

Read the latest Harbor Views found in this issue!

FREE



VENTURA BREEZE

Your Hometown Paper

Vol. 10, No. 5 Published Every Other Wednesday Established 2007 December 7 - December 20, 2016



Betsy Chess has received a number of awards.

Betsy Blanchard Chess elected to board of directors

The Limoneira Company has announced that Betsy Blanchard Chess has been elected to the Company's Board of Directors.

Chess is currently the Director of Development, Museum of Ventura County. Prior to this, she was the Editor and Publisher of Central Coast Farm and Ranch Magazine and the Executive Director of the New West Symphony.

She has received a number of awards including the 2014 Volunteer of the Year for Ventura and Santa Barbara Counties by the Association of Fundraising Professionals, the 2014 Ventura County Star 25 over 50, and an Art Star in Education award from the Ventura County Arts Council. She is a decedent of Nathan Blanchard, one of Limoneira's founders.

She received her Master's Degree in European History from The University of Southern California.

"We are honored to have Betsy join the Limoneira Board of Directors" said Gordon Kimball, Chairman. "She has strong core values and a real passion for Limoneira, its history and its culture. She brings a fresh new perspective to the board, and I am looking forward to working with her in the coming years."

"This storied Company has become an agricultural powerhouse, and I'm thrilled to join the board" said Chess.

Continued on page 24



Andrew Pyle volunteered to clean the pieces as part of his Eagle Scout project.

U.S. Navy Seabee Museum in Port Hueneme is open to the public

by Richard Lieberman

After sorting through more than 14,000 artifacts to find 75 that best represented the history of the Seabees, the curator for exhibits at the U.S. Navy Seabee Museum in Port Hueneme needed

to get them ship-shape for display.

So when Andrew Pyle, 14, of Port Hueneme, volunteered to clean the pieces as part of his Eagle Scout project

Continued on page 23



Barbara Brown appointed VBG President.

Ventura Botanical Gardens appoints board leadership

Ventura Botanical Gardens (VBG) announced recently the appointment of its 2017 slate of officers. Beginning on January 1, Barbara Brown will assume the post of President. Dr. Tracy Long will assume the post of Vice President. Terry Sommers will remain as Treasurer with Sandy Ross as Recording Secretary and Jonell McLain as Corresponding Secretary.

"I am honored to serve as President for the Ventura Botanical Gardens," Barbara Brown said. "The Gardens are, in my opinion, one of the most unique projects in the city. Both the land, with its stunning views, and the widespread and enthusiastic community engagement, are inspiring. This public-private partnership with the City of Ventura offers a valuable resource for our community, providing ready access to an extensive natural setting, open space and spectacular views."

Barbara Brown is the founder of BBM&D Strategic Branding, one of the largest and oldest branding firms in the area. She is a Commissioner for the City of Ventura Public Arts Commission, and is on the Board of the Ventura Arts Festival. She has served on numerous

Continued on page 24



The Trade Desk selected to develop site behind the movie theater.

City buying and selling real estate

At a recent City Council meeting, the Council preferred the proposal from The Trade Desk (over several other companies) to purchase and develop the Downtown property located behind the Cinema10 movie theater. The property is currently being used as a parking lot.

The Council directed city staff to

begin negotiating with The Trade Desk for the purchase the property. The Trade Desk proposal would provide for 50,000 to 65,000 square feet of office space on two floors over two levels of parking. A committee evaluated three proposals for the location and gave The Trade Desk

Continued on page 24

VENTURA TOWNEHOUSE

CALIFORNIA'S CROWN JEWEL IN RETIREMENT LIVING

Ocean & Mountain Views • Over 12 Lushly Landscaped Acres • Spacious Standard & Remodeled Apartments and Villas • Anytime Dining in our Sun-Drenched/Full Service Dining Room • Full Kitchens • Delicious Home Cooking by Pro. Chefs & 5-Star Pastry Chef • Live Music & Events • Weekly Excursions • All Day Transportation • Pets Welcomed

Call Now for a Visit! 805.642.3263

www.venturatownehouse.com • 4900 Telegraph Road, Ventura, CA 93003



I love it, love it, love it here! Staff is great! Residents are well cared for and happy. The grounds are beautiful! What a Chef! Great dining! Great food! Activities and entertainment galore! How great it is!

~Irene Olson, Resident

Get More Fun & Amenities for your Money!

License #565801810



HOLIDAY SHOPPING?

Don't forget to visit the
**Friends of the Library
Bookstore!**

**Inside E.P. Foster Library
651 E. Main Street**

**New Bookstore Hours:
Wednesday through
Saturday, 11 am to 4 pm**

Ventura Friends of the Library

JOIN US! BECOME A FRIEND OF VENTURA'S LIBRARIES!

Give a gift membership to a book-loving friend! Individual memberships \$20.00 before 12/31/16.
Contact: friends@venturafriendsofthelibrary.org www.venturafriendsofthelibrary.org

Ventura's Finest HONEY!

"Pure Source of Sweetness"

- Honey • Propolis • Beeswax Candles
- Royal Jelly • Pollen • Candle Wax • Gift Baskets

Honey Tasting Daily!

HERITAGE HONEY

heritagehoney.org

2031 E. Thompson Blvd., Ventura • 641-0408

Has somebody been extra nice this year?
Create your own Handmade Wooden Crate Gift Basket!

Wine & local draft beer
Gluten-free & vegan options available
Homemade sauces, dressings and soups
Gift certificates
We do CATERING!
AND SO MUCH MORE!

641.2300

Dinner hours: 5pm - 9pm
Mon - Thurs & Sunday
5pm - 10pm Fri & Sat

1751 E. Main St.
In Midtown Ventura
www.palermos.biz

Established in 1972
ITALIAN PALERMO PIZZERIA

Come in for Great Lunch Specials!
11:30am - 2:00pm Mon - Sat

Business



Your Estate Assistant helps seniors downsize, families dissolve estates

by Rebecca Wicks

Beth Sutherland has worn many hats in a storied career that stretches from an education in spiritual psychology to jobs in environmental project management and event planning in both the public and private sectors. She believes it has all been in preparation for what she does now. Today, Sutherland is the founder and owner of Your Estate Assistant, a company that offers dissolution services and aging adult transition solutions. Sutherland considers her job the perfect combination of everything she has experience in with the added bonus of feeling fulfilled at the end of each project – something, not always easily found.

Over the years and before officially starting her business, Sutherland had helped a handful of friends and family members with cleaning out the house of a deceased loved one.

"I realized the skill of sorting, itemizing, organizing and all the planning involved for either downsizing or to sell a house was actually not something the average person comes equipped with," said Sutherland.

Moreover, Sutherland realized she was good at it. And, it became clear to her that people didn't always have someone to turn to with these activities. Sutherland, previously a personal coach, also recognized her unique ability to be with people when there is chaos and crisis was a huge asset.

"It's hard when people are not necessarily at their best, but are asked to be," said Sutherland. "Having that experience as a personal coach helps, especially after a loved one has died, when someone is in the midst of a divorce, or when other big life changes are occurring."

Sutherland moved to California almost 30 years ago to work in wellness, specializing in helping post stroke and brain injury patients. She later moved to Ventura in 1994 and worked with the City of Ventura on the area's first "adopt a beach or park" program and has remained close by ever since.

"We are blessed to have incredible climate and I love to hike and be outside," said Sutherland.

Sutherland receives the majority of her business via word of mouth and is commonly called upon by attorneys to help with dissolving an estate after a someone passes away. She stresses she is not an estate planner or lawyer.

"I focus on the contents of a household," explained Sutherland who oftentimes works with family members who don't live in the area. "Some houses have literally

thousands of items and I have a process that includes taking inventory and creating a catalog with images."

Sutherland commonly secures valuables including documents and will work to keep, sell or even ship items according to family members' desires.

She also works to assist seniors who need to downsize their life. And, while her skills at planning, organizing and being detailed-oriented fold nicely into these types of tasks, she believes her background in spiritual psychology is what sets her apart.

"When you go from a 5,000 square home you've lived in for 40 years to 900 square feet, it's not easy," said Sutherland. "My role is much larger than organizing an estate sale, I'm there to help be an advocate for a client."

Helping seniors to downsize often comprises of overseeing a move from start to finish. This includes examining floor plans and measuring furniture with the client to ascertain what will work in their new life all the way through helping them get set up in their new place.

"My clients and this work are very precious to me," said Sutherland. "In fact, it's the most honorable work I have ever done."



Debutantes in front row Sidney Shinsky, Audrey Shinsky, Madison Jaffe, Tatiana Anderson, Carissa Christianson. Back row Sydney Clevenger, Grace Resnik, Samantha Walsh, Julia Cote, Margaret Morris, Gianna LoPresti, Rebecca Belleville. Not shown Elizabeth Fedde.

Young women introduced as 2017 Debutantes

Thirteen local young women were introduced at the 60th Annual Las Patronas Tea. The Tea was held November 19 at the home of Mrs. Jeffrey Douglas in Camarillo.

The girls were presented to the members of Las Patronas, an auxiliary of Assistance League of Ventura County and their guests.

The Tea is a first in a series of events that will culminate in the Las Patronas Debutante Ball on March 11, 2017 at the Ventura Beach Marriott.

Proceeds from the Ball are used to benefit Assistance League philanthropies, including Assistance League School, Girls Club/Teen Club, B.U.F.F.Y. Bear Program and Operation School Bell®.

The Vision for Assistance League is: "A Brighter Tomorrow for Today's Children"

All young women are high school seniors, the debutantes represent eight high schools in Ventura County. In their high school careers, they have distinguished themselves in academics, athletics, leadership, the arts, and philanthropic service.

Continued on page 24



DISCOVERY VENTURA PRESENTS

NYE 2016

FEATURING

ONE MORE TIME

A TRIBUTE TO DAFT PUNK

CHAMPAGNE TOAST • MULTIPLE BALLOON DROPS • BOTTLE SERVICE

Live Music. Bowling. Cocktails & California Cuisine.

UPCOMING EVENTS

Fri. Dec 23rd - Ugly Sweater Christmas Party
 Dec 24-25 - Venue closed for Christmas Eve & Christmas
 Thu. Dec 29th - Ritual Movement
 Fri. Dec 30th - UFC207: Rousey vs. Nunes Fight
 Sat. Dec 31st - NYE2016 ft. One More Time Daft Punk Tribute

Sat. Jan 14th - Ozokidz & Ozomatli
 Fri. Jan 20th - Young Dubliners
 Sat. Jan 21st - Metalachi
 Thu. Jan 26th - The Expanders
 Fri. Jan 27th - The Velveeten Band
 Sat. Jan 28th - Giant Panda Guerilla Dub Squad
 Thu. Jan 28th - The Expanders
 Fri. Feb 3rd - Shaky Feelin'
 Sat. Feb 4th - Band That Fell to Earth, David Bowie Tribute

UGLY SWEATER CHRISTMAS PARTY
 FRIDAY, DECEMBER 23RD
 BRING CANNED FOOD FOR FOODSHARE FOR NO COVER!
 8PM

CASH'D OUT
 SATURDAY, JANUARY 7TH

UFC 207
NUNES VS ROUSEY
 WORLD BANTAMWEIGHT CHAMPIONSHIP
 DEC 30 FRI

THE BLASTERS
 FRIDAY, JANUARY 13TH
 W/SPECIAL GUESTS RACING ANTS & THE REDHEADS JACKALS

OSOMATLI
 SATURDAY, JANUARY 14TH

YOUNG DUBLINERS
 FRIDAY, JANUARY 20TH

MASTERS OF PUPPET
 FRIDAY, JANUARY 6TH
 WORLD FAMOUS METALLICA TRIBUTE

METALACHI
 SATURDAY, JANUARY 21ST
 THE WORLD'S FINEST & ONLY HEAVY METAL MARIACHI BAND

EVERY GAME. EVERY SUNDAY.
 COLLEGE FOOTBALL SATURDAY.

Info & Tickets @ DISCOVERYVENTURA.COM • 1888 E. Thompson Blvd. Ventura, CA • (805) 856-BOWL (2695)

Merry Christmas

to all of our valued customers, from Jolene and Chef Christopher and all the staff at Vagabond!

Open Christmas day for breakfast and lunch only 7am to 2pm

December 21st from 5am - 9am
KVTA CHARITY FUNDRAISER!!

ALL proceeds during this time will go to Children's Services Auxiliary of Ventura County so come on in, eat some great food and support a great cause!

Established
1966!

Vagabond
COFFEE SHOP and RESTAURANT

760 E. Thompson Boulevard, Ventura, California
(805)643-1390

Open Daily 6am to 9pm Breakfast Lunch Dinner

MORE THAN A MEAT MARKET!

Mouthwatering Holiday Meats!

- Beef is Prime 30-day Aged
- Beef Prime Rib Roasts \$17.95/lb cut/tied and seasoned
- New York Roasts \$17.95/lb
- Porterhouse - cut to order \$19.95/lb
- T-bones - cut to order \$16.95/lb
- Beef Tenderloin (Filet Mignon) \$26.95/lb
- Pork Prime Rib \$9.95/lb
- Veal Loin Chops \$16.95/lb
- Osco Bucco Veal \$16.95/lb

3049 East Main Street
(805) 643-0318

Sunday 10am - 5pm
Monday - Closed
Tuesday thru Saturday 9am - 6pm

Call or stop in now!
Be sure to ask about our side dishes and specialty desserts!

Pre-order by December 15 and save 10%!

Gifts Just for Kids!

NEW at **Gift Shop & Gallery**

540 E. Main St.
805-628-3540



40TH ANNUAL
 VENTURA HARBOR
 PARADE of LIGHTS &
FIREWORKS
 DECEMBER 16 & 17, 2016
 6:30 PM PARADE * 8 PM FIREWORKS



PARKS
 ON **2016**
PARADE
 CELEBRATING 100 YEARS
 OF OUR NATIONAL PARKS



THANKS TO OUR GENEROUS SPONSORS



Be Merry
 VENTURA HARBOR
WINTER WONDERLAND
 HOLIDAY MARKETPLACE
 SATURDAY, DECEMBER 17 * 1-5PM

EUROPEAN CHRISTMAS MARKET
 FREE VISITS WITH SANTA & MRS. CLAUS * PLUS SANTA'S LIVE REINDEER
 FAUX SNOWFALL * VICTORIAN CAROLERS * CARNIVAL RIDES
 ARCADE & CAROUSEL

LOVE LOCAL * DINE LOCAL * SHOP LOCAL
VENTURA HARBOR VILLAGE .com



Ventura Executive Suites



- Features Include:**
- Fully Furnished Offices
 - 24/7 Tenant Access
 - Conference Room Access
 - Stocked Kitchen
 - Daily Janitorial Services
 - Phone/Internet Available
 - Gym on Site
 - Secure Facility
 - All utilities Included

701 E. Santa Clara St
 Phone: 805-653-2381
 E-mail: info@venturaexecutivesuites.com
 Website: venturaexecutivesuites.com

Virtual Services Also Available!

City News
 City of Ventura
 Barranca Vista
 Imagination
 Center Holiday
 break Camps

Call 658-4726 or 654-7552 to register, if you already have an ACTIVENET account online, visit www.cityofventura.net. Classes and events held at the Barranca Vista Center, 7050 Ralston St.

Playwell TEKnologies Camps with LEGO®
Jedi Engineering
 5-7 years \$155
 Young Jedi explore engineering principles as they design and build such motorized and architectural projects as X-Wings, R2 Units, Energy Catapults, Defense Turrets and Settlements for a galaxy far away.
 6758 M-Th 9 am-12 pm 12/19-12/22

Jedi Master Engineering
 8-12 years \$155
 Build complex machines and structures with gear trains, worm drives, pneumatics and eccentric motion including X-Wings, AT-AT Walkers, Pod Racers, Star Destroyers, Cloud Cities, Settlements and Fortresses.
 6759 M-Th 1-4 pm 12/19-12/22

Mad Science Camp
Fun-Engineering Mix-ups & More
 6-11 years
 *\$195 + \$35 materials fee half-day camp
 \$325 + \$40 materials fee full day camp

Discover the mechanics behind skyscrapers, bridges, tunnels and simple machines that lift weights and launch marshmallows. Learn about chemical reactions you encounter in daily life. See how film captures light and make images move during "Shutterbugs" day. Explore the nature of birds, beasts and bugs. At BVC.
 7366 M-F 9 am-12 pm *12/26-12/30
 7367 M-F 9 am-3 pm 12/26-12/30

The vision of my campaign
 by Councilmember Matt La Vere

It was an honor and a privilege to recently be elected my hometown Ventura's newest city council member. I ran against 9 other highly-qualified candidates, all who shared a genuine passion for improving Ventura. With the support of my wife Alicia and numerous friends and supporters, my campaign prevailed. My status as the top vote-getter says less about me personally, and more about the vision of my campaign. Ventura truly is one of the most unique, diverse and wonderful cities in California. And while we must respect Ventura's past, we must also start charting a course for its future. The Ventura I envision in 20 years is a safe and prosperous city, with ample jobs for its residents and housing that average Venturans can afford.

It is a city with clean parks, beaches and numerous outdoor activities. It is a family-friendly city that provides the opportunities and quality of life that we as Venturans

Continued on page 24



VENTURA BREEZE

Your Hometown Paper

Member, Ventura Chamber of Commerce

The Ventura Breeze is your free local community newspaper published every other Wednesday and circulated throughout Ventura and to many locations in Ojai and the Channel Islands Harbor located in Oxnard.

PUBLISHER-EDITOR

Sheldon (Governor) Brown
publisher@venturabreeze.com

PUBLISHER EMERITUS

Staci Brown

Assistant to the PUBLISHER

Ana Baker

PET EDITOR

Professor Scamp

scampclub@venturabreeze.com

CONTRIBUTING WRITERS

Rebecca Wicks · Richard Lieberman

Carol Leish · Gail Field

Veronica Johnson · Shirley Lorraine

Sheli Ellsworth · Jenny Guy

Victoria Usher · Jill Forman

Pam Baumgardner · Elizabeth Rodeno

Mira Reverente · Amber Hanson

Karen Helen Szatkowski

CONTRIBUTING PHOTOGRAPHERS

John Ferritto · Bernie Goldstein

Richard Lieberman · Michael Gordon

DISTRIBUTION

Jaime Baker · Fred Kastel

Mary Thompson · Cindy Summers

SENIOR ADVISORS

Suz Montgomery · Lori Harasta

ACCOUNT EXECUTIVES

Breezy Gledhill · Cindy Summers

WEB/ONLINE ADVISOR

Cindy Summers

PRINT PRODUCTION

Alfred J. Lewis/studioNothing

PRINTING

JEJ Print, Inc. (626)281-8989

CONTACT US:

EVENTS & HAPPENINGS

events@venturabreeze.com

OPINIONS

opinions@venturabreeze.com

ARTICLES AND PHOTOS

editor@venturabreeze.com

ADVERTISING

advertising@venturabreeze.com

Ventura Breeze

1575 Spinnaker Drive, 105B, Box 393

Ventura, CA 93001

Phone/Fax 805.653.0791



The Ventura Breeze is printed with soy based ink on paper with minimum 40% recycled content.

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

Dear Sheldon and the Breeze

From a letter from the founder of Buddy Nation, one of the recipients of the Bowl of Thanks. "Thanks to your help in getting the word out, we were able to reach my goal of writing 2 checks for just over \$2000 for both Buddy Nation and The Rescue Mission/Lighthouse for Women and Children! Hoping to send another thank you from the Rescue Mission, but we are presenting that check tomorrow, Monday."

Thanking you again and always for your support with Potters' Guild

Opinion/Editorial



Sheldon (Governor) Brown
Publisher-Editor

■ This is the first time that I've placed an opinion letter (sent to our Mailbox) in my column. But I feel that this is an important enough topic to get your comments regarding the **Electoral College**, which I commented about it in our last issue. Would love to hear from more of you.

Sheldon Brown:

Before tossing off the slavery pacification theory you might want to read the history of The Electoral College. And who cares if you think the name is stupid. Have some respect for the foundations of our Republic, especially when the news (such as you report) is filled with fake history.

Joyce Ward

Joyce:

Thanks for your email. I'm glad that you care about what I think and took the time to send me a note with your thoughts.

The "**slavery pacification**" as you call it is not theory, it is documented history.

Please look at the following video, "<http://www.cnn.com/videos/us/2016/11/22/why-was-the-electoral-college-created-slavery-orig.cnn>" for a brief explanation and this excerpt from TIME Magazine.

"Remember what the country looked like in 1787: The important division was between states that relied on slavery and those that didn't, not between large and small states. A direct election for president did not sit well with most delegates from the slave states, which had large populations but far fewer eligible voters. They gravitated toward the electoral college as a compromise because it was based on population. The convention had agreed to count each slave as three-fifths of a person for the purpose of calculating each state's allotment of seats in Congress. For Virginia, which had the largest population among the original 13 states, that meant more clout in choosing the president."

"Standard civics-class accounts of the Electoral College rarely mention the real demon dooming direct national election in 1787 and 1803: slavery."

"At the Philadelphia convention, the visionary Pennsylvanian James Wilson proposed direct national election of the president. But the savvy Virginian James Madison responded that such a system would prove unacceptable to the South: 'The

right of suffrage was much more diffusive [i.e., extensive] in the Northern than the Southern States; and the latter could have no influence in the election on the score of Negroes.' In other words, in a direct election system, the North would outnumber the South, whose many slaves (more than half a million in all) of course could not vote. But the Electoral College—a prototype of which Madison proposed in this same speech—instead let each southern state count its slaves, albeit with a two-fifths discount, in computing its share of the overall count."

"If the system's pro-slavery tilt was not overwhelmingly obvious when the Constitution was ratified, it quickly became so. For 32 of the Constitution's first 36 years, a white slaveholding Virginian occupied the presidency."

"Southerner Thomas Jefferson, for example, won the election of 1800-01 against Northerner John Adams in a race where the slavery-skew of the Electoral College was the decisive margin of victory: without the extra Electoral College votes generated by slavery, the mostly southern states that supported Jefferson would not have sufficed to give him a majority. As pointed observers remarked at the time, Thomas Jefferson metaphorically rode into the executive mansion on the backs of slaves."

I hope that this helps your understanding, and I still think that it's a stupid name. A degree from the Electoral College is as worthless as one from Trump University.

■ The second seat on the **Ventura School board** is finally decided after many recounts with Jackie Moran winning. The final tally is Jackie Moran 13,894, Don Wood 13,681.

■ The City Council has approved the following appointments (recommended by the Appointments Recommendation Committee) for advisory boards:

Downtown Parking Advisory:

Ashley Pope (Spice-Topia) and Debbie Fox (Fox Fine Jewelry). Excellent choices because are both are downtown business owners.

Mobile Home Rent Review Board: Terrence Towner.

■ I have been asked about the **Rhumb Line Restaurant's** new ownership (the business, not the building). Their plans are to close in February for about 6-weeks to remodel, change the name and the menu. I hope that it's a big success, as it's a wonderful location night and day to enjoy sunsets and watch the

harbor boats.

■ There is a new **Christmas tree** lot located at Seaward and Pierpont - Winter Springs Christmas Trees - that is run by the tree growers who came down from Oregon . A nice young couple, so check it out. They also sell a lot of really nice children's books. We got a really nice tree there.

■ A group calling for **California to secede** from the United States submitted a proposed petition recently seeking a ballot measure that would strip the state constitution of language that says California is an inseparable part of the nation. The group has gained momentum with the election of Donald Trump.

The Yes California Independence Campaign hopes to put a question on the November 2018 ballot authorizing a vote on independence in spring 2019.

The group's Vice President Marcus Ruiz Evans said the organization now has 15,000 Twitter followers, 30,000 Facebook followers and 13,000 volunteers who have signed up to collect signatures.

Before you get too excited about this happening, the U.S. Constitution does not provide for state secession. It is basically impossible, but fun to think about. Experts say the only way to legally secede would be to change the federal Constitution, which requires the approval of Congress and 38 states.

Dividing a state into two would be a little easier (Virginia and West Virginia did it a long time ago) but repeated attempts to create a 51st state in Northern California, named the State of Jefferson, have also failed. That movement generally draws more conservative supporters who are dissatisfied with California's dominance by Democrats.

■ State Proposition 64, makes the recreational use of marijuana by those over age 21 legal as a matter of state law (passed in Ventura 59-41). The City Council has extended Ventura's moratorium (7-0) on this proposition until Jan., 2017 (probably with future extensions) in order to effectively review this issue. They see a lot of questions to be answered. Some members wanted to make sure that medical marijuana delivery would be allowed Ventura. Those 21 and older are allowed to grow up to six plants indoors.

Mailbox

events and all the animal nonprofits.. now I'm involved with Buddy Nation as well as All for Love....where we got our little Topa..not so little anymore! Sincerely,
Cecile Gurrola Faulconer
Potters' Guild

Dear Sheldon Brown

We would like to thank you for supporting the 2016 Fun and Fitness 5K by donating an ad in the Ventura Breeze.

When you give to the Y you strengthen our community. As the nation's leading nonprofit for youth development, healthy living and social responsibility the Y uses your gift to make a meaningful, enduring impact right in your own neighborhood.

On behalf of the children, families and individuals that helped with your

gift. I thank you once again. We appreciate your support.

Sincerely

Amy Bailey Jurewicz

Sheldon:

The reason Turner received such a minor sentence (Stanford swimmer), compared to what you or I would have gotten, is because he is a jock at a big time school. Was justice served?

Of course not, but in the USA "thems that gots, is thems that gets". And that is why it is relevant.

A cello player from Stanford would

also get a minor sentence, especially if he is a good cello player. After all, we need good cello players more than we need good swimmers.

Charles Miller

Ventura Breeze

I would like to know what it is taking so long to complete the new walkway on California to the beach. Not really new just fancier I think.

Susan Lang

Susan:

The city is responding to this question but it didn't make this issue.

Making the simple complicated is commonplace; making the complicated simple, awesomely simple, that's creativity

– Charles Mingus



LEG PAIN?

ARE YOU EXPERIENCING ANY OF THE FOLLOWING SYMPTOMS IN YOUR LEGS?

If so, you may be suffering from Chronic Venous Disease a very common condition for diseased veins causing poor circulation.

- Cramps
- Aching Pain
- Swelling
- Fatigue
- Heaviness
- Rash
- Itching
- Burning
- Numbness
- Skin Darkening
- Ulcers
- Sores

VENTURA VEIN CENTER

A comprehensive vein center committed to providing high quality care by offering personalized evaluation and treatment.

The Right Treatment Makes All The Difference

SPIDER VEIN VARICOSE VEIN

Before After Before After

Ventura Vein Center is a leading vein treatment center concentrating exclusively in the diagnosis and treatment of varicose veins and other venous disorders. These state-of-the-art facilities are located in Los Angeles and Ventura counties.

We use the latest technology and treatment protocols to provide non-surgical, minimally invasive treatment options, so our patients have as little pain, and discomfort as possible. Being a dedicated vein center, we are able to treat the complete spectrum of vein disorders from small spider veins to large bulging veins and venous ulcers.

We accept Medicare, MediCal, Goldcoast, PPO & HMO Insurance
Hours of Operation: Mon. thru Fri. 9am to 5pm, Sat. & Sun. Closed

Call Today & Schedule A Consultation
805.653.5312

2991 Loma Vista Rd., Suite A103, Ventura, CA 93003
2460 N. Ponderosa Dr., Suite A101, Camarillo, CA 93010
331 South C St., Suite A, Oxnard, CA, 93030
www.venturavein.com

Ventura events

by Ana Baker

Free admission stage show, 2 p.m. to 4 p.m. First Sunday of every month. Old Time Country Bluegrass Gospel Music Assoc. Poinsettia Pavilion, 3451 Foothill Rd. For more Information call 517-1131.

Ventura Poinsettia Dance Club meets every Monday from 7:30 p.m. to 9:45 p.m. at the Poinsettia Pavilion, 3451 Foothill. Ballroom, swing, Latin, mixers and line dancing. Members \$10, non-members \$12. Call Rick at 415-8842 for more information.

DBSA Ventura, the local chapter of the Depression & Bipolar Support Alliance (DBSA) hosts two regular, confidential, peer-led, self-help support groups in the County. Tuesday from 6:30 p.m. to 8 p.m. at Bible Fellowship Church at

6950 Ralston Street in Room 301 of Building 300. Email DBSA_Ventura@yahoo.com, visit [facebook.com/DBSA.Ventura](https://www.facebook.com/DBSA.Ventura) or call 253-3289 for more information. 1p.m. to 3p.m. at the New Visions Center on the first and third Saturdays of the month. At 1065 E. Main. Email DBSA_Ventura@yahoo.com, visit [facebook.com/DBSA.Ventura](https://www.facebook.com/DBSA.Ventura) or 746-3106 for more information.

There will be a regular Ventura Discussion Group meeting at Main Street Restaurant 3159 Main St., Wednesday from 4 p.m. to 5:45 p.m. Several people usually stay for a drink and a bite to eat afterward. Bring an interesting topic to discuss if you can.

Dec. 9: The General George S. Patton, Jr. Chapter, Sons of the American Revolution December luncheon meeting will be their annual Christmas program, including a Colonial Christmas program presented by Mr. Robert Taylor. The luncheon event will take place

Community Events

at 11:30 a.m. Friday, in the Garden Room, Marie Callender's Restaurant, 1295 S. Victoria Ave. All SAR & DAR Compatriots, friends and visitors are welcome to join us. The cost for lunch is \$20 per person, and includes a slice of Marie Callender's pie. For additional information or for assistance in determining your possible Revolutionary War genealogical roots, please call Bill Bays 650-3036 or Robert Taylor 216-7992. For information regarding SAR membership and chapter activities, visit the chapter website at <http://pattonpatriots.org>.

Dec. 10 & 11, 17 & 18 – 11am – 4pm - Experience the festive spirit of a European Christmas Market recreated by The December Store & More, Harbor Gallery & Gift Shop, Mermaid Gallery, Ventura County Potters' Guild and Village Carousel & Arcade. Attend the First Annual European Christmas Market! Artists of all types, Ethnic foods, Made to order toffee, fudge and caramel apples. Ventura Harbor Village in the courtyard next to the December Store.

Dec. 17: In the midst of this season of lights, you are warmly invited to an Advent Evensong on Saturday, at 5 pm featuring the lovely Oratorio de Noël by Camille Saint-Saëns. Written in only 11 days, this compact and sublime 35 min. work is Saint-Saëns' tender homage to the story of the Nativity and includes exquisite solos, a duet and trio interspersed with choral writing. Soloists include Patricia Lathrop-McPherson and Molly Clementz along with a chamber ensemble. Helen Farson conducts from the keyboard. Admission is free. Approx. service time 1 hr. Ventura Seventh-day Adventist Church, 6300 Telephone Rd.

Dec. 18: Sunset Nature Walk from 3 p.m. to 5 p.m. at Ormond Beach at the end of Arnold Rd. Participants are invited by the Nature Conservancy to join us on a guided sunset walk around the Ormond Beach wetland to explore the dunes, plants and animals ending with sunset on the beach. The walk is about 1 1/2 miles and flat. Admission is free. For more information, refer to The Nature Conservancy website <http://www.nature.org/ourinitiatives/regions/northamerica/unitedstates/california/placesweprotect/la-ventura.xml> or email guideamy@gmail.com.

Dec. 23: Like to play acoustic music? 4th Friday of each month, 7 p.m. to 10 p.m. Songmakers.org welcomes all lovers of acoustic music, instrumentalists, singers, and singer/songwriters of all levels to join in a free song circle at the Bell Arts Factory Community Room, 432 N. Ventura Ave. Listeners welcome! Info: Mike Wittlin, 750-8281
Jan. 21: Our March. Our Future. Justice For All. Join our community on Saturday, at 10am in downtown Ventura for a peaceful march reflecting equal rights and an inclusive America. Please visit link for details www.facebook.com/justiceforallventura.

Ojai news and events

"Elf Jr - The Musical" connects the holiday with family and wonder with a bright and comic flair as Buddy, brought up by elves, searches for his birth father who's on the Naughty List. It plays until Dec 18 at Ojai ACT, 113 S. Montgomery St. at 7 p.m. Fridays and Saturdays, and 2 p.m. Saturdays and Sundays. Tickets are \$15 adults, \$12 for seniors, students and Art Center members and only \$10 for youth 12 and under. Reservations are at 640-8797 or online:

www.OjaiACT.org

Join Rev. Karen at Meditation Mount, on Saturday, December 10, from 9:30 a.m. to 12:30 p.m., as she guides us in trusting the divine truth that is always present regardless of outer appearances.

"No matter what happens in the outer world, fear is never the answer," Rev. Karen says. "One of the blessings of a deep spiritual connection with the Self is the ability to transform feelings of fear and separation into resourcefulness and infinite possibility."

"We are not alone in this world though sometimes we may feel that way. We are connected on a very deep level with each other and with the Universal Intelligence that created us. We will be sharing, listening to sacred music, and creating a space for healing to occur."

The retreat is by donation; \$10 is suggested. Randee Vasilakos, RScP, assists and is available for personal prayer throughout the morning.

Meditation Mount is located at 10340 Reeves Road, Ojai. For more information, contact Rev. Karen at 310-968-8928, or register online at www.karenswyllie.com.

Light Up A Life benefits Livingston Memorial Hospice Services

Livingston Memorial Visiting Nurse Association's 32nd Light Up A Life campaign is underway as families throughout Ventura County prepare to honor departed loved ones at the annual holiday Light Up a Life events.

The campaign runs through the holiday season with the goal to raise \$100,000 to support Livingston Memorial Hospice services throughout the County.

Light Up a Life is the community's annual celebration to honor the memory of people who have touched so many lives. Every year, hundreds of people gather around a grove of trees at Pacific View Mall - each covered with stars bearing the names of loved ones, friends and colleagues who are being remembered. This year there will also be a tree honoring Ventura County's Gold Star Families, survivors of a fallen service member. A similar event is held in Ojai.

Options to support the Light Up a Life campaign range from the purchase of a star for the suggested donation of \$25 each to a number of sponsorship levels for businesses. All proceeds support Livingston Memorial's Hospice services for patients and caregivers regardless of their circumstances as well as bereavement programs in schools and the community. For more information or to donate, simply visit LMVNA.org or call 642-0239.

This year's Light Up events are Tuesday, December 13, at 6:30 pm, at the Pacific View Mall and Thursday, December 15, at 5:30 pm at the Ojai Valley Women's Club, 441 E. Ojai Ave., in Ojai. The celebrations include a Memory Tree Lighting Ceremony, the reading of names of beloved family and friends and music by Rogerio Peixoto and Harmonix in Ventura and the students of Asunta Fleming of The Voice Studio (Los Angeles) in Ojai.

Dedicated to serving our furry friends for over 34 years!

We treat every client like family and every patient as if they were our own pet!

EAST VENTURA ANIMAL HOSPITAL
(805) 647-8430

[bit.ly/EastVenturaAHFacebook](https://www.facebook.com/Bit.ly/EastVenturaAHFacebook)

Visit us online:
www.EastVenturaAnimalHospital.com

10225 Telephone Road • Ventura, CA 93004

- Wellness Exams
- Dental Care
- Surgery & Medicine
- Vaccinations
- Nutritional Counseling
- Holistic Medicine (Acupuncture & Chinese Herbal Therapy)



News & Notes



Unveiling the bike rack are Christy Weir Ventura City Council, Jay Licata Aera Energy, Matt Wyatt Aera Energy, Derek Poultney Ventura Hillside Conservancy, Michelle Newell Aera Energy and Ron Henry Aera Energy.

Volunteers help Ventura Hillside Conservancy at Big Rock Preserve

On Saturday, Nov. 19, more than 20 volunteers joined the Ventura Hillside Conservancy (VHC) at their Big Rock Nature Preserve near Foster Park to plant willow tree cuttings and unveil a bike rack that was recently installed on the property. Donated by Aera Energy, the bike rack is just one of many improvements VHC has made at Big Rock over the past year.

"We appreciate the work VHC does to protect the environment and are happy to provide this bike rack to the community," said Michele Newell, public affairs specialist for Aera Energy. "We hope that riders pedaling along the Ventura-Ojai bike trail will stop, lock up their bikes and explore the beautiful Big Rock Nature Preserve."

The 17-acre Big Rock Preserve is a collection of properties owned by VHC. The name Big Rock comes from a once-popular swimming hole on the property that was home to a large boulder before floods swept it away. Though the boulder is gone, the water remains.

VHC has spent the past year planting more than 500 trees, clearing invasive plants and creating trails at the Big Rock Nature Preserve. The nonprofit land trust hosts volunteer work events on the third Saturday of each month. To find out about future volunteer opportunities, visit www.venturahillside.org and click on the events tab.

The Ventura Hillside Conservancy is dedicated to preserving and protecting

Ventura's hillside, rivers and wildlife. Founded in 2003, the 501(c)(3) nonprofit organization is supported by over 450 members, local business, community stakeholders and government partners. The land trust currently owns 28 acres of land along the Ventura River and is actively fundraising for hillside property on the Walker-Hearne Ranch in east Ventura. For more information about the Ventura Hillside Conservancy, visit: www.venturahillside.org. About Aera Energy: Aera Energy is proud to be a respected and responsible California oil company accounting for nearly 25 percent of the state's oil production.



Savory cheese and onion pie

by **Randy Graham**
Writer, author and private chef

Ingredients:
1 frozen pastry crust (pre-bake at 450 degrees for 12 minutes)



WELCOME CAL-FRESH/EBT SHOPPERS!

market  match program now available to double your food dollars with local, fresh fruits and vegetables!

Here's How:

- 1) At Market Information Booth use your Cal-Fresh Card to receive market tokens for purchases.
- 2) Get up to an extra \$10 per day, matched dollar for dollar with the market  match program.
- 3) Spend your Market Match tokens on farm fresh fruits and vegetables at the market.

Stop by the Information Booth to get the benefit at **these markets:**


MIDTOWN VENTURA WEDNESDAYS 9:00am-1:00pm PACIFIC VIEW MALL on Main Street	DOWNTOWN VENTURA SATURDAYS 8:30am - 12 noon SANTA CLARA & PALM STREETS City Parking Lot
---	---

\$2.00 MARKET BUCKS


Must bring coupon to Market Info Booth for redemption. One coupon per family please. Expiration Date 12/31/16

Supported by the Ventura County Certified Farmers' Market Association. Funding for the Market Match Program is provided by the USDA Food Insecurity Nutrition Incentive.

www.vccfarmersmarkets.com | 805.529.6266



Dr. Rose Tran-Nguyen



LOTUS DENTAL PRACTICE
 Dr. Rose Tran-Nguyen
 3362 Loma Vista Rd.
 Ventura, CA 93003
 (805) 654-1961
www.lotusdentalpractice.com

General and Cosmetic Dentistry for all ages.

A beautiful smile starts with quality dental care.

X-Rays, Cleaning and Exam
\$180.00
 (regular fee \$350.00)
 Coupon redeemable only with exam visit.
 Expires December 31, 2016

- 3 tablespoons olive oil
- 1 clove garlic (minced)
- 28-ounce can diced tomatoes
- 3/4 teaspoon salt
- 2 tablespoons fresh parsley (chopped)
- 1 tablespoon fresh basil leaves (torn into pieces)
- Fresh ground black pepper to taste
- 2 medium sweet yellow onions
- 2 tablespoons butter
- 1/3 cup Parmigiano Reggiano Cheese (grated fine)
- 8 ounces whole milk mozzarella cheese (course grate or cut into thin strips)
- 12 Kalamata olives (pitted and sliced lengthwise)
- Preheat oven to 375 degrees.

Heat the olive oil in on medium heat and sauté the garlic in it for a few minutes. Add the tomatoes and their juice, 1/2 teaspoon of the salt, parsley, basil, and black pepper to taste. Simmer this sauce, stirring occasionally, until it

is reduced by about half. It should be quite thick. Set aside.

Peel, halve, and thickly slice the onions. Sauté in butter until golden. Sprinkle with remaining 1/4 teaspoon salt. Set aside.

Now you can assemble the pie. Sprinkle Parmesan cheese over the bottom of the pre-baked pastry crust. Arrange the onion slices over the cheese in an even layer. Cover the onions with the tomato sauce. Arrange the mozzarella cheese evenly on top of the sauce. Sprinkle the olive slices over the mozzarella and bake the pie for 35 minutes. Allow to cool for approximately 10 minutes before serving.

FB: @ValleyVegetarian, LinkedIn: Randy Graham, Instagram: ValleyVegetarian

Do you have a favorite recipe that you would like to share with Breeze readers? Send it (and photo) to editor@venturabreeze.com



As soon as this homeless man can gather two more bags of cans he will have enough to rent an apartment.



The Happiness of the Holiday

Gold Coast Concert Chorus

Elizabeth Helms, Artistic Director
Presents



Peace on Earth

Friday December 9, 2016 at 8:00 pm
Saturday December 10, 2016 at 2:00 pm

First Presbyterian Church
850 Ivywood Drive, Oxnard
(on the corner of North H Street and Ivywood)

NEW LOCATION

\$15 - ADULTS
\$12 - SENIORS/STUDENTS
\$5 - CHILDREN

www.GoldCoastChorus.org
(805) 616-7269
tickets@GoldCoastChorus.org

2016-2017 SEASON

The happiness of the holiday expressed in song: the bells, the lights, the carols, the well-loved songs of the season and new joyous musical treats await you at the Gold Coast Concert Chorus holiday concert. A yearning for "Peace on Earth" weaves through this beautiful, exuberant, joyous musical celebration.



Foster VC Kids, CSA, KVTA Radio Collaborate for "Holidays with Heart" Drive

For 25 years, CSA and radio station 1590 AM KVTA Local News Talk, have collaborated to collect toys and raise funds for the more than 1,000 foster children and youth in Ventura County, as well as growing numbers of additional low-income children and their families. Last year's partnership helped generate 34,000 toys and the KVTA radio drive contributed an astonishing \$40,378.05 to CSA's funding of laptops, scholarships, camps, and graduation incentives for foster youth. The charitable collaboration is expected to serve 1,000 foster kids and 2,500 children from low-income families during the month of December.

This year, Foster VC Kids is joining the historic radio drive to raise awareness and secure additional, needed homes with heart for local foster youth in need. They are seeking quality caregivers in West Ventura County, specifically Oxnard and Ventura, who can help children remain in their schools of origin and who have space for two or more children so brothers and sisters can stay together for the holidays.

Every child deserves a family, and this holiday season Foster VC Kids hopes that by joining 1590 AM KVTA

Local News Talk Radio and Children's Services Auxiliary (CSA) for their "Holidays with Heart" drive, until Dec. 23rd, more dedicated families who are ready for the life-changing experience of opening their home to a local foster child or youth will come forward.

To participate in the "Holidays with Heart" drive by donating funds or toys, or by finding out how to welcome a foster child into your family, visit FosterVCKids.org or tune into 1590 AM KVTA Local News Talk Radio through December 23rd.

Ventura County Human Services Agency (VCHSA) strengthens families, supports self-sufficiency and promotes safety, health, and well-being. All of their service areas operate and perform at the highest level to meet the needs of individuals, families, and the community by providing assistance, aid, and protection for foster youth and beyond. VCHSA demonstrates the ability to work in multicultural environments and ensures that policies, programs, and actions communicate respect for the dignity of all people. Visit www.fostervckids.org for more information.

The Children's Services Auxiliary (CSA), a 501(c)(3) nonprofit organization founded in 1983, is a volunteer run organization whose mission is to meet the needs of Ventura County's court-dependent children. These children have been displaced from their homes due to abuse, neglect, or abandonment. The Auxiliary also serves youth who have recently transitioned from the foster care system. The CSA Board of Directors work closely with Ventura County Children and Family Services to identify the needs of the court-dependent children and transitioning youth.

News & Notes



The funding will help the program extend its reach and continue its mission.

Local program receives \$10,000 donation to enhance watershed education program

Once Upon a Watershed, an Ojai-based education program providing hands-on watershed education, restoration and stewardship experience to 4-6 grade students in Ventura County received their second installment of a \$30,000 commitment from Aera Energy, an oil exploration and production company located on Ventura's Westside. The funding, provided over three years will help the program extend its reach and continue its mission which is to teach students about the importance of protecting the watershed and help them understand their responsibility in protecting the whole earth system.

"Our program provides educational information about our environment to the younger generation who may not understand their individual impact on the

world around them," said David White, project coordinator. "This partnership with Aera provides us important funding to grow and expand our program which ultimately helps us reach more students on this important subject."

"Aera's commitment to protecting the environment is one of our core values and we have the utmost respect for the environmental resources here in Ventura," explains Michele Newell, Aera spokesperson. "We are proud to partner with Once Upon a Watershed and support this valuable program that teaches the youth of the area about the importance of caring for their environment."

For more information about Once Upon a Watershed go to www.onceuponawatershed.org

Rotary Clubs helping the community in many ways

It will be a warm cozy winter for local children and families in need thanks to the Rotary Club of Ventura (downtown), Rotary Club of Ventura South and Four Seasons Cleaners who will collect, clean and distribute 6,000 new or gently used coats and heavy sweatshirts of all sizes to local families. The drive began Nov. 1 and lasts through Dec. 31. This is the 13th year local service groups have come together to keep families warm during the cool winter months.

Collection boxes are set up at businesses, schools, government centers and public parks in Ventura County to collect coats in a range of sizes from infants to adults. Donations are then taken to Four Seasons Cleaners who for 13 years has donated their services to clean each coat and prepare them for distribution to service organizations and schools in the community.

Beneficiary organizations include Boys & Girls Club of Oxnard and Ventura, Project Understanding, The Rescue Mission, Salvation Army, local churches, the county Sheriff's Department and Casa Pacifica.

"The coats from the Coats for Kids

project provides the children and families we serve a tangible reminder that this community cares about them and their well-being," explains Ben Unseth, executive director of Project Understanding. "Without the coats our clients might not have what they need to keep warm and dry this winter. This effort is one that is deeply rooted in the values of Rotary and greatly appreciated by our clients."

Last year over 5,000 coats and jackets were collected and distributed to children and adults in the greater Ventura community. The Rotary Club of Ventura will distribute coats at its annual Christmas Party on December 14 where last year over 70 needy elementary school students were able to select coats along with their families. Media partners for this year's project are 103.3 The Vibe, 106.3 SPIN FM and Eyedentity Graphics.

For questions, donations or more information, please contact Kristin Taylor at 643-3800. Information and collection sites can be found on www.venturarotary.org. Photos of community donations are featured on Facebook and Instagram at #coatsforkidsventura.

Are you a Sophomore or Junior at Ventura High School or Foothill who would like to be selected as a local ambassador for a 3 day all expenses paid retreat in the beautiful hills of Ojai at Camp Ramah from April 20 - 23, 2017. The event offers courses not often found in the regular curriculum; including



News & Notes

diversity training, public speaking, team building, leadership fundamentals, goal setting, leading a meeting, character & ethics, facilitation, fellowship and creating good habits. Please visit www.ryla5240.com for more information and to submit your short 120 word essay application and parental consent information by December 15th. Email irene@irenehenry.com with any questions and or you essay. Please note R.Y.L.A. and your last name in the subject area.

New discovery of native peoples of San Nicolas Island in 19th Century Los Angeles

During the December From Shore to Sea Lecture, Susan Morris, a local researcher and writer, will discuss new research into the 1835 removal of native peoples from San Nicolas Island (the Nicoleños) and give details about their lives in the growing city of Los Angeles.

The story of the Lone Woman of San Nicolas Island has fascinated people for generations and formed the basis for the popular children's book, *Island of the Blue Dolphins*. In 1835, the Nicoleños were removed from their island home, except for one woman, who remained on the island for 18 years. In 1853, she sailed to Santa Barbara with George Nidever. Efforts were made to find people who could communicate with her, but she died seven weeks later, unable to fully share her story.

Morris will discuss new research using provincial Mexican papers, Los Angeles documents, American records, and church registers, which identified the Lone Woman's people in Los Angeles. At least five men, women, and children are confirmed or are likely to have come to Los Angeles from San Nicolas Island in 1835.

Susan Morris is a researcher and writer who has been involved in Channel Islands research since 1987. She has participated in field studies on seven of the eight Channel Islands, working on archaeology, paleontology, geology, and biology projects.

Morris was the principle investigator of a cave-associated archaeological site survey in Wreck Canyon, Santa Rosa Island. Her recent focus has been historical research on events related to the life of the Lone Woman of San Nicolas Island.

The talk will be held on Thursday, December 8. The From Shore to Sea lecture series is sponsored by Channel Islands National Park to further the understanding of current research on the Channel Islands and surrounding marine waters. The 2016 lecture series will take place at 7:00 p.m. on the second Thursday of each month, January through December, at the Channel Islands National Park Robert J. Lagomarsino Visitor Center in Ventura Harbor. This extended schedule is in honor of the National Park Service's milestone centennial anniversary, which celebrates 100 years of national parks. The programs are free and open to the public.

This lecture can also be viewed live online at: <http://www.nps.gov/chis/planyourvisit/live-programs.htm>.

Lectures are recorded and posted at: <http://www.nps.gov/chis/learn/photosmultimedia/from-shore-to-sea-lecture-videos.htm>.

Scorpion Pier is open for use

Channel Islands National Park Superintendent Russell Galipeau announced that the damaged pier at Scorpion Anchorage on Santa Cruz Island has been replaced and is open for visitor landings.

The pier was closed last December due to damages caused by high surf. It was a flatbed railcar that was installed as a temporary pier in 2000 and had deteriorated due to wave action and saltwater corrosion.

The flatbed railcar was removed and replaced with an elevated aluminum gangway. This is a short-term solution as the park expects to construct a new pier in approximately two years. The elevated gangway will be reused as part of the new pier.

Scorpion Anchorage is the most visited destination in the park, with over 65,000 people coming ashore each year to enjoy recreational activities such as hiking, picnicking, camping, kayaking, and swimming.

Window Restoration!

- Preserve the charm, quality and craftsmanship of older windows
- Avoid vinyl and choose a greener option
- Also available for schools and commercial buildings
- **FREE estimates & \$25 OFF** with 4 or more windows repaired

Make your existing windows energy efficient and fully functional

Over 3,500 windows restored
805-924-4004
HomeWindowRepairs.com



HOME WINDOW REPAIRS

Licensed & Bonded CA Lic. # 1011616



Ed Sanchez at a window restoration project being completed on Poli St.

Decades of window restoration proves valuable

by Richard Lieberman

Ed Sanchez provides window restoration services for historical private homes, and public buildings. Owner of Home Window Repair located in Ventura. Sanchez started out as an engi-

neering student at Cal Poly. He went to work at JPL as an Electronic Technician, but after a while he realized that he just didn't like it. "After working at Jet Propulsion Laboratory for a year I realized I just didn't want it" said Sanchez. Eventually Sanchez went to work for a windows manufacturer, "I found I liked being in people's homes, it was just the best" added Sanchez.

After a few years, he went into business on his own in Orange County "I became the only Window Restorer in the OC" stated Sanchez. Uncomfortable with replacing wood windows with aluminum Sanchez said "I saw how well-made some older windows were, and some that were kind of goofy, but it was exciting, I looked forward to the challenge of restoring windows to their original glory".

Moving to Ventura last January after selling his Orange County business he decided he would retire, but he wanted something more and he began Home Window Repairs. The company specializes in restoration which fits his passion for engineering and his mechanical aptitude. "I have a great appreciation for historic objects, and an ability to see problems as opportunities" added Sanchez.

Continued on page 23



On National Family Volunteer Day (Nov. 19) the South Seaward Merchants Association and neighbors spent a morning sprucing up our gateway to the beach. They met in the Social Tap parking lot and were provided the supplies and refreshments!
 The merchants provided volunteers with gift certificates for their appreciation.
 Photo by George Robertson.

Tales Told...  AN ANTHOLOGY BY **JAMES FRANCIS GRAY**

AUTHOR OF **KALI IS YOUR CODE NAME & GUMSHOE**

Visit our website for info. jamesfgray.com for video trailers, locations, booksignings!

FIND AT THESE LOCAL LOCATIONS

TATIANA'S COFFEE & TEA CAFE 2470 E. Main St., Ventura (805) 901-7620
 THE DECEMBER STORE & MORE 1559 Spinnaker Dr., #103 (805) 766-5920
 GEMS & GLITTER BOUTIQUE 2690 Loma Vista, Ventura (805) 648-6364
 JAMES F. GRAY PRINTING 2261 Palma Dr. #2, Ventura (805) 650-2786

READ CHAPTER ONE FOR FREE ON AMAZON.COM

Author's Note: I said to my wife while penning this ditty, "I have to put myself into the mindset of a boy, 15." And she said, "You are a boy, 15."





Ventura's only full service Ukulele-specific music store!
 Shop Local & Play Your Instrument Before You Buy!





1899 E. Main St., Ventura, CA 93001

Holiday Hours:
 Tues - Fri 11am - 6pm Saturday 10am - 6pm

(805) 500-6848

anacapaukulele@gmail.com www.anacapaukulele.com





Garage Door Sales, Service & Repair

A local, family-owned business with local technicians serving all of Ventura County

- Residential & Commercial • Replacement Parts
- Preventive Maintenance & More

Same day residential broken spring repair!

24 HOUR EMERGENCY SERVICE including emergency board-ups



805.647.4089 • 888.501.7094

info@plumliftdoor.com



Find us on Facebook

CA License #1004799

Excellent customer service, quality guarantee



ANY SERVICE
Receive
15% OFF
when you mention the
Ventura Breeze!



News & Notes

Ventucky?

by Dr. Randal "Randy" Beeman

"You do know that outsiders call this 'Ventucky,'" said the branch manager as my wife and I opened a new bank account here in town. We began to realize that Ventura has an image problem ever since we arrived for our semi-retirement last month. I shrugged off the comments until the low blow came: "We are also known as 'Bakersfield by the Sea.'"

Excuse me, "Bakersfield by the Sea?" I just spent twenty years - the prime of my life - teaching history to college students in Bakersfield and I am here to testify that though both cities are in California, and both have a common history as working class agriculture and petroleum towns, Ventura is a million miles from Bakersfield in many respects.

Let's look at home values. For what I paid for a 2 bedroom 3 bath condominium in Ventura I could have purchased a 6 bedroom 4 bath house with a pool on the golf course in Bakersfield. Sure, the proximity to the ocean and the corresponding climate adds a lot of value, but from my perspective Ventura is superior for other reasons related to quality of life.

Over the years Ventura was the quickest route to the beach from Bakersfield. We would cajole my sleepy children into the van and within two hours we would be unpacking at Emma Wood State Beach, usually after breakfast in downtown Ventura. My kids would sometimes wonder why there were still farms in the Santa Clarita Valley along Highway 126 when the rest of Southern California's coastal areas are packed with housing developments.

I explained, probably more than they cared to hear, that Ventura County has been a national leader in farmland preservation and smart growth policies. Unlike Bakersfield, where precious farmland is paved over daily and leapfrog development ensures an endless urban sprawl. While Venturans seem to realize that "less is more" when it comes to population growth, Bakersfield's Chamber of Commerce proudly holds a press conference every time the population inches the city up the list as one of California's largest.

Culturally, Ventura, though it is much smaller than Bakersfield, has far more to offer in terms of dining, museums, music venues, farmer's markets, shopping, hiking, and access to nature. Where Bakersfield voted for Trump and aligns with Oklahoma and South Carolina politically, Ventura has shed its conservative image and votes for progressive candidates and causes.

In my brief time here I have also noted a significant difference that many locals might not appreciate. Last year Bakersfield was not only the most polluted city in the nation, the most illiterate city, and the most alcoholic city, it also led the nation in police shootings.

Law enforcement officers are asked to do tough jobs and they have to deal with vagrants, addicts, and the mentally ill. We live in downtown and we have noticed the Ventura Police seem to be highly educated, sympathetic, and they appear to have high morale. I'm sure problems exist between the community and the

police, but the professionalism of the police in Ventura is tangible and refreshing to a newcomer.

If it seems I am being too hard on Bakersfield I will say in its defense that people there are incredibly friendly. I expected Ventura to be more cosmopolitan, transient, and cold like much of Southern California. Pleasantly, we have experienced welcoming, friendly, and generous people in our first month here.

Perhaps locals need a reminder every once and awhile that you are living in one of the most ideal places on in the planet. It's not crowded like Santa Cruz not is it pretentious like Santa Barbara. And, emphatically, Ventura is not Bakersfield by the Sea!
Dr. Randal "Randy" Beeman is an Emeritus Professor of History at Bakersfield College and a recent transplant to downtown Ventura.

Teen volunteers and women head of households

Soroptimist International of Ventura, a local service club for business and professional women with the goal of making a difference in the lives of women and girls, announces that applications are now available for two scholarships.

Women who serve as the primary wage earners for their families and seek assistance to go back to school or receive special training can apply for the Live your Dream Award (Formerly the Women's Opportunity Award) to help them improve their skills, education or training to upgrade their employment status. SI Ventura's cash award will be a minimum of \$1,500 and the winner is eligible for additional regional and international awards. Applications are available at Ventura College, from Sherri Tarpchinoff Bennett and online at www.soroptimistventura.org. Applications must be received by January 15, 2017 at SI Ventura, P.O. Box 6133, Ventura, CA 93006 or by following the online instructions.

Teen volunteers are encouraged to apply for the Violet Richardson Award which honors young women for their volunteer efforts in their school or community in such areas as fighting drugs, crime and violence, improving the environment, feeding those in need, working to end discrimination and poverty. It is awarded annually to a Ventura teen, ages 14-17 and her volunteer organization. The minimum award from SI 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. Applications must be returned by January 15, 2017 to SI Ventura, P.O. Box 6133, Ventura, CA 93006 or by following the online instructions.

TRUSTED LEGAL SERVICES • EXPERIENCE THAT MATTERS • PERSONALIZED ATTENTION

LAW OFFICES OF HEIDI HOHLER



Practicing in areas of:
Real Estate | Bankruptcy
Estate Planning | Wills & Trusts
Business Litigation

AFFORDABLE BANKRUPTCY
AFFORDABLE ESTATE PLANNING

818.889.6444

Law Offices of Heidi Hohler.com
30423 Canwood St., Ste. 203, Agoura Hills

High-quality Dental Care at Reasonable Rates



Dr. Matt Wallace, DDS

- Digital X-Rays (90% less radiation)
- Dental Implants
- Orthodontics and Invisalign
- Same Day Crowns Available (cerec)

- Intraoral Camera
- Large Discount for the uninsured
- Free oral sedation available with treatment
- 0% financing available oac



Dr. Amber Neft, DDS

9290 Telephone Rd. (at Petit) • Ralph's Center • Ventura
805.671.9697 • www.drmatthewallace.com

Special Package

\$25

- Exam • X-Rays
- Periodontal Evaluation
- Treatment Plan

Dr. Matt Wallace, DDS

9290 Telephone Rd. (at Petit) • Ralph's Center • Ventura 805.671.9697
With this coupon. Not valid with other offers or prior services. Expires 12.20.16

\$600 Crown

One Crown Per Customer

Dr. Matt Wallace, DDS

9290 Telephone Rd. (at Petit) • Ralph's Center • Ventura 805.671.9697
For crowns not covered by insurance.
With this coupon. Not valid with other offers or prior services. Expires 12.20.16



Senior Living

Pull Out Section



Doug and Mandy met at a chocolate-making class. Photo by Bernie Goldstein.

The Silver Pantry

by Mira Reverente

One's love affair with food supposedly starts at a young age, as was the case with Doug Paschen. Growing up in Westlake Village, Paschen has fond memories of cooking with his mom which eventually paved the way for studies at the Culinary Institute of America (CIA) in Hyde Park, New York.

It was also at CIA where he met his wife Mandy, originally from North Carolina. Fast forward to 15 years later and a stint in a Swiss chalet, the two now own The Silver Pantry, a gourmet meal delivery service for seniors.

In their kitchen in Ventura, the couple joke around about how they met - at a chocolate-making class, according to Doug. His wife laughs and shakes her head, and proceeds to prep vegetables.

Mondays, Wednesdays and Fridays are their busiest days, spent prepping, cooking and delivering meals to seniors from Ventura all the way to Santa Paula, Camarillo and Westlake Village, and several places in between.

"We deliver lunch and dinner meals that are fresh, locally sourced, easily re-heatable and never frozen," says Doug. Clients can choose from a range of meal options - three-day to seven-day, lunch or dinner, or both.

The current menu includes many mouth-watering offerings such as Pesto Shrimp with Angel Hair Pasta, Chicken Teriyaki, Seared Salmon, Beef Brisket, BBQ Spare Ribs and Eggplant Parmesan - comfort food done in a healthy way.

"There's lots of flexibility in our offerings, no delivery fees and we

even offer a five-day trial plan," says Mandy. "We can also tailor-fit meals to address gluten and diabetic needs, among others."

Doug's culinary background in assisted living drove them to go into the meal delivery service for seniors back in March of this year. "Baby boomers are now a large part of the population," says Doug. "As they age at home, cooking well balanced meals becomes more difficult and their nutrition suffers. We knew we could be part of the solution."

Says Mandy, "We want them to enjoy eating. We want them to enjoy interactions - when we deliver there is some face and talk time."

It's the relationship-centered, going-the-extra-mile gestures they do and offer that sets them apart from the competition. "Little things

like opening lids and unloading - we do those," says Mandy.

Growing the business

Expansion is definitely in the works. "We do want to cover a wider geographic area, but right now our focus is on exceptional service to our local communities," says Doug of their current limitations.

"Running a small business with two young kids in school is no easy task," says Mandy, who also handles a lot of the back-end part of the business like graphic design and customer service.

Meantime, it's business as usual for the young, go-getter couple who whip up the finest meals for seniors this side of town.

For more information, visit www.thesilverpantry.com or call 805.419.0202 or 888.636.7547.

805-419-0202 www.thesilverpantry.com

MEAL DELIVERY SERVICE FOR SENIORS

Convenient, Fresh and Delicious!
 Low Sodium Comfort Classics
 Fully Cooked Meals Delivered to Your Door

Chef Designed, Nutritionist Approved Menus
 Flexible Meal Plans & Dietary Menus to Meet Your Needs
 Locally Owned and Proudly Serving Ventura County

Get Started Today with One of Our 5 Day Trials!

We offer assistance with:

- Transportation to and from doctor appts
- Bathing, grooming, dressing incontinent needs
- Feeding, meal prep and plan
- Light housekeeping/errands
- Rehab, respite care *and more.*

We Have Career Opportunities for C.N.As and Caregivers!

WE ACCEPT VET BENEFITS

- Privately owned and operated 24/7
- We offer a wide variety of in home care needs by our **highly professional staff**
- We tailor our services to fit **each individual's needs**

Call 805.267.1218

BigelowFamilyHomecare.com



VICTORIA CARE

Blending time-honored therapies and innovative programs with an obsessive focus on excellent customer service and clinical outcomes

<p>SKILLED NURSING</p> <p>Serving the needs of Ventura County for more than two decades, Victoria Care Center has been rated by <i>U.S. News and World Report</i> one of the best long-term care facilities in America. In addition, Victoria has been awarded the highest 5 Star rating by CMS for clinical excellence while caring for some of the highest acuity needs in a post-acute setting.</p> <p>www.VictoriaCareCenter.com</p>	<p>POST-ACUTE REHAB CENTER</p> <p>The rehab process is challenging both physically and mentally. The PARC helps people recover from surgery, illness or injury and return home as quickly and safely as possible. It is the most sophisticated facility of its kind in Ventura County and regularly achieves excellent patient results while working with all of the major insurance companies including Kaiser.</p> <p>www.ThePARCAtVictoria.com</p>	<p>FRIENDS OF VICTORIA</p> <p>Friends of Victoria helps therapy graduates maintain their strength, balance and agility once they get back home. Free membership includes a wide range of benefits such as periodic no-cost screenings for strength and balance while our "check-up and tune-up" outpatient therapy program helps members live safely at home and enjoy the activities that they love. <i>Join today.</i></p> <p>www.FriendsOfVictoria.org</p>
---	---	---

805-642-1736

5445 Everglades Street • Ventura, CA 93003



HOME FOR THE HOLIDAYS AT THE LEXINGTON

The Lexington offers respite care for those looking for short-term quality care in a residential setting. Whether you'd like to stay for a week or for as long as a month, you'll find the recreation and relaxation you're looking for – because after all, rest is what respite is all about.

Our community is professionally staffed 24 hours a day. We'll prepare all your delicious meals for you, clean your apartment, offer a wide range of activities and assist you with your care needs as well. We'll take care of the chores so you and your community friends can socialize or participate in all of the fun activities.

The same careful attention extends to your family and friends, so feel free to invite your grand kids over for an afternoon lunch visit; your guests are our guests, anytime. Whatever the nature of your personal care needs, the Lexington Assisted Living will meet those needs with prompt, professional service.

Come spend time with us and find out first hand how enjoyable a respite stay can be.

- All inclusive Room & Board for Independent & Assisted Living
- Assistance with all areas of care
- Fully furnished spacious rooms
- Full Service restaurant-style dining
- Housekeeping & Linen Service
- Luxury Transportation Services
- Social programs and activities
- 24 Hour Concierge Desk and emergency response system



Assisted Living \$125 per day (Normally \$150)
Independent Living \$85 per day (Normally \$100)

THE LEXINGTON
ASSISTED LIVING



5440 Ralston Street
Ventura, CA 93003
(805) 644-6710
mbishop@ensigngroup.net

RCFE #565801737

Senior Living



"Let's drink to our new meds working."

Mixing alcohol with medicines

You've probably seen this warning on medicines you've taken. The danger is real. Mixing alcohol with certain medications can cause nausea and vomiting, headaches, drowsiness, fainting, or loss of coordination. It also can put you at risk for internal bleeding, heart problems, and difficulties in breathing. In addition to these dangers, alcohol can make a medication less effective or even useless, or it may make the medication harmful or toxic to your body.

Some medicines that you might never have suspected can react with alcohol, including many medications which can be purchased "over-the-counter"—that is, without a prescription. Even some herbal remedies can have harmful effects when combined with alcohol.

Medications typically are safe and effective when used appropriately. Your pharmacist or other health care provider can help you determine which medications interact harmfully with alcohol.

Some medications—including many popular painkillers and cough, cold, and allergy remedies—contain more than one ingredient that can react with alcohol. Read the label on the medica-

tion bottle to find out exactly what ingredients a medicine contains.

Certain medicines contain up to 10 percent alcohol. Cough syrup and laxatives may have some of the highest alcohol concentrations.

Women, in general, have a higher risk for problems than men. When a woman drinks, the alcohol in her bloodstream typically reaches a higher level than a man's even if both are drinking the same amount. This is because women's bodies generally have less water than men's bodies. Because alcohol mixes with body water, a given amount of alcohol is more concentrated in a woman's body than in a man's. As a result, women are more susceptible to alcohol-related damage to organs such as the liver.

Older people face greater risk

Older people are at particularly high risk for harmful alcohol-medication interactions. Aging slows the body's ability to break down alcohol, so alcohol remains in a person's system longer. Older people also are more likely to take a medication that interacts with alcohol—in fact, they often need to take more than one of these medications.

Timing is important

Keep On Dancing

Join the Ventura Family YMCA from 5-7 p.m. on December 10, from 5-7 p.m. for the Winter Wonderland Senior Dance. The event is open to the public and is free. There will be a potluck buffet. No RSVP is needed.

Located at 3760 Telegraph Rd. with free parking.

which construction took almost a year to complete. Many thanks to the U.S. Navy Seabees and "Lowe's Heroes" for their many talents in volunteering. For more information, call 420-9608

What Is Shingles?

Shingles is a disease that affects your nerves. It can cause burning, shooting pain, tingling, and/or itching, as well as a rash and blisters.

You may recall having chickenpox as a child. Shingles is caused by the same virus, the varicella-zoster virus (VZV). After you recover from chickenpox, the virus continues to live in some of your nerve cells. It is usually inactive, so you don't even know it's there.

In fact, most adults live with VZV in their body and never get shingles. But, for about one in three adults, the virus will become active again. Instead of causing another case of chickenpox, it produces shingles. We do not totally understand what makes the virus go from inactive to active.

Having shingles doesn't mean you have any other underlying disease.

Anyone who had chickenpox has

Family Caregiver Resource Center

by Connie De La Rosa

The Family Caregiver Resource Center not only provides free services to family caregivers such as Respite care, grab bars for showers, assistive devices, caregiver workshops and support groups, but is also part of the many other services under Catholic Charities of Ventura County. The Ventura Community Service Center located on Ventura Avenue (Catholic Charities) provides different services to those in need and recently, the remodeled service center, opened its doors being larger, safer and much more efficient in



It's never too late to skate

Live your life your way. GLENWOOD rehabs you back.

1300 N. C St
Oxnard CA, 93030
805-985-0305

www.GlenwoodCareCenter.com

5 OUT OF 5 STAR FACILITY

Senior Living

VZV in their body and is at risk for getting shingles. Right now, there is no way of knowing who will get the disease. But, some things make it more likely:

Advanced age. The risk of getting shingles increases as you age. People may have a harder time fighting off infections as they get older. About half of all shingles cases are in adults age 60 or older. The chance of getting shingles becomes much greater by age 70.

Trouble fighting infections. Your immune system is the part of your body that responds to infections. Age can affect your immune system. So can an HIV infection, cancer, cancer treatments, too much sun, or organ transplant drugs. Even stress or a cold can weaken your immune system for a short time. These all can put you at risk for shingles.

Can You Catch Shingles?

Shingles is not contagious. You can't catch it from someone. But, you can catch chickenpox from someone with shingles. So, if you've never had chickenpox, try to stay away from anyone who has shingles.

If you have shingles, try to stay away from anyone who has not had chickenpox or who might have a weak immune system.

Usually, shingles develops only on one side of the body or face and in a small area rather than all over. The most common place for shingles is a band that goes around one side of your waistline.

Most people have some of the following shingles symptoms:

Burning, tingling, or numbness of the skin

Feeling sick—chills, fever, upset stomach, or headache

Fluid-filled blisters

Skin that is sensitive to touch

Mild itching to strong pain

Depending on where shingles develops, it could also cause symptoms like loss of vision or even hiccups.

For some people, the symptoms of shingles are mild. They might just have some itching. For others, shingles can cause intense pain that they feel from the gentlest touch or breeze.

Most cases of shingles last 3 to 5 weeks. Shingles follows a pattern:

The first sign is often burning or tingling pain; sometimes, it includes numbness or itching on one side of the body.

Somewhere between 1 and 5 days after the tingling or burning feeling on the skin, a red rash will appear.

A few days later, the rash will turn into fluid-filled blisters.

About a week to 10 days after that,

the blisters dry up and crust over.

A couple of weeks later, the scabs clear up.

Most people get shingles only one time. But it is possible to have it more than once.

After the shingles rash goes away, some people may be left with ongoing pain called post-herpetic neuralgia or PHN. The pain is felt in the area where the rash had been. For some people, PHN is the longest lasting and worst part of shingles. The older you are when you get shingles, the greater your chance of developing PHN.

The PHN pain can cause depression, anxiety, sleeplessness, and weight loss. Some people with PHN find it hard to go about their daily activities, like dressing, cooking, and eating. Talk with your doctor if you have any of these problems.

There are medicines that may help with PHN. Steroids may lessen the pain and shorten the time you're sick. Analgesics, antidepressants, and anticonvulsants may also reduce the pain. Usually, PHN will get better over time.

Some people have other problems that last after shingles has cleared up. For example, the blisters caused by shingles can become infected. They may also leave a scar. It is important to keep the area clean and try not to scratch the blisters. Your doctor can prescribe an antibiotic treatment if needed.

See your doctor right away if you notice blisters on your face—this is an urgent problem. Blisters near or in the eye can cause lasting eye damage or blindness. Hearing loss, a brief paralysis of the face, or, very rarely, swelling of the brain (encephalitis) can also occur.

If you think you might have shingles, talk to your doctor as soon as possible. It's important to see your doctor no later than 3 days after the rash starts. The doctor will confirm whether or not you have shingles and can make a treatment plan. Although there is no cure for shingles, early treatment with drugs that fight the virus can help the blisters dry up faster and limit severe pain. Shingles can often be treated at home. People with shingles rarely need to stay in a hospital.

The shingles vaccine is a safe and easy, one-time shot that may keep you from getting shingles. Most people age 60 and older should get vaccinated. You should get the shot even if you already had shingles or don't remember having chickenpox. However, if you have a weak immune system or allergies to certain medicines, make sure to check with your doctor first.

Continued on page 14

Overwhelmed by an estate dissolution due to Downsizing, Death or Divorce? Your Estate Assistant Is Here To Help.

Trusted by Attorneys, Individuals, Families, Trustees and Realtors to provide organized, ethical and professional help. Services: Inventory, Sorting, Sales, Donations, Removal and more.

Bonded and Insured
Member, Ventura County Bar Association

How can we assist you?

Online: yourestateassistant.com
Email: yourestateassistant@gmail.com
Phone: (805) 861-8341

YOUR ESTATE ASSISTANT • LLC



At The Palms at Bonaventure, we have an abundance of heart, and we can't wait to share it with you. Our certified medication assistants and resident assistants are on duty and available day and night so you feel safe and secure. Stop by and join us for a delicious complimentary meal and discover why our home is filled with happy moments!

Whether you have visited us before or are hearing about us for the first time, we would love to have you join in the laughter. We think you'll agree - this is the lifestyle you've been looking for.

We look forward to you joining our family!

805-647-0616

The Palms At Bonaventure
Assisted Living & Memory Care

111 North Wells Road, Ventura, CA 93004
RCFE#565801319



Coastal View Healthcare Center
Skilled Nursing and Rehabilitation

We provide personalized care for each unique individual.

Coastal View provides the highest quality nursing and rehabilitation services to our residents.

We Accept Most Insurances
Medicare | PPO | Private Pay | HMO | VA | Medi-cal | Gold Coast
Walk-In Tours & Visitors Welcome

Schedule a Tour Today

805-642-4101

Fax: 805-642-0156

4904 Telegraph Rd., Ventura, CA 93003
(Formerly the Venturan)



We wish you health and great blessings this holiday season and in the coming year.



ALZHEIMER'S & DEMENTIA CARE

Starting from \$2,695

SOMETIMES LOVE MEANS HAVING
THE COURAGE TO ASK FOR HELP . . .



CREATING NEW MEMORIES AT CYPRESS PLACE SENIOR LIVING ALZHEIMER'S & DEMENTIA CARE

MOVE IN
SPECIAL
ONE MONTH
FREE RENT*
*CALL FOR
DETAILS

We are dedicated to helping our residents live as independently as possible, with a host of activities designed to encourage interaction and participation through appropriate programming and engagement by our highly trained and dedicated staff.

EXPERTS IN SENIOR LIVING



www.CypressPlaceSeniorLiving.com

(805) 650-8000

1200 & 1220 Cypress Point Lane • Ventura, CA 93003

Lic# 565801008



Senior Living



"Maybe it's time for me to stop smoking."

Let Medicare help you stop smoking

by Cate Kortzeborn

Medicare's acting regional administrator for Arizona, California, Hawaii, Nevada, and the Pacific Territories

It's never too late to quit smoking. While it's best to stop as early as possible, kicking the smoking habit at any age will enhance the length and quality of your life.

As soon as you stop, your body begins to repair the damage caused by smoking. You'll also save money and you won't have to run outside your home or office every time the urge to light up hits you!

Medicare now covers counseling sessions to help you stop smoking, even if you haven't been diagnosed with an illness caused by tobacco use. You pay nothing for smoking cessation counseling, as long as you get it from a doctor or other qualified provider who accepts Medicare reimbursement.

Many state Medicaid programs cover smoking cessation services as well.

Smoking tobacco can cause many diseases, including heart disease, respiratory diseases, and lung cancer, the leading cause of cancer death in the U.S. More than 56 million Americans still smoke tobacco, but quitting can reduce your risk of getting these diseases.

So if you have Medicare or Medicaid, make a note to talk with your doctor about quitting. Medicare covers eight face-to-face smoking cessation counseling sessions during a 12-month period.

What happens in these sessions? Your doctor may follow the "5 A's" approach: ask patients about their smoking habits; advise them to quit; assess their willingness to quit; assist their attempts to quit; and arrange follow-up.

To help you get off and stay off tobacco, your physician may prescribe one of seven antismoking drugs currently approved by the U.S. Food and Drug Administration. Medicare often covers such medications under its Part D prescription drug program.

I also want to mention that Medicare covers screening for lung cancer with Low Dose Computed Tomography. To qualify, you must:

- Be age 55-77;
- Be either a current smoker or have quit smoking within the last 15 years;
- Have a tobacco smoking history of at least 30 "pack years" (an average of

one pack a day for 30 years);

- Not have any signs or symptoms of lung cancer;
- Get a written order from your physician or qualified non-physician practitioner.

You pay nothing for this screening if your doctor or other qualified provider accepts Medicare reimbursement.

For more information on kicking the habit, visit <http://www.cancer.gov/about-cancer/causes-prevention/risk/tobacco/help-quit-fact-sheet>.

You can always get answers to your Medicare questions by calling 1-800-633-4227.

What is Shingles?

Continued from page 13

You can get the shingles vaccine at your doctor's office and at some pharmacies. All Medicare Part D plans and most private health insurance plans will cover the cost.

If you have shingles, here are some tips that might help you feel better:

Get plenty of rest and eat well-balanced meals.

Try simple exercises like stretching or walking. Check with your doctor before starting a new exercise routine. Apply a cool washcloth to your blisters to ease the pain and help dry the blisters.

Do things that take your mind off your pain. For example, watch TV, read, talk with friends, listen to relaxing music, or work on a hobby you like.

Avoid stress. It can make the pain worse.

Wear loose-fitting, natural-fiber clothing.

Take an oatmeal bath or use calamine lotion to see if it soothes your skin.

Share your feelings about your pain with family and friends. Ask for their understanding.

Also, you can limit spreading the virus by:

- Keeping the rash covered
- Not touching or scratching the rash
- Washing your hands often

COTTAGE INN

A Loving Home for the Elderly

- Exceptional care: 3 to 1 ratio
- Bed & Breakfast environment
- All rooms are private and tastefully decorated
- Same caregivers, consistently
- 24 hour awake night staff
- Call for a Personalized tour and information!

805-650-7497

Lic. #565801664



The Palms at Bonaventure exciting Fall Boutique and Craft Fair was held on Friday, November 18th. Residents and guests shopped for gifts for their loved ones. There was jewelry, hand bags, cosmetic and holiday's decorations. Most of the gifts were hand crafted and one of a kind. Everyone enjoyed the refreshments while shopping. The Palms is located at 111. N. Wells, 918-4873.

Photos by Michael Gordon.



News & Notes

Filmmakers, act fast!

Film submissions are being accepted through Dec. 16 for the 5th Annual Water: Take 1 Online Short Film Festival, which will celebrate winners at an Awards Celebration in March of 2017 at the Channel Islands National Park Robert J. Lagomarsino Visitor Center located in the Ventura Harbor.

Water: Take 1 aims to create a greater awareness of water as a valuable resource by inviting filmmakers locally and worldwide to submit short films of five minutes or less in any genre - drama, documentary, comedy, animation, sci-fi or experimental - that address the topic of water. Awards include the Audience Choice Award, voted on by the general public with the winner receiving an iPad; the award for Best Student Short Film, chosen by a jury of entertainment and water industry experts with a GoPro camera for a prize; the Grand Prize of \$1,500 presented by Ventura Water; and the Ventura Vision Award, which recognizes local films and offers a \$500 cash prize.

This year's new partner, the Palmdale Water District, is sponsoring the Palmdale Vision Award, recognizing films that best represent its mission and objectives, also for a \$500 cash prize.

If you're not sure what your short film should look like, get inspired by watching the Palmdale Water District's hilarious minute-long film, The Conservation Enforcer, which won the 2015 grand prize.

Filmmakers of all ages, around the world, are encouraged to submit their work (up to 5 minutes in length) via direct upload at the contest site - www.watertake1.com - and must address the topic of water in any genre including animation, comedy, documentary, drama, experimental or sci-fi.

Step Up Ventura helps homeless youngsters thrive

Step Up Ventura is a non-profit organization that changes the lives of homeless children by providing resources needed for family stability and early childhood educational success. This month, Step Up Ventura launched their new Outreach Program, focused on helping displaced families address the challenges of raising young children in crisis by positively affecting parent-child relationships and providing educational materials in an effort to create a better living environment.

Homelessness can bring physical and emotional hardship to both the parents and young children, often breaking down family ties. The Outreach Program is designed to help parents identify their child's specific needs, strengthen language skills, help develop strong basic math skills and form healthier family bonds. The Outreach Program targets infants, toddlers, and young children, tackling the trauma associated with homelessness.

The Outreach team consists of a

Mental Health Specialist and Early Childhood Specialist who meet the parents and children at a place they feel most comfortable. Coaching sessions occur up to twice a week for 6 to 12 weeks. Within the sessions, an assessment is done to help identify the specific physical, emotional, cognitive and behavioral needs of the young child. Team members will give parents materials and tools to help them effectively manage difficult situations and build confidence in their parenting.

"The Outreach Program is the first-of-its-kind for this organization and we're confident it will create a positive impact for families in need," says Outreach Program Coordinator, Mary O. Kerrigan. "We understand the challenges that many parents with little to no resources face when raising a child. We are here to give a helping hand."

The non-profit organization is in need of donations to expand the Outreach Program. Goals include raising \$500,000 to expand and sustain the program for years to come. Donations can be made on their website at StepUpVentura.org.

Volunteers with a background in early childhood education and infant/toddler care are also needed. Step Up Ventura will train these volunteers, with the focus on helping reach more children in the region.

The Outreach Program launched at Tender Life Maternity Home in November, serving residents of Tender Life and City Center. For more information on how you can donate or volunteer, please visit StepUpVentura.org or call 665-3385.

Youth



Ventura Family YMCA Youth & Government delegates introduce a mock bill at their bill hearing night held Nov. 28 at the California Court of Appeals.

Ventura Family YMCA Youth & Government Delegates host bill hearing night

The Ventura Family YMCA Youth & Government team introduced and debated three mock bills on Nov. 28 at the California Court of Appeals. The bill hearing night is part of their preparation for the 69th Model Legislature & Court conference held in February in Sacramento, which brings together more than 3,500 youth from across the state.

The 24 student delegates from Ventura presented three mock bills to a panel of local judges, an attorney, and a commander. The panel provided the students with feedback to help the delegates refine their final bill for the state conference.

The Youth & Government program offered at YMCAs - including the Santa

805 Gift Emporium

Your Holiday Headquarters!



Monday - Saturday
9:00am - 6:00pm

- ✂ Fun Seasonal Decor
- ✂ Baby Items & Gifts
- ✂ Unique Pet Items
- ✂ Cards, Trinkets & SO Much More!!

3875 Telegraph Road, Suite A
805.658.0805

Holiday Cruises

From Ventura Harbor

Caroling Cruises

6:30 TO 7:30

December 9, 10, 13, 14, 15, 18, 19, 20, 21 & 23

Adult \$16 • Seniors \$13 • Child \$10

Parade of Lights Cruises

6:30 TO 8:30

December 16 & 17

Adult \$35 • Seniors \$32 • Child \$25

Gift Shop & Gift Certificates

Island Day Hikes • Camp • Kayak • Whale Watch Since 1968

805.642.1393 ISLANDPACKERS.COM

Barbara, Lompoc, Stuart C. Gildred, and Ventura branches of the Channel Islands YMCA - gives students a chance to learn about California's legislative and judicial processes by writing bills, preparing briefs, and governmental role-play (lobbying, running for office, debating bills, voting on legislation).

As a delegation, youth create bills about pertinent issues, research and practice court cases, develop public speaking and networking skills, and attend three annual Model Legislature & Court conferences. The youth meeting weekly for six months in preparation for the final Model Legislature & Court conference.

California YMCA Youth & Government's Model Legislature & Court (MLC)

has been the State's premier youth leadership and civic development program since 1948. This program provides teens with the opportunity to experience the government first-hand through a specialized "youth-run, youth-led" model.

Established in 1887, the Channel Islands YMCA is a charitable organization of seven YMCA branches serving Santa Barbara and Ventura counties including: Camarillo Family YMCA, Lompoc Family YMCA, Montecito Family YMCA, Santa Barbara Family YMCA, Stuart C. Gildred Family YMCA in Santa Ynez, Ventura Family YMCA, and Youth and Family Services YMCA which operates Noah's Anchorage Youth Crisis Shelter, the St. George Family

Continued on page 22

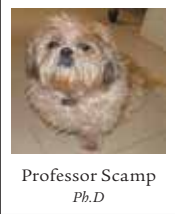


Daisy and Brownie Troop 61135 stopped by the Ventura Police Department on Nov. 28 to donate toys for The Castro Family and Ventura Police Community Foundation Toy Drive. They were also treated to a tour of the station during which they were able to meet a number of women officers, dispatchers, and civilian staff including Sgt. Starr.



Professor Scamp, Ph.D

(Pretty Happy Dog)



Professor Scamp
Ph.D

Ventura County Animal Services (VCAS) has kicked off their annual Giving Tuesday fundraiser for new medical kennels and they are asking for support from the community. The fundraiser runs until January 5, 2017.

Those wishing to donate can visit www.vcas.us/GivingTuesday or visit the Camarillo Adoption Center at 600 Aviation Drive, or the Simi Valley Adoption Center at 670 W. Los Angeles Avenue.

The Canine Adoption and Rescue League (C.A.R.L.) has committed to caring and finding homes for 11 dogs bred for human consumption as part of the Yulin Dog Meat Festival in China. The dogs have arrived safely at the rescue.

C.A.R.L. is part of a large-scale effort to rescue approximately 100 dogs from China. The effort is spearheaded by Deborah Hall (Groundsboots.org), who has organized volunteers and funds to fly to China, retrieve the and fly them back to the United States.

CARL volunteers flew to China (I would have gone if they had asked) and several traveled to LAX to receive the dogs and transport them back to the C.A.R.L. facility in Santa Paula.

C.A.R.L. receives no government funding. The organization welcomes and relies on the generosity of dog welfare advocates to continue its mission. Visit <http://www.carldogs.org> or call 644-PETS. And visit the C.A.R.L. Boutique Thrift Store at 4160 Market St (Hours 11am-6pm) to help support them by purchasing all the great stuff that they have for sale including furniture.

This is from ASPCA and important during the holidays:

It's that time of year again: the time when everyone is decorating, cooking and coming together to celebrate. But the hustle and bustle of the holiday season can make it easy to forget about potential pet dangers, you'll want to keep the following harmful hazards in mind:

10. Beware of excess wires. Keep wires, batteries and glass or plastic ornaments out of paws' reach. A wire can deliver a potentially lethal electrical shock, and a punctured battery can cause burns to the mouth and esophagus.

9. Noisemakers. While celebrating, it is easy to forget that loud noises and celebratory poppers or noisemakers can scare your pets. Try creating a safe place in your home where your pet can have some quiet space if needed.

8. Keep an eye out for salt. Ice melt, homemade play dough and salt-dough ornaments (even when dry) can all be a tempting salty treat for pets, but can cause

life-threatening imbalances in electrolytes.

7. Medication monitoring. If you'll be having guests stay with you this year, be mindful of any medication they may bring. Houseguests who are unfamiliar with pets may not realize just how curious (and sneaky) they can be. Have your guests keep any medication in a closed cabinet instead of in a bag or suitcase.

6. Watch out for candles. If you decide to give your home that extra holiday glow this year, be sure not to leave your pets unattended around lit candles. A long tail or a curious paw could knock over a lit candle and potentially start a fire or burn your pet.

5. Holiday eats. We recommend keeping your pets away from the table and keeping lids tightly secured on trashcans. Many of our holiday favorites can be harmful, including sweets, fatty and spicy foods, and alcohol. You also want to make sure not to give your pet any turkey or chicken bones. Check out our full list of pet-toxic foods to keep in mind when planning your holiday menu.

4. Tis' the season of snow globes. Some snow globes contain ethylene glycol, a highly toxic substance to all pets. If a snow globe is broken, the sweet smell can attract a pet to lick it up, leading to a potentially fatal intoxication. Keep these out of paws' reach!

3. Under the tree. Wrapped presents can pose a threat to curious cats and dogs depending on their contents. Be sure to keep any wrapped food or treats up and away from your furry friends. Just because you can't see the contents, doesn't mean your pets can't smell them.

2. Pesky plants. While most people fret over poinsettias making their pets sick around the holidays, the truth is that these festive red plants only cause mild to moderate gastrointestinal irritation. However, there are a couple of other seasonal stems you should be wary of: Holly and mistletoe can cause gastrointestinal upset and cardiovascular problems when ingested, and various lilies that are often found in holiday bouquets can cause kidney failure in cats.

1. O' Christmas tree. If you're planning on putting up a tree this year, there are a couple of things you should know:

Make sure that your tree is tightly secured so that there's no chance of it tipping or falling over and causing injury to your pet.

Keep the tree water covered and inaccessible. Tree water may contain fertilizer and other harmful chemicals—not to mention it can become a breeding ground for bacteria that could cause nausea, diarrhea or stomach upset.

Stay away from tinsel for decoration. Ingested tinsel can cause severe vomiting, obstructed digestive tract, dehydration and could require surgery.

LostCatVentura.com and LostDogVentura.com are free resources for finding lost pets in Ventura County, and where you can post a notice to find your lost pet.

Forever homes wanted

Hi: I'm Shadow, a 7-month-old very outgoing Shepherd X who is good with other dogs. I don't know why, but I'm the last of 19 puppies available for adoption who were taken in with our moms when a family became overwhelmed when their 3 unaltered female dogs became pregnant around the same time.

I'm handsome, athletic and outgoing, how come I don't have a family and home to call my own yet I'll never understand? I might make a good surfing buddy as I got to try out surfing at the Thousand Oaks Rotary Festival and I had a lot of fun!

I'm in a foster home with lots of different animals. They take me on hikes and other outings which I thoroughly enjoy. Canine Adoption and Rescue League C.A.R.L. Please call CARL adoption center at 644-7387.



Greetings, I am Sansa and I'm looking for a special someone to rule my kingdom with. I was raised as a royal lady, and I like the finer things in life such as music, poetry and, well, cat treats. I may seem a little shy when you first meet me, but please don't let that stop you from courting me. I promise I am full of love and playfulness--it just takes me a few minutes to approve of your presence. Bring me home today so we can take over the

world together! Ventura County Animal Services – Camarillo location – 600 Aviation Drive

Scamp Club

(Scampclub pets are not for adoption.)

Hi: I'm Livi, a 4-year-old bearded collie sheep herding certified therapy dog (from Love On A Leash). I love to play and help people.



Join Scamp Club

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

VetSurg

Lameness evaluation, orthopedic,
soft tissue, oncologic and neurosurgery



The Only Locally Owned
Veterinary Surgical Hospital in Ventura County

2859 Loma Vista Rd, Ventura ~ 805-850-2180 ~ www.VetSurg.com





Police Reports

by Cindy Summers

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.

Felony Battery on a Police Officer Arrest

On November 19, at 10:00am, the Ventura Police Department Command Center received a call of a subject making threats towards employees and refusing to leave the Vons store, 2764 E. Thompson Blvd. Officers responded and contacted the suspect, later identified as 48 year old Ventura resident Angel Vales inside the store.

When Vales was contacted, he immediately became confrontational and threatening towards the officers. At one point, Vales attempted to leave and one of the officers grabbed him by the arm. Vales pushed that officer in the chest and a struggle ensued. A second officer immediately grabbed Vales and both officers took him to the ground. Vales attempted to hit the second officer as well. Once on the ground, Vales was taken into custody without further incident.

Felony Evading Arrest

On November 23, at approximately 2:30am, a Ventura Police patrol officer attempted an enforcement stop on a vehicle being driven by the suspect, later identified as 27 year old Ventura resident Anthony Mosqueda on Darling Road east of Petit Avenue. Mosqueda failed to yield to the officer and accelerated away at a high rate of speed.

The officer pursued Mosqueda as he continued east on Darling Road before turning southbound Burlington Avenue. Mosqueda continued to evade officers' through the residential area for several miles. Mosqueda exited the vehicle as he turned onto Medford Street and attempted to flee on foot. Officers located Mosqueda a short distance from his vehicle and took him into custody without incident.

Mosqueda was placed under arrest and transported to the Ventura County Jail where he was booked for felony evading and resisting arrest. Mosqueda is a PROS offender and is on probation for gang crimes and possession of a stolen vehicle.

Marijuana Honey Oil Lab Explosion

On November 25, just after 2 pm, a large explosion was heard from the second floor of a large apartment complex on Hearst Ave in the Ventura Midtown. Police and Fire immediately responded and found smoke coming from a single unit. Firefighters entered the building and located the main body of the fire in the kitchen area. Fire crews knocked down the fire in 3 minutes and crews searched for extension in the one bedroom unit, while ensuring the attached units were not compromised.

A total of four people were inside the unit of the time of the explosion. All four were able to exit the apartment with one complaining of difficulty breathing and was assessed by fire paramedics. The blast was due to the ignition of butane that occurred during a highly dangerous process of making hash oil from marijuana.

Ventura Police investigated the scene, controlled access, interviewed witnesses and provided traffic control. A special investigation unit was dispatched to the scene. Further information in regard police actions will be forthcoming.

The unit was deemed a crime scene by the Police Department and the Fire Department yellow tagged the single occupancy limiting habitation of the unit. All adjacent units were deemed to be without damage. Ventura's Building and Safety Department will examine the structure to ensure

the safety of unit and will lift the limited occupancy restriction at that time. The scene is still under investigation with the Ventura Police Department. Total damage to the building and contents is estimated to be under \$10,000.

Attempt Strong Armed Robbery, Parole Violation Arrest

On November 25, at approximately 6:30pm, the Ventura Police Department Command Center received a call from a victim of an assault that had just occurred on the pier.

The victim advised that he had been struck in the face by the suspect who had attempted to rob him of his cell phone. The suspect fled the area on foot but was detained in the area of the Harbor parking structure by responding officers.

The investigation determined that the victim who was on the pier was approached by the suspect who demanded the victim's cell phone. When the victim refused the suspect struck him in the face with his fist and tried to forcibly remove the cell phone from the victim's hand.

The suspect, identified as 42 year old Ventura vagrant Jesse White, had recently been released on parole after serving a lengthy prison sentence that stemmed from his conviction of an assault on a peace officer arrest in 2003. White was also found to be under the influence of a controlled substance.

The victim was treated at the scene for facial injuries that did not require hospitalization.

White was arrested and transported to the Ventura County Main Jail where was booked on the felony charges of attempted robbery and a parole violation as well as misdemeanor charges of battery and being under the influence.

Possession of a Stolen Firearm Arrest

On November 25, at 12:30am, a VPD K9 officer observed a vehicle near the intersection of Telegraph Rd and Wells Rd with expired registration tabs displayed.

The officer conducted a traffic enforcement stop on this vehicle and contacted the driver, identified as 21 year old Ventura resident Eduardo Ramirez, and explained the reason for the stop.

As the officer spoke with Ramirez at the driver's window he observed a handgun in the rear passenger seat area. The officer requested back-up and detained Ramirez until additional VPD patrol officers arrived and assisted in removing Ramirez from the vehicle.

The handgun was recovered and found to be loaded. The investigation determined that this handgun had been stolen in a residential burglary that had occurred in 2010.

Ramirez was arrested for being in possession of stolen property, possession of a loaded firearm in a vehicle, and possession of a firearm with its serial number partially obliterated. He was transported to the Ventura County Main Jail where he was booked on the felony charges.

Gunshot Homicide

On December 4, at approximately 1:20am, an on-duty California Highway Patrol sergeant was in the area of Seaward Ave. and Highway 101, when he heard multiple gunshots in the area. The sergeant began checking the area and found a 27-year-old male suffering from gunshot wounds to his upper body, lying in the roadway near the exit of the Golden China Restaurant in the 700 block of S. Seaward Ave. He began rendering aid to the victim, but when Ventura City Fire personnel arrived on scene, he was pronounced deceased.

At approximately 1:28am, a second gunshot victim arrived at Community Memorial Hospital, suffering from a serious

PRIMROSE EXCURSIONS

805.535.5170 primroseexcursions.com

Tournament of Roses Parade on Monday, 1/2/17

SPECIAL RATE: Save \$15.00 per ticket when you purchase 4 or more seats! Regularly \$120.00 each



UNIQUE GIFT IDEA!
Give the gift of travel this Holiday Season with a personalized Primrose Excursions Gift Certificate!

Shake up your routine... Travel with us in 2017!

- Pre-Mardi Gras in New Orleans
- PA, the Poconos and the Brandywine Valley
- Oregon Trails & Rose Festival
- Yellowstone, Grand Tetons & Mount Rushmore
- Cape Cod & the Islands
- Mackinac Island and The Grand Hotel
- West Virginia Rails and Trails
- San Antonio Holiday

plus many day trips and overnights!

injury to his upper torso. That victim, a 30-year-old male, was transported to the trauma center at Ventura County Medical Center, where he is currently being treated for his injuries. He is expected to survive.

Both shooting victims are from the same incident and it is not known how the shooting occurred. Detectives are currently working the investigation. At this time, there is no suspect information.

Stabbing Homicide

On December 4, at approximately 7:29pm, the Ventura Police Department's Command Center received a call from a Gold Coast Transit bus driver reporting a non-responsive subject at a bus stop on the corner of Main St. and Ash St. Officers, along with Ventura City Fire personnel responded to the scene and found the victim, a 51-year-old male (possible vagrant), suffering from multiple stab wounds to his upper torso. The victim was pronounced deceased.

At this time, there is no suspect information.

If anyone has information related to this crime, they are encouraged to call 339-4416 or make an anonymous tip to Crime Stoppers at (800) 222-TIPS.

Harbor Patrol Blotter

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

11-15 1:40pm, received a report of a fuel sheen near Ventura Isle marina. Officers responded and discovered a sheen, but determined most of the spill had started evaporating and the size was not significant enough to warrant a full response.

11-16 1:11pm, received a report of a hazardous situation at 1500 Spinnaker drive restrooms. Officers responded and found a toxic fumes emanating from a drain that was attempted to be cleared with drain opener. Fire responded and determined that the fumes were nontoxic, no injuries were sustained.

5:32pm, received a report of a vehicle

turn-over at the end of Spinnaker Drive near the National Park Service. Officers responded and found a vehicle missed the turn, jumped through the NPS garden and ended up on the driveway to the NPS backlot. The driver was eventually arrested for DUI, and admitted to distracted driving (looking for directions) and the vehicle towed.

11-18 5:25pm, received a report of a possible boat fire in Ventura Isle Marina. Officers responded in the fireboat and discovered a tenant of the marina was barbecuing on his sailboat. While it was a large flame initially, it was contained in a boat BBQ, cancelled all responding units.

11-19 11:40am, while on patrol, officers observed a large motor vessel towing another large motor vessel just outside the harbor. After contacting the captains, they refused any assistance. Eventually, TowBoat US took over the tow and safely released the towed vessel at the VHM YY haul out dock.

3:50pm, received a report of a vessel sinking 4 miles offshore. Officers responded with TowBoat US to assist the sinking fishing boat. The source of the water was found and mitigated and the vessel was escorted back to the boatyard haul out dock.

8:52pm, received a dispatch to a fall victim near the Ventura Boat yard. Officers responded and assisted AMR and Ventura Fire with local transient female who was transported to local hospital for minor injuries.

11-20 8:35am, received a report of an injured seabird near the fueldock. Officers responded, captured the bird and contacted bird rescue to pick up the bird.

2:10pm, observed a small overloaded motor vessel heading out of the harbor. Due to the large swell and dangerous conditions, officers terminated the voyage and escorted the vessel with 7 person's onboard back to the launch ramp for a safety inspection.

10:30pm, received a request to escort a inbound fishing lightboat due to the dangerous surf/conditions.

11-23 6:35pm, received a missing person report from a local transient. He hasn't seen his wife in a few days, advised he should also contact Ventura PD.

Weekly SUDOKU

Answer

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

King Crossword

Answers

Solution time: 21 mins.

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



Ventura Music Scene

Swing into the Season!

By Pam Baumgardner
VenturaRocks.com

There are plenty of music related holiday events to get you into the swing of the season. Let's start with the Ones to Watch Productions hosting their first show at the Poinsettia Pavilion on Friday, December 16, with The Brambles and Bryan Titus Duo opening up for The White Buffalo. As you may know, Steve and Polly Hoganson (formerly of Zoey's) continue to help artists featuring showcases such as this around the Gold Coast. This intimate holiday concert being called "I'm dreaming of a White Buffalo Christmas" features the incredibly talented Jake Smith whose songs have been featured in many films and television shows including "Sons of Anarchy." Polly told me, "We're excited to bring Jake The White Buffalo back to Ventura for another holiday concert and food drive to benefit Turning Point Foundation. It's OTW Productions first time show at the lovely Poinsettia Pavilion and we hope to bring more concerts to this event center." If you've caught one of Jake's concert before, you won't want to miss him up close and personal, Polly said, "The White Buffalo's rare solo performances are special because you get an intimate insight into his songwriting and a connection that you don't normally get at an arena show."

Kelly's Lot will be at Four Brix Winery on Saturday, December 10. The band recently released a new song, "Colours of December" in honor of members of the military and their families. There will be a silent auction and donations accepted for TAPS, an organization that provides assistance to families who have lost a family member in the military. Four Brix will be offering tri-tip dinners and pizzas, doors open at 5, Kelly's Lot plays at 7.

Chopper Fest arrives at the Ventura Fairgrounds on Sunday, December 11 with live music from The Shari Puerto Band, Hard Six and One More From the Road, a Lynryd Skynyrd tribute band; there will be a pre party the night before at The Tavern with music from Revolution Mother and the Rubberneck Lions.

Big props to Tommy and Paddy Marsh who will open for The Robert Cray Band at the Rose in Pasadena on December 9.

The 14th annual Nardcore Xmas food drive will be at The Garage on Saturday, December 17 featuring music from Shattered Faith, Hymen Blasters, Mother of Dissension, COA and Side Effects. Along with accepting canned goods, the organizers are asking for new blankets and/or cash donations which will go to Food Share of Oxnard. Tax deductible receipts available.

You finally you should take a break from shopping and take the whole

family out for a good old fashion holiday sing-along at the Ventura Theater. This event will be held on Sunday December 18 from 3-5 pm. Price of entry is one new unwrapped toy per family.

Do you have any music related news or upcoming shows you want help publicizing? Send all information short or long to Pam@VenturaRocks.com, and for updated music listings daily, go to www.VenturaRocks.com.

Music Calendar

For more events go to VenturaRocks.com

Amigos Cafe & Cantina 546 E. Main St.

805-874-2232

Mondays: Open mic w/ Beers Bros.

Tuesdays: Musicians Night Out

Wed 12/7: Live Band Karaoke

Thurs 12/8: After the Smoke

Fri 12/9: Dive Bar Messiahs

Sat 12/10: Inna Rude Mood

Sun 12/11: 5 pm Jade Hendrix; 9 pm Karaoke

Wed 12/14: Musicians Brew w/ Coso

Thurs 12/15: Smokey & Friends

Fri 12/16: 6 pm Karen Eden; 9 pm The Tossers

Sat 12/17: DJ Cue

Sun 12/18: 5 pm Corsican Bros; 9 pm Karaoke

Bombay Bar & Grill

143 S. California Street

Fridays: DJs - College Night

Saturdays DJs

Café Fiore

66 S. California Street

(805) 653-1266

Wed 12/7: Donna Greene

Thurs 12/8: Fabulous Hangovers

Fri 12/9: Young Dempsey

Sat 12/10: Red Muffs

Tues 12/13: Fabulous Hangovers

Wed 12/14: Big Adventure

Thurs 12/15: Coso Live

Fri 12/16: Instone

Sat 12/17: Drunken Monkeys

Tues 12/20: Blue Vice

The Cave

4435 McGrath Street

Weds & Saturdays: 5:30 - 8:30 pm Varon Thomas

Thurs & Fridays: 5:30 - 8:30 pm Warren Takahashi

Chopper Fest

Ventura Fairgrounds

10 W. Harbor Blvd

Sat 12/10: One More for the Road, Shari Puerto Band, Hard Six

Copa Cubana

Ventura Harbor Village

Tuesdays: The Down Home Trio

Fri 12/9: Brandon Ragan Project

Sat 12/10: Al Martin

Sun 12/11: 4 pm Hot Roux

Fri 12/16: Avery Dalton

Sat 12/17: Live Band Karaoke

Sun 12/18: 3 pm On Tap

Dargan's Irish Pub & Restaurant

593 E. Main Street

(805) 648-3001

Sun 12/18: 4 pm The Sunday Drivers

Discovery

1888 Thompson Blvd

Fridays: Flashback Fridays

Saturdays: Disco Bowl

El Rey Cantina

294 E. Main Street

Fridays: 4 pm Xoco Moraza and Friends; 9:30 DJ/Karaoke by DJ Gold Dust

Saturdays: DJ Erock

Four Brix Winery

2290 Eastman Avenue #109

(805) 256-6006

Sat 12/10: 7 pm Kelly's Lot

The Garage

1091 Scandie Avenue

Wed 12/7: Keep the Giraffe Burning

Sat 12/17: Shattered Faith, Hymen Blasters, Mother of Dissension, COA, Side Effects

Gigi's Cocktails

2493 Grand Avenue

(805) 642-2411

Thurs, Fri & Sat: Karaoke

Golden China

760 S. Seaward

(805) 652-0688

Karaoke seven nights a week 9 pm

Tuesdays 7 pm: Open Mic

Grapes and Hops

454 E. Main Street

Wednesdays: The Swillys

Fri 12/9: Salty Suites

Sat 12/10: Ricky Z

Fri 12/16: Noah Nola

Sat 12/17: Tex Pistols

The Greek Restaurant

Ventura Harbor

Sat & Sun 7:30 pm

Belly Dancing, Greek music and show

Hong Kong Inn

435 E. Thompson Blvd

Mondays: Karaoke

Thursdays: Gypsy Blues Band

Fri 12/9: Hi Hat Entertainment presents Sugaray Rayford

Sat 12/10: Del Franklin's Christmas party

Fri 12/16: Hi Hat Entertainment presents Rent Party Blues Band

Sun 12/18: 4 pm Hot Roux

Keynote Lounge

10245 Telephone Road

Tuesday and Wednesday: Karaoke

Thursday: Open Mic

Sunday: Karaoke

Fri 12/9: Action Down

Sat 12/10: Tex Pistols

Fri 12/16: Reign

Sat 12/17: Vital Itch

O'Leary's

6555 Telephone Road

Tuesdays: Free Jukebox

Wednesdays: Karaoke

Thurs 12/8: Live Band Karaoke

Sat 12/17: Karen Eden

Paddy's

2 W. Main Street

Wednesdays: Karaoke

Fri & Sat: DJs

Poinsettia Pavilion

3451 Foothill Road

(805) 648-1143

Mon 12/12: Monday Night Dance Club with Wyatt Haupt Band

Fri 12/16: The White Buffalo, Bryan Titus Duo, The Brambles

Mon 12/19: Monday Night Dance Club with Dick Parent Band

Prime

2209 E. Thompson Blvd

Tuesdays: Danny D

Fridays: Mike Moody

Saturdays: Jessica Ash

Red Cove

1809 E. Main Street

Thursdays: Music Club Open Jam Night

Rookees Sports Bar & Grill

419 E. Main Street

(805) 648-6862

Fri and Sat: Rotating DJs

Sandbox Coffeehouse

204 E. Thompson Blvd

805-641-1025

Thurs 6 pm, Weekends noon

Thursdays Open Mic

Sat 12/10: David Bucci

Sun 12/11: Dennis Russell

Sat 12/17: Sympatico Pat & Bob

Sun 12/18: Tisa Adamson

Sans Souci

21 S. Chestnut

Sundays: DJ Darko

Mondays: Karaoke

Tuesdays: Twisted Tuesday w/ DJ

Wednesdays: Open mic

Thursdays: DJ Spinobi

Squashed Grapes

2351 E. Main St.

805-643-7300

Live jazz music 7-10 pm

Wed 12/7: Adam Clark Trio

Thurs 12/8: Dogfish

Fri 12/9: Hans Ottsen Trio

Sat 12/10: Barrelhouse Wailers

Wed 12/14: Skip Spiro's Little Big Band

Thurs 12/15: Brad Rabuchin & Friends

Fri 12/16: L.J. & the Boyz

Sat 12/17: Charged Particles

Star Lounge

343 E. Main Street

Tues & Thurs: Karaoke

Fri 12/9: 7th Decade

Sat 12/10: Masters of the Past

Fri 12/16: Bloody Reunion

Sat 12/17: Jan Michael & the Vincents

Surf Brewery

4561 Market Street

Music 6-8 pm

Sat 12/10: Hard Times Band

Sat 12/17: Wyk & Winkle

The Tavern

211 E. Santa Clara Street

(805) 643-3264

Metal Wednesdays

Get it Right Thursday DJs

Fri 12/19: Rubberneck Lions

Sat 12/17: Dojo Loach

Sun 12/18: DJ Steezy Steve

Topa Topa Brewing Co.

104 E. Thompson Blvd

(805) 628-9255

Tuesdays: 6-9 pm Jeff Uzzel

Traveler Café

1070 E Front Street

Fridays 5-7 pm: Bernie Larsen

Sundays 11-1 pm: Bernie Larsen

The Wine Rack

14 S. California Street

(805) 653-9463

Mondays: Open mic

Tuesdays: Keith Cain

Thursdays: Jon Gindick

Wed 12/7: Daniel Stacey

Fri 12/9: Frank Barajas

Sat 12/10: Mark Heyes

Wed 12/14: Bluegrass open jam

Fri 12/16: Hans Ottsen

Sat 12/17: Paul McCallum

The 805 Bar

Ventura Harbor

Sat & Sun: Noon Kenny DeVoe

Sat 12/17: 8 pm Teresa Russell



Dainty Trio, mixed media by Nancy Horwick.
 Buena Ventura Art Association's annual Small Image Show is going on now through January 7 at the Buena Ventura Gallery, 700 E. Santa Clara St. in downtown Ventura. No painting or sculpture is over 16 inches in any direction. Concurrent with the show is the Holiday Boutique filled with unique artisan crafts and gifts. All of the artwork is priced competitively so that the gift of original fine art or artisan crafts is not significantly more expensive than buying a framed print at a big box store... and it's much more personal! Shopping local supports local artists and businesses rather than large conglomerates!



Roe Estep creator of sculpture explaining the steps to her creation to friend **Kathy Johnsen.**

On Dec. 1 the Ventura College Art Department held the grand opening of their remodeled Studio Arts Building (SAB) and the newly constructed New Media Gallery at 4667 Telegraph Road. It featured studio class demonstrations, faculty and student displays, and a closing reception. The Art Department maintains two galleries: Gallery 2, a student-run gallery and art lab, and the New Media Gallery exhibiting work by historically significant and nationally known artists. Additionally, these exhibition spaces provide students with hands-on experience in gallery and museum management. Photo by **Bernie Goldstein.**



Mermaid and Her Seahorse 24" x 48" oil by Tina O'Brien at the Mermaid Gallery & Studio in the Ventura Harbor. If you are a mermaid or know a mermaid, come and see Tina O'Brien's beach art at the Gallery. Tina has mermaid cards and prints, mugs and her Mermaid Sand Dollar Ornaments. The gallery is full of original oil paintings featuring our beautiful Ventura beaches as well as her 2017 Calendar 'Ventura Seaside'. Be shore to stop by.



Ellen Wohlstadter will be doing hand building demonstrations at the Ventura Country Pottery Gallery located at Ventura Harbor, Saturday December 10th & December 17th from 11:00 - 3:00. She will be working with paper clay creating bowls, texturing, darting and manipulating the clay over balls.

"Clay is a marvelous material to work

with. There is the childlike fun of getting dirty, the challenge of the technical aspect of working with clay and glazes, the joy in the creating, and the excitement of opening the kiln."

Ellen and her husband recently moved to Ventura. She decided to cut back on her teaching and focus more on creating her own ceramic creations.



The mixed media art of **Nancy Hodge** is on permanent display at the Harbor Village Gallery. Nancy has been a member of the Buena Ventura Art Association for 42 years. She paints many local scenes and animals. There are 14 artists that show their work there.



True Colors, an art show featuring **Phillip Zubiarte III** and **Eileen Maloney**, continues at Fox Fine Jewelry through January 16, 2017.

Eileen Maloney won the 2016 Strawberry Festival's Poster Contest for her painting of strawberries dripping with chocolate and wet paint. An artist since she was young, Maloney continued her art as a teacher and mother.

Now retired, she enjoys painting fruits, vegetables and flowers in her home studio. Says Maloney of her watercolors, "I always use bright colors and lots of detail. That's how people recognize my work."

Fox Fine Jewelry
 560 E. Main St.

Red Brick ART

Holiday Art Sale Everything 25% - 50% OFF

Shop Local & Handmade



Open Wed- Sun 12-5



Gift Certificates & Classes



4601 Telephone Rd #112 Ventura 93003

FREE PARKING - The Corner of Telephone and Market

805-643-6400 - RedBrickArt.com



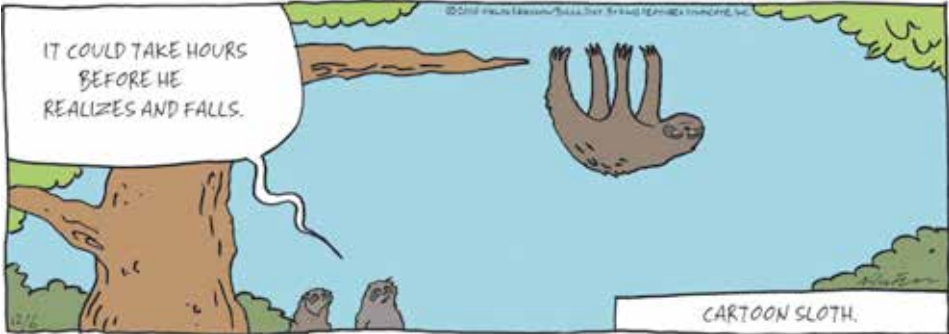


Lighter Breeze

Mother Goose and Grimm



Carpe Diem



Arctic Circle



Crock



Solutions on page 17

(For a beginners guide to playing Sudoku go to venturabreeze.com)

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

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!

© 2016 King Features Synd., Inc.

Solutions on page 17

King Crossword

ACROSS

- 1 Timber wolf
- 5 U.K. television option
- 8 Lily variety
- 12 Opposed to, slangily
- 13 Always, in verse
- 14 Mimicked
- 15 Get bigger
- 16 Banner
- 18 "— Street"
- 20 Leads
- 21 Edges
- 23 Adam's mate
- 24 Recklessly
- 28 Book after Joel
- 31 Sphere
- 32 "SNL" alumna Cheri
- 34 Debt notice
- 35 Seniors' dance
- 37 Vexing situation
- 39 By way of
- 41 Use scissors
- 42 Offering a nice view
- 45 Illegal steroid use, e.g.
- 49 Vertical space
- 51 Birthright barterer
- 52 Not working
- 53 Genetic stuff (Abbr.)

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

- 54 Matterhorn's range
- 55 Pinochle play
- 56 Affirmative
- 57 For fear that
- 8 Digestive aid
- 9 Widespread illness
- 10 Kelly or Hackman
- 11 Rhyming tributes
- 17 Payable
- 19 Venus de —
- 22 Old daggers
- 24 Bounce
- 25 Blunder
- 26 Especially
- 27 Baby-sitters, often
- 29 Partner of aah
- 30 Take to court
- 33 Personal (Pref.)
- 36 Paid heed to
- 38 Attraction
- 40 Atmosphere
- 42 Thin wedge
- 43 Relinquish
- 44 Buffalo Bill's last name
- 46 Capri, e.g.
- 47 Siestas
- 48 Sudden rush of wind
- 50 Individual

DOWN

- 1 Trails behind
- 2 Shrek is one
- 3 Life stories, for short
- 4 Ahead
- 5 Huge monster
- 6 Spelling contest
- 7 Rugged cliff

© 2016 King Features Synd., Inc.



Go to www.venturabreeze.com for your daily horoscope

ARIES (March 21 to April 19) Make your holiday preparations one step at a time in order to avoid being overwhelmed and leaving things undone. That confusing family situation continues to work itself out.

TAURUS (April 20 to May 20) Ease this year's holiday money pressures by letting your thrifty side guide you as you look for those perfect gifts that typically reflect your good taste and love of beauty.

GEMINI (May 21 to June 20) You'll have a good handle on potential holiday problems if you delegate tasks to family members, friends or co-workers -- most of whom will be more than happy to help out.

CANCER (June 21 to July 22) Right now you are especially vulnerable to holiday scams that seek to take advantage of your generosity. Best advice: Check them out before you send out your checks.

LEO (July 23 to August 22) The upcoming holiday season gives the Big Cat much to purr about. Relationships grow stronger, and new opportunities loom on the horizon, just waiting to be pounced on.

VIRGO (August 23 to September 22) A changing situation brings conflicting advice about how to go forward with your holiday plans. Your best

bet: Make the decision you feel most comfortable with.

LIBRA (September 23 to October 22) Holiday plans get back on track after some confusion about the direction you expected to take. A potentially troublesome money matter needs your immediate attention.

SCORPIO (October 23 to November 21) Your holiday preparations are on track. But you need to confront a personal situation while you can still keep it from overwhelming everything else.

SAGITTARIUS (November 22 to December 21) Tight financial matters ease a bit during this holiday season. But the sagacious Sagittarian is well-advised to keep a tight hold on the reins while shopping for gifts.

CAPRICORN (December 22 to January 19) Don't put off making decisions about this year's holiday celebrations, despite the negative comments you've been getting from several quarters. Do it NOW!

AQUARIUS (January 20 to February 18) The holidays will bring new friends and new opportunities. Meanwhile, be careful to use your energy wisely as you go about making holiday preparations.

PISCES (February 19 to March 20) There's good news coming from a most unlikely source. And it could turn out to be one of the best holiday gifts you have had in years. Remember to stay positive.

BORN THIS WEEK: You are respected for your honesty and loyalty. You make friends slowly -- but with rare exceptions, they're in your life forever.

(c) 2016 King Features Synd., Inc.

Winter Springs Christmas Trees
(503) 339-5410

Oregon grown trees
Farmer owned & operated
Silver Tips-Nobles-Nordmanns
Douglas-Grands

Port Hueneme:
Mandalay Village
615 W Channel Islands Blvd

Ventura:
corner of
Pierpont & Seaward

10% off any tree over \$50, with this ad



Show Time

Arrival



Poignant on the spot instant sci-fi classic

by Richard Lieberman

Director Denis Villeneuve combines hard sci-fi and deep seeded emotion in one of the best sci-fi movies of the year. A thoughtful grown up piece of science fiction not the usual alien invasion doomsday setup that we have become familiar with.

Arrival's premise begins with twelve mysterious alien space craft landing, or rather hovering over remote locations all over the globe. A linguistics expert Dr. Louise Banks played by Amy Adams is struggling with the death of her teenaged daughter, trying find peace in her daily routine. Her path is interrupted when the twelve alien vessels appear on earth, and the U.S. military comes to her for her help. The military has made minimal contact with the aliens, but their language is unlike anything known to man. She partners with a theoretical physicist Ian Donnelly, played by Jeremy Renner.

Banks and Donnelly enter the alien ship and begin to painstakingly learn their language and teaching them ours. She is convinced the aliens are peaceful and with good intention, but with twelve ships around the world, other countries are having their own interactions with the aliens, and Banks is tasked with finding out why they are here. *Arrival* doesn't cringe when it comes to taking on a serious discussion of linguistics, physics or math or the complex language the aliens use. It never leaves us lost at presenting complex and interesting concepts that usually end up on the cutting floor in Hollywood's sci-fi universe.

Symmetrical, stunning compositions and an early scene where the two characters enter the alien ship for the first time remind us of the sci-fi classic 2001. *Arrival* though is not as sterile as 2001 and has an almost gritty character that plies us with a sense of reality. The movie makes its characters from our hero and heroine to the Chinese General seem alone and unable to effectively communicate with each other. That inability to communicate with others, not just aliens is a central theme that permeates the film.

Arrivals success is ambitious in its telling of a complex hard science fiction story through the emotionally compelling and heartbreaking story of its main character Amy Adams. Watching Adams struggle with attempting to decipher the alien's language constantly driven by memories of her daughter is heart wrenching establishing empathy with the audience.

Adams character moves the film forward to a climax that is both satisfying and emotional, quietly triumphant and emotionally satisfying. Playing time 1hr.58min. PG13

A View from House Seats Elite Branches Out with *Family Trees*

by Shirley Lorraine

In the World Premiere of *Family Trees*, family members come together to solve a problem and secrets are revealed following the death of Mike (Evan Austin) and Tina's (Genevieve Levin) mother. A curmudgeonly busybody neighbor (Dorrie Braun) and her milque-toast son (Sabastien Montgomerie) fill in gaps in the offspring's knowledge and memories. The play is a frank study in the elasticity of relationship dynamics, filled with humor, laced with universal truths and a few surprises.

Playwright Jason Furlani was on hand opening weekend to share in the joy and the nerves that mounting a new work can bring. *Family Trees*, playing on the Elite's South stage, is a good match for the theater's continuing mix of thought-provoking productions. Based in part on Furlani's own experiences, the play touches on many common situations that arise after a death, as well as a few unusual viewpoints for consideration.

While the actors are new to the Elite stage, all four of them bring a wealth of theatrical experience to the boards. The opinionated characters are well developed, embodying personality elements familiar to many. Director William Carmichael pulls solid performances out of each actor. No doubt as the run continues, the cast will continue to ease naturally into their roles as siblings and friends, evening out the fluctuations in their contrasts.

The setting is a typical family home in Schenectady, New York. Well adorned with ceramic plates on the walls and the usual kitchen accoutrements, the set oozes a cozy, homey feel that instantly gives the audience a comfortable place in which to digest the quirky material. It is easy to sit back, relax and enjoy the show and at the same time, be able to ponder questions raised by the introduction of deeper ideas. Mother's urn rests casually on the dining room table while preparations are made to add her to the grove of trees nurtured by relatives past providing the ultimate in recycling efforts.

Dorrie Braun appears to be having a great deal of fun as the neighbor whose bun is too tightly wound. Her straight-edged demeanor provides a sharp contrast to that of Montgomerie's possibly challenged, yet highly enthusiastic portrayal of a man-child who explores the boundaries of independence while building new relationships. His dialogue was a curious mix of intelligent thought and unsophisticated phrasing which I found a bit jarring.

Austin and Levin's performances both have the volume turned down in the beginning but amp it up as the action pro-

footworks youth ballet PRESENTS

The Nutcracker

Oxnard Performing Arts Center

Artistic Director: Kirsten Oakley
with the Footworks Community Orchestra and Singers from the Carpe Diem Chorus

Saturday, December 10th, 2016 - 2pm
Sunday, December 11th, 2016 - 2pm

Tickets: \$19, \$24, \$29
Ticket Hotline: 805-486-2424

Online Ticket Orders • www.footworksyouthballet.org

gresses. Placing the liquor on the bottom shelf seemed a bit awkward. Frequent trips to the cabinet would be more logical at counter height. *Family Trees* has yet to be published and still has opportunity for refinement.

Family Trees runs through Dec 18. Friday & Saturday eves 8 PM, Sunday matinees 2 p.m.

All seats \$15. Reservations encouraged. 483-5118 Elite Theatre Company, 2731 Victoria Avenue, Oxnard, CA 93035 www.elitetheatre.org

Green with Envy





LOOKING FOR A NEW DOCTOR?

identity
 MEDICAL GROUP
IS ACCEPTING NEW PATIENTS!

We accept ALL insurances, including **Medicare**, Valley Care IPA, and PPOs - and we allow you to choose a doctor that's right for you from our dedicated team of physicians located throughout Ventura County.



Let us help you find your new doctor today by calling
(805) 918-5420.

identity
 MEDICAL GROUP

Experience. Dedication. Personal Attention.
www.identitymedicalgroup.com



La voie navigable
 Trent - Severn



THIS SPACE FOR WRITING MESSAGE

The First Color Edition has been traveling, this time off to Ontario, Canada with Dean Smith along the Trent - Severn waterway. With a stop at the Peterborough Lock.

POST CARD

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

MANUFACTURED BY LONGHAWK CANOE CO., LOS ANGELES, CALIF.

This 'n' That



Pacific High School "Voices of Veterans" was on display at Ventura City Hall.

Veterans shared their lives with high school students

Pacific High School students spent time with veterans learning about history and military life. Which they turned into a school project called "Voices of Veterans". The students created a display of the stories including black and white photos.

The project was organized by Pacific High School English teacher Alyssa Soles and teacher Ann Griffin.

Several of the fifteen veterans who shared their stories are now with the Ventura Police Department.

English teacher Alyssa Soles would like more veterans to come to the school and work with students because the project was so successful. Interested veterans should email her

at Alyssa.neilson@venturausd.org.

Ventura Family YMCA Youth
 Continued from page 15
 Youth Center and My Home.

The Y is the nation's leading nonprofit committed to strengthening communities through youth development, healthy living and social responsibility. The Channel Islands YMCA serves over 46,000 individuals and provides over \$1.3 million in financial assistance to families in need for child care, YMCA memberships, away and day camps, youth sports, and teen after-school programs. For more information at the Ventura Family YMCA, visit www.ciyymca.org/ventura/ or call 642-2131.

This 'n' That

Gold Coast Transit District announces partnership with the Department of Homeland Security

Gold Coast Transit District, Ventura County's largest public transit provider announced their partnership with the public awareness campaign of the Department of Homeland Security (DHS), "If You See Something, Say Something™."

"If You See Something, Say Something™" posters and signs will now be visible on buses, transit centers and public spaces in the Gold Coast Transit District service area which include the cities of Ojai, Oxnard, Port Hueneme, Ventura and unincorporated areas of Ventura County between the cities.

The posters advise citizens in the GCTD's service area to contact the Department of Homeland Security at 888-705-JRIC (5742) or call 9-1-1 if they see any suspicious activity in or around buses or bus stops. Citizens and Community Organizations may download a poster, by visiting www.GoldCoastTransit.org.

The "If You See Something, Say Something™" campaign—originally implemented by New York City's Metro-

politan Transportation Authority and now licensed to DHS for a nationwide campaign—is a simple and effective program to engage the public and key frontline employees to identify and report indicators of terrorism and terrorism-related crime to the proper transportation and law enforcement authorities.

The Department launched the "If You See Something, Say Something™" campaign in conjunction with the Nationwide Suspicious Activity Reporting Initiative—an administration effort to train state and local law enforcement to recognize behaviors and indicators related to terrorism and terrorism-related crime; standardize how those observations are documented and analyzed; and ensure the sharing of those reports with the Federal Bureau of Investigation-led Joint Terrorism Task Forces for further investigation and fusion centers for analysis. For more information on the campaign, visit www.dhs.gov/See-Something-Say-Something.

U.S. Navy Seabee Museum open

Continued from page 1

and oversee the work of the rest of his Boy Scout troop, Kim Crowell, Museum Curator welcomed the help. Andrew is directing the efforts of the six other boys in Boy Scout Troop 234.

"They've been very careful," Crowell said, noting the boys have been diligent in their cleanup and cataloging efforts. "We appreciate the help while we have it."

They're meticulously and painstakingly cleaning such items as a bombshell cigar holder that Rear Adm. Ben Moreell owned in the 1940s when he founded the U.S. Navy's construction battalions — CBs, hence the nickname Seabees — that are devoted to engineering and construction projects around the world.

"Some of these things are so fragile," said Andrew, who lives in Port Hueneme and is homeschooled. "We have some very delicate flags that just take a light brush. Others need vacuuming. And to remove residue, others need to be polished."

Andrew said that the Scouts had to be taught what should or shouldn't be removed or cleaned.

"With boots from Vietnam that still have dirt from Vietnam on them, we keep the dirt and just dust them," he said.

All 75 of the Seabee artifacts are being photographed so they can be displayed on a website that will commemorate the Seabee's 75th anniversary next year. Then they will be placed throughout the Seabee Museum as part of its upcoming 75th anniversary exhibit. The various artifacts tie in to some aspect of Seabee history. For example, there's a large

wooden four-sided, flat-top pyramid that represented the effort of all U.S. troops in the 1990s who were in Haiti to help the country establish a democracy.

A featured artifact is a gold-plated Al Kadesih sniper rifle, which was fashioned after the Russian Dragunov rifles and was captured from the collection of Uday Hussain in 2003 in Baghdad. Uday, the eldest son of Saddam Hussein, was killed in a gunfight in 2003. "He would give them as gifts," Crowell said of the gold-plated rifle, "He had cases of them."

Elaine Pylar, Andrew's mother, said the Eagle Scout project is going beyond helping the community: It's teaching the young people about the past. "When they touch the artifacts, they touch history," she said. "It's great to learn what the military does and especially about the Seabees."

Scoutmaster Dan Estabrook said the Seabees play a major role in the small troop.

"This troop is sponsored by the Navy Seabee Veterans of America Island X-7" he said. "We emphasize core values, duty to country and service to God. Andrew has worked hard," he added.

Several Seabees are helping out with the cleaning project alongside the Boy Scouts. As part of their documentation, the 75 artifacts had to be carefully lit with a dark backdrop. Professional equipment had to be used to photograph each artifact and identifying information.

Zachary Marble, who is in a school on base and learning the basic job skills of a Seabee, said he was enjoying the project.

"It's fun," he said, noting that one

Tenacious, Fiercely Loyal and Working for You!

A dela Trainor
 CalBRE 01985025 Realtor®

Buying/selling?
 Ready to downsize/upsized?
 Not sure if you qualify?
 Want to know how much is your home worth?
 Call or text me for your free consultation!

Cell: 805-701-7694
 Office: 805-477-4284
 Email: TeamTrainor12@gmail.com

BERKSHIRE HATHAWAY HomeServices California Properties

artifact is a flag that Seabees carried across the Rhine River during World War II and brought back to the United States. "We're seeing all this history, and it is getting ourselves into the history."

Community volunteers are also helping with the project. Lee Burke, of Camarillo, who was taking photos of the artifacts, believes chronicling history is essential.

"Being a historian and being a photographer, I think it's very important to see those memories in the objects," Burke said. "This is how we will share them together."

Crowell said much of the display will be open to the public in January, in plenty of time for the official 75th anniversary of the Seabees on March 5

"Most of all you need to be patient. You need to enjoy the process, enjoy the challenge of solving a problem. Some guys if they break something they curse. If I break something, I think, OK, now I have something else to do, another problem to solve; let's get to it. It's a different way of looking at a problem, to see it as a learning experience," Sanchez said.

Sanchez enjoys historical restorations and for maintaining a buildings historical integrity. Often restoration is less expensive than replacement. Some cities even require home owners to keep the old windows especially on front of their homes. "Residents often don't know that they can have these windows work," Sanchez said. "The windows can be weather-stripped, and restored so they don't stick, leak or rattle. It is cheaper than buying new windows, and greener, since the homeowners won't be filling landfills with their windows or buying new, out-gassing vinyl windows"

"Many people don't know that total window replacement isn't always necessary," he said. "I'm hoping I can help people realize they don't have to spend as much as they think to have windows that are beautiful, energy-efficient and preserve the character of their building and community."

Decades of window restoration

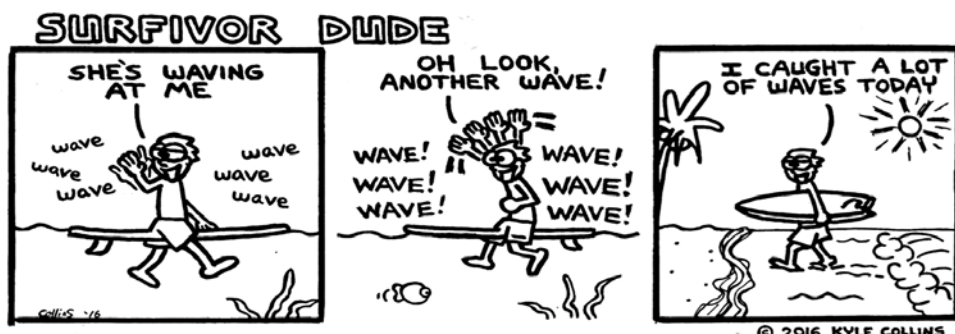
Continued from page 9

"As an engineer, you learn to think outside the box when you're faced with a problem," he said. "When you work with older windows, you have situations where the parts you need to fix them aren't readily available. So, you either have to look very hard to find them, or build your own; you create your own solution" added Sanchez.



Gold Coast Transit District (GCTD) is excited to announce that a specially decorated holiday bus will be traveling the streets of Oxnard, Ventura, Port Hueneme and Ojai this holiday season! The 40-foot "ELF on the GO" bus will be decorated inside and out with hundreds of lights -- will feature music -- and will include District staff as "Elves" riding along passing out candy canes to bus riders and posing for "sELFies!" The festively decorated bus will appear on regularly scheduled select routes from Tuesday, December 6th through Thursday, December 22nd.

ELF on the GO bus schedule and more info can be found here "Elf on the GO" bus can be tracked by searching #ELFontheGO on Facebook or Twitter or visit www.GoldCoastTransit.org for schedule and fare information.





Spice-Topia

Spices. Teas. A Taste of Ventura

Get \$5 off \$20 with this coupon!
Thank you for shopping local this season.
Spices, Tea, Gift Baskets, Local Gifts

576 E. Main St. Ventura CA, 93001
(805)628-3267

This 'n' That

Young women introduced as Debutantes

Continued from page 2

- The 2017 Debutantes:
- Miss Tatiana Stephanie Anderson, daughter of Dr. and Mrs. Todd Michael Anderson. Camarillo High School.
 - Miss Rebecca Nicole Belleville, daughter of Dr. and Mrs. Jon P Belleville. Thousand Oaks High School.
 - Miss Carissa Nicole Christianson, daughter of Mr. and Mrs. Brian Lee Christianson. Camarillo High School.
 - Miss Sydney Grace Clevenger, daughter of Mr. and Mrs. Gary Dean Clevenger. St. Bonaventure High School.
 - Miss Julia Victoria Cote, daughter of Mr. and Mrs. Robert Mark Cote. Rio Mesa High School.
 - Miss Elizabeth Juliet Fedde, daughter of Mr. and Mrs. William Scott Fedde. Ventura High School.
 - Miss Madison West Jaffe, daughter of Mrs. Lisa West and Mr. David Charles Jaffe. Ventura High School.
 - Miss Gianna Angela LoPresti, daughter of Dr. and Mrs. Joseph Salvatore LoPresti. Oaks Christian School.
 - Miss Margaret Rose Morris, daughter of Mr. and Mrs. John Chapman Morris, Jr. Oaks Christian School.
 - Miss Grace Marie Resnik, daughter of Mr. and Mrs. Jeremy David Resnik. La Reina High School.
 - Miss Audrey Louise Shinsky, daughter of Mr. and Mrs. Stephen Neale Shinsky. Ventura High School.
 - Miss Sidney Lillian Shinsky, daughter of Mr. and Mrs. Stephen Neale Shinsky. Foothill Technology High School.
 - Miss Samantha Rogner Walsh, daughter of Mr. and Mrs. Dean Raymond Walsh. La Reina High School.

Joseph Cahill, Isabel Callaway, Kevin Clerici, Nicole Horn, Tracy Long, Kathy McGee, Stuart Nielson, Melody O'Leary-Namikas, Terry N. Sommer, Phil White, Jo Ann M. Wedding, and Derrick Wilson.

This public benefit nonprofit organization is dedicated to creating a world-class botanical garden for the preservation, education, cultural contribution and enhancement of the community. The gardens will celebrate the five Mediterranean climate regions with a locale that boasts spectacular 180-degree views of the California coast and the Channel Islands.

The first trail is complete and already a popular hiking destination. The seedlings of the Chilean Gardens are beginning to thrive. VBG will continue to create outdoor opportunities including community gathering spaces, training, research, and educational programs ranging from horticulture and botany to sustainability. To find out more, visit www.VenturaBotanicalGardens.com and join us on Facebook.

Betsy Blanchard Chess

Continued from page 1

"Limoneira has an exciting future, and I look forward to making a contribution".

Limoneira Company, a 124-year-old international agribusiness headquartered in Santa Paula.

The Company is a leading producer of lemons, avocados, oranges, specialty citrus and other crops. For more about Limoneira Company, visit www.limoneira.com.

City buying and selling real estate

Continued from page 1

the highest score. The Trade Desk is a great Ventura success story that began in the building behind City Hall.

The City preliminarily estimates that the property is worth approximately \$1.7 million (\$40 per square foot) but this amount will definitely change once formal appraisals are done to determine the fair market value.

To avoid a repeat of the Brooks Institute situation, the City will seek the help of outside real estate professionals.

In directing the city staff to negotiate with The Trade Desk the Council had concerns to be considered such as; that the views from City Hall be maintained, that the building could be used by other companies if The Trade Desk leaves and also to give consideration to any Chumash concerns. They also want consideration to be given to the impact of removing the existing parking lot.

The final purchase and sales agreement will consider the Council's concerns. City staff will return with all necessary information before the council votes on the final sale.

Also at the meeting, the council approved purchasing the parking lot at Santa Clara and Palm for \$1.5 million, or about \$64 per square foot. The city currently pays \$60,000 to lease the space, which is used for parking and the Saturday farmer's market. The city hopes to use the property for permanent parking in the long term, there are no plans for that to happen yet, so the site will continue to be used for the farmer's market and for public parking.

At the meeting, Dave Grau (who recently ran for City Council) expressed displeasure with the city buying land for \$64 and selling land for \$40 per square foot. This will change in the final negotiations.

In further real estate transactions, during a special meeting the Ventura Unified School District board approved (5-0) an agreement to buy the 1.2-acre property located at 4213 Crooked Palm Road for \$1.8 million. This would allow the district to combine several of its divisions into one building.

The vision of my campaign

Continued from page 4

all desire. But none of this is possible by simply waving a magic wand. Instead, we must start planning and making the hard decisions today which will create this future for Ventura. Every decision I make as your council member will be with an eye towards making Ventura a town our kids and grandkids will be excited to call home. When my grandparents came to Ventura nearly 70 years ago, they recognized a bright future that lay ahead. I cannot wait to be part of the team that works to fulfill Ventura's incredible potential."

Ventura Botanical Garden appoints

Continued from page 1

boards including Ventura County Professional Women's Network, Goodwill Industries and the Ventura/Santa Barbara Chapters of the American Advertising Federation as President where she tripled membership in the organization. She also serves on the Sister Cities Cultural Exchange that is focused on cultivating international awareness and understanding. She is a Charter Member of the Ventura Botanical Gardens and has been on the board for seven years bringing CAST (California Spring Trials) to Ventura.

Dr. Tracy Long, a board member since 2010, will continue to serve on the board as Vice-President, a role that will allow her to continue the work she began in 2016. She is an applied anthropologist with a doctorate in human and organizational systems. She is a research fellow with the Institute for Social Innovation in Santa Barbara, where she studies social justice activism and alternative economics. Deeply interested in the cultural heritage of Ventura County, she served for 11 years on the City of Ventura Historic Preservation.

Board members include Barbara Brown,

THIS SPACE FOR WRITING MESSAGE

Jeannette and Steven Albeck celebrated their 8 year anniversary on the Norwegian Jewel. They visited three ports Puerto Valarta (picture) Mazatlan and Cabo San Lucas!

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

Melody O'Leary-Namikas
REALTOR

Friendly Service - Exceptional Results
Berkshire Hathaway Home Services
California Properties

805.218.5035
melody4realestate@gmail.com

1700 E. Thompson Blvd. Ventura
805.648.1070
Sun-Thurs 11am - 9:30pm
Fri & Sat 11am - 10:30pm

LARGE 1 TOPPING \$8.49
(PICK-UP ONLY) REGULAR PRICE \$14.95

PEPPERONI CALZONE ONLY \$5.49
(PICK-UP ONLY)

cordello's PIZZA

FAMILY DEAL \$27.95
X-Large 2 Topping Pizza
Large Garden Salad
10 Buffalo Wings

GLUTEN FREE
Large 1 topping \$15.95
10" mini 1 topping \$9.95
Extra Toppings - \$1 each

WE DELIVER (\$15 minimum)

Monday thru Thursday - Extra Large Pizza, one topping, \$10.99 or Spaghetti, \$5.49