Fais-Do-Do Zydeco Dance Party from Noon to 3:00 p.m. (\$5 at the door, kids 12 and under are free).

This year's theme *The Wizards of Odd* invites your creative soul to dress-up and sashay out. The masquerade ball on Saturday includes a costume contest.

The Ojai Art Fools, a playful collective of artists, sculptors, and painters, have spent the past months creating imaginative sets that will transform the Art Center into The Land of Odds.

This community celebration will feature live music, Cajun food, Zydeco dancing, dance instruction and an opportunity to check out the original art on display in the Ojai Art Center Gallery. An Artist Reception will follow the dancing at 3pm.

Advance tickets are available online at www.ojaimardigras.com, or can be picked up in person at Studio Sauvageau, Ojai Creates, Ojai Coffee Roasting Company in Ojai, Cardinali Brothers Music in Meiners Oaks and Imagine on Main Street in downtown Ventura.

Mailbox

Continued from page 5

is greater than our instinct to fear. On Facebook earlier this week I had seen a posting.

"Fear narrows the little entrance of our heart. It shrinks up our capacity to love. It freezes up our power to give ourselves."
--THOMAS MERTON

To all in Ventura, all seven council members, those who work and volunteer to help those in need, those neighbors who feel most impacted by location, those who advocate for "Housing First", and all in our community - I say surely we can move beyond merely a fight-or-flight response and do so with love. For love includes the truth, love does not overlook neighbors, love recognizes the core needs. Council direction and action, from five of its seven members, is set for March 3. I truly hope the action taken focuses on how we will assist those most in need and not on what legal action (along with expense) we are headed for.

John S. Jones

Breeze

Thank you for partnering as a 37 Annual Parade of Lights and Fireworks sponsor. Thanks to you, thousands of people had a memorable holiday experience viewing the beautifully decorated boats, Harbor and festive fireworks on December 20 and December 21.

The Port District appreciates the Ventura Breeze participating as sponsor of this wonderful community event, which showcases the Harbor and surrounding area as the premier Ventura oceanfront destination.

Oscar Pena
General Manager, Ventura Port District
Jennifer Tait-Lundin
Marketing Director Ventura Port District



News and Notes



Tom and Donny bring you "Your Ultimate Stop in Automotive Radio."

Horsepower for an Hour is now heard on 40 stations

Story and photo by AlexTorres

When there's a hole in the market, and a market in the hole, the hole's got to be filled. About 3 years ago, Donny Caccamise, an automotive technology graduate with over 30 years of experience, and owner of DMC Transmission, came together with Tom Spence, a Southern California radio veteran with a passion for internal combustion, and created KVTA's Horsepower for an Hour, "Your Ultimate Stop in Automotive Radio" and filled that hole.

Starting as nothing more than a local automotive talk radio show, Horsepower for an Hour is now heard on 40 stations in 20 states and even Australia. "Getting to 25 was a bit of a struggle," explained Caccamise, "and then once we eclipsed that number, from 25 to 40 seemed like it went overnight."

Thanks to the efforts of media coordinator Jeff Morgulis, who makes the connections with other stations, aided by updated technology, switching from ftp to satellite, KVTA Horsepower for an Hour is heard around the world, daily. Success has no finish line though, as Caccamise explained, "We have a goal, and that is to be on 100 stations by the end of 2014."

You can join them in Ventura every Saturday at 1 on AM 1590 KVTA for an hour filled with the latest in everything automotive. From news, to race reports, to custom car event reports, with a second hour of the show online and as a podcast filled with high performance and gearhead topics, everything from Superchargers to

Performance Overdrive Systems.

With the help of Jim Naylor, Horsepower's race correspondent and owner of the Ventura Raceway, co-hosts Don and Spence bring together all the best in the local and national automotive world, and pack it all together for a clean, fast hour of radio. Through all of their hard work and countless hours behind the scenes, hugely disproportionate to what you hear, they've made a name for themselves, and put Ventura on the map along the way. "Even today, even as we speak, I think anywhere in Ventura County, we're the only local automotive talk show, and learning what I have up to this point, I see now why."

A huge factor in Horsepower's success was when Donny's son, Chris Caccamise, brought video in to the mix, adding a whole new level to their in-depth car reviews and promotional segments. On top of editing the show together for the radio, Chris cuts videos that, for today's consumer, are much more appealing than just audio. Don really stressed the video component's success, "In the beginning it was nothing more than an additional part that we could offer our various local sponsors, it is now to the place where the video really leads the punch with selling sponsors." Just one hour of horsepower not enough? Find those videos and all about the goings on at Horsepower for an Hour on their website www.HorsepowerForAnHour.com and their Facebook www.facebook.com/horsepowerforanhour.



Janet Kopp loves the enthusiasm and the energy of the children.

Highlighting our neighbors: Janet Kopp

by Elizabeth Alvarez

Those of us who spend time with young people, particularly those between the ages of five and twelve years old, cannot help but wonder: how to harness all that energy for good in the world, their good, everyone's good?

To this end, Ventura resident Janet Kopp succeeds with flying colors – or maybe "dancing colors" is more apt. Kopp works by day as a school librarian. She also serves as the lead volunteer for an arts outreach program that offers tickets for children to experience live ballet. The tickets are offered at a greatly reduced cost, and many students attend the performances for free.

Over 6,200 young students each year attend these special shows performed by Footworks Youth Ballet.

On the day of the show, within about twenty-five minutes of arriving, Kopp oversees welcoming and ushering more than 1,550 students, teachers and chaperons into their seats – a full house at the Oxnard Performing Arts Center – to watch an hour of ballet.

Then, about 75 minutes later, Kopp and her team help empty the theater and welcome, place and seat another group of over 1,550 children to watch a second performance (can you imagine the decibel level?) – once again, all within about 25 minutes. Witnessing the entire process, about three hours total, ends up being an amazing performance unto itself.

"I love the enthusiasm and the energy that the children bring to the show," Kopp said. "And many of the dancers have shared with me that these performances are their favorite, because the children are so happy, and so appreciative of our Youth Ballet Artists. We know from the teachers that many of the students are visiting a theater for a live performance for the very first time."

For months before each show, Kopp sends invitations, makes calls, confirms ticket assignments, and arranges the final seating assignments for schools, both public and private, from throughout west Ventura County. About two dozen different schools attend each show; seats are filled on a first-come, first-served basis.

"We make an effort to invite as many schools as possible, but we do fill up quickly," Kopp added.

Kopp works closely with the schools, teachers, and staff at the Oxnard Performing Arts Center to ensure the process runs as smoothly as possible.

"I am especially grateful for our team of volunteer ushers. They make the teachers feel welcome and that we care about their needs. I am also happy to see a couple of teen ushers join us, setting a great example of community giving and

volunteering."

"This effort is so worth the time," Kopp adds. "We coordinate a total of four outreach performances each year, two for the December performance of *The Nutcracker*, and two for the annual spring show. We always sell out. The experience provides young people with an opportunity to experience a performing art that they might not otherwise have an opportunity to see performed in person, and at a high level.

"It is a blessing to me to watch the students' faces light up with excitement and enjoyment during their visit to our performance."

CAPS Chat

Community events

by Elizabeth Rodeno

CAPS had the great opportunity to work with women from Project Understanding to create a new Spanish language talk show. Thanks for Macerich, owners of the Pacific View Mall, for their generous grant. The group spent the day interviewing and being interviewed about issues of concern to the Latino community. These women and students shared interesting perspectives on healthcare, education, jobs and religion. Check our listings to view the show.

Our promotional piece for the National Police Dog Foundation was a big hit and helped to raise money to purchase K9 dogs. Congratulations to Dano and his handler Dani for the K9 Hero of the Year. Congrats to Ventura's Eric Jackson and Eron for winning the award for the Most Active Rookie. Believe us, he is. It is a little known fact that police and other public safety departments use no state or local funding to acquire their dogs. All the money, which runs about \$10,000 per dog, is raised through donations. Ventura is fortunate to have a great team of K9's and their handlers.

We are also about to launch a Digital Storytelling program for teens, beginning in March. Thanks to a generous grant from the Scripps Foundation we can bring this program to those who could not otherwise afford to learn the marvels of film making.

One of the big events coming to Ventura is the BMX Seaside Nationals, hosted by our friends at VenturaBMX. This event will bring in 100's of riders and their families from across the country. These visitors will share what we all know as a great city to enjoy shopping, dining and fun. Erik and Lea Kozin have received great response from the parents, excited to visit Ventura with all it has to offer, notwithstanding the important national event at a great track. Did you know that after only one year, Ventura's BMX track is rated number 6 in the west? There is some stiff competition in the west and we are proud Ventura has such a great track. See you May 2 through the 4th at the VenturaBMX track located at Kimball Park. We will be coving the event with our skilled team and the new production truck.

We could not operate CAPS without the support of the community and our members. To see what we have to offer, stop by our studios and check us out on the web at www.capstv.org to learn about what Councilmember Christy Weir calls Ventura's "Best Kept Secret."

Come to a
Medical Marijuana Seminar
 Discover if its Health Benefits are Right for You.
Safe & Legal Access

Cannabis Lecture Seminar

Thursday March 6th 7:00pm to 8:30pm | Wednesday March 19th 7:00pm to 8:30pm

Healing in America Holistic Center
 107 West Aliso Street, Ojai

Next Seminar is on Thursday, April 10th

Limited Seating-RSVP, Please call 805-640-6464 or email: info@shangrilacarecooperative.org

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Senior Living

Pull Out Section



Harriett and daughter Anne will celebrate her birthday, but when?

This is your life Harriett Isabel Parks

From a small town in Idaho to being a war worker, university graduate, mother and an artist and world traveler after retirement, Harriett Isabel Parks of Ventura has led a fascinating life even though she describes it as “normal.”

Her mom was a teacher, but had to quit because in those days women weren't supposed to work after they married. Harriett was delivered at home by her grandmother on a Leap Year day in 1920, and celebrating her birth day was never really settled at either Feb. 28 or March 1. Her birthday clock will strike 94 at midnight between those two days this year.

Growing up in Utah, she was consistently a valedictorian and attended Utah State University majoring in Food and Nutrition with a minor in biochemistry. That education qualified her as an intern research chemist during WWII in Niagara Falls.

She also met her future husband Bruce at the university, who was sent overseas as a Marine. They corresponded and when Bruce found out that married couples got a break on taxes, he asked her to marry him by proxy, to which she replied: “yes if the wedding night is also by proxy!”

It wasn't necessary because when Bruce came home on leave they got married in 1943. When Bruce was sent overseas again, Harriett went home to Utah expecting their first child, named after his father. After the war they lived in South Bend and were moved around the states by the military. Harriett stayed home to give birth and attend to four more children, Robin, Debbie, Mark and Anne. A consummate homemaker, she made all her children's clothes.

The couple ended up in Camp

Pendleton where Bruce retired from the Marines, at the time when their son Bruce had a freak swimming accident and became a quadriplegic. While her husband started another career as a stockbroker, she became an artist working in clay, bronze, stained glass, fiber arts and jewelry.

Harriett is now living in Ventura, where her love for education is satisfied by attending Suz Montgomery's Extended Learning Academy class, part of the Ventura Adult and Continuing Education wing of the Ventura school district.

She looks upon a life well lived, especially with her extended family. One of her grandchildren is getting married soon, and will carry the same handkerchief passed down through the generations from Harriett's great grandmother, a symbol of her family ties.

Project Drama and Excitement

by Jeanne Hoffman-Weisel

I am enjoying my OLLI (Osher Lifelong Learning Institute) class with Bruce Collins on the Thousand Oaks Campus and am very excited that he will be teaching Cinema Francaise: The French Film from Melies to Post-New Wave beginning on Wednesday, March 12th from 3-5 p.m. at Ventura College.

Bruce is a poet, author of over 300 poems, and a lover of music par excellence! He is especially interested in the lyrics and the original recordings of live performances. He entralls his class with anecdotes that are witty, humorous, at times a bit bawdy, and always with panache and enthusiasm! His garage is a testament to his passion for research of movies, music, the theatre and the powerful written word. He has chosen from over 100 titles of French film at his disposal for this class, and included in this study will be clips from some of the very first filmmakers, genre noir: Grande Illusion (about WW1) and Rules of the Game (1939 film that was banned). For a bit of comedy, he has added M. Hulot's Holiday.

Bruce created a film appreciation class with George Wymer in 1971 at Ventura College where he was an English professor, and now it has come full circle; in his retirement, he is teaching those of us who still thirst for learning. Bruce Collins continues to live his passion in the classes he teaches. Join us for 8 weeks of learning, remembering, and rejoicing! Call the OLLIE office to reserve your space 437-2748.

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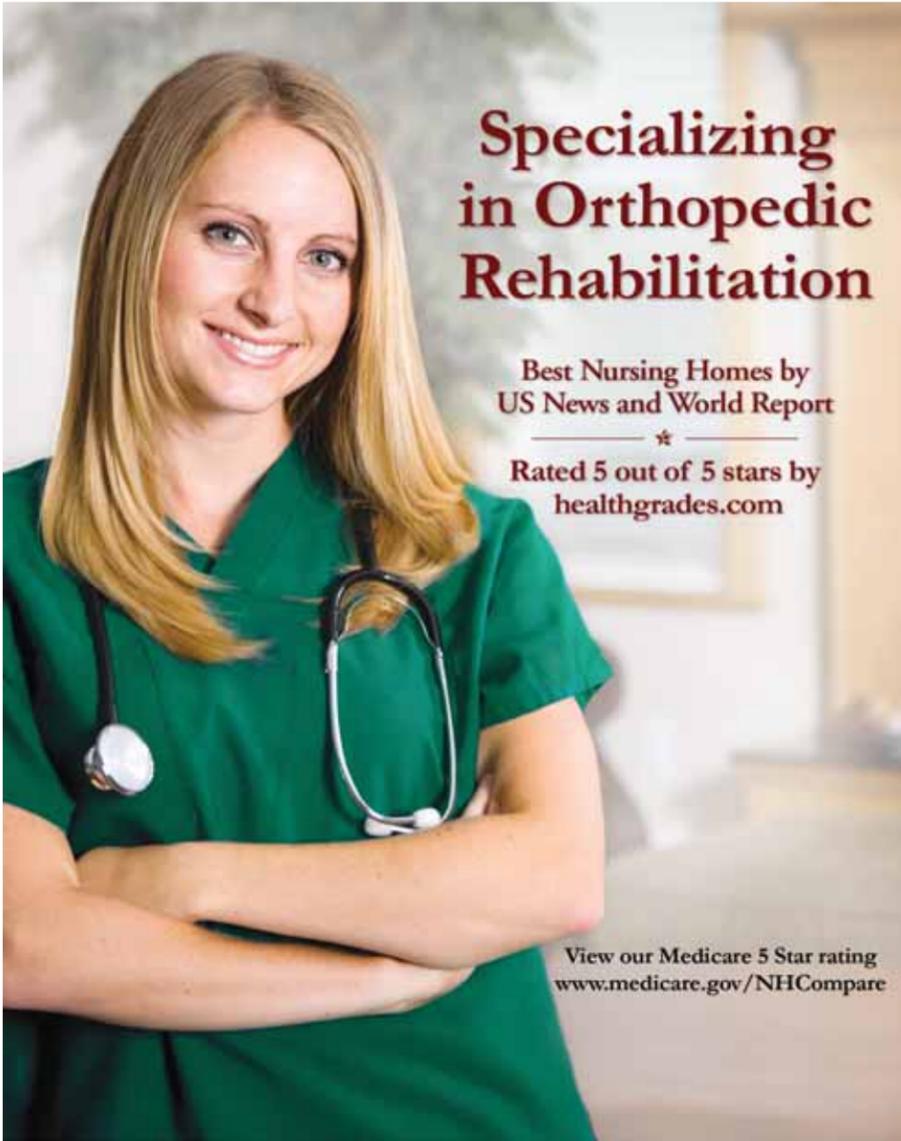
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Senior Living

The many benefits of drinking enough water, part 2

by **Lori Harasta**
Chair, *Healthy Living for Individuals 55+*.
(To learn more about local health and exercise resources visit www.healthyventuracounty.org, or visit us on Facebook)

Staying properly hydrated can be a challenge, especially since as we age, our brain forgets to remind us we're thirsty. The following is the second in a three-part article that will provide the motivation needed for us to work harder on hydration.

8. Weight Loss: Dehydration causes your metabolism to slow, inhibiting weight loss. Also, you may feel hungry when you're actually thirsty. Drinking water before meals can increase metabolism and curb hunger.

9. Diabetes: When water is pulled from the body to process excess glucose, it is left without enough water to function properly. The kidneys retain fluid rather than eliminating as urine. Excess glucose and other toxins are retained, which can do progressive damage over time.

Diabetics must consume fluid on a regular basis, thirsty or not. Older diabetics often resist drinking adequate water because trips to the bathroom can be difficult and tiring. <http://www.elder-careteam.com/public/770.cfm>

10. Joint pain: Proper hydration lubricates joints and maintains adequate blood volume so nutrients can move into your joints. Dehydration causes accumulation of toxins, which can cause pain and inflammation.

11. Osteoporosis: Chronic dehydration may be responsible for calcium loss in bones, causing erosion of bone density. <http://www.osteopenia3.com/Dehydration-Osteopenia-Osteoporosis.html>

12. Cancer: Dehydration increases the concentration of toxins in the body, which can eventually cause cells to behave erratically, and multiply out of control. The body becomes much more vulnerable to systemic proliferation of microbes—bacteria, viruses, and fungi associated with cancer. <http://www.waterbenefitshealth.com/dehydration-and-cancer.html>

13. Maintaining Eye Health: The cornea is made 80 percent of water, therefore proper hydration is essential to maintain good eye health.

Heart:
Free Blood pressure screenings: weekly, Mondays 12noon–1pm, HEALTHAware office. Appointment needed.

Prevention Strategies for Cardiac Disease: Every ODD month, 3rd Thursday, 6pm–7:15pm. Topic/Speakers vary, No charge

Mini Cardiovascular screenings en Español: Mexican Consulate, Oxnard, 1st Monday, 8am–12noon. Walk-in, no charge.

Diabetes:
Diabetic screenings Non-Fasting: 1st Monday, 3pm–4pm, HEALTHAware office. No charge. Appointment needed.

Diabetes Update monthly class: 2nd Tuesday, 3pm–4pm (carbohydrate counting) 4pm–5pm (insulin therapy). No charge HEALTHAware office.

Stroke:

Stroke mini screenings: 1st Friday, 11am–1pm, HEALTHAware office. Appointment needed.

Stroke Support group: 2nd Wednesday, 2pm–3:30pm, HEALTHAware office.

Weight:

Walking Fitness Program at Kimball Park: Pre-and post-walk blood pressure screenings. Tuesday/Thursday, 8am–9:30am. Community Park, Kimball & Telephone Road. *weather permitting*



Ventura native and 2012 Olympic diving bronze medalist Troy Dumais speaks at last year's Health & Wealth Expo at Cypress Place Senior Living in Ventura.

Acclaimed author to speak at Senior Health Expo

When the managers at Cypress Place Senior Living in Ventura were considering different guest speakers to headline their upcoming Health & Wealth Expo, one name quickly rose to the top – acclaimed writer Donald L. Brown, author of *The Morphine Dream*. Brown will be the keynote speaker at the senior expo on February 26, from 11a.m. to 2p.m.

The Morphine Dream is a sensational book that is fast approaching best-seller status, with a motion picture in the works as well. This book celebrates determination and courage and offers hope to reboot our lives.

"We are thrilled to have Mr. Brown as our guest speaker," said Yvonne Knepper, one of the marketing directors at Cypress Place.

In addition to his keynote presentation, Brown will be signing copies of his book. Copies will be available for purchase as well. His presentation begins at 11:15 a.m. and he will be signing books immediately after.

In addition to Brown's presentation, this year's Health & Wealth Expo at the senior community will include over 30 vendors offering everything from free blood pressure and mini stroke screenings, free balance and hearing tests, free wealth management consultations, to veteran benefit information. A free healthy gourmet lunch will also be provided. Raffle prizes will be given away throughout the event including one grand prize; a 50" HD color TV.

"We could not put on this event without the support of all the participating vendors, particularly the wonderful corporate sponsors who have partnered with us this year," said Mike Macke, one of the marketing



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Senior Living

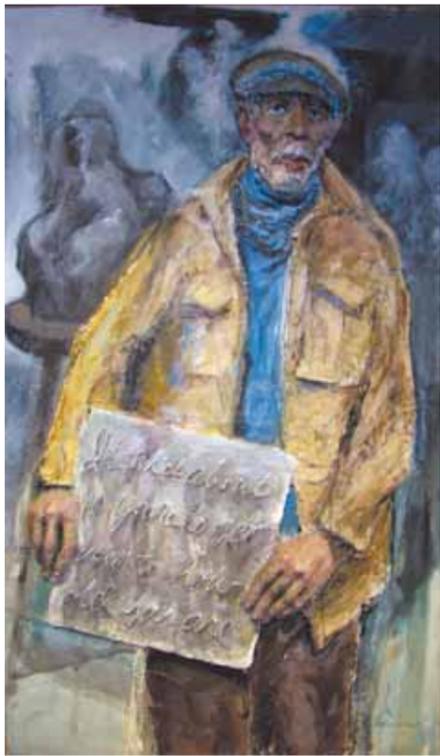
directors at Cypress Place.

Corporate sponsors for the event this year are Assisted Home Care & Home Hospice, Glenwood Care Center in Oxnard, Las Posas Home Health Services, Victoria Care Center in Ventura, and Vitas Innovative Hospice.

Past health expos have proven popular at the senior community, and sometimes even life changing. “We actually had an attendee from one of our past health expos tell us that Cypress Place Senior Living saved her life thanks to the event,” said Macke.

Admission is free and the event is open to the public. Free shuttle parking will be available at Ventura Baptist Church.

To RSVP for the Health & Wealth Expo, please call 650-8000. Cypress Place Senior Living is located at 1200/1220 Cypress Point Lane in Ventura.



This 3-dimensional art piece titled “Hal” by artist Len Potesman is on display at “A Wrinkle in Time”. Living in Ventura, he is a member of the Buenaventura Artists’ Union, an artist participant of the Ventura Music Festival, and an original tenant of the Bell Arts Factory

The local art community is rallying around CAREGIVERS

2014 marks 30 years of CAREGIVERS, Volunteers Assisting the Elderly in Ventura. The local art community is rallying around the organization to raise awareness and support for homebound seniors.

A Wrinkle in Time is a multi-media art exhibition by celebrating CAREGIVERS’ 30th anniversary. The exhibit calls attention to the increasing needs of our aging population.

The inaugural exhibition runs through March 4 on the upper floor of the Atrium Gallery in the Hall of Administration at the Ventura County Government Center. The event started off with a reception by the Ventura County Arts Council on Friday evening, January 31.

Speaking to the attendees Ventura Mayor Cheryl Heitmann stated “CAREGIVERS is a wonderful, well-run organization that does a lot in our community to help seniors stay independent with a little help from a friend.

With our growing senior population this kind of organization will become increasingly important. For some seniors, CAREGIVERS is a life line to the outside world. The caregiver and the senior become family with each giving so much to the other. Another great example of our incredible nonprofit community.”

“Thirty years is not a small feat for any organization,” said Tammy Glenn, executive director. “What’s remarkable about CAREGIVERS is that we’ve survived on the good faith and generous contributions of our community over the years. Going into our 30th year, we now see a significant boost of support from the business community and sustaining support starting to come from our individual donor base. I think they know they need us, as much as we need them!”

“As one of the founding leaders of volunteer caregiving, CAREGIVERS is honored to be at the forefront of this national movement in senior care,” said Glenn, who also serves on the board of the National Volunteer Caregiving Network which offers guidance to about 600 organizations like CAREGIVERS across the country.

Ventura County Supervisor Steve Bennett told the Breeze “CAREGIVERS provides invaluable service to our seniors struggling to stay in their homes.”

New online site, HIV-Age.org benefits adults with HIV

The American Academy of HIV Medicine (AAHIVM), ACRIA, and the American Geriatrics Society (AGS) have launched a website for older HIV patients called HIV-Age.org. This new site contains information for clinicians who manage the care of older HIV patients as well as useful information for patients, researchers, media and HIV advocates. HIV-Age.org will include editorials by leading clinicians and researchers, medical and government resources and links, the latest research and treatment options as well as other scientific articles.

“HIV-Age.org is the natural next step in the mission to provide HIV care providers with the information, tools and resources needed to best manage the health of their older HIV patients,” states James M. Friedman, executive director of AAHIVM. “This website will be a virtual environment of clinical information and colleague support.” It is suggested that by 2015, half of the U.S. population with HIV will be 50 or older.

The site also contains an extensive list of published articles on HIV and Aging for the last two years and the current Scientific Spotlight listed discusses the availability of “The Quick Reference Card for Managing Older Adults with HIV” which is now available through the New York State Department of Health (NYS AIDS Institute).

The site requires no membership and encourages comment and ongoing dialogue.

The development of HIV-Age.org was made possible through the support from The Archstone Foundation. The grant was awarded to the American Academy of HIV Medicine to administer this program.

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Health



Nurse Stephanie Laura-Jenkins, RN BA, explaining Heart Health Month to Nathalie Schaller. Photo by John Ferritto.

Community Memorial celebrates Heart Health Month

In honor of February's Heart Health Month Community Memorial Health System's HealthAware program hosted an event on Friday, Feb. 7, to celebrate National Wear Red Day.

The event was held as part of the "Go Red for Women" campaign to raise awareness about the nation's No. 1 killer: heart disease.

A variety of activities were held on the front lawn of Community Memorial Hospital, including free reusable red bag for those wearing red and a free body composition analysis.

"We are pleased to be holding an event to raise awareness about a disease as far reaching and serious as heart disease," said Andrea Ricketts, RN, manager of

CMHS's HealthAware program. "CMHS has a mission to provide quality care to patients, but it starts with knowing your risks and the signs of heart disease."

Ricketts added that education is the key to saving lives. "This is a great opportunity to reach out to the community and educate about the reality and dangers of heart disease," she said. "Being aware is sometimes the difference between life and death."

Stop smoking now!

On Tues., Feb. 25, Ventura County Public Health (VCPH) will host the first of an 8-week series of Call It Quits tobacco cessation classes at the Centers for Family Health, 120 N. Ashwood St. The free classes will meet from 5:30 – 7 p.m. once a week.

The VCPH Call It Quits program includes group and one-on-one counseling, free nicotine replacement therapy products and advice on how to recognize nicotine triggers, manage cravings, minimize withdrawal symptoms and stick with the program.

Cigarette smoking is the leading cause of preventable death in the U.S., accounting for more than 440,000 deaths each year. There are numerous health benefits associated with quitting smoking including lowering the risk of lung cancer, lowering the risks for heart disease and stroke and reducing respiratory symptoms such as coughing, wheezing and shortness of breath.

To enroll in a VCPH tobacco

cessation class, call the Call It Quits Helpline at 201-STOP (7867) or email them at: callitquits@ventura.org.

For more information, go to: www.vchca/ph/tobacco.

Community Memorial Health System helping the community

Advances in oral rehabilitation technology will be the focus of a free seminar the Community Memorial Health System is holding on Tuesday, Feb. 25.

Hooman M. Zarrinkelk, DDS, and Saj Jivraj, DDS, will lead the seminar that will be held from 6 to 8 p.m. in the eighth-floor Nichols Auditorium at Community Memorial Hospital, located at 147 N. Brent St. Individuals who suffer from tooth loss may suffer from many health issues as well as a decreased quality of life.

Dr. Zarrinkelk completed his dental degree at Loma Linda University and his surgical residency training with an emphasis on reconstructive jaw surgery.

Dr. Jivraj completed his dental degree at the University of Manchester in England and his advanced prosthodontic training at the University of Southern California.

Admission is free but space is limited, and reservations are required. Call 1-800/906-6093, or visit www.cmh

shealth.org/rsvp.

Community Memorial Health System's Healthy Women's Program is hosting a Community Outreach Day which offers free mammograms and healthcare education to the first 35 women who qualify. This event will take place at the Center for Family Health in Oxnard on Saturday, Feb. 22.

The women will arrive at the CFH office at 2361 E. Vineyard Ave. in Oxnard where they will be transported to The Breast Center at Community Memorial Hospital in Ventura, and then back to the Center's office.

The Healthy Women's Program is made possible through funds raised by the Community Memorial Healthcare Foundation's annual Gold Dust Gala, along with the generous support of the Wallis Foundation.

To find out if you qualify for this program, call 651-2661. For more information on the Healthy Women's Program visit www.cmhshealth.org/healthywomen.

Public invited to attend Mayor Cheryl Heitmann's State of the City address

The Ventura Soroptimist Club Ventura Mayor Cheryl Heitmann
Continued on page 13

News and Notes



Take the zip-line from this ship to shore.

Marina Park and beach

by Anthony Scopel
You, Me and The Dock

After relocating to the Oxnard/Ventura area over two weeks ago, I wanted to find a local beach where we could enjoy some casual days and sunset afternoons. We found Marina Park tucked away amongst a quaint little seaside community just north (I think) of the Ventura Harbor. The park offers a nice greenbelt area full of lush greenery and a playground for the children. It also has a pirate ship that has a small scale zip-line for the kids to enjoy. The park offers outside rinse-off showers and restroom facilities. It seems to be a well maintained park.

A few steps beyond the playground there is a cluster of mixed rocks that protects the park's perimeter from the beach's sand line. It actually protects it a little too much. Most of the small boulder like rocks are very course and ridged. To access this part of the beach you first have to maneuver your way through the treacherous wall of rocks. As a full grown man in pretty good shape, I even have to be very careful crossing the rough terrain leading to the soft sandy beach. I couldn't imagine what parents have to go through to cart their children, infant strollers and the days' worth of supplies through the rocks and onto the beach. There does seem to be a designated or regularly used pathway, but it still has sharp rocks protruding from its sloping incline. Now what city engineer designed or approved a park that has kid friendly facilities by a rock barrier reef that would stop a small army of pirates?

Is there a way that the city could engineer a few step-over bridges in certain sections? I am really surprised that no one has seriously injured themselves, yet. I think it's an accident waiting to happen and especially after dusk.

As for everything else about the park and beach area, it serves as a fun place to spend a relaxing time with family, friends or by yourself enjoying a beautiful Southern California day and/or evening.

Writer Anthony Scopel, and wife have just relocated to the Ventura/Oxnard area from SW Florida. He will be writing for the Breeze about his reflections of Ventura.

Application deadline extended

The application deadline for the Violet Richardson Scholarship has been extended to Feb. 28. Young women, age 14-17, are encouraged to go to Soroptimist of Ventura's website at www.soroptimist-ventura.org and download an application.

The Violet Richardson Award is a scholarship awarded each year to a local young woman, age 14-17, recognizing her commitment to the betterment of our community through her volunteer

efforts. This scholarship is shared with the volunteer organization she has volunteered for. The minimum award from Soroptimist International Ventura is \$1,500. Applications are available in the Counseling offices of Buena High School, Foothill Technological High School, El Camino High School, St. Bonaventure High School and Ventura High School. You may also download the application online at www.soroptimistventura.org.

Completed applications must be received by February 28, and can be emailed to siventura@soroptimist.net or mailed to Kay Armstrong at P.O. Box 6133, Ventura, CA 93006.

Who's Your Neighbor?

Your neighbor is everyone in your community! Since 1977, Project Understanding has been providing hope by developing and directing resources for the purpose of transforming lives and community through justice, mercy and compassion. In other words, Project Understanding has been serving the neighbors of this community for almost 40 years.

Project Understanding is hosting a "free community event" on Tue., Feb. 25, at 6:30 PM (doors open at 6pm) entitled, "When we love our Neighbors, everyone wins!" This event will be held at the Poinsettia Pavilion, 3451 Foothill Rd.

Engage in conversation about working together to solve the homeless issues in our city so that everyone wins. Learn why giving money to panhandlers, hosting large meals in the park, and giving handouts may not always be the best solutions.

Jim Duran, Executive Director of Project Understanding, says, "Hear innovative ideas from our panel on how to collaborate as a community. Our panel will include local business owners, city and county representatives, law-enforcement, social service agencies, church leaders and neighborhood families."

Meet the H2H (Homeless to Home) outreach team and learn what is happening in our city in regards to homeless families and the progress being made. This is a time for the community to come together and talk about what it takes to be good neighbors.

Project Understanding subscribes to the "Hand up" philosophy versus the "Hand out" model. To RSVP for this free event, call Kathy Donofrio at 652-1326. For more information regarding Project Understanding, visit their website at www.projectunderstanding.org.

Violin and viola competition

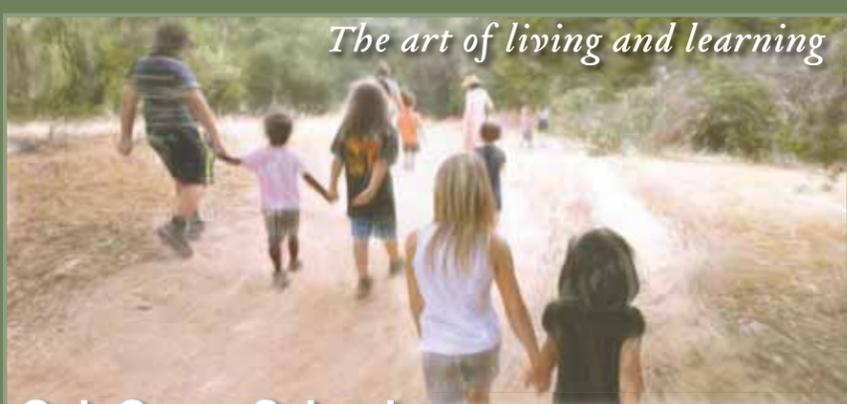
Applications are now being accepted for the 6th Henry Schwab Ventura County Violin/Viola Competition. This exciting competition is open to Ventura County residents up to the age of 25.

A total of \$3,000 in prize money will be awarded to contestants.

The preliminary audition will be held Feb. 22, at the Ventura College Recital Hall.

Three candidates will be selected who will compete on June 21 at the Ventura College Performance Arts Center, accompanied by the Ventura

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Public invited to attend address

Continued on page 13

will present the annual State of the City address in Council Chambers at City Hall, 501 Poli Street, on Monday, February 24, 2014 at 6 pm. A brief reception will precede the regularly scheduled Council meeting.

The address, titled "Leveraging Our Uniqueness," will focus on what makes our city unique, ensuring that we are positioned to enable growth and vitality, and the challenges of an aging infrastructure. Mayor Heitmann will also cite accomplishments, and highlight opportunities for the next year.

The public is welcome and en-

couraged to attend. The State of the City address will be broadcast live on Channel 15 within Ventura city limits, and rebroadcast thereafter. It can also be accessed online by visiting the city's website at www.cityofventura.net and clicking Videos.

In this issue you will notice something different, you will see an advertisement on the bottom of our cover. After much thought, and deliberation we have decided to offer this space to our advertisers. We came to this conclusion after seeing advertising on the front page of the LA Times and other major newspapers. And, truthfully we need the money.

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Professor Scamp, Ph.D

(Pretty Happy Dog)



Professor Scamp
Ph.D

■ C.A.R.L. is having a volunteer Appreciation Day at the Ventura Pet Barn, 3203 Main St. on Feb. 22, from noon until 4pm. Please attend for the afternoon and

socialize with their dedicated volunteers, and you might even get to meet me, now wouldn't that be exciting? I'll have my camera so maybe you can become a Scampclub dog.

Have you ever considered joining their organization, but were not sure what opportunities were available? There will be representatives to answer any questions and talk about the varied aspects of this wonderful group of caring people.

These are some of their "teams":
Adoptions Team / Direct Dog Care Team / Facility Support Team
Outreach Team / Community Support Team

Volunteer recognition will be presented to members who have shown their dedication to the C.A.R.L. organization. Invite family and friends to this fun, informative event where snacks and drinks will be provided for all (including dog snacks of course).

Plus, as usual adoptions will be held (and you can always see one of their cute animals for adoption right here on my page). So come visit our canines as they look for their forever homes!

■ One of my human heroes is local Assemblymember Das Williams who scored the highest rating possible from the California Humane Society on its 2013 California Humane Scorecard.

Williams voted favorably on several key bills important to animal rights and protection.

Williams authored AB 789, which prohibits wildlife trappers from using cruel methods of killing and reduces the size of body-crushing traps allowed for use on land.

"I was proud to author AB 789, which was signed into law by the governor," Williams, D-Santa Barbara, said. "We have a shared responsibility to care for others, our environment and our pets and animals."

Williams supported the following bills: AB 265, which promotes the development of dog parks; AB 339, which restricts animal sales at swap meets; AB 711, which requires hunters to use lead-free ammunition to protect both wildlife and people from the dangers of lead poisoning; AB 1213, which prohibits bobcat trapping adjacent to

Joshua Tree National Park and requires landowner consent before attempting to trap bobcats on private property; and SB 132, which requires nonlethal procedures be used to remove or take any mountain lion perceived to be an imminent threat to public health or safety.

Williams also wants to remind people to spay and neuter their pets. Williams recently adopted two cats, Cedar and Sequoia (so he isn't perfect).

■ I'm happy to hear that Gov. Jerry Brown has a Pembroke Welsh corgi name Sutter, who helps him run the state. We dogs could probably do just as well as some politicians do.

The 10-year-old pet has been called the governor's "furrogate" (I wonder if he went to Furry State University, like I did?). Apparently Sutter spends a lot of time with him and makes sure that laws helping to protect your pets are passed.

■ Some human beings are not my heroes. A despicable one has been arrested and charged with a felony. (I'm glad it's a felony, it's about time) on suspicion of causing severe burns to a Terrier during the last Fourth of July.

Carlos Duarte, 41, was arrested on suspicion of injury to the dog that his rescuers named Indy.

Authorities believe that fireworks were strapped to the dog's body and ignited before he was left abandoned in the alley (That alone would have been bad enough).

Duarte has been charged with a felony on an animal and bail was set at only \$30,000.

The dog was sent to Los Angeles East Valley shelter by the shelter transport animal rescue team, and then taken to Westlake Village animal hospital. The incredible people at the animal hospital, Dr. Daniel Slaton and staff cared for him for almost 7 months.

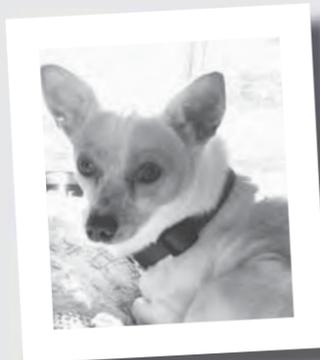
Los Angeles has the Los Angeles Police Apartment Animal Cruelty Task Force who investigated this awful event and eventually arrested Duarte. The task force was established in 2005 and includes members of the LAPD and animal services. Its goal is the aggressive prevention, intervention, detention and prosecution of acts of animal cruelty. What an amazing purpose and goal.

I think a fitting penalty would be to take off all of his clothes and strap fireworks to him and light them, just give me the matches please.

■ Once again the Westminster Kennel Club has failed to recognize a Shih Tzu as the best in show. The 138th Westminster Kennel Club's Best in Show winner

Forever homes wanted

Hi: I'm Gracie, a very sweet and affectionate Labrador mix. I was adopted when I was just a pup into what I thought was my forever home, but sadly it wasn't meant to be. After many years, my owner is moving out-of-state and I can't go along. I'm house trained and know how to use a doggie door; I'll even let you know when I have to go outside. I'm very well behaved, come when called, sit on command, know stay and walk well on a leash. I'm good with other dogs and children, but no cats please. I love going for walks, playing with balls and cuddling. I hope it's not long before I'm in a new home as a cherished member of a loving family. Could that family be yours? Stop by and meet me, I'll be waiting. Call the Adoption Center at 644-PETS(7387).



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 loove 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.

Calica was brought to the shelter because her owner passed away, but her extended family tells us she's good with other animals - dogs and cats. She's a 7-year-old indoor only cat and she uses the litter box nicely. The only part of Calica that's missing is that special someone in her life. She hopes that you can help her find a home, and help all of the other lonely hearts find homes too. Calica qualifies for the senior discount, so she will only cost \$60 to adopt. Visit her at the Camarillo Adoption Center, 600 Aviation Dr and ask for A591479.



Scamp Club

(Scampclub pets are not for adoption.)



From dog Woodwynn Summer Breeze, here is a picture of Colby my brother and our Foster Dog brother Chewie. Colby thinks he is the boss but not really, I am pulling the strings. Both of us really like Chewie but it would be nice if he had his own family.

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.

was a female 5-year-old wire-haired fox terrier named Sky, who was in Ventura in July, winning top honors at the Summerfest All-Breed Dog Show at the Ventura County Fairgrounds.

Sky was also the number one show dog in the country last year. She beat out a standard poodle named Ally at Westminster who was chosen as the runner up, a Portuguese water dog, bloodhound, an Irish water spaniel, a Cardigan Welsh

corgi and a miniature pinscher for the top prize.

This was the 14th time a wire fox terrier has won at the nation's top dog show. No other breed has won more than eight times and a Shih Tzu has never won. If they ever have a prize for a dog with his own newspaper column I would certainly be the winner.

There were over 2,800 dogs entered in the Westminster Kennel Club show.

Ohana
PET HOSPITAL

Dr. Jill Muraoka Lim
Dr. Janis Shinkawa
Dr. Nicci Quinn
Dr. Kate Byrne

805.658.7387
4547 Telephone Road, Suite A, Ventura, CA 93003
WWW.OHANAPETHOSPITAL.COM

Police Reports

by Veronica Johnson

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

Strong Arm Robbery

On Friday, January 17th, at 9:00 p.m., the VPD issued a press release regarding a 25-year-old female who was walking through the parking lot on the north side of the Pacific View Mall when she was approached from behind and struck in the waist. The victim turned to face her attacker and attempted to call police on her cell phone. The suspect forcibly knocked the victim's phone from her hands, picked it up, and fled the area.

VPD Detectives obtained video surveillance from the Mall Security and Target. Detectives posted pictures of the suspect on Facebook. They received information from concerned citizens regarding the identity of the suspect.

VPD Detectives identified Blas Hernandez as the suspect. On January 31st, VPD officers located Hernandez in the 200 block of Wesley Avenue and arrested him. Hernandez was booked into the VC Jail.

Assault with Deadly Weapon

On Thursday, February 6th, at 9:10 p.m., the VPD received a call reporting a gunshot victim inside the lobby of the Inn at the Beach hotel located at the south end of Seaward Avenue. Officers located the victim, Joshua Anderson, at the entrance to the hotel. Anderson had suffered a single gunshot to the lower leg and provided details of the shooting.

Anderson told investigating officers that he was on the beach when he was approached by an unknown male suspect who was pushing a red bike on the sand. Anderson became involved in a verbal altercation with this suspect who produced a small handgun and shot him in the leg. The suspect then fled. Anderson was able to make his way to the nearby hotel where he collapsed.

The victim was transported to the VCMC where he was treated for his injuries that were determined to be non-life threatening. The suspect was not located.

Possession of Controlled Substance

On Saturday, February 8th, at 12:22 a.m., an officer conducted an enforcement stop on a vehicle for expired registration. It was determined that this vehicle was going to be impounded. The driver and his two passengers were instructed to exit the vehicle. One suspect, Ryan Brookshier, admitted to the officers that he had a firearm inside the vehicle.

Officers searched the vehicle and recovered a loaded assault type rifle that was equipped with a hunting scope. The driver and the passengers were detained while officers continued searching the vehicle.

Officers also located a loaded high-capacity magazine for the rifle, a quantity of suspected methamphetamine and several items of narcotic paraphernalia during the search of this vehicle. Their investigation determined that the suspected narcotics belonged to Coffin and Alcocer.

Recovered Stolen Vehicle

On Friday, January 10th, the VPD investigated a report of a stolen vehicle from Enterprise Rentals. The vehicle was described as a tan colored 2014 Nissan Altima. On February 13th, at about 2:40 p.m., a plain-clothes detective observed

the vehicle in the area of Thompson Boulevard and MacMillan Avenue, occupied by three individuals. VPD officers were called to the area to stop the vehicle. The vehicle was stopped on Hurst Avenue near Thompson Boulevard and the three occupants were detained. The driver, Jamaar Smith, was arrested and transported to the VC Pre Trial Detention Facility. A passenger, Kalie Sayreslyman, was arrested for two outstanding warrants, plus fresh charges of possession of heroin and possession of an injection device. The third occupant was determined to be uninvolved and was released at the scene.

Homicide

On Feb. 12, at 2:14am, the Ventura Police Department Command Center received a call in reference to a body found in a residence located in the 100 block of W. Vince St. Ventura Police patrol officers arrived and located 37-year Ventura resident Dray Plueger deceased. Based upon the circumstances VPD Detectives and the Ventura County Coroner's Office responded and took over the investigation.

The investigation revealed that the victim died from multiple gunshot wounds. Investigators have no suspects at this time and there is nothing to indicate that this was a gang related crime. Investigators are continuing to investigate and anyone with information about the crime or the victim is asked to call VPD investigators at 339-4497.

Harbor Patrol Blotter

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

2-5 1:30 a.m. FCC dispatched Patrol and others to a medical assist at the Ventura Marina Community. Patrol responded. ARM and FD handled the call.

4:40 p.m. FCC dispatched Patrol and others to an intoxicated person on the grass at VWM. Upon arrival, it was determined that the subject was intoxicated. PD took him into custody for his own protection.

2-6 9:19 p.m. PD dispatch relayed that they were responding to a shooting on the beach near Seaward. Patrol advised that we would search the beach and water by boat. Patrol conducted a 30-minute search, but did not locate the suspect.

10:56 p.m. FCC dispatched Patrol to a medical assist at Ventura Marina Community. Patrol responded. FD and AMR handled the call.

2-7 9:40 a.m. VWM Marina reports that two men moored a boat in a slip without permission then left the area. Patrol responded. Investigation revealed that two men had removed the vessel from its slip at HV at 5:40 a.m. and fled as two boaters at VWM assisted by tying the vessel into a slip. PD and Immigration and Customs Enforcement agency were contacted. They conducted an investigation.

2-8 4:35 p.m. The Dockmaster relayed a report that a vehicle was stolen from HV sometime after 7:00 a.m. this morning. PD was notified. Both Patrol and PD filed reports.

2-9 11:22 a.m. Coast Guard LA reports that a dive boat is en route to Ventura Harbor with a diving

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emergency. Patrol notified FCC. Patrol escorted the vessel to the Long Dock. AMR transported the patient to the hospital.

1:38 p.m. A kayaker reports being struck by a 35-foot sailboat that left the scene without exchanging information. The kayaker was not injured. Patrol attempted to contact the operator of the sailing vessel, but he refused to stop. Patrol contacted Channel Island Coast Guard, who stopped the vessel in the other harbor and obtained his personal information.

Exploring their environment with interests generated by the child

Children's World Preschool, an NAEYC school established more than 45 years ago, is now enrolling your kids for the school year 2014-15.

Their goals are to provide an environment and experiences where children feel safe, nurtured, are listened to and heard while exploring their environment with interests generated by the child.

Their curriculum is guided by experienced teachers who are highly educated, caring, motivated and work as a team with you, the parent. Their quality program is based on the knowledge that all children are different, learn in different ways, and mature at different rates. Their developmentally appropriate program works on building self-esteem, mutual respect, cooperation, problem solving, socialization and making good choices. See their ad in this issue!

7620 Foothill Rd, Ventura, 647-3798, www.childrensworldventura.com

VPD officers reflect on shooting

Continued from page 1

else life has to offer, perhaps writing or teaching.

Even though Williams has returned to work, she's now considering some different options, maybe teaching. "Before I was a cop, I was a teacher," she said. "I've been looking into teaching at the Academy, maybe being a self defense instructor."

Gallion must deal with leaving the department and finding a new career. For her, it's a bittersweet prospect. The VPD had become part of her family. Despite the transition, she continues to look forward to the future. "I feel excited and optimistic about a new adventure," she said, "even though I'm not sure what that is yet."

Like Williams, her priorities have changed and she has something now that she never had when she was a police officer—time for herself. "When I was working, I never had any time for me," she said. "Now I'm overwhelmed with time. I want to write. I love photography. Maybe I'll go back to school and get a degree in English. Right now, the options are open. I miss my family here, I miss my department, but I'm glad I had a career that was honorable and I feel blessed."

For part 1 of this story go to [venturabreeze.com, archives, volume 7, #9 2.5.14](http://venturabreeze.com/archives/volume7/#92.5.14)



Officers Kendra Williams and Nicole Gallion from the Ventura Police Department reflect on their experience last March when they were forced to fatally shoot a suspect at the Motel 6 on Seaward Avenue. Both officers were injured and spent considerable time recovering.

— **Weekly SUDOKU** —

Answer

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

— **King Crossword** —

Answers

Solution time: 25 mins.

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



Show Time



Army of Freshmen's Owen Bucey at Bombays on Feb. 7.

Ventura Music Scene

Army on the march

by Pam Baumgardner

VenturaRocks.com

Pam@VenturaRocks.com

I caught up with Army of Freshmen's Owen Bucey to get the lowdown on the upcoming *Calamity* CD release party set for Saturday, March 1 at Bombay's. Owen told me how Army had been on the East Coast touring back in 2004/2005 and they had been staying at singer Chris Jay's parent's house. One evening most of the guys had gone out but Kai, Aaron and Owen had hung back kicking it around in the music room where Chris's mom taught music. Before long, songs were being developed. Owen explained, "It was just sheer organic fun. We loved what came out of that night and decided to explore it a little bit more." It was different too because they played different instruments except for Owen, but he actually started to write lyrics for the first time. Flash forward to present time with *Calamity* and their second release, *A Ghost of these Moments*, which will be played live, start to finish, with no stops. Price of the ticket gets you a free download.

The Patio at Player's Club Casino will play host for a fundraiser on Saturday, February 22, for the Canine Adoption and Rescue League (CARL) with Kelly's Lot and special guest on harp, Jon Gindick. There will be food, drinks and no cover, but plenty of opportunities to donate to this worthy cause to help our furry friends. See www.carlvc.org for more information.

The Garage is actively seeking bands to play there once again. Numbskull Presents announced *Lower Class Brats* out of Austin, Texas, with Kicker, *The Loads* and *Global Crime Syndicate* on March 27. It will be awesome having more live shows more often on the east end of town.

Parsons Guitars out of Seattle, WA, have moved into the space above the Ventura Theater at the corner of Main and Chestnut. I swung by during their "soft" opening and met owner Randy Parsons who gave me a tour, it's amazing what they've done with the space. All stringed musicians should drop in and see what the man has to offer, from classes, to repairs, to building guitars to spec. We wish him well as we plan to get him involved with the music scene here in town.

It's coming up on five years since VenturaRocks.com was launched and you're officially invited to help us celebrate at our anniversary party on Monday, March 17, at Bombay's. Yes, it's a Monday. Yes, it's St. Patrick's Day, and yes, we have Rey Fresco playing! You won't want to miss it!

Do you have any music related news or upcoming shows you want help on publicizing? Then send all information short or long to Pam@VenturaRocks.com.

Two on the Aisle

Theater's season opens with a ring

by Jim Spencer and Shirley Lorraine

Sarah Ruhl has been called "an adventurous modern American playwright." Last season, Santa Paula Theatre Center produced another of Ruhl's plays, *In The Next Room* which was a 2010 Pulitzer prize finalist. This season's offering penned by Ruhl, *Dead Man's Cell Phone*, was a Helen Hayes award winner for best modern play.

The show's publicity says it is about "exploring technology and the disconnect people are experiencing in the digital age." It was written in 2007, when cell phones were just becoming part of the world's common landscape. Ruhl apparently is a clairvoyant, as some of her questions about the consequences of communication in the digital age are even more relevant today.

As the play opens Jean, well played by Katy Cryns, is dining alone. A cell phone rings at a nearby table. The cell phone's owner, Gordon Gottlieb, portrayed by Brian Robert Harris, does not answer it. After many insistent rings, Jean can no longer abide the noise and answers the phone herself.

From there the story begins to weave a strange and convoluted web. It seems Gordon has just died of a heart attack. Jean continues to answer calls to his cell phone and tries to comfort callers. It turns out Gordon led a secretive life that begins to both unfold and unravel as Jean builds white lie upon white lie in her interactions with callers. Why she takes it upon herself to invade his life we never know.

The play is meant to be played in a stark, almost sterile setting. A ubiquitous diner serves as the main setting and the meager furniture is transformed into the skeleton of other locations as Jean's conversations with callers, and later on Gordon, continue.

We found the action to be slow and plodding with many dramatic questions about life flung about without attempting any resolution. Scene changes, considering the minor settings, could have been achieved more quickly to move things along before the audience had time to ponder the unanswerable. There were moments of frenzied action and laughter, but none sustainable.

The individual characterizations were done well. Kathleen Silverman shone as Gordon's wacko mother, complete with a fur stole at the dinner table and exhortations to the congregation about when and where to shut off cell phones (highly appropriate!).

Vivian Latham was resplendent as the slightly sotted Hermia, Gordon's wife. Gordon's brother Dwight was played by Ron Flesher, in a role that gave him little to work with. A stylized other-woman cum woman-of-intrigue was played with superficial flair by Sommer Branham. Although the play is populated by quite interesting characters, to us none seemed to meld together into a cohesive unit.

As Gordon himself exclaims, "don't try to figure it out – it's too complicated."

Dead Man's Cell Phone runs until March 16 at the Santa Paula Theater Center, 125 South 7th Street, Santa Paula. Show times are 8 p.m. Fridays and Saturdays and 2:30 p.m. Sundays. www.santapaulatheatercenter.org, 525-4645.

VFS SEASON 6

Kon-Tiki

Tues. Feb 25 @ 7:15pm

Norwegian explorer Thor Heyerdahl crossed the Pacific in a balsa wood raft in 1947, together with five men, to prove that South Americans in pre-Columbian times could have crossed the sea and settled in the islands of Polynesia. After gathering financing for the trip with loans and donations, they set off on an epic 101 day-long journey across 8,000 kilometers while the world watched. A gripping Scandinavian production, *Kon-Tiki* charts the origins of Heyerdahl's unorthodox idea and the events surrounding his group's epic, myth-shattering voyage.

The VFS is proud to present *Kon-Tiki*, sponsored by Barbara Meister, as the

Labor Day



Movie Review by Andrea Gibb

andregibb@hotmail.com

With the release of *Labor Day*, Jason Reitman cements his place as one of my favorite directors. The film really should be up for some Academy Awards, as it's every bit as good as his others: *Up in the Air*, *Juno*, and *Thank You for Smoking*; it's just a different mood altogether. You won't find the hip wise-cracking or the smart satire here. This is a slow, sensual, fascinating dance between characters, people who have every right to mistrust one another, who manage to fall in love.

Kate Winslet plays Adele, the depressed mom who harbors Frank, an escaped convict played by Josh Brolin. These characters move us as the film progresses in a way that only consummate actors fully inhabiting their roles can. Adele starts out withdrawn and guarded, overprotective of her young son, Henry (Gattlin Griffith) and understandably fearful of Frank, who pressures her to take him in. But she soon begins to bask in his love and appreciation, becoming more vital, even teaching him to rumba.

Frank, the prisoner on the run, demands refuge and is menacing at first. But over the course of the muggy New Hampshire Labor Day weekend, he does dad-like things with Henry and husband-like chores around the house for Adele that endear him to both mother and son. They coalesce into the family that each of them hungers for, but we know it can't go on forever.

The lazy summer hours of playing catch and baking pies come to an abrupt halt when their dream bubble of safety is threatened. The suspense builds – we know that someone is going to give Frank away, either intentionally or by a careless slip. I'm not telling who or how.

Little by little, flashbacks of the past reveal how Frank landed in prison, enabling us to decide for ourselves if he's trustworthy...or not. Is he guilty of murder, or was he compelled to commit a crime of passion?

Gattlin Griffith is utterly convincing as the son. At first he's leery of the interloper, but then, in the absence of his own father, he forms a strong bond with him. Just beginning to notice girls, he strikes up an unlikely friendship with a pierced and precocious classmate. Brigid Fleming, as the young and jaded Eleanor gives him bad advice about what's really going on between Frank and his mother.

2nd film of our 2014 season. We thank all of our donors, volunteers, patrons, and sponsors, especially the Ventura Breeze, for supporting our mission of bringing dynamic international films and filmmakers to Ventura. The VFS Screening Room is located at 420 E. Santa Clara @ Oak in Downtown Ventura. (VFS screenings at the Museum of Ventura County, the Century 10 Downtown Ventura, and other locations, will be announced individually.) Advance Tickets to any VFS Tickets and Memberships can be purchased at www.venturafilm.com/tickets.html. Visit www.venturafilm.com for screening information. Info Line - 628-2299/info@venturafilm.com. The Ventura Film Society – We Bring People Together In The Dark.

Author Note: *Labor Day*, the movie, is based on the novel by Joyce Maynard. Maynard stirred up controversy in 1972 when she dropped out of college to live with J.D. Salinger; she was 18 and he was 53. The movie *To Die For* starring Nicole Kidman is also based on one of her novels.

Rated PG-13 / 111 minutes / Drama
Now playing at Ventura Cinemark

Music Calendar 2/19 to 3/4

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

Amigos Cafe & Cantina

546 E. Main St.

805-874-2232

Live Bands and Musicians every Tue thru Sun

Bombay Bar & Grill

143 S. California St.

805-643-4404

Local Live Music every Thur thru Sun

GiGi's Coctail Lounge

2493 Grand Ave.

805-642-2411

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

Live Bands every Fri & Sat 9pm

Majestic Theater

26 S. Chestnut St.

805-653-0721

Fri 2/21 – Ramon Avala 8pm

Sat 2/22 – Dom Kennedy, Fly At It's Best 8pm

Sun 2/23 – Phantogram 8pm

Wed 2/26 – Lord Huron

Sun 3/2 – G-Eazy 8pm

Sandbox Coffeehouse

204 E. Thompson Blvd.

805-641-1025

Live Music Performances 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

The Tavern

211 Santa Clara St.

805-643-3264

Live Bands every Tue thru Sat

Thur 2/20 - Get Right Thursday with Guest DJ 10pm

Fri 2/21 - The Caverns 10pm

Sat 2/22 - Mini Driver 10pm

Thur 2/27 - Get Right Thursday with Guest DJ 10pm

Fri 2/28 - I Want My 80's 10pm

W2O Rooftop Lounge

598 E. Main St. (above Watermark)

805-643-6800

Continued on page 18

Lighter Breeze

Zits



Tiger



Shoe



Blondie



Beetle Bailey



Arctic Circle



Solutions on page 15

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

Weekly SUDOKU

by Linda Thistle

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

DIFFICULTY THIS WEEK: ★★

★ Moderate ★★ Challenging
★★★ HOO BOY!

Solutions on page 15

King Crossword

1		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			

- ACROSS**
- 1 Labyrinth choice
 - 5 Skillets
 - 9 Half a dance?
 - 12 Lotion additive
 - 13 Fraternal baseball surname
 - 14 Attila, e.g.
 - 15 Unknown people
 - 17 Pismire
 - 18 Evening affair
 - 19 Depend (on)
 - 21 "And this should matter to me ... why?"
 - 22 Object
 - 24 "National Treasure" star
 - 27 Chart format
 - 28 Superman's alias
 - 31 Melody
 - 32 Corroded
 - 33 "Go, team!"
 - 34 Let the cat out of the bag
 - 36 Badly
 - 37 Pale
 - 38 Aristocratic
 - 40 Ego counterpart
 - 41 Queenly
 - 43 Small beard
 - 47 Have bills
 - 48 Puts on the line
 - 51 "— the ramparts ..."
 - 52 About half the children
 - 53 Tiger Woods' ex
 - 54 "— Dalloway"
 - 55 Trade
 - 56 Logical
 - 29 "Unh-unh"
 - 30 Your
 - 35 Feathery accessory
 - 37 Saws
 - 39 Consecrate
 - 40 Charged bit
 - 41 Leeway
 - 42 Basin
 - 43 React in horror
 - 44 Anatomical tissue
 - 45 Ireland
 - 46 Slave to crosswords?
 - 49 Without delay
 - 50 "CSI" evidence
- DOWN**
- 1 Quarter-back's throw
 - 2 Choir member
 - 3 Actress
 - 4 Last car?
 - 5 Senate
 - 6 Hearty brew
 - 7 Neither mate
 - 8 Some Japanese fare
 - 9 They make alterations
 - 10 Suspended
 - 11 Initial stake
 - 16 Ultramodernist
 - 20 Squid squirt
 - 22 Marquee datum
 - 23 Command to Rover
 - 24 "Cash —"
 - 25 Have something
 - 26 Farmers
 - 27 Bucket

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LIBRA (September 23 to October 22) Getting out of an obligation you didn't really want to take on can be tricky. An honest explanation of the circumstances can help. Next time, pay more attention to your usually keen instincts.

ARIES (March 21 to April 19) Try to say as little as possible about the work you're doing through the end of the month. Then you can make your announcement and accept your well-deserved plaudits.

SCORPIO (October 23 to November 21) Use your **Scorpion** logic to push for a no-nonsense approach to a perplexing situation. This could help keep present and potential problems from creating more confusion.

TAURUS (April 20 to May 20) You face a more difficult challenge than you expected. But with that strong Taurean determination, you should be able to deal with it successfully by week's end.

SAGITTARIUS (November 22 to December 21) A friend's problem might take more time than you want to give. But staying with it once again proves the depth of your Sagittarian friendship and loyalty.

GEMINI (May 21 to June 20) Before you act on your "feelings" about that upcoming decision, it might be wise to do a little fact-checking first. You could be very much surprised by what you don't find.

CAPRICORN (December 22 to January 19) The Sea Goat can benefit from an extra dose of self-confidence to unsettle your detractors, giving you the advantage of putting on a strong presentation of your position.

CANCER (June 21 to July 22) A recent workplace success can open some doors that were previously closed to you. On a personal level, expect to receive some important news from a longtime friend and colleague.

AQUARIUS (January 20 to February 18) You might want to ask a friend or relative for advice on an ongoing personal matter. But be careful not to give away information you might later wish you had kept secret.

LEO (July 23 to August 22) Put your wounded pride aside and do what you must to heal that misunderstanding before it takes a potentially irreversible turn and leaves you regretting the loss of a good friend.

PISCES (February 19 to March 20) Use the weekend for a creativity break to help restore your spiritual energy. Once that's done, you'll be back and more than ready to tackle whatever challenge you need to face.

VIRGO (August 23 to September 22) One way to kick a less-than-active social life into high gear or rebuild an outdated Rolodex file is to throw one of your well-organized get-togethers for friends and associates.

BORN THIS WEEK: You get great joy out of creating beautiful things and sharing them with others who appreciate them.

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NEWS TALK 1590 KVTA



Lyn Fairly and Friends, Saturday 12-1pm

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



Horsepower For An Hour, Saturday 1-2pm

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



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

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

Business

Grand opening at child care center

Children's Therapy Network (CTN) Child Care Center is pleased to celebrate its grand opening with a ribbon-cutting ceremony on Friday, February 21, 2014 at 3 pm to 6pm. The event will take place at the new center, located at 1234 E. Main St.

What makes this Child Care Center different?

1. Imagine your child learning a second language: What a Gift!
2. Learning in a fun and safe environment
3. Getting the 1 on 1 attention in a small class size
4. Successfully bonding and socialization with peers and family. Potty-training available. Children with special needs welcome.

The Book Rack closing

In March, after 28 years in business Kristin Kilsmeier is closing "The Book Rack" a used book store in Ventura. March is also National Literacy Month. So to help go out on a more positive note they are doing something for children's literacy. Now until closing they are offering all new children's books ordered at 25 cents per book over cost. Cost being a 40% discount and all other books at 50% off. And the more that you buy the better deal they will

give you. The only stipulation is, they don't accept credit cards and orders would have to be pre-paid in cash and would be books that are available for ready shipping and no back orders. This offer is open to everyone on both children's books and required reading in middle and high schools. They are at 2534 E. Main, 641-3577.

Music calendar

Continued from page 16

- Live Bands every Wed thru Sun
- Friday Dance Party every Fri 9pm
- Thur 2/20 - San Buenaventura Social Club
- Fri 2/21 - Sound Effect
- Sat 2/22 - Drunken Monkeys
- Sun 2/23 - Shawn Jones
- Thur 2/27 - San Buenaventura Social Club
- Fri 2/28 - Mini Driver
- Sat 3/ 1- Luis Oliart
- Sun 3/2 - Randy Cobb & Friends

The Wine Rack 14 S. California St. (805) 653-9463

- Fri 2/21 - Jae Hatt (Sultry Bohemian Rock)
- Sat 2/22 - Frank Barahas (Pop Singer/Guitarist)
- Fri 2/28 - Ashun (Guitarist - Rock, Classical, Jazz, Flamenco)
- Yolies/Hi Hat Entertainment**
138 W. Main St.
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- Top Notch Musicians and Bands every Fri 8pm
- Fri 2/21 - Rick Holmstrum Band with special guest Mavis Staples (Blues) 8pm
- Fri 2/28 - B.B. Chung King & The Bud-daheads (Rock/Blues) 8pm

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Art Scene



Tarca also teaches stained glass classes at his Ventura studio. Photo by Laura Luongo.

Pastime becomes profession

by Sheli Ellsworth

Calico Art Glass is celebrating its ten year anniversary much to the owner's surprise. "I was in the banking industry and did stained glass as a hobby. When I retired, I opened the studio as an excuse to indulge my passion. Here I am ten years later with another career," says John Tarca, owner manager of the stained glass art studio located at 4601 Telephone Road, Suite 101.

Originally from Boston, Tarca moved to California in 1976 and specifically to the Ventura area in 1983. "I love Ventura because of the ocean and for the most-part, the small town feel." Tarca also loves the weather because he can ride his bike year-round. "There is always something to do here and the choice of restaurants is wonderful."

In addition to designing and building stained glass windows, Tarca also teaches stained glass classes, both the copper foil

and leaded methods. Artist Jewelyn Vanoni teaches the fusing and bead making classes. Additionally, specialty and seasonal classes are conducted during the year. "Of course, we sell tools and supplies for the hobbyists as well," Tarca added.

The artist says a lot of his work these days is for kitchens. "Sometimes people want a textured glass in their cabinets or a glass that will obscure the contents. Sometimes they want a glass they can see through. There is a variety of glass available for these applications."

Repairs are also a part of the business. "While a lot of repairs are front doors or sidelights, we also get transom windows, cabinet panels and lamps."

What is the process for having a stained glass window made? Tarca says that people will come in with ideas and even pictures. He will work out sketches for their approval. "The client and I will discuss colors and textures at length. There is a wide variety of choices. Once I have a feel for what they want I will put together a selection of glass choices for their approval." After final measurements are obtained, the pattern is made and all of the glass is cut by hand in the studio and the window built. Tarca says he can make arrangements for installation also. Past job sizes have ranged from less than a square foot to over 40 square feet.

How much does this labor-intensive process cost? "Pricing is done by the square foot. While many factors are considered in pricing, plan on \$125-\$150 per square foot."

Stained glass styles range from the ordinary to the sublime. Designs like Van Gogh's Starry Night, the Singing Butler and Parrots on the Beach can be seen on the artist's website calicoartglass.com. Look for John Tuesday through Friday from 10:00-5:00 and on Saturday 10:00-3:00 or give him a call at 658-2886



Mary-Jo Murphy at the Buenaventura Gallery

Mary-Jo Murphy will be sharing A Few of My Favorite Things & Places in her solo show by that name opening Feb. 25 at Buenaventura Gallery in downtown Ventura.

Murphy plans to present about 20 recent works in several media – oil, acrylic, watercolor and Copic marker – ranging in size from 8 by 10 inches to 48 by 60 inches. She will be at the gallery 5-7 p.m. March 1 for an opening reception and from 5-8 p.m. March 7 for the First Friday Ventura gallery crawl. The exhibition of her work will continue through March 22.

"Living things are fleeting," said Murphy, a prolific painter of animals who is showing a range of subjects this

time. "Painting them allows me to capture a moment. For a brief time, as I work, I develop a relationship with the creature, object or place."

Examples of her art can be found online at www.mary-jomurphy.com.

"I love the possibilities – when idea, canvas, paint and I collaborate," she said. "The other thing I love is watching people react ... I get such joy if someone is moved by something I've created."

Murphy's creativity will be on display for visitors at the Buenaventura Gallery, 700 E. Santa Clara St., which is open 11 a.m. to 5 p.m. Tuesdays through Saturdays. For more about the show or the nonprofit Buenaventura Art Association, visit the website www.buenaventuragallery.org or phone 648-1235 during gallery hours.

Kid's Art at the Arc

Kids' Arts is having an Open House on Sat February 22 from 4-6pm to announce our new home! We have entered into a partnership with The Arc of Ventura County at 295 S. Arcade Drive (behind the Jack-in-the-Box). The Arc serves people with intellectual and developmental disabilities from Monday through Friday. We are excited to now be holding our free visual and performing art classes, open to children ages 5-14, on Saturdays from 10:00 to 12:00 in Arc's "Art Room". You can tour the grounds, view the student Art exhibit, and meet the children and staff that make it all happen. Please, join us to celebrate our good fortune.

Art, a la Carte



Twenty area artists jumped right in and immersed themselves in Loosen Up with Aquamedia, a January workshop presented by Robert Burrige in Ventura for Buenaventura Art Association, but that was just a start.

In celebration of BAA's 60th year, the nonprofit co-op is sponsoring three more weekend workshops with nationally known instructors in 2014, one each quarter. Watercolorist Don Andrews, of Fairhope, Ala., will teach *Painting Figures in the Landscape*, the next quarterly workshop, April 11-13 in Ventura. *Powercolor Painting and Painting Water* will be the focus of an Aug. 8-10 workshop by Carolyn Jasper

of Rotonda West, Fla. San Luis Obispo artist Joanne Beaule Ruggles will present *Running With Sticks – Encouraging Risk in Your Figure Art* from Nov. 14-16.

The workshops are open to BAA members at a discount and to non-members. Sessions will be 9 a.m.-4 p.m. Friday through Sunday (except Burrige's four-day visit starting March 27, a Thursday) at locations in Ventura.

The March and April workshops will take place at the former site of Blackbeard's Restaurant, across from BAA's Harbor Village Gallery at 1591 Spinnaker Drive at Ventura Harbor. Class sizes will be limited to 20 for Burrige and 25 for Andrews. Early registration is advised; a \$100 deposit (\$150 for the four-day Burrige workshop) will reserve a space.

To learn more about these upcoming BAA workshops, including pricing and deadlines, and to register, visit www.buenaventuragallery.org or phone the gallery at 648-1235.

Ten prominent artists have created pieces in various mediums inspired by the idea of music and this year's Ventura Music Festival's Festivo theme. They are on exhibit, and available for bidding at the Museum of Ventura County now through March 14. The art will be sold during a gala Evening of Note at the Museum on March 15. All in support of the festival's celebratory 20th anniversary season. To place a bid, or to make a reservation for the Evening of Note on Saturday, please call the Ventura Music Festival at 648-3146. The following are 5 of the featured artists, with their inspirational statement; the remaining 5 will be in the March 5 Ventura Breeze.



Susan Cook: Aria celebrates our first and oldest musical instrument, voice. It captures the moment a voice releases passion so it can not only be felt but also heard and shared.



Lynn Creighton: Festivo as a theme for the artwork created for the Music Festival in Ventura fits perfectly with a new body of work that has been emerging from the clay into bronze in my studio during the last two years: *How Are We Doing Love?* I am as excited about exploring this imperative subject as I have been about my work in sculpture for almost thirty years: *Reclaiming the Sacred Source*, which explores in bronze sculpture the potential for women to celebrate the truth of their own beings.



Pat Richards Dodds: I was truly inspired four or five years ago by the IMAX movie, the Hubble 3D of nebulae and that inspiration surfaced in my Festivo offering. Creation is in the heavens. Focus is on the sun and light. The explosion of the newborn stars with all the colors and light gives the impression that the stars are celebrating.



JoAnne Duby: Months ago I spent 2.5 weeks floating around Prince William Sound on a "rock expedition." I found this virgin rock out on an island, seemingly untouched by man. I dispensed of my packed clothes and carried it home in my suitcase. Once home, it emerged as a beautiful pink "ribbon"...depicting the ribbon that flies through the air during a celebration.



Frances Elson: As a fused glass artist, being presented with the word "Festivo" as the theme upon which to create a work of art is an invitation not to be resisted. Glass, by nature, is festive and exuberant. "Festivo" by the floral garlands and the vibrant hues of the piece. All summed up in Shakespeare's immortal words: "If Music Be the Food of Love, Play On!"



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School



Lincoln Elementary School's galleries will create a window into the exciting activities at school

Art Fence proposed to fund art education

Lincoln Elementary School in downtown Ventura is known for its art programs. Students at every grade level have regular classes every week paid for by the Parent Teacher Association (PTA). Lincoln is a small, diverse school with a high number of homeless students so traditional fund-raisers are always a challenge. The art education funding started years ago with a school-wide recycling program that grew to be the largest of its kind in California.

The success of the recycling paid for art as well as a portion of music and P.E. instruction and garnered a number of local, state and national awards including Disney's best Green School Project. While the recycling program continues, values have plummeted forcing the PTA to seek new sustainable sources of funding.

Looking at all the artwork that came home from school, PTA members Dave and Emma Armstrong had an idea to create a giant "refrigerator door" that kids could hang their art for the whole community to see. Working with local architect Tyson Cline, and artist MB Hanrahan, they designed the "Art Fence," a series of outdoor art galleries along an entire block of Main Street at the entrance to the downtown cultural district.

When complete, student art will be digitized, enlarged and printed onto large plywood sheets so that it's visible to passing cars. Businesses will be able to sponsor each gallery with the revenue going directly to fund art education.

The galleries will create a window into the exciting activities at school and spark dialogue with the arts and broader community who would not have the opportunity to engage in the education of our next generation.

The Art Fence project is running a Kickstarter crowdfunding campaign through March 7, 2014 to help fund construction of the \$70,000 first phase of the project. The Lincoln PTA was the first to support the project with a \$10,000 grant, the City of Ventura's Public Art Commission made a generous grant of \$5,000 and the Ventura County Community Foundation's Smith-Hobson Foundation granted an additional \$1,000. More than a third of the total costs will be covered by in-kind donations and school families have been incredibly generous. Other grant applications are pending including one to the National Endowment for the Arts. Individual donors will be recognized with personalized tiles on the base of the Art Fence. The first phase is more than 50% funded.

Sports



Now on its 13th year, the half-marathon and 5K featured an out-and-back course.

Ventura Half-Marathon donates \$3,200 to Habitat for Humanity

For the third year in a row, Habitat for Humanity of Ventura County was the official charity partner of the recently-concluded Ventura Habitat Half-Marathon.

Vendurance Sports, organizer of the annual road race, generated \$3,200 of the proceeds to Habitat.

"We are proud to be working with Vendurance Sports. Every year several thousand dollars are raised to support building affordable homes in Ventura County. We thank the many runners who not only paid to register for the event, but also donated funds for Habitat's building projects," said Steve Dwyer, executive director, Habitat for Humanity of Ventura County.

Now on its 13th year, the half-

marathon and 5K took place on Sunday, February 2nd and featured an out-and-back course along the Ventura-Ojai bike path, starting and ending at the Ventura Unified School District complex on Stanley Avenue in Ventura.

This year, the local race attracted close to 400 runners and walkers alike, who were drawn to the serene course, friendly atmosphere, panoramic views and gentle hills, which Ventura is known for.

"Habitat is doing great things locally and we look forward to working with them in the years to come," said Josh Spiker, race director of the Ventura Habitat Half-Marathon.

For more information or to view results, visit www.VenturaHalf.com.