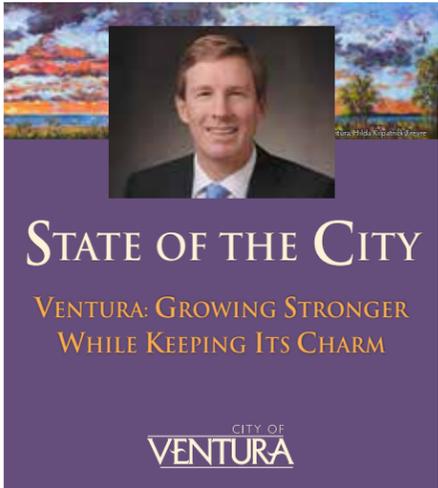




# VENTURA BREEZE

Your Hometown Paper

Vol. 10, No. 11 Published Every Other Wednesday Established 2007 March 1 - March 14, 2017



## STATE OF THE CITY

VENTURA: GROWING STRONGER WHILE KEEPING ITS CHARM

CITY OF VENTURA

Mayor Nasarenko stated "Ventura remains a magnificent and unique city to live in" during his State of the City presentation.

## 2017 State of the City - Ventura: Growing Stronger While Keeping Its Charm

by Ventura Mayor Erik Nasarenko

Ventura has so much to celebrate, for it remains a well-managed and beautiful beach town that Sunset Magazine recently described as the "off-ramp to paradise."

In terms of our fiscal management, revenues taken in by the city have exceeded expenditures since 2013, meaning Ventura is living within its means, balancing year-over-year budgets and even ending recent fiscal years with a slight surplus. Growth in the transient occupancy tax—commonly referred to as the hotel bed tax—along with increases in sales and property taxes have strengthened the city's financial position and enabled residents to receive outstanding police, fire and park services, among other city-delivered benefits.

Last November's successful Measure O campaign, which nearly 59 percent of Ventura voters supported, will bring an additional \$11 million annually to city coffers, with the first quarterly installment due to arrive this July. Residents can expect to see the city perform immediate infrastructure improvements with the much-needed revenue, including street repaving, sidewalk repair, tree well main

*Continued on page 7*



Nuvi Mehta presenting this year's Festival lineup which will include Nuvi Mehta & Friends. In the inset, a jazz concert was held after the presentation in the City Hall Atrium featuring the trio of Angelo Velasquez, the 2017 VMF Student Jazz Competition winner.

## Michael Feinstein to headline the 23rd Ventura Music Festival

At a free and public presentation held in the Ventura City Hall city council chambers on Feb. 21, Artistic Director Nuvi Mehta revealed the lineup for the 23rd season of the Ventura

Music Festival (VMF) to be held July 13-16 & 21-23. This year's nine-concert festival theme is "An American Season" featuring great classical, jazz and genre-defying music performed by world-

class artists. Concerts are held at the intimate 400-seat Ventura College Performing Arts Center, 4700 Loma Vista Rd in Ventura, unless noted otherwise. For tickets (on sale April 3) and for more information call 648.3146 or visit [www.venturamusicfestival.org](http://www.venturamusicfestival.org).

The musical performers:

**John Jorgenson Bluegrass Band**

"American roots music at its finest"

Thursday, July 13 @ 7:30pm

The Festival opens under the stars at the historic Olivas Adobe with incomparable songwriting and harmony vocals by "the best string players in the world" and is joined by fellow music legends Herb Pedersen, Mark Fain and Patrick Sauber.

**Roger Kellaway "A giant of jazz piano"**

Friday, July 14 @ 8pm.

This master pianist, who's worked with Ellington and Joni Mitchell, is a protean composer and his Festival program includes an adaptation of the landmark multimedia portrait of democracy, *Visions of America*, featuring

*Continued on page 18*



CCCAA recently announced its academic awards for the 2015-16 year.

## Women's teams break record in highest academic team achievement

The Ventura College Pirates women's cross country, track and field, and water polo teams are recipients of the spring 2017 California Community College Athletic Association "Scholar Team" awards. The CCCAA recently announced its academic awards for the 2015-16 year, and Ventura College is home to three of the state winners.

The women's cross country, track and field, and water polo teams earned the highest academic team achievement given annually by the CCCAA. Ventura College is the 31st, 32nd and 33rd

recipient of the award since 1997-98, a state record. At least one Pirate team has been honored in each of the past 17 academic years.

The women's cross country team achieved an overall GPA of 3.40 for the fall 2015 semester. The team finished sixth in the Western State Conference championships and 13th in the SoCal Regionals, qualifying for the state championships for the fifth time in six years. The award is the program's second as they were the State Scholar Team in 2006.

The Pirates' women's track and field posted an overall GPA of 3.37 for the spring 2016 semester. They finished a strong third in the Western State Conference championships and sent four athletes to the CCCAA state championships, placing 12th as a team – the program's highest point total and finish since 1997. It is Ventura College's first state "Scholar Team" award in track and field.

The Ventura College women's water polo team was 17-12 in the season in 2015, finishing in third place in the WSC tournament. The honor is the program's fifth award, having earned the state "Scholar Team" in 1999, 2008, 2009 and 2013.

All team members must have excelled academically with a total combined GPA of 3.0 or higher and have demonstrated better than average accomplishments in intercollegiate athletic competition. The program began in the 1994-95 school year. All of the 2015-16 "Scholar Teams" will be honored at the Celebration of Scholar Athletes Luncheon, during the 20th Annual CCCAA Convention, Wednesday, March 29, 2017, at the Hilton Concord, Concord, CA.

"A special congratulations to each

*Continued on page 9*

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## Business



Tom Spence and Donny Caccamise began their show at local News Talk 1590 KVTA.

### Horsepower for an Hour: your ultimate stop in automotive radio

Seven years ago, here in Ventura an automotive talk radio show began its humble rise to the top at the Gold Coast broadcasting studios, home of News Talk 1590 KVTA. In the beginning, Donny Caccamise, Tom Spence, Jim Naylor and Jeff Morgulis set about to create, produce, and market a unique and specific automotive broadcast that reports on trends and news in the automotive industry. Since then, they have become the largest automotive talk radio show in America with an impressive coverage area that also includes 172 countries via the Armed Forces American veterans Radio Network.

This isn't a show for your average car owner; they're not trying to replace the now defunct Car Talk. This is a hard-hitting news and editorial program that's targeted at "car enthusiasts"- from the shade-tree mechanic to the professional technician, racing enthusiasts to the engineer, and everyone in between. Their tagline is, "We Are Your Ultimate Stop in Automotive Radio"

Horsepower for an Hour is a well-produced, professional show that's now heavily syndicated across 43 states here in the U.S. and is heard on 155 radio stations. The show is also available digitally across several platforms including iPhone and Android App Stores as well as iTunes and Stitcher. Horsepower for an Hour is a two-hour program that is currently pre-recorded every week at the ATRA (Automatic Transmission Rebuilders Association) network studios, then delivered via Westwood One Satellite Radio to its various affiliate stations across the country. You can visit their website and stream the show at [www.HorsepowerOnline.com](http://www.HorsepowerOnline.com).

The first hour consists of news, views, and headlines with a quick trip down memory lane, as the cast, including classic car specialist Ken Hale, discuss the "Clash of the Classics" segment. It's a wildly entertaining classic car battle where two classic models are pitted against one another

The second hour is all about the dedicated "gearhead", where they talk about hotrods and high performance topics, it's where listeners can learn about dual-clutch transmissions, torque converters, direct injection, and more.

Donny Caccamise is host and creator of Horsepower for an Hour, he owns an automatic transmission service center here in Ventura DMC Transmissions specializing in automatic transmission

and differential systems. He is an automotive technology graduate with over 30 years of experience.

Tom Spence (member of the KVTA morning show) is co-host and leads the automotive "News and Views" segments in both hours. Spence has been in radio since 1979 and is the creative force behind the programming and production.

Jeff Morgulis is General Manager and is solely responsible for the placement of the show around the nation.

Jim Naylor owns the Ventura Raceway, and, when it comes to automotive racing and motorsports, no one is more knowledgeable

Ken Hale is the resident classic car specialist, no one knows more about classic cars than Ken.

Chris Caccamise is editor and videographer and to say he is brilliant is an understatement according to Donny.

"Most guys want to be more knowledgeable about cars" explains Donny. "They don't necessarily want to be technicians or engine rebuilders, but they do want to know what a MacPherson strut suspension is, and the difference between a dual-clutch transmission and a conventional automatic transmission. Many people want to know more about these things, and we want to provide them with the information that'll help them be more comfortable talking about their cars."

### Downtown Ventura's new garden center

A full-service garden center is returning to Downtown Ventura in March at the former Oasis location on Palm Street. With a focus on sustainability, drought-tolerance and organics, A Smart Garden will offer monthly gardening classes, a staff of gardening experts, organic herbs/vegetables/fertilizers/soils/seeds, demonstration gardens and more.

A Smart Garden will have an official Chamber of Commerce Ribbon Cutting ceremony on Monday, March 20th, the first day of Spring, from 4-5:30pm. Their grand opening will take place on Saturday, March 25th from 8am - 5pm. There will be tours of the nursery, hourly raffles, free giveaways and light refresh-

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- Enthusiastic and encouraging staff
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- Team-building Sports Camps that keep kids active and encourage overall health

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Download your Summer Camp Guide at [ciymca.org/camp](http://ciymca.org/camp)

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**UPCOMING EVENTS**

**THURSDAY, MARCH 16TH**

FORTUNATE YOUTH

CO-RELEASE TOUR  
MARCH 16 - MAY 21, 2017

THU MAR 2ND - **SYNRGY & PRIME LIVTY**  
 FRI MAR 3RD - **RAY JAURIQUE & THE UPTOWN BROTHERS**  
 SAT MAR 4TH - **UFC WOODLEY vs. THOMPSON 2**  
 SAT MAR 4TH - **Mandex: Ventura's Sleaziest Hair Metal Tribute**  
 THU MAR 9TH - **Johnny Love**  
 FRI MAR 10TH - **Downtown All Starz**  
 WED MAR 15TH - **Sammy J**  
 THU MAR 16TH - **Fortunate Youth**  
 FRI MAR 17TH - **St. Pattys ft. 50 Sticks of Dynamite**  
 SAT MAR 18TH - **The Molly Ringwald Project**

THU MAR 23RD - **HIRIE**  
 FRI MAR 24TH - **Crooked Eye Tommy**  
 THU MAR 30TH - **The Question**  
 SAT APR 8TH - **UFC210: Corimer vs. Johnson**  
 THU APR 13TH - **KATCHAFIRE w/Rital Movement**  
 FRI APR 14TH - **Rebel Souljahz w/Eli Mac**  
 FRI APR 21ST - **Alastair Greene**  
 THU APR 27TH - **SpawnBreezie**  
 SAT APR 29TH - **Hollywood U2**  
 SAT MAY 20TH - **Midget Wrestling**  
 WED JUNE 21ST - **The Black Seeds**

THURSDAY, MARCH 2ND  
**REGGAE THURSDAYS**

FEATURING **SYNRGY** w/SPECIAL GUESTS **PRIME LIVTY**

**Sammy J.** ON TOUR  
With Special Guest **JORDAN**

SPRING TOUR '17  
**WEDNESDAY MARCH 15TH**

#FIRESTONEFRIDAYS  
**FRIDAY, MARCH 3RD**

FEATURING **RAY JAURIQUE & THE UPTOWN BROTHERS**

**ST. PATRICK'S DAY**  
FRIDAY MARCH 17TH

50 STICKS OF DYNAMITE  
w/SPECIAL GUESTS **GALACTIC POLECATS COOPER & QUEEN**

**UFC 209**  
**WOODLEY vs THOMPSON 2**  
MAR 4 SAT

**MOLLY RINGWALD PROJECT**  
SATURDAY, MARCH 18TH  
CALIFORNIA'S BEST 80'S TRIBUTE BAND  
7:00 PM - ALL AGES

THURSDAY, APRIL 13TH  
**KATCHAFIRE**  
w/SPECIAL GUESTS **INNAVISION**

SATURDAY, MARCH 4TH  
**MANDEX**

**HOLLYWOOD U2**  
SATURDAY, APRIL 29TH

**JOHNNY LOVE**  
SATURDAY, AUGUST 13TH  
FREE WITH RSVP OR \$3 AT THE DOOR  
8PM - ALL AGES

Saturday, May 20th  
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## Business

ments at both events. Both events are free to attend and the public is invited.

A Smart Garden was founded in 2015 as a residential landscape design firm based in Ventura County that assisted homeowners in creating drought-tolerant, low-maintenance, sustainable gardens. A Smart Garden owner Cari Vega's career in horticulture has spanned almost 30 years in floral design, interior landscaping, landscape design/consultation/maintenance, and teaching a wide range of gardening classes.

33 S. Palm Street. 667-8585.  
[www.asmartgarden.com / info@asmartgarden.com](http://www.asmartgarden.com/info@asmartgarden.com)

## Women's Economic Ventures training orientation

Do you want to start your own business, but don't know where to begin? Are you self-employed and need help formalizing? Do you need help expanding your existing small business? Learn how to make those dreams a reality with Women's Economic Ventures (WEV). WEV provides business training to women and who want to start or expand an existing business.

WEV is holding free, one-hour informational sessions for their English

Self-Employment Training (SET) course in Santa Barbara and Ventura Counties. Orientations will cover class details and help you determine your readiness for the next Self-Employment Training (SET) course beginning in August.

WEV's business training classes are offered in English and Spanish throughout Santa Barbara and Ventura Counties. Free orientations are held throughout the year and are required for enrollment in a training program.

Orientation locations are subject to change. For more information, and to register for an upcoming orientation, visit WEV's Web site at <http://www.wevonline.org/orientations>.

Women's Economic Ventures is dedicated to creating an equitable and just society through the economic empowerment of women. WEV provides training, consulting and loans to help entrepreneurs start, grow and thrive in business. WEV serves all of Santa Barbara and Ventura counties from offices in Santa Barbara, Ventura and Santa Maria. While WEV targets its services toward women, it serves men as well, and provides many services in English and Spanish.

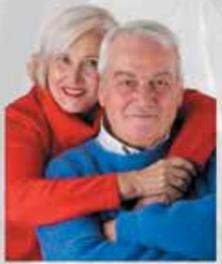
Since 1991, WEV has provided business training and consulting to over 14,000 women and men throughout Santa Barbara and Ventura counties, and made more than \$4 million in loans, assisting over 4,000 local businesses. WEV is a U.S. Small Business Administration's Women's Business Center, and a certified Community Development Financial Institution (CDFI).

A pioneer in the field, WEV was founded by Marsha Bailey, a nation

*Continued on page 7*



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Website:

[www.venturaexecutivesuites.com](http://www.venturaexecutivesuites.com)



## City News



Left: Police Chief Ken Corney, Tracey Coert and Mark Watkins at the awards ceremony. Right: Fire Chief David Endaya, Thomas Hoffman and Mark Watkins at the awards ceremony.

### City of Ventura 2016 Employee and Supervisor of the Year announced

On Feb. 15 the City of Ventura held an awards ceremony and recognized nineteen employees nominated for 2016 Employee or Supervisor of the Year. These awards acknowledge city employees who are role models for public service and exemplify the city's commitment to excellence.

The thirteen nominees for Employee of the Year were:

**Police Services Officer Tracey Coert** was selected as 2016 Employee of the Year.

**Fire Captain Thomas Hoffman** was recognized as 2016 Supervisor

of the Year.

At the ceremony City Manager Mark Watkins said, "The awards ceremony is my favorite event of the year. It's great to see the pride in each department head's eyes when they introduce and speak about their nominees. Congratulations to Fire Captain Thom Hoffman and Police Services Officer Tracey Coert, these two exemplify the dedication, professionalism and personal commitment of our outstanding workforce and represent the best of our employees commitment to serve the community."

impacts their particular neighborhood.

Brown's passion and the bulk of his more than two decades working for the city has been focused on the local homeless problem, an issue upscale tourist oriented towns like Ventura have labored with for years – in Ventura with some modest success. The city's official homeless count dropped from around 700 in 2011 to just over 300 in 2016, though Brown cautions the number will probably go up slightly this year.

The Safe and Clean Public Places Initiative, adopted by a very creative City Council in November 2011, seeks to link the homeless population with the drug treatment, mental health care, and social services support network in the community. With the Ventura Police Department Patrol Task Force leading the way, Brown and his team visit the sundry homeless camps on the fringes of Ventura. They specifically ask – "how can we help you out of this situation? What do you need?"

Brown emphatically states he does not make policy, he only implements policies directed from the City Council and City Manager. One project he hopes comes to fruition is Ventura joining with Oxnard, Thousand Oaks and the County CEO's office to convince all of the communities of Ventura County to sign a MOU (Memorandum of Understanding) stating that since social service agency laden Ventura and Oxnard are disproportionately impacted by the homeless problem, that the other cities step forward to 'take care of their own'.

He brings out charts and statistics showing where police and fire vagrancy related calls for service are most frequent, and the hotspots in downtown and West Ventura concern Brown. Brown goes back to his computer screen as the phone rings and there is another knock at the door. And somewhere a golf ball fears its next encounter with Peter Brown.

### City of Ventura Barranca Vista Imagination Center classes

Check out hundreds more on web-site. Call 658-4726 or 654-7553 to register, if you already have an ACTIVENET account online, visit [www.cityofventura.net](http://www.cityofventura.net). Classes and events held at the Barranca Vista Center, 7050 Ralston Street in Ventura, unless otherwise noted.

**Mad Science-Nasa Space Academy 5-12 years**

**3/7-4/18 Tu 4:30-5:30**

**\$115+ \$35 supply fee #8190**

Explore our solar system and experience an astronaut's life as you build a space station, compare the Earth's atmosphere to other planets, follow stellar life cycles, find hidden objects with laser technology and build your own Skyblazer II Rocket to take home! No class 4/4.

**Courage in the Kitchen**

**16 year-adult**

**3/7 & 3/21 Tu 6-8 pm**

**\$80+\$20 monthly supply fee #8053**

Get processed foods out of the pantry and learn to cook with fresh, seasonal and budget-friendly ingredients. We'll meet to study recipes, learn new techniques and create meals that include vegan and vegetarian options. For view each month's menus visit [www.chefjudy.net](http://www.chefjudy.net). The \$20 supply fee is due to instructor at first class.

**Pottery and Ceramic Hand Building 16 years-adult**

**3/8-4/19 W 6-8 pm**

**\$110+\$15 materials fee #7969**

Pinch, coil, use slab construction, glaze and decorate to create your own ceramic masterpieces. Instructor Kim Clarke. No class 3/22.

**Beginning Argentine Tango**

*Continued on page 9*



For more than two decades Peter Brown has been focusing on the local homeless problem.

### The Polymath of City Hall - Peter Brown

by Randal Beeman

If the movie Caddyshack taught us anything, it is that golf is both therapy for the tired soul and a metaphor for the fundamental contradictions in life. Peter Brown tries to play a lot of golf. Peter Brown NEEDS golf, because Peter Brown is a busy guy who lives with a lot of contradictions.

As both the Code Enforcement Manager and Community Development Manager for the City of Ventura, Brown is a perpetual motion machine, fielding interview questions at his desk whilst answering emails, checking texts, and signing a stack of forms at his cluttered workstation. Brown, 53, a White Plains, New York native and a UCSB grad, is tasked with two seemingly contradictory missions.

For example, Brown's Code staff recently had to play the bad cop and red tag (shut down) at 10 unit apartment complex near downtown because the

owner had completed unpermitted renovations that were not up to code and unsafe for the (now at risk of being homeless) tenants. He points out that his Code Enforcement Officers wear kevlar vests on these ventures, and they have the same status as other law enforcement members, including extra penalties for anyone committing an assault on one of his team. Though the landlord has to pay two month's rent, those tenants with fixed or modest incomes face finding an apartment in a tight marketplace with rents often reaching over \$2000 a month for a mediocre unit. Peter Brown the Community Development Manager now has to play the good cop and work within the social and housing systems to help find these folks a place to live.

Brown notes that in a city of 107,500, a staff of only four Code Enforcement Officers (and their support squad of another 3.5 FTE's), is overwhelmed by the weight of their duties. They deal with life threatening issues first and foremost, but his office also fields calls for plumbing and sewage violations, people camping in their cars, illegal signage on local businesses, stray basketball goals on a cul-de-sac, and complaints related to short term rental sites like Airbnb. Much of what concerns Brown relates to the dearth of affordable housing in Ventura.

Ventura County is one of the most expensive housing and rental markets in the nation, contributing to the homeless problem and making home ownership difficult for young families. A town known for slow growth policies, Venturans openly lament the lack of affordable housing for their offspring, Brown opines, while simultaneously opposing the construction of affordable multi-family units, especially if it



# 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 · Randy Beeman  
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 · 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



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We encourage you to send your opinions to [opinions@venturabreeze.com](mailto:opinions@venturabreeze.com). Please limit them to about 300 words

In our last issue we had a GUEST COLUMN regarding Buddy Nation credited to Debra Reeves. Even though Debra is very involved with Buddy Nation (Debi is the Founder & President of Buddy Nation) this article was written by Cappi Patterson. Also the Spaghetti Factory luncheon was organized by Cappi Patterson.

## Opinion/Editorial



Sheldon (Governor) Brown  
Publisher-Editor

■ I don't usually write this much about a single topic, but this is very important to me and should be to you regardless of your political affiliation.

"The White House blocked several news outlets from attending a closed-door briefing Friday afternoon with press secretary Sean Spicer, a decision that drew strong rebukes from news organizations and may only heighten tensions between the press corps and the administration."

"The New York Times and CNN, both of which have reported critically on the administration and are frequent targets of **President Donald Trump**, were prohibited from attending. The Huffington Post was also denied entry."

"Both the Associated Press and Time magazine, which were allowed to enter, boycotted out of solidarity with those news organizations kept out."

I wish that they had invited the Breeze, so that we could have also boycotted.

**William H. McRaven**, a retired four-star admiral and former Navy SEAL, defended journalists this week, calling President Trump's denunciation of the media as "the enemy of the American people" the "greatest threat to democracy" he's seen in his lifetime.

That's coming from a man who's seen major threats to democracy.

This makes me think of Breeze contributing writer Sheli Ellsworth for having the courage to write an article in our last issue that likely ran contrary to some traditional thinking regarding a "racist" act by two boy students attending Buena High. And I am equally supportive of Breeze contributing writer Karen Helen Szatkowski for writing an opinion disagreeing with Sheli. See the letter below.

But I am most proud of the fact that we live in a country with a free press that can express different opinions, expressions and criticism even when they are targeting our own government. A free

press is one of the key differentiators separating a democracy from a totalitarian, dictatorial fascist government. The right to **Free Speech** is the 1st Amendment to the United States Constitution – our forefathers had the foresight to create this over 225 years ago.

We should all do whatever we can to make sure that the right to free speech is not taken away from us.

■ A loan from the city of Ventura is keeping the Oxnard **winter shelter** open through March.

The money to operate the shelter would have run out by the end of the month. Ventura stepped in and loaned the program \$40,000. The money will be reimbursed to Ventura by a federal grant, as it was last year.

Speaking of shelters, there is a code amendment being considered that would create an **Emergency Shelter Overlay District**.

At their meeting on March 8, the Planning Commission will consider a request for Zoning Ordinance and Zoning Map Amendments to establish a zoning overlay district (Emergency Shelter Overlay District) that will provide a location where emergency shelters, with full supportive services, can be established with a Conditional Use Permit. As a Zoning Map amendment, the overlay district would be placed on properties located south of Highway 101 in the Arundell District in the M-1, M-2, and MPD zones. To implement the Project, various text and map amendments are proposed to the Zoning Ordinance including revisions to Definitions and Chapter 24.437-Emergency Shelter Regulations. There is no associated development project only these legislative changes to the City's Municipal Code and Zoning Map.

The Planning Division of the City of Ventura has determined that there is no substantial evidence that the proposed project would have a significant adverse effect on the environment, and that a negative declaration (ND) may be adopted.

I hope that this will become a

reality. Simply complaining about our homeless will not do anything to solve the situation.

■ In December of last year, there were **two murders** in Ventura. Thankfully, arrests have been made in both cases. Neither were gang related, both just random acts of murder.

The Ventura County Grand Jury has indicted Matthew Paoli, 33, from Palmdale in connection with the December death of a transient man who was stabbed numerous times at a Ventura bus stop. Paoli stabbed Rito Estrada, 51, as he slept on a bus stop bench near Main and Ash streets on Dec. 4. There is not a known motive for this horrible act.

I know that some feel that collecting DNA from every person who has been incarcerated is a bad thing, but blood collected at the scene was matched to Paoli's through the FBI's national DNA database because of his past criminal activities.

■ This is good news (we can use that): Newly released results from the 2015-16 California Healthy Kids Survey (CHKS) for Ventura County show many positive trends for local students. The use of alcohol, **marijuana** and cigarettes is down; drinking and driving is less prevalent; and fewer students report being bullied.

During the same period, overall marijuana use increased for 9-11 graders in California, but it decreased in Ventura County.

■ Even though the recent storms have had a significant impact on our drought, Lake Casitas is still only at about 42% of capacity and it is one of our primary sources of water. While the increase is substantial, Ventura is still in a severe drought.

We have had five years of **drought**, so we are still not yet where we need to be. And even though it has rained a lot over the last few weeks we are only slightly above what used to be an average rain season for Ventura.

Of course, being able to keep our sprinklers off for a long time has helped, and reduces our very high water bills.

## Mailbox

Dear Sheldon

There is so much in your Opinion piece that I hardly know where to start. I guess your equivalency between your middle school wandering, off the path, toward stupid that was never perpetrated and only involved two teachers in a simple context of "exercising boredom" and the perpetration by two equally stupid youngsters that "exercised racism" in the context of Black Lives Matter and an alarming hate movement nationwide is most disturbing.

I certainly am not asking that these kids be prosecuted for a hate crime and, to my knowledge, they have not. But in this staid and peaceful community, largely white I might add, most of us are shocked and more than annoyed by the images celebrating the lynching of several African American men.

My granddaughters attend Buena and although they didn't know the boys they were tearful when they saw the images and discussed it with friends. Apropos of the hurt that can be inflicted, my one Hispanic granddaughter is the VP of the Black Student Union and she felt a wave of nausea about the whole thing.

The comment regarding the "matu-

rating brain" seems, in your context, to rely entirely on biology which is about half the story. Since the act carried out by the boys is a multiplicity worse than a torn up blackmail letter, I am hopeful that there will not be a grandmother around to soothe them very much in the punishment that will and should be applied. That is the compliment of biology that will help in maturing their brains.

In friendly critique,

Karen Helen Szatkowski

Please read my response to this in my opinion/editorial above. This is very important stuff.  
Sheldon

Hi Sheldon,

Just picked up my copy of the Breeze at the Ojai Library. I prefer the paper version to read through ... accompanied by my early morning coffee. Thanks so much for including Guy Webster even

Continued on page 7

**The Ventura Breeze is looking for account executives to sell advertising space to businesses and professionals in Ventura. Part or full time. Contact [editor@venturabreeze.com](mailto:editor@venturabreeze.com) for more details.**



**Happiness doesn't depend on what we have, it depends on how we feel towards what we have. We can be happy with little and miserable with much.**

– W.D. Hoard





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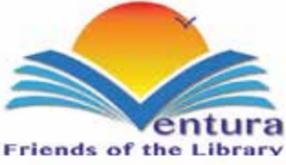
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## Ventura events

by Ana Baker

**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.

**March 4: The U.S. Navy Seabee Museum (USNSM) will be hosting a Seabee Celebration Day in honor of the 75th Anniversary of Seabee history.** All programs are free, and there is no museum entrance fee. There will be two "Behind the Scenes Tours," at 10:30 a.m. and 12:30 p.m. Discover the hidden work of the Museum Profession-

als. Due to limited space the Tour is by reservation only. To reserve a spot 982-6189. An "Old Salt - Family Fun Day" program at noon for children ages 6-12, along with hands on activities. Seabee Cinema Night at 5 p.m. The film is the "Fighting Seabees. The USNSM is free to the public, located between Channel Island Boulevard, and Pleasant Valley Road on Ventura Road at Sunkist Street. The Museum is off-base and is easily accessible from the street, so no base entry is required.

**March 4, 5: The 55th Annual Gem, Mineral, Fossil & Lapidary Arts Show of the Ventura Gem & Mineral Society (VGMS) takes place at the Ventura County Fairgrounds.** 10 a.m. to 5 p.m. on Saturday and 10 a.m. to 4 p.m. on Sunday. The show is open to



On Feb. 24 the Ventura Breeze presented the Equinox Ensemble Latin jazz blues band at Squashed Grapes (2351 E. Main). The evening was a great success as the standing room only crowd enjoyed the great music and fine Italian food from Cordello's. Photo by Michael Gordon.

## Community Events

the public, and admission is free. With a focus on kids and education, lapidary arts and jewelry-making, and California rocks and fossils, the Ventura Gem & Lapidary Arts Show has been a fun family event for 55 years. During the pre-show dinner on Friday, March 3, we will present a \$1,000 Scholarship Award to geology student Anna Hilliard of Santa Barbara City College.

**March 5: The 1892 Dudley Historic House Museum will be open for docent led tours from 1 p.m. to 4 p.m. accompanied by period music in the parlor and upstairs library landing.** Admission is free. The museum is located at the corner of Loma Vista and Ashwood streets. For information call 642-3345 or visit the website at [www.dudleyhouse.org](http://www.dudleyhouse.org).

**March 5: Citizens for Peaceful Resolutions is holding their monthly meeting at E.P. Foster Library, Topping Room, On Sunday, 3 p.m. to 5 p.m.** "Creating World Peace" Author and activist Sanderson Beck discusses his new book, Uniting Humanity by Spiritual Evolution & Democratic Revolution: Solutions to the mega crisis of climate, poverty and war.

**March 5: Old-Time Country Bluegrass Gospel Music Association presents free music concerts on the first Sunday of every month at the Poinsettia Pavilion from 2 p.m. to 4 p.m.** Featuring the authentic "Old Grass Band". Call 517-1131 for more information.

**March 7: Ventura County Archery Club is a group of Traditional archers (only longbows and recurves) who foster and promote traditional archery with organized 3D shoots, field archery, and roving archery shoots in Ventura county with organized field outings to archery events throughout southern and northern California.** They have dozens of shoots and outings throughout the year along with monthly scheduled shoots in Ventura. If you're interested in joining attend one of their meetings, the first Tuesday of every month at Barnes and Noble at 6 p.m.

**March 7: Heart disease kills more women each year than breast cancer yet is rarely discussed. Heart disease is usually thought of as a man's disease but it is an equal opportunity problem.** The public is invited to the Ventura County Mended Hearts Chapter program. Andrea Ricketts will discuss the symptoms of heart disease specific to women and what can be done to minimize the risk of heart attack. Ms. Ricketts is a Cardiac Surgery Nurse and Director of Community Memorial Health Systems Health Aware. Located on the 8th floor of Community Memorial Hospital, Tuesday, from 7 p.m. to 8 p.m.

**March 7: Quail Forever Ventura will meet Tuesday, at 7 p.m. at Auto Masters, 4533 Telephone Road.** Quail Forever is a non-profit service organization dedicated to preservation and enhancement of wildlife habitat in Ventura County. Much of QF's work involves the maintenance and restoration of wildlife water sources, frequently called guzzlers. Membership is open to all ages and interests. Come to a meeting to see if QF is an organization of which you'd like to be a part. Please call Brian Smith at 661.302.0582 or send an email to [Smyt46@gmail.com](mailto:Smyt46@gmail.com). You may also email Ventura QF at [venturaqf@gmail.com](mailto:venturaqf@gmail.com).

**March 8: Project Understanding - Charity Cafe Fundraiser at Red Brick**

**Pizza (4990 Telephone Rd.), from 11:30am - 9pm.** Enjoy healthy food ingredients are prepared fresh daily! At the time of ordering mention Project Understanding. Red Brick Pizza will donate a healthy portion of that order to Project Understanding.

**March 9: Westmont College Assistant Professor of Biology Amanda Sparkman will discuss new research on the evolution of dwarfism in Channel Islands reptiles, during the March From Shore to Sea lecture.**

The Channel Islands are home to three reptile species that exhibit dwarfism, or have evolved into smaller forms than their mainland relatives. Two of these reptile species, the southern alligator lizard and western yellow-bellied racer, have only recently been identified as dwarf species. Channel Islands National Park Robert J. Lagomarsino Visitor Center, 1901 Spinnaker Drive in Ventura Harbor. The programs are free and open to the public.

This lecture can also be viewed live online, at: Shore to Sea lecture series.

**March 10: Women Bringing the World Together Through Music. Free concert benefitting women and musical arts, Friday at 7 p.m.** Located at the First United Methodist Church, 1338 E. Santa Clara Ave. Arias, duets, choral and classical piano music, all by women composers. Donations accepted. Contact - Millie Schofield 650-1422

**March 10: The General George S. Patton, Jr. Chapter, Sons of the American Revolution luncheon will be a special presentation "With Liberty and Justice For All."** The speaker will be Ken Mayeda of Thousand Oaks, who will describe his life as an American of Japanese descent, his internment in the Japanese internment camps and later service as a Korean War veteran. 11:30am in the Garden Room, Marie Callender's. All SAR & DAR Compatriots, friends, and visitors are welcome. Lunch is \$20. For additional information or for assistance in determining your possible Revolutionary War genealogical roots, call Bill Bays 650-3036 or Robert Taylor 216-7992. For information regarding S R <http://pattonpatriots.org>.

**March 11: The Gold Coast Concert Chorus and Ventura College Choir under the direction of Elizabeth Helms will perform Gospel Mass by Robert Ray and Misa Criolla by Ariel Ramirez.** Both are modern versions of the Latin Mass but are musically worlds apart. Ramirez' Misa features rhythms, melodies and instruments of South America and Ray's Mass is a jubilant and soulful gospel celebration. 2:00 pm at St. John's Lutheran Church - 1500 North C St., Oxnard Adults \$15.00, Sr./Student \$12.00, Child under 12 \$5.00 616-7269 or [tickets@goldcoastchorus.org](mailto:tickets@goldcoastchorus.org)

**March 12: The Nature Conservancy Spring Migratory Bird walk from 9 a.m. to 11 a.m.** Located at West Santa Paula at the end of Mission rock Rd. Join in as they look for birds as they return north at the beginning of spring. We will be along the Santa Clara River so bring durable shoes and binoculars (optional). For more information please contact Amy Davis at [guideamy@gmail.com](mailto:guideamy@gmail.com) or 770-853-4715.

**March 16: The City Center - Purple Room Ribbon Cutting & Reception, 5:30pm - 7:00pm.** Join The City Center Transitional Living on Thursday at 5:30pm at 837 E. Thompson Blvd. in a ribbon cutting as they open up the second "The Purple Room" a space



## Community Events

dedicated to residents at The City Center who have survived domestic violence. Come tour the facility, meet residents, meet staff, board and dignitaries. Food and refreshments will be served. To RSVP, please visit [thepurpleroom2017.eventbrite.com](http://thepurpleroom2017.eventbrite.com).

## Ojai news and events

**Dan Maher will visit the Ojai Library at 1 p.m. on Saturday, March 11 to deliver a talk titled “Thinking Like a Mountain Lion: Learning to Live with Wild Neighbors.”** Maher is from CSU Channel Islands (CI), and is the second speaker in this season's CI Library Lecture Series.

Recent human-wildlife conflicts in the Santa Monica Mountains highlight definite changes in the way “fringe dwellers” relate to shared space. This talk provides a brief summary of the conflicts mentioned, their historical context, and findings from an ongoing study of related issues.

CSU Channel Islands hosts dozens of free public lectures at libraries throughout Ventura. For additional information, contact Ron Solórzano, Regional Librarian, at (805) 218-9146.

**The Ojai Library is located at 111 East Ojai Ave.** Hours of service are 10 a.m. to 8 p.m. Monday through Thursday and 12 p.m. to 5 p.m. Friday through Sunday.

Opera Santa Barbara will present two performances in its series of Free Noontime Concerts at the Ojai Library on the second Thursdays of March and May. Each concert will begin at noon in the main room of the library and will last approximately 45 minutes.

Spend your lunch hour listening to members of the Mosher Studio Artist Program, who will perform a selection of popular opera arias and duets as well as some musical theatre pieces, all accompanied by piano.

**Calling all photographers: share images of the Ojai Valley! The Ojai Valley Museum and the Ojai Art Center Photography Branch are jointly promoting a photo contest, in celebration of the centennial anniversary of the transformation from Nordhoff to Ojai, and the 50th anniversary of the museum.** Photographers of all ages are encouraged to submit photo that highlight the diversity of life in the valley, especially the people, places and events that make the valley a special place to live and visit. There is also a historic category for vintage images take by you or a family member.

There are seven categories, each with a \$100 first prize. Up to seven images in each category will be exhibited at the Ojai Valley Museum. Photographs will be added to the permanent collection of the museum.

Categories include people, youth, places, nature, events, architecture and historic.

Images should be submitted online at [OjaiACPhoto.org/ojai-photo-con](http://OjaiACPhoto.org/ojai-photo-con) test.html. Or see link and flyer on the museum's website, [OjaiValleyMuseum.org](http://OjaiValleyMuseum.org).

Photo contest winners will be announced Saturday, April 8th at the free Centennial Jubilee Picnic in Libbey Park, from 10am-2pm.

**Ventura County Library's READ Adult Literacy Program is proud to announce a new program location opening March 1st at the Ojai Library.** The READ program provides free help with reading and writing for English speaking adults. Tutors will be available for free one-to-one tutoring from 5pm to 7:30 pm on Mondays and Wednesdays.

New students are always welcome.

The READ program is also looking for adult volunteers who would like to help other adults improve their reading and writing skills. No teaching experience is required and the training is free. At the conclusion of training, tutors will meet one-to-one with an English speaking adult learner for a few hours each week.

The READ program has tutoring sites throughout Ventura County. For additional information visit the library's website: [www.vencolibrary.org/read](http://www.vencolibrary.org/read) or call the READ office at 805-677-7160.

The Ventura County Library is available 24/7 at [www.vencolibrary.org](http://www.vencolibrary.org).

### 2017 State of the City

*Continued from page 1*

tenance and landscaping of road medians. As promised in the ballot statement, the city will also allocate funds to maintain Fire Station 4 and its 9 firefighters and paramedics so that east end residents continue to receive rapid and effective fire and paramedic response. I would also like to work with my colleagues to complete Ventura Community Park and fulfill the 2005 Master Plan by creating sports courts and a library component for one of Ventura's largest recreational centers.

As the city grows, so, too, do many of its flagship businesses. The worldwide outdoor apparel company and environmental steward Patagonia is scheduled to expand its Westside campus. Similarly, the Trade Desk, which started with literally one desk eight years ago in office space adjacent to city hall, is now a publicly-traded tech company on the NASDAQ stock exchange that is looking to expand its Chestnut-street headquarters.

The health care industry in Ventura will see major changes in 2017 as Ventura County Medical Center (VCMC), Community Memorial (CMH) and Kaiser are all expected to open new medical facilities in the year ahead. These wellness enterprises will not only bring high-paying jobs to Ventura but will also provide residents with outstanding emergency, acute and long-term care.

But, like many cities across California, Ventura faces an array of fiscal pressures, some known and others still uncertain. For example, escalating retirement costs will continue to encroach upon our budget, especially given the fact that the California Public Employee Retirement System (CalPERS) recently told its member cities—like Ventura—that it is downgrading its assumed rate of return on its investments, which means we will have to make up the shortfall internally, an amount expected to climb above \$6 million over the next several years. The city has already budgeted this expected increase into its long-term fiscal outlook, recognizing that—based upon predicted revenue—we should be able to absorb the new costs. But if the economy begins to retract or CalPERS reduces its assumed investment return further, this forecast could easily change.

Speaking of uncertainty, the city is unsure of how much funding, if any, it will receive from Washington, D.C. in the form of Community Development Block Grants, or CDBG funds. Historically used to help fund assistance for low-income mobile home residents, the Avenue library, and the winter warming homeless shelter, among other worthy projects, CDBG dollars are at risk of being defunded, according to the National Conference of Mayors. This loss would hurt Ventura, particularly its most vulnerable residents.

And water scarcity, despite the heavy

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rains, will remain a major challenge and fiscal stress for Ventura. According to the U.S. Drought Monitor, much of Ventura and Santa Barbara counties remain in “Extreme Drought,” the only two counties statewide to be given this designation. With Lake Casitas at only 38 percent of capacity and groundwater basins subject to new state and local regulations, Ventura has to identify new sources of water. To this end, the city is now studying a connection with the State Water Project, a system of canals, pipelines and channels that brings water from the Sacramento-San Joaquin Delta and Colorado River to Ventura County and much of southern California. The city is also exploring construction of a water reuse facility that would treat wastewater to the highest cleaning standards and subject it to strict safety and regulatory scrutiny before returning drinkable water back to the customer.

Finally, we are making progress to address homelessness in the city. Next month the city council will consider a change to its zoning laws that would broaden the geographic area of Ventura where crisis housing and supportive services, such as mental health counseling, substance abuse assistance and housing advice, can co-locate. The proposed regulations would allow for a maximum 55-person occupancy for up to six months, utilizing either a re-purposed structure or a new building. I look forward to working with my colleagues to begin a serious discussion about using Measure O funding to jump start the project in conjunction with other government, non-profit and private sector supporters.

Ventura remains a magnificent and unique city to live in, and the Ventura City Council is dedicated to keeping it that way. Whether you enjoy an afternoon looking at the boats moored at our Harbor, or prefer a

walk along the Ventura Botanical Gardens before dining at a local (not chain!) restaurant Downtown, Ventura has something to offer for everyone. Let's continue to work together to grown stronger while maintaining our charm.

### Women's Economic Ventures

*Continued from page 3*

ally recognized advocate for women business owners. Marsha is the board president of the national Association of Women's Business Centers, and sits on the National Women's Business Council.

### Mailbox

*Continued from page 5*

in the Ojai News! And also thanks for keeping your publication so healthy with lots to read. As the local Ventura paper (VC Star) gets smaller and smaller I rely on publications like yours for news and events - Kudos!

Warm Regards,  
Myrna Cambianica  
Education Chair:  
Ojai Photography Club

Breeze:

Thank you so much for your recent article with the picture of my painting and the notice that Buenaventura Art Assoc. was having a donation request during the month. Our back mirror is just full of hearts from people who have donated. I know we would not have had such a good response without your helpful column. We at BAA all thank you, Mr. Brown and “The Breeze” for helping make this so special.  
Karen Wu



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## Audubon field trips and events

March 4 8:30 a.m. Hill Canyon at Santa Rosa County Park, Camarillo  
Linda Easter 482-7537.

Hill Canyon has several habitats including chaparral, oak woodland, and riparian. We will look for woodpeckers, towhees, sparrows, hawks, swifts, and as many as five species of wrens. Park in the Santa Rosa County Park area where the charge is \$2 per vehicle.

March 5 8:00 a.m. Work Day Hedrick Ranch Nature Area. Sandy Hedrick 340-0478.

Arrive at 8:00 for self-guided birding which usually yields some interesting birds. Work from 9am – noon. Long pants and boots or closed shoes are required. Bring water, gloves and sun protection.

March 11 8:30 a.m. The Nature Conservancy Hanson Property. Karl Krause, krausefamily836@msn.com, 415-0188

This walk will be limited to 15 people. Participants will need to complete a TNC Liability Release and Waiver form prior to the trip. Please contact Karl Krause to reserve a space and obtain a blank release form.

This is an opportunity to visit the TNC Hanson Property along the Santa Clara River and see the habitat restoration work being done by the Nature Conservancy.

March 14 at the Poinsettia Pavilion, 3451 Foothill Road at 7:30 an informative presentation of two essential restoration and conservation projects that serve to protect and develop habitat in our area. Scientists from the Riparian Invasion Research Lab (RIVRLab) at UCSB are conducting a large scale res-

toration on over 200 acres of riparian habitat in the Santa Clara River in Santa Paula and Fillmore. The goals of this project are to remove the invasive giant reed Arundo and reestablish native woodland and scrub habitat to benefit wildlife, including the Least Bell's Vireo and the Southwest Willow Flycatcher.

March 18 8:30 a.m. Foster Park David Lee 451-3504

Meet inside the entrance to the. There will be a good opportunity to see riparian species such as great blue and other herons, forest accipiters, neotropical migrants and various sparrows.

March 19 8:30 a.m. Wheeler Canyon Raeanne Koerner 701-1919

This canyon provides good birding opportunities. Looking for raptors, ground doves, Western Bluebirds and maybe a Lewis' Woodpecker.

March 21 8:30 a.m. Krotona Adele Ferguson 415-4304

Krotona Institute is a theosophical study center, with acres of beautiful grounds, including grasslands, pines, oaks, and ornamental plants with lot of water features. Field Sparrow was seen here last winter a good place to discover raptors flying over.

March 25 8:30 a.m. Ventura Hillside Jackie Worden jbworden7@gmail.com

Audubon members only are invited to visit a private ranch which Ventura Hillside Conservancy (VHC) is working to purchase and preserve for hiking, biking, and nature loving. Coastal sage scrub, oak woodland and riparian corridors are found within the annual grasslands of this beautiful parcel. To reserve your spot and receive additional event details, RSVP to the Jackie Worden on or before March 15th. Space is limited to 25 participants and reservations are on a first come, first served basis.

## News & Notes



Manny Reynoso (Ventura Breeze movie reviewer) recording his latest show on CAPS Radio KPPQ.

## What does CAPS Media do?

by Elizabeth Rodeno

“What does CAPS Media do?” It’s a question that we sometimes get asked and the answer is... A lot! CAPS Media is your local, public access television station and, most recently, Low Power FM radio station. We cover stories in the community and make available a professional grade television studio and radio station.

You may have seen our mobile television truck at the 150th Celebrations, St. Patrick’s Day parades of years past, and if you’ve gone to a City Council meeting you’ve most likely seen our Executive Director Patrick Davidson covering the meeting and showing the “Mayor for the Moment” segment which is created at CAPS. The station also works with the local school system to film the Festival of Talent, which is coming up on Saturday. This year, the film crew will be fully staffed by our student interns from El Camino! Staff is available to make presentations on what we do at CAPS to civic and other groups around town.

CAPS Media is calling all budding disc jockeys, radio talk show hosts, and all others interested in helping to create radio by the community, for the community. As promised, staff at CAPS have created a 2-session Radio KPPQ Membership Training that will be offered in the coming months. The first session covers Membership Program Information and Preliminary Training and the second session is a Radio Presentation and Performance Practicum. Call us at 658-0500 or email us at [radio@capsmedia.org](mailto:radio@capsmedia.org).

Tune into KPPQ at 104.1 FM to hear some great radio created by our community. Programs include Pam Baumgardner’s Mostly Local Music, Art n’ Stuff hosted by Phil Taggart, Sounds hosted by Elizabeth Rodeno, In the Women’s Room hosted by Kathleen Good and Johnny Petrol Deleted name. In addition, we are hosting Democracy Now, a daily news program, The Rock N’ Down Under show featuring the music from Down Under, Spoiler Alert featuring interviews with filmmakers, and more courtesy of Pacifica Radio among others.

As always, you can watch Channel 6 to hear what the public has to say and watch Channel 15 to experience the city’s vision to provide the best and clearest information for all. All programs are also available to the public via streaming service on our website. Go to [www.capsmedia.org](http://www.capsmedia.org) to see what our members are creating for you and sign up to be part of the story. A full year’s membership is

just \$25. Radio memberships are now available! For more information, contact us at [radio@capsmedia.org](mailto:radio@capsmedia.org).

What could be better for your commute than local radio programming, created by and for your community?

As always, you can watch channel 6 to hear what the public has to say and watch channel 15 to experience the city’s vision to provide the best and clearest information for all. All programs are also available to the public via streaming service on our website. Go to [www.capsmedia.org](http://www.capsmedia.org) to see what our members are creating for you and sign up to be part of the story. A full year’s membership is just \$25. Radio memberships are now available! For more information, contact us at [radio@capsmedia.org](mailto:radio@capsmedia.org).

## BikeVentura is having a launch party

VCCOOL, a grassroots climate change organization is launching a new initiative, BikeVentura. A launch party is planned at the Bell Arts Factory, 432 N. Ventura Ave., on Saturday, March 4th from 7-10pm. Entertainment will be provided by The Salty Suites and there will be hors d’oeuvres provided by Scratch Ventura. There will be a cash bar with beer provided by Topa Topa Brewery. All proceeds benefit BikeVentura, a 501(3C) organization. The public is welcome, please RSVP for the event on The Ventura Bike HUB’s Facebook page.

BikeVentura is a political action and advocacy initiative, tasked with coordinating with city and county government throughout Ventura County to insure bicyclist safety, bicycle-centered active transportation and road use. Readers may be familiar with The Ventura Bike Hub, another VCCOOL program, that is closely aligned with BikeVentura. “BikeVentura was created to serve the needs of our community through education, empowerment and advocacy,” said Yvonne Adan, acting Executive Director. “Through our Bike HUB, our Kids Club program or our collaboration with local government, BikeVentura brings the community together and is helping to build better bicycle culture in Ventura,” said Heidi Buccola, VCCOOL Board Member.



# News & Notes



Paul Meehan



John Hankins



Steve Doll



Ed Wehan

## Ventura Hillside Conservancy expands Board of Trustees

The Ventura Hillside Conservancy (VHC) recently announced the induction of a new president and three new members to their board of trustees. Paul Meehan was elected as VHC president and Steve Doll, John Hankins (VHC secretary) and Ed Wehan, were voted in as new trustees.

"Our new president and board members bring an invaluable depth of experience and passion for our conservation to VHC," said Derek Poultney, VHC Executive Director.

Meehan, currently an IT advisor for FedEx, has a diverse career history ranging from being a naturalist on the Channel Islands, to a boat captain for Island Packers, to serving as a law enforcement ranger for the National Park Service on Anacapa Island to being a backcountry ranger in Lassen Volcanic National Park. A father of two, he volunteers for animal and environmental causes in his spare time.

Doll, an independent commercial real estate broker, currently serves on the boards of Ventura Fair Foundation, Pier into the Future Foundation, and Ventura Visitors and Convention Bureau. He previously served as chairman of the Ventura Chamber of Commerce and the Ventura YMCA, commissioner for the Ventura Port District, and president of the Ventura Downtown Rotary and Lions Clubs. Doll is a long-time endurance event competitor and co-founder of the Ventura Marathon and Ventura Turkey Trot.

Hankins, VHC Secretary, a lifelong reporter and editor, writes extensively about the political process, the environment and grassroots action. He previously owned the Santa Barbara County News Service and companion News Clipping Service. Now semi-retired, Hankins serves as the editor of Condor Call, the Sierra Club's newsletter covering Ventura and Santa Barbara counties. He occasionally writes for the Ventura Breeze.

Wehan, served for 16 years on the City of Ventura Parks and Recreation

Commission and on the board of the Ventura Visitors and Convention Bureau. He currently is the chair of the Ventura Community Partnership Foundation. Wehan, retired from Decker's Outdoor Corporation, stays active in the community as a parks, recreation and open space advocate.



Chef Judy will teach you the tricks of great cooking.

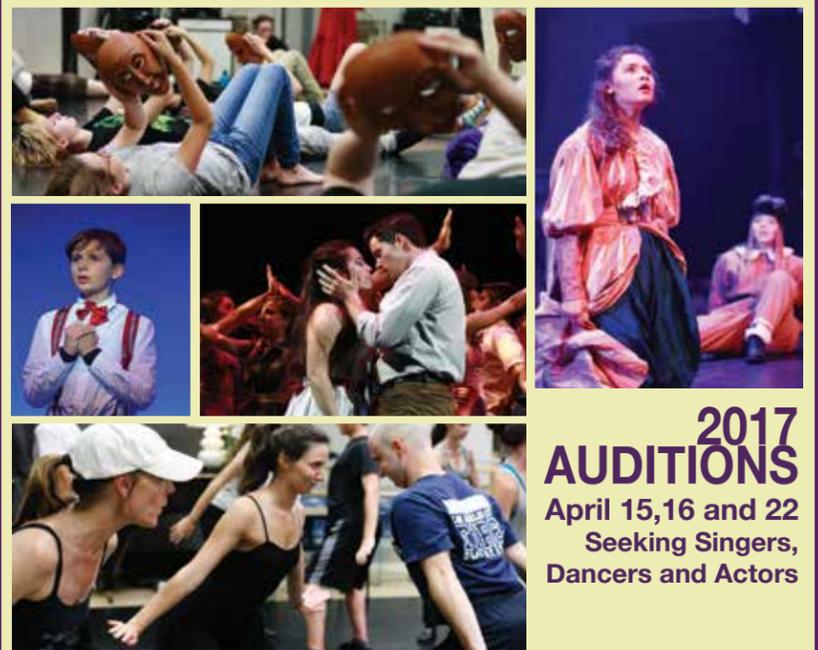
## Roasted chicken with vegetables is on the menu

Having grown up in the restaurant business in Ventura Judy Gilliard pursued her love of the hospitality business and obtained a degree in Hotel Restaurant Management from Santa Barbara Community College, and received her teaching credentials in food and food technology from the University of California.

Judy wrote a column "Simply Entertaining" for Emeril Lagasse on emeril.com for three years. Judy has authored 10 cookbooks, had both a local and syndicated radio show and did a regular TV cooking

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\*No audition required for The Stinky Feet Theatre Workshop

segment for the CBS station in Lincoln, NE. She has been teaching cooking classes for the home cook that focuses on good, healthy, and fast in the Midwest for the last several years.

Now returning to her home town of Ventura she is teaching classes at VACE (Ventura Adult and Continuing Education) and Barranca Vista Center along with a catering service.

Now you can get processed foods out of the pantry, by learning to cook with natural, simple, budget-friendly foods. The recipes and techniques are designed to help you get or keep you in good health by creating meals with the fresh foods of the seasons, including vegan and vegetarian options.

Her first class is on Tuesday, March 7th from 6-8pm.  
Barranca Vista Center, 7050 Ralston St, 644-6542

\$80.00 (Resident) \$88.00 (Non-resident)  
\$28 material fee to instructor at first class

Check Judy's website to see what is on the menu for each month [www.chefjudy.net](http://www.chefjudy.net)

Namba, 47 S Oak St.

**Knights and Castles of the Middle Ages 6-12 years**  
3/13-3/27 M 4-5 pm  
\$40 #7909

Discover the "knight life" of castles, combat, art and cathedrals as you learn how to make catapults and other crafts.

**Belly Dance-4-Fitness 18 years-adult**  
3/13-4/10 M 6-7 pm  
\$55 #7673

Dress comfortably to shimmy, twist and tone in this fun cardio class that includes a warmup, belly dance workout, choreography and cool down. Instructor Anja Christy.

**Basic Guitar 9 years-adult**  
3/14-4/25 Tu 7-8:30 pm  
\$55 #8040

Bring your own acoustic or electric guitar to learn folk and pop strums, patterns and chord progressions. No class 4/4. At Dudley House, 197 N Ashwood St. Instructor Randy Covington.

### City of Ventura classes

Continued from page 4

**18 years-adult**  
3/8-4/12 W 6:30-7:30 pm  
\$69/person #8031

Tango in no time with our "true basics in six weeks" class. Classes held at The House of Dance, 3007 Bunsen #E.

**Flamenco Dance 18-adult 3/8-3/29 W 7:30-8:30 pm**  
\$75 #8193

Learn Spain's passionate gypsy dance form and its cultural significance as you build up your flexibility, grace, fitness and confidence. Instructor Wendy Castellanos. Classes held at

### Women's teams break record

Continued from page 1

of these teams for achieving such a high honor and to Head coaches Mary Giles and Tony Veney and assistant coaches Tyson Butler, Tom Lawrence (retired) and Linda Wright," said Ventura College President Greg Gillespie. "We would also like to thank Scott Brewer and Becky Hull for their leadership as counselors for student athletes," stated Ventura College Dean and Athletic Director Will Cowen, president, California Community College Athletic Directors Association.



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## Ventura County Grand Jury to hold open house

On Thursday, March 9 the Grand Jury will host an open house for prospective jurors and interested members of the Ventura County community. Join the current Grand Jury along with public officials 2:00 to 4:00 p.m. in the Grand Jury Chambers at 646 County Square Dr.

An all-volunteer group, the Grand Jury investigates selected complaints that have been initiated by the public. After investigat-

ing these complaints, the Grand Jury issues written reports which include facts, conclusions, and recommendations.

Basic requirements to qualify for service are: you must be a citizen of the United States, 18 years of age, a resident of Ventura County for at least one year prior to being seated, and have sufficient knowledge of English to conduct jury business. Basic computer skills are desirable.

All eligible residents of the Ventura County community are encouraged to apply.

Applications are available online at the Grand Jury website [www.ventura.org/grand-jury](http://www.ventura.org/grand-jury), or by calling 477-1600. Applications will be accepted until April 7, 2017.



No ghosts were found during the demolition of Joe's Crab Shack, which was previously the Chart House Restaurant at 567 Sanjon Road. The demolition is part of the proposed "triangle site" development.



## News & Notes



Matt and Dawn Bianchini of Richard H. Bejune Memorial Foundation, Janine Dykstra and Sheldon who presented their Shining Star Award.

## Project Understanding announces 2017 Shining Star Award Winners

Project Understanding of San Buenaventura held their annual "Shining Star Awards" on Thursday, February 9, at the Poinsettia Pavilion. The evening event was a celebration where they honored their outstanding community volunteers and partners and was highly attended by city officials, legislative representatives, local business owners, the faith community and supporters.

Among the honorees were Meg Perry and Gina Norstedt – Administration Volunteer of the Year; Karen Collier and Carolyn Tabor – Tender Life Volunteer of the Year; David Ensminger – Tutoring Volunteer of the Year; Nita Perkins – First Step Volunteer of the Year; Joanna Norstedt – Food Pantry Volunteer of the Year; Oxnard Monday Club – Philanthropists of the Year; CAPS Media – Collaborating Partner of the Year; Richard H. Bejune Memorial Foundation – Community Partner of the Year; MortgageCouch – Business of the Year; Ventura Seventh-Day Adventists Church and St. Paul's Episcopal Church – House of Worship; Janine Dykstra – Employee of the Year; Carol and Larry Dawes – Donors of the Year; Charleen Morla and Kellie Meehan – Board Members of the Year; Karol Schulkin – Shalom Award; and Lynn Geller – Shining Star Volunteer of the Year.

Ventura Councilmember Cheryl Heitmann served as Master of Ceremonies. Many community leaders presented awards, including several government officials: Michael Powers, Chief Executive Officer, Ventura County; Matt LeVere, Ventura Councilmember; Patti Quiroz, representing Sen. Hannah Beth Jackson; and Jeannette Sanchez-Palacio, representing Assemblymember Jacqui Irwin. County School Superintendent Dr. Stan Mantooth presented on behalf of the educational community.

Other presenters included Betsy Chess, Limoneira; Dave Schulze, Ventura Church of Christ; Sheldon Brown, Ventura Breeze; Lisa Anglin, Fidelity National Title; Rick Pearson, North Oxnard United Methodist Church (former E.D. of Project); Kevin Clerici, Downtown Ventura Partners; Aaron Shiah, ServiceMaster Restoration & Cleaning by Integrity; Suki Sir,

Turning Point Foundation; and Dan Stevens, namesake of the Dan Stevens Shalom Award (former pastor of Orchard Community Church).

The event was generously sponsored by: Oxnard Monday Club, Riviera Bronze and the National Charity League Juniors of Ventura County.

"This was a pleasant event to honor our community volunteers and partners. It was great way to kick off our celebration for Project Understanding's 40th Year Anniversary this year. The success of the past forty years truly could not have been done without the support, partnerships and dedication of those we celebrated tonight and those who have carried our organization and believed in our mission throughout the years," said Jann Huling, President of Project Understanding.

Founded in 1977, Project Understanding provides hope by developing and directing resources for the purpose of transforming lives and community through justice, mercy and compassion. For 40 years, Project Understanding has been assisting people reach their highest attainable level of independence. For more information on Project Understanding, please visit [www.projectunderstanding.org](http://www.projectunderstanding.org).

## Temple Beth Torah

Temple Beth Torah presents, "The Magic of Purim Carnival." The theme for this year's carnival is magic; those who attend are encouraged to dress in costume (not a requirement). The location for the carnival is at Temple Beth Torah - 7620 Foothill Rd. The date is Sunday, March 12th, from 10:00 am - 12:30 pm. Admission is \$12 per child and \$10 for siblings. Activities at the event will include; a Magic Show, Rockwall/Bungee Jump, Bouncy, Games & Prizes, Glow Room, Live Music, Glitter Tattoos, and much more! Pizza, snacks, and homemade baked goods will be available for purchase as well.

For more information contact 647-4181.



# Senior Living

*Pull Out Section*



"Well darling this looked much nicer in the brochure."

## Finding a good nursing home

by Greg Dill

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

One recent Sunday morning, I woke up to a text message from a coworker saying she'd been up all night with her mother in the emergency room.

Her mom had fallen, broken her hip, and was getting admitted to the hospital for surgery. As you can imagine, my colleague was exhausted, worried, and facing some important decisions. Even as her mom was being prepped for surgery, the hospital's care coordinator was asking which rehabilitation facility she should be sent to afterwards.

As a fellow official of the U.S. Centers for Medicare & Medicaid Services (CMS), my associate has a better-than-average understanding of the healthcare system. But she'd never had to find a rehabilitation facility for a loved one.

So she turned to an online tool CMS developed to help people find a suitable nursing home when they need one.

The tool is called Nursing Home Compare and you can find it on our [www.Medicare.gov](http://www.Medicare.gov) website. Just click on the button that says "Find nursing homes." Enter your zip code or city and you can begin your search.

Nursing Home Compare assigns from one to five stars to every nursing facility that participates in Medicare or Medicaid, with five stars being the highest rating. These star ratings give you and your family an easy-to-understand summary of three important dimensions of nursing home quality: health inspection results, staffing information, and quality-of-care.

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Nursing facilities receive an overall star rating based on three types of performance indicators, each of which has its own star rating:

- Health inspections: Nursing homes that participate in Medicare or Medicaid undergo unannounced, comprehensive inspections about once a year.
- Staffing levels: CMS bases staffing ratings on two components: 1) Registered nurse hours per resident day; and 2) total staffing hours (registered nurse plus licensed practical nurse plus nurse aide hours) per resident day.
- Quality measures: These ratings are based on how a nursing home performs on 16 of the 24 quality-of-care measures currently posted on Nursing Home Compare. The measures reflect whether residents got flu shots, are in pain, or are losing weight.

A facility's overall star rating is a composite of the ratings on the measures above. The core of the overall rating is the health inspection rating, which is adjusted up if the facility receives high staffing or quality-of-care ratings, or down if those ratings are low.

You can compare multiple facilities on Nursing Home Compare, as my colleague did when looking for the best spot for her mother. But keep in mind that star ratings are intended to be combined with other sources of information (such as a doctor's recommendation) and shouldn't substitute for visiting the nursing home in person. Indeed, after my coworker identified two possible facilities, she visited the one that had an available room and was pleased to learn it had high ratings for food service, something very important to her mother.

At [www.Medicare.gov](http://www.Medicare.gov), you'll also find "compare" websites for hospitals,

home health services, dialysis facilities, medical equipment suppliers, and Medicare-approved health and prescription drug plans.

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

## Ventura Parkinson's Disease support group

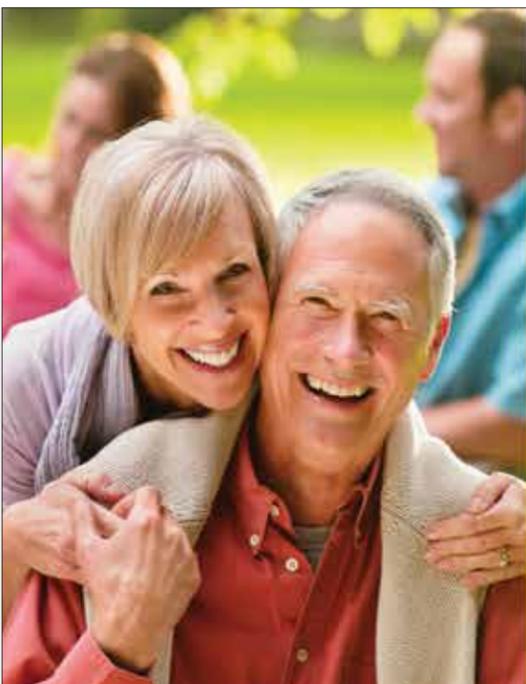
What can I do to prepare for my partner's care if he/she suddenly becomes ill beyond my ability to care for by myself; how do I protect my partner's wishes and our assets? What are the benefits of planning for the unexpected and "final care" now, what are the options in our area?

The Ventura Parkinson's Disease Support Group will host Debra Mansfield, Owner of The Lynd Group at their meeting Wednesday, March 8 from 1:00 to 3:00 pm at The Lexington Assisted Living, 5440 Ralston St. Public welcome, no admission fee.

The best time to talk and plan for long term and final care is before you need it. Over 70% of Americans over the age of 65 will need care beyond what family can provide and the average stay in a care facility is 3 years; will Medicare cover that cost and if not, what can one do to protect one's finances?

Come find some answers about care giving choices, and alternatives at this meeting. Debra has recent personal experience with "the assisted living care

*Continued on page 13*



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## Senior Living

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## Medicare questions answered

by Margie Johnson Ware

*Aging and Health Specialist and Bonnie Burns, Medicare Specialist*

### How does having a disability affect my Medicare options?

This is one of the most common questions future beneficiaries ask. Although many boomers are familiar with the eligibility age for Medicare, many others do not realize that you can be enrolled automatically (earlier than age 65) if you're approved by the Social Security Administration (SSA) to receive Social Security Disability Insurance (SSDI) benefit payments.

After drawing SSDI for 24 months (2 years), you will be automatically enrolled into both Medicare Part A and Medicare Part B (also known as "Original Medicare") starting the 25th month, and you will receive a Medicare card in the mail. In some cases, you can receive Medicare in less than two years if Social Security determines that your disability started before your disability application date, or if you have Amyotrophic Lateral Sclerosis (ALS) or End Stage Renal Disease (ESRD).

### What if I don't want to be automatically enrolled in Original Medicare? Can I disenroll?

Part A is free for most people, but Part B involves paying a monthly premium. You cannot decline Part A unless you're willing to pay back all the SSDI benefits you received, so you'll likely need to keep it even if you are covered by your spouse's employer insurance.

However, if you have employer coverage, you have the freedom to disenroll from Part B. It is important to check with the employer's human resources office to find out how their plan works with Medicare Part B. Make sure the company has 100 employees or more—that means the employer insurance will be primary (i.e. that insurance is billed first, and most likely covers more of your care than Medicare Part B). If the employer has less than 100 employees, then your Medicare insurance will be primary—and you'll therefore need to join Part B.

If you do decide you don't need Part B, look on the back of your Medicare card for a box you can check to be removed from Part B. Then send the updated card back to the Social Security Administration (SSA). Or call SSA for help with disenrolling in Part B.

### Will there be any copays and deductibles (out-of-pocket costs) if I am disabled?

Yes, although if you have employer insurance that is primary to Medicare, you may have fewer out-of-pocket expenses. If you don't have employer insurance and you are enrolled in Original Medicare (Parts A and B), you may want additional coverage.

For most beneficiaries (regardless of

their disability status), the choice comes down to deciding between two main options:

Original Medicare (Parts A and B) combined with an optional Part D plan (prescription drug coverage) and/or an optional supplemental coverage plan to cover the cost gaps in Original Medicare known as Medigap (enrollment is limited for persons under age 65 in many states).

A Medicare Advantage plan (a private managed health plan that usually covers all of these services).

If you are low-income you may also be eligible for Medicaid as a supplement to pay out-of-pocket costs, depending on what the rules are in your state.

Have more questions about choosing the best coverage for your needs? We recommend you try taking the free Medicare Questionnaire tool for access to free professional Medicare advice from a licensed benefits advisor. You can also check out your local SHIP (State Health Insurance Assistance Program) for further assistance, or reach out to your local Aging and Disability Resource Center.

## Social Security's gift to children is security

by Essie L. Landry

*Public Affairs Specialist Social Security Administration Sierra West Area*

Social Security definitely know a thing or two about helping children. Often overlooked in the paperwork that prospective parents fill out in preparation for a child's birth is an application for a Social Security number and card. Typically, the hospital will ask if you want to apply for a Social Security number for your newborn as part of the birth registration process. This is the easiest and fastest way to apply. The Social Security card typically arrives about a week to ten days after that little bundle of joy! You can learn about Social Security numbers for children by reading our publication, Social Security Numbers for Children, available at [www.socialsecurity.gov/pubs](http://www.socialsecurity.gov/pubs).

At [www.socialsecurity.gov](http://www.socialsecurity.gov), we have a variety of services available to you, all from the comfort of your home. You can apply for disability benefits or appeal a disability decision. You can also file for retirement benefits, spousal benefits, or Medicare-only benefits while enjoying leftover pumpkin pie. Our secure, easy-to-navigate website is sure to add plenty





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## Senior Living

of comfort and joy to the festivities.

For the first site of Social Security, we give to you: our home page, [www.socialsecurity.gov](http://www.socialsecurity.gov). It's the place to go for all things Social Security. Everything you could want – from online services and benefit screening tools to publications and frequently asked questions – you can find all these and more on this site. On the twelfth site of Social Security (and we saved the best for last): open your own personal my Social Security account, which will enable you to verify your earnings, get future benefit estimates, obtain benefit verification letters, update your Social Security information, and more at [www.socialsecurity.gov/myaccount](http://www.socialsecurity.gov/myaccount). You have to read to column to see what you can find on sites two to eleven.

With the New Year Comes New Changes: Monthly Social Security and Supplemental Security Income (SSI) benefits will see a slight increase in 2017.

Some other adjustments that take effect in January of each year are based on the increase in average wages. Based on that increase, the maximum amount of earnings subject to the Social Security tax (taxable maximum) will increase to \$127,200 from \$118,500. Of the estimated 173 million workers who will pay Social Security taxes in 2017, about 12 million will pay more because of the increase in the taxable maximum.

Share the gift of security give your loved ones some peace of mind by introducing them to Social Security's many programs. [www.socialsecurity.gov/myaccount](http://www.socialsecurity.gov/myaccount).

## Free community education classes and events

Livingston Memorial Visiting Nurse Association supports the total well-being of our community. As part of their services, they host free monthly education classes throughout the county which include the following in Ventura and Ojai:

### Social Services/Bereavement Groups

Ojai: Caregiver Support Group Mondays, March 6th and 20th from 10:00 am – 11:30 am at Continuous Care Center, Fireside Room, 1306 Maricopa Hwy. Find encouragement and hope during your time as a caregiver. Share, listen and explore thoughts and feelings about the struggles, losses and successes of caring for your loved one. For more information call 633-9056.

Ojai: Adult Bereavement Support Group March 14th and 28th (2nd & 4th Tuesdays) 10:30 am-noon at Help of Ojai, West Campus 370 Baldwin Rd. These groups are open to individuals who have experienced loss and are free of charge. Call 642-0239 for more information or email [griefinfo@livingstonvna.org](mailto:griefinfo@livingstonvna.org).

Ventura: Adult Bereavement Support Group Wednesdays, March 1, 8, 15, 22, and 29 from 6:30-8:00 pm at Livingston Memorial Visiting Nurse Association office, 1996 Eastman Ave., Suite 109. These groups are open to individuals who have experienced loss and are free of charge. Call 642-0239 for more information or email [griefinfo@livingstonvna.org](mailto:griefinfo@livingstonvna.org).

Ventura: Newly Bereaved Support Group Thursday, March 9th from 6-7:30 pm at Livingston Memorial Visiting Nurse Association office. This monthly group is designed for adults who have recently experienced the loss of a loved one and is free. Call 642-0239 for more information or email [griefinfo@livingstonvna.org](mailto:griefinfo@livingstonvna.org). These groups meet every 2nd Thursday of each month.

Diabetes Class Ventura: Tuesday, March 7th from 1-2:30pm at Livingston Memorial Visiting Nurse Association. These meetings are held on 1st Tuesday of each month. General information is provided about Type 2 Diabetes including prediabetes, with emphasis on meal planning, medication, exercise, blood sugar monitoring, and new developments in diabetes. Call 642-0239 for more information.

Joint Replacement Classes Ventura: Thursday, March 2nd from 1:00-2:00pm at Livingston Memorial Visiting Nurse Association office. You will learn what to expect before, during and after knee or hip replacement surgery and how to be an active participant in your care. These meetings are 1st Thursday of each month. For information or to RSVP call Dinah Davis at (805) 642-0239 ext. 739.

Ventura: Monday, March 13th for both English and Spanish speaking. English 4:00-5:00 pm and Spanish 5:30-6:30 pm at Livingston Memorial Visiting Nurse Association. You will learn what to expect before, during and after knee or hip replacement surgery and how to be an active participant in your care. For information or to RSVP call Dinah Davis at 642-0239 ext. 739.

## Benefits of eating well

Eating well is vital for everyone at all ages. Whatever your age, your daily food choices can make an important difference in your health and in how you look and feel.

Eating a well-planned, balanced mix of foods every day has many health benefits. For instance, eating well may reduce the risk of heart disease, stroke, type 2 diabetes, bone loss, some kinds of cancer, and anemia. If you already have one or more of these chronic diseases, eating well and being physically active may help you better manage them. Healthy eating may also help you reduce high blood pressure, lower high cholesterol, and manage diabetes.

Eating well gives you the nutrients needed to keep your muscles, bones, organs, and other parts of your body healthy throughout your life. These nutrients include vitamins, minerals, protein, carbohydrates, fats, and water.

Eating well helps keep up your energy level, too. By consuming enough calories -- a way to measure the energy you get from food -- you give your body the fuel it needs throughout the day. The number of calories needed depends on how old you are, whether you're a man or woman, your height and weight, and how active you are.

Consuming the right number of

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calories for your level of physical activity helps you control your weight, too. Extra weight is a concern for older adults because it can increase the risk for diseases such as type 2 diabetes and heart disease and can increase joint problems. Eating more calories than your body needs for your activity level will lead to extra pounds.

If you become less physically active as you age, you will probably need fewer calories to stay at the same weight. Choosing mostly nutrient-dense foods -- foods which have a lot of nutrients but relatively few calories -- can give you the nutrients you need while keeping down calorie intake.

Your food choices also affect your digestion. For instance, not getting enough fiber or fluids may cause constipation. Eating more whole-grain foods with fiber, fruits and vegetables or drinking more water may help with constipation.

### Make One Change at a Time

Eating well isn't just a "diet" or "program" that's here today and gone tomorrow. It is part of a healthy lifestyle that you can adopt now and stay with in the years to come.

To eat healthier, you can begin by taking small steps, making one change at a time. For instance, you

might take the salt shaker off your table. Decreasing your salt intake slowly will allow you to adjust.

Switch to whole-grain bread, seafood, or more vegetables and fruits when you shop.

These changes may be easier than you think. They're possible even if you need help with shopping or cooking, or if you have a limited budget.

Whatever your age, you can start making positive lifestyle changes today. Eating well can help you stay healthy and independent -- and look and feel good -- in the years to come.

### Ventura's Parkinson's Disease

*Continued from page 11*

system" and has the most recent developments in long term care to share with us. She and The Lynd Group have been helping the community plan for their financial futures since 2009. Debra also has a personal connection to Parkinson's disease.

Please check in at the front desk for directions and sign-in. Extra parking is graciously available across the street from the Lexington in the Baptist Church parking lot. Call 766-6070 for further information. Reservations are not required.

**St. Patrick's Day CELEBRATION**  
Thursday, March 16th • 12:30 pm - 3:00 pm

Please join us for a special St. Patrick's Day celebration! Enjoy live Irish entertainment, along with mocktails and delicious Irish cuisines prepared by our talented in-house chef. While you're here, meet our wonderful residents and staff when you tour our beautiful community and experience the joy of gracious living!

For more information and to RSVP to this exciting event, please call  
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## Senior Living



"Perhaps losing weight can prevent or delay me getting diabetes."

### Diabetes is a serious disease

People get diabetes when their blood glucose level, sometimes called blood sugar, is too high. Diabetes can lead to dangerous health problems, such as having a heart attack or stroke. The good news is that there are things you can do to take control of diabetes and prevent its problems.

Our bodies change the food we eat into glucose. Insulin helps glucose get into our cells where it can be used to make energy. If you have diabetes, your body may not make enough insulin, may not use insulin in the right way, or both. That may cause too much glucose in the blood. Your family doctor may refer you to a doctor who specializes in taking care of people with diabetes, called an endocrinologist.

There are two kinds of diabetes that can happen at any age. In type 1 diabetes, the body makes little or no insulin. This type of diabetes develops most often in children and young adults.

In type 2 diabetes, the body makes insulin, but doesn't use it the right way. It is the most common kind of diabetes. You may have heard it called adult-onset diabetes. Your chance of getting type 2 diabetes is higher if you are overweight, inactive, or have a family history of diabetes.

Diabetes can affect many parts of your body. It's important to keep type 2 diabetes under control. Over time it can cause problems like heart disease, stroke, kidney disease, blindness, nerve

damage, and circulation problems that may lead to amputation. People with type 2 diabetes have a greater risk for Alzheimer's disease.

Many people have "pre-diabetes." This means their glucose levels are higher than normal but not high enough to be called diabetes. Pre-diabetes is a serious problem because people with pre-diabetes are at high risk for developing type 2 diabetes. But, there are things you can do to prevent or delay actually getting type 2 diabetes. Losing weight may help. Healthy eating and being physically active for at least 30 minutes, 5 days a week is a small change that can make a big difference.

Some people with type 2 diabetes may not know they have it. But, they may feel tired, hungry, or thirsty. They may lose weight without trying, urinate often, or have trouble with blurred vision. They may also get skin infections or heal slowly from cuts and bruises. There are several blood tests doctors can use to help diagnosis of diabetes:

Once you've been told you have type 2 diabetes, the doctor may prescribe

diabetes medicines to help control blood glucose levels. There are many kinds of medication available. Your doctor will choose the best treatment based on the type of diabetes you have, your everyday routine, and other health problems.

Medicare will pay to help you learn how to care for your diabetes. It will also help pay for diabetes tests, supplies, special shoes, foot exams, eye tests, and meal planning. Be sure to check your Medicare plan to find more information.

Studies have shown that most people with prediabetes develop type 2 diabetes within a few years, unless they change their lifestyle. Most people with prediabetes don't have any symptoms. Your doctor can test your blood to find out if your blood glucose levels are higher than normal.

Losing weight—at least 5 to 10 percent of your starting weight—can prevent or delay diabetes or even reverse prediabetes.

Medicine can help control the amount of glucose in your blood. Ask your doctor if medicine to control glucose is right for you.

## News & Notes



Donors, alumni and current residents come together in a community walk.

### Tender Life Maternity Home Walk-A-Thon

Project Understanding of San Buenaventura is pleased to announce its annual Tender Life Maternity Walk-A-Thon. The walk will be held on Saturday, March 4 at The River Community Church located at 889 Santa Clara St. Registration begins at 9:00am, and the walk starts at 9:30am.

This two-mile walk will take participants on a route around Ventura, from Thompson Blvd. to the Ventura Beach Promenade, with a returning stroll alongside downtown Ventura's surrounding streets. The walk will end at Tender Life Maternity Home located at 871 E. Thompson Blvd. where all walkers will be able to tour the home, meet the residents of the program, and learn more about Tender Life.

"Our annual Tender Life Maternity Walk is one of our biggest fundraisers. Donors, alumni and current residents come together in a community to walk along each other to support Tender Life. This is a great event and really brings the 'village' together as one," says Karen Johnson, on-site Case Manager of Tender Life.

Proceeds of the walk-a-thon will be

used to operate Tender Life Maternity Home. For over three decades, Tender Life Maternity Home has been devoted to serving abandoned pregnant women and children by providing food, shelter, and personal growth opportunities in a caring home where "courage meets compassion to build new lives." It currently houses up to six homeless, pregnant women, who receive good pre-natal care and life skills training to prepare them for independence.

To register for the Tender Life Maternity Walk or for more information, please visit <http://www.projectunderstanding.org> or contact Karen Johnson 653-7474.

### Happenings at the Museum

The Museum of Ventura County (MVC) presents a Scandinavian-themed Festival for its Free First Sunday Activity on Sunday, March 5, from 11 am to 5 pm, that highlights Scandinavian culture. The Monthly Series brings

families to the Museum, offering free admission, museum experiences and craft-making sessions

MVC has partnered with the Scandinavian American Cultural and Historical Foundation (SACHF) at California Lutheran University in Thousand Oaks to create a mini-festival for children and families.

Activities for the day include:

Cultural performances

A demonstration of the nyckelharpa, a traditional, stringed Swedish instrument

Storytelling of fairy tales by written by famed Danish children's author Hans Christian Andersen

Hands-on Crafts (1-3 pm)

"This program is about accessibility, and helping families develop a tradition of culture with their kids," said director of education and outreach Megan Gately, "Admission is free, and from 1:00-3:00 pm, docents guide art-making sessions for children to create something to take home."

An exhibition of artifacts and multimedia imagery chronicles the Women's March on Washington by Ventura County women at the Museum of Ventura County from March 11 through March 25.

An exhibit that pays tribute to Ventura County participants in January's Women's March on Washington called "A Woman's Place: the March on Washington." Comprising signs, posters, ephemera and multi-media presentations, the exhibition commemorates the efforts of women in Ventura County who took to the streets across the country to affirm their place in society.

According to curator Anna Bermudez, "It was immediately apparent to me that the women's march was history in the making. In my role at the museum, I felt that my participation could take the form of an exhibit that pays tribute to the women who marched, and to all women. My call for items was answered quickly and decisively."

Executive Director Elena Brokaw said, "This is what we're all about; telling the collective stories of our lives and times. Museums, and especially our museum, are a site where ideas converge.

We are not always looking to the past; we reflect the times as they are happening."

An opening reception will be held on Saturday, March 11, from 5:30 - 7:30 pm, will feature women who participated in the event across the country, representing multiple generations. Admission is \$10 per person; \$5 per member. There will be live music and refreshments.



Francisco Bracho, M.D. from the Face of Ventura by Johanna Spinks as featured in the Ventura Breeze.

### Volunteers to be Honored at Wish Night 2017 Gala

Two volunteers will be honored by Make-A-Wish® Tri-Counties at the 8th Annual Wish Night gala on March 3 at the Hyatt Regency in Westlake Village. Meredith Garofalo/KEYT News Channel 3 has been named community partner of the year for her dedicated community outreach efforts. Francisco Bracho, M.D., will receive the honor of healthcare professional of the year for his tireless work for Wish kids battling life-threatening medical conditions and their families.

"Meredith and Dr. Bracho dedicate countless hours supporting the work of Make-A-Wish® Tri-Counties. We are fortunate to work with these dedicated professionals and it's truly an honor to recognize them for their service," said



# News & Notes

Pattie Mullins, CEO, Make-A-Wish® Tri-Counties. Dr. Bracho has worked magic to support our program making it possible for wish kids to travel safely and experience the power of a wish."

Garofalo, a Santa Barbara resident, has worked as a meteorologist for KEYT News Channel 3 in Santa Barbara for three years.

As founding director of the program for Pediatric Hematology/Oncology at Ventura County Medical Center, Dr. Bracho was instrumental in providing a local facility for treatment of many seriously ill children, especially those with cancer. He says it is a privilege to unburden these families with quality local care. The bonus is he can also refer those children to Make-A-Wish® Tri-Counties.

"One of my most memorable moments was getting a picture of a 3-year-old wish kid giving the "thumbs up" from the cockpit of a plane, on his way to a special place," said Dr. Bracho. Several years later, MAWTC asked him to serve as Medical Advisor. "I was honored then as I am now. Make-A-Wish® Tri-Counties continues to be one of the brightest lights here in our area."

Wish Night will be held from 6-9:30 p.m. and guests will have the opportunity to help make wishes come true through Fund-A-Wish. The evening also features heartfelt wish stories, a plated dinner, a wine wall, live music and silent and live auctions. Philanthropist and reality TV show personality Andrew Firestone will serve as master of ceremonies.

Last year Make-A-Wish® Tri-Counties granted over 90 wishes for local children throughout Ventura, Santa Barbara and San Luis Obispo Counties. This year's goal is 100 wishes. For tickets and/or sponsorship information, visit <http://tri-counties.wish.org/> or email [pmullins@tri-counties.wish.org](mailto:pmullins@tri-counties.wish.org) or call the Wish Center at 826-1178.



Writing club can provide private tutoring option for kids who need one-on-one help.

## Classes put a new twist on English and writing education for kids

Local writer and child educational specialist launches writing clubs for kids, Kid Writers Ventura. Amanda Becker, a published writer, long time educator, journalist, and child psychology expert, puts a new twist on English and writing education for kids. She believes that children learn best and are most motivated when they enjoy the process of learning.

With this philosophy, Becker structured the writing classes as fun writing

clubs where kids learn the fundamentals of the English language - such as grammar, spelling, and vocabulary - but also get to engage in fun grammar games, go on field trips, and complete fun writing projects that explore all of the key writing styles from expository to narrative and beyond, with clever, "kid-friendly" writing prompts designed to get their imaginations flowing. Kids can even have their writing published on the Kid Writers Ventura website and through Becker's self-publishing program in which she assists children in publishing their short stories and books on Kindle, Create Space, and other venues.

Becker regularly consults with local school teachers to ensure that current English and writing standards are being met. Becker's test program, prior to launch, showed an average increase of 15%-25% in students' language arts scores within 4-5 months of being in the program.

Becker has been published in numerous magazines, is a professional freelance journalist, has over 15 years in K-12 education, and is a child education and mental health activist. For further information contact:

Amanda Becker [mndbckr@gmail.com](mailto:mndbckr@gmail.com)  
1827 Knoll Dr. 831-291-3955 [www.kid-writersventura.com](http://www.kid-writersventura.com)



Anna Sorensen and Annie Sunwere were 2015 winners of the fair poster contest.

## Fair accepting entries from artists for poster contest

The 8th annual Ventura County Fair poster contest is now open and accepting entries from artists in grades 5 - 12 who reside in Ventura County.

The theme of the 2017 Fair is "Rooted in Tradition" and will serve as the guideline to the imagery.

Artwork may be created in any medium but may not include the use of glitter, metallic paint, or 3 dimensional objects attached to the artwork.

Poster designs will be judged on Theme, Originality, Composition and Skill. Entries will be accepted until the entry deadline, Friday, April 7. Entries can be brought to the Fairgrounds administration office at 10 W. Harbor Blvd. in Ventura. Office hours are Monday through Friday from 8AM until 5PM. Please note: Fairgrounds offices are closed for lunch daily from 12:00 - 1:00 PM.

Rules, deadlines and other information can be found on the Fair website, [www.venturacountyfair.org](http://www.venturacountyfair.org). For more information about the contest call 648-3376 or send an email to [info@venturacountyfair.org](mailto:info@venturacountyfair.org). (Please put "Poster Contest" in the subject line)

Prizes will be awarded to the top  
*Continued on page 19*

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When visiting his stepson, Len Oleman and his wife, Tammie in San Diego James Francis Gray brought the Ventura Breeze for them to enjoy.

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Ventura BREEZE



# Professor Scamp, Ph.D

(Pretty Happy Dog)



Professor Scamp  
Ph.D

JFK Airport has debuted some of The Ark at JFK, the airport's much-ballyhooed luxury pet terminal. The Equine & Livestock Export Center and

Aviary In-Transit Quarantine, along with the "Pet Oasis."

While the first two have very specific purposes the Pet Oasis is intended as more of an all-purpose animal wellness center.

The center is amazing and offers veterinary care and basic services, provide information on travel requirements for pets, customs clearances and quarantines, making sure animals get on the right flights, along with things like micro-chipping, check-ups when animals arrive at JFK, and premium service individual animal reports available including photograph and information on activity.

I have fresh appreciation for us dogs sniffing behavior, after reading a new book (of course I can read if I can write) "Being a Dog: Following the Dog into a World of Smell," by Alexandra Horowitz, a professor of cognitive science who runs the Dog Cognition Lab at Barnard College.

In it, she explains the elegant engineering of the dog's olfactory (I've never worked in a factory) system and how familiar canine behaviors like licking, sneezing and tail-wagging have associations with smell.

Her dog is Finn (short for Finnegan) an affable, glossy black 9-year-old mixed breed.

"There are many ways to sniff, and the human method is not the best," Dr. Horowitz said. Sniff researchers (ya really) have found that people have about six million olfactory receptors and dogs have 300 million (so we win that contest). Humans sniff once per 1.5 seconds and dogs, five to 10 times a second."

"They even exhale better than we do (another win for us)," Dr. Horowitz continued, describing a sort of doggy yoga breath. Dogs exhale through the side slits of their nostrils, so they keep a continuous flow of inhaled air in their snout for smelling. "This gives them a continuous olfactory view of the world."

"Dog sniffs are designed to send odor-carrying air along its length", she said, "humidifying, warming and cleaning it along the way to the back of the nose (maybe to our tails also which is why mine is curved)."

by Victoria Usher

World-class dog breeders are planning on gathering together in Shanghai for The World Dog Show in 2019 where they will show off their greyhounds, Great Danes, cocker spaniels, etc. to a large audience.

The World Dog Show has been hosted in a different city every year since 1971. Activists (and me) are against having The World Dog Show in China because of the annual Yulin Lychee and Dog Meat Festival that China has in the city of Yulin every year. Somewhere around 10,000 dogs are slaughtered at this dog meat festival for human consumption.

Activists are standing up and

saying (and barking) that unless the Chinese government stops the Yulin festival completely The World Dog Show should be held somewhere else.

There are also some people who feel that having the dog show in Shanghai is a good idea because it could raise more attention and awareness to companion animals and hopefully help establish laws that will protect animals.

From my buddy Cesar Millan (I'm sure he would like me if he knew me).

The dominance position is so instinctual because dogs begin learning it almost from birth as the new litter jockeys for position while nursing with the mother. The more dominant dogs will get more milk while the submissive dogs will learn to wait. Since this first struggle for position deals with food and the possible difference between life and death, it is very primal and makes a big impact.

There are three positions in the pack. Their traditional designations, especially when describing a wolf pack, are alpha, beta, and omega. There is usually one alpha couple, a male and a female, that lead the whole pack. They have a number of betas subservient to them, with the omegas subservient to everyone else.

When we bring dogs into our lives, we have to be aware of this pack hierarchy. With one dog, it's simple. All the humans are Pack Leaders, and the dog is subordinate. But how does it work if you have more than one dog?

In this case, you effectively have two packs. One is the pack of humans and dogs, with all of the humans in charge and all of the dogs subordinate. The other is the pack of dogs, who will have their own hierarchy and they're going to figure it out long before you do. You're going to figure it out by watching the signs that the dogs give you.

There are many different approaches to training. The key is to do your research, use your best judgment, and most important, know your dog and remain calm and assertive (or a good snack).

Training is about communication; conditioning your dog to respect you as the pack leader as you set rules, boundaries, and limitations. As the human, you need to practice patience and know yourself, too. If you start to get frustrated or nervous, the dog will sense your energy and the work could be counterproductive.

Set aside time every day to work on training. Remember, dogs need discipline (or a good snack), so giving them dedicated time when they need to focus on you, the pack leader, is important to maintain good behavior on a regular basis.

Everything you do or say around your dog is "training" - remain consistent in your body language, signals, and commands.

Know what you want from your dog (a good snack for me). Set a clear goal and stick to it.

Training and conditioning require consistent reinforcement (or a good snack) to keep the dog enjoying the behavior.

Keep training sessions short and sweet, and pay close attention to when your dog gets tired or overtaxed. You want to keep her interested and wanting more!

Use training as a time to help your dog learn to problem-solve on her own. It keeps her mind busy and builds confidence.

Take time to find the rewards that work best. Not all dogs are food-motivated (no way), so do your homework and try a different approach if one way isn't giving you the results you want.

Always end a training session with a success (or a good snack)



Haole, Ventura's surfing dog, will ride with Grand Marshal Mary Osborne when the St. Patrick's Day Parade marches up Main St. on Saturday, March 11. Haole, an 8-year-old yellow Labrador retriever, wowed hundreds of thousands attending the 2017 Rose Parade as well as millions more watching on TV with his surfing skills on a float equipped with a wave machine. Haole, whose name is pronounced "Howl-ie" lets John and Kim Murphy live with him.

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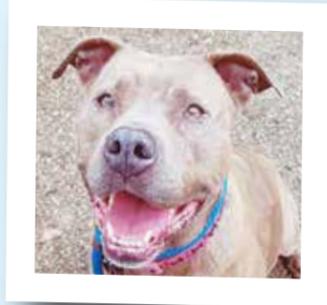


# Professor Scamp, Ph.D

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 Mahlaya a very sweet and a little shy 8-year-old American Staffordshire Terrier X who is need of a new home. The older female dog in the home started picking on me when I was 7-months-old. We were separated and went to training (I've successfully completed intermediate and advanced education classes as well as successfully completing the AKC Canine Good Citizen Test) and things were fine again. But then it started again and we have been separated for a while now. Being separated all the time isn't a great way for me to live. I want to be part of the family and be able to interact all the time.



I'm good with small dogs, I love children, toys and playing fetch and I absolutely love the water! I've had formal training and know -- sit, stay, lay down, shake, high five, return to side and come. I walk well on a leash and love to go for runs and walks too. I hope you will come meet and see for yourself what a wonderful girl I am. Canine Adoption and Rescue League C.A.R.L.C.A.R.L.Canine Adoption and Rescue League C.A.R.L. Please call CARL adoption center at 644-7387.

James was lost and alone. Who knows how long he was on the streets. He got a rough start at the shelter too. He was fearful of everyone and hid as far back in his little kennel as he could. Staff and volunteers kept encouraging him to socialize. Now James wants nothing more than to be held and cuddle. Do you have a lap? Do you like to cuddle? James can be found in kennel #251. Ventura County Animal Services - Camarillo location - 600 Aviation Drive



## Scamp Club

(Scampclub pets are not for adoption.)

Hi: I'm Athens a 4-year-old black lab. I love to run and chase toys.



## Join Scamp Club

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



I am practicing dry runs getting ready for my surfing debut except that I even hate taking baths so I may never make it into the water.

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**Michael Feinstein to headline**  
*Continued from page 1*  
 jazz singer-violinist Calabria Foti.  
**Anderson & Roe Piano Duo**  
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 Saturday, July 15 @8pm.

Last year's Festival sensation returns with another transcendental program featuring Beethoven, Leonard Bernstein, Paul Schoenfield's "Boogie" and several surprises!

**Nuvi Mehta & Friends**  
 "An evening of great American classical music"  
 Sunday, July 16 @7pm.

VMF's Artistic Director gathers his virtuosi friends for a memorable classical program of Barber, Copland and Ojai-based composer John Biggs who will celebrate his 85th birthday at the Festival.

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"In tribute to her great friend Leonard Cohen"  
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This bass/cello/violin trio has reshaped chamber music, genre-hopping from Puccini, Gershwin and original works.

**Michael Feinstein**  
 "Stories and Songs from the Great American Songbook"  
 Sunday, July 23 @7pm

This Grammy®-nominated singer, pianist and educator has become a PBS star with his Great American Songbook series, dazzling world stages as an un-

# This 'n' That



Nursing students are grateful to receive stethoscopes from the Soroptimist Club of Ventura.

## Soroptimist helping the community

In the fall of 2015 the Soroptimist Club of Ventura (SI Ventura) decided to commit funds to donate quality stethoscopes to nursing students at Ventura College. Stethoscopes are an important, necessary and expensive part of a nurse's arsenal of equipment.

Since that first fall semester in 2015, SI Ventura has handed out more than 30 stethoscopes, engraved with the Soroptimist logo, to Ventura College students. SI Ventura is confident that the recipients are off to a good start in their nursing education and will be able to use the stethoscopes throughout their nursing careers.

Recently a group of Soroptimist club members met the newest recipients of the stethoscopes, and were delighted to hear from the women and men themselves about what a valuable addition the donation has made to their education.

The tenth annual community awareness event by Soroptimist International of Oxnard, Camarillo, The Conejo, Ventura, Santa Barbara, Simi Valley, and Fillmore clubs of Camino Real Region will take place at 5:30 p.m. March 8 at the St. Paul's Episcopal Church, 3290 Loma Vista Rd.

A community awareness walk will take place beginning at 5:30 p.m. Red-clad walkers from Soroptimist clubs, abolitionists, prototypes, and community activists will carry signs for STOP Trafficking and support for human rights; the public is invited to attend.

The goal of this annual event is to bring awareness and empowerment to the community, particularly, women and girls, that human trafficking is not just a global problem, but a local one. A panel of three speakers will present information on the current cases of human trafficking in Ventura County and victim survivorship. Speakers are will be Kristina Fitz, commercial sex trade survivor and mentor; Michael Munn, Ventura County District Attorney Investigator; and Deputy Sheriff Judith Porter, Ventura County Special Unit.

Soroptimist is a national and international service club for business and professional women with a focus on improving the lives of women and girls through programs leading to social and economic empowerment. For more information about Soroptimist and the Ventura Club please visit their web site at [www.soroptimistventura.org](http://www.soroptimistventura.org) or contact Sandra Masiel at 278-3607.

paralleled interpreter of American music - from saloon singers and Broadway hits to Berlin. Called a "national treasure," Feinstein is an all-star force in American music today.

**Festival Brass Quintet**  
 "Tea & Trumpets"  
 Fridays, July 14 & 21 3pm @ Pierpont Inn.

Enjoy the legendary inn's splendid four-course English tea with the quintet's hallmark wit, humor and fanfare.

Special concerts:  
**Billy Valentine**  
 April 20 Ventura Music Festival Cabaret

At the Four Points by Sheraton for the legendary soul singer Billy Valentine, a benefit for the VMF Young Artists Fund. Purchase tickets now.

**Angelo Velasquez**  
 2017 VMF Student Jazz Competition winner May 12 . Rising Stars Concert

Experience outstanding young choral, classical and jazz performers at this free concert at First United Methodist Church.

Tickets on sale April 3 at 648-3146 or [venturamusicfestival.org](http://venturamusicfestival.org).

**Fair accepting entries**  
*Continued from page 15*  
 three entries, First prize: \$500, Second Prize: \$250, Third Prize: \$100

The winning design will be used to advertise the Fair on Fair posters, souvenirs, advertisements and other applications. Second and third place winners will also be used in various Fair publicity applications. All entries will be displayed in the Youth Expo at the Ventura County Fair. Each child who enters will receive 2 Fair admission tickets and will ride with the Junior Fair Board in the 2017 Ventura County Fair Parade.

The Ventura County Fair will begin its annual 12-day run Wednesday, August 2 and continue until Sunday, August 13.

For more information about the Fair, or the poster contest, please call the Ventura County Fairgrounds at 648-3376 or visit [www.venturacountyfair.org](http://www.venturacountyfair.org).

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

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

Visit our website for info. [jamesfgray.com](http://jamesfgray.com)  
 for video trailers, locations, booksignings!

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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**

# 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.

**Go to [www.venturabreeze.com](http://www.venturabreeze.com) for additional police reports**

**Residential Burglary, Felon in Possession of a Loaded Firearm Arrest**

On February 14, at approximately 1:45pm, the Ventura Police Department Command Center received a 911 call from resident in the 500 block of Donizetti Ave., reporting that a subject had just broken into a neighbor's residence and left on a bicycle. The suspect, later identified as 37 year old vagrant Kevin Long, was last seen fleeing eastbound on Thille St.

An officer responding to the call saw Long riding his bike on Main St. and attempted to stop him, but he failed to yield to the officer. As the officer followed him in his patrol vehicle, Long continued riding the bike and rode through several intersections, failing to stop for the red lights. At one intersection he was almost hit by a vehicle. In the area of Main St. and Mills Rd., Long tried to ride towards the parking lot of the Pacific View Mall, but fell from the bike. Officers were able to take him into custody without incident.

Officers found a loaded handgun in a bag Long was carrying.

During the investigation, officers learned Long entered the residence after breaking a front window and took the firearm that was found in his possession. The resident was not home at the time of the burglary.

Long was arrested and booked into the Ventura County Jail for burglary, felon in possession of a stolen and loaded firearm and resisting arrest.

**Fatal Traffic Collision**

On February 14, at 11:30pm, the Ventura Police Command Center received a 911 call of an intoxicated subject fighting in the parking lot of Circle K. The suspect had struck a patron in the face unprovoked which led to the fight.

An officer investigating the incident was interviewing a witness when the suspect was driving out of the parking lot and involved in a hit and run accident of a parked vehicle. The suspect fled in his vehicle northbound on Wells Rd.

The officer returned to his vehicle and attempted to catch up with the suspect but lost sight of the vehicle as it turned east on Foothill Rd. When the officer drove east on Foothill Rd he saw the aftermath of a single vehicle traffic collision near Foothill and Aliso Canyon Rds.

The suspect was ejected from the vehicle and succumbed to his injuries. The female passenger was trapped inside of the vehicle. Ventura City Fire extricated the passenger from the vehicle and she was transported to VCMC where is she is in stable condition.

The California Highway Patrol responded to assist with the traffic collision.

**Felony Resisting Arrest, Felon in Possession of a Firearm and Ammunition, Stolen Vehicle, Felony Warrant Arrest**

On February 18, at approximately 11pm, a patrol officer was on patrol in the 1100 block of Saratoga Ave., when he saw the suspect, later identified as 26 year old Ventura resident Pablo Reyes, walking in the area. Reyes was known to the officer and he was aware that Reyes had a felony warrant for his arrest. When the officer tried contacting him, Reyes fled towards his residence. The officer pursued him on foot and caught him before getting inside. A second officer arrived on scene, and both attempted to take him into custody. Reyes violently fought with the officers and tried to escape. After a struggling with him for several minutes, officers were able to take Reyes into custody.

Officers located a vehicle parked nearby that was connected to Reyes. During a search of the vehicle, a shotgun and ammunition were found inside. It was also discovered the vehicle was an unreported stolen vehicle.

Reyes was transported to VCMC for treatment of a minor injury while fighting with officers. After being medically cleared, he was arrested for felony resisting, felon in possession of a firearm and ammunition, stolen vehicle, felony warrant and for being a post release offender.

One officer sustained an injury to his hand.

**Felony Assault on a Police Officer Arrest**

On February 20, at approximately 2pm, a Ventura police patrol officer was conducting a traffic stop on Thompson Blvd. just east of Chestnut St. While the police officer was standing near the driver's side window of the violator's vehicle, a motorist (later identified as 35 year old Oxnard resident Adam Gilbert Matthews) drove by eastbound on Thompson Blvd. and yelled profanities directed at the officer. The officer continued speaking with the violator while also keeping an eye on Matthews' vehicle. The officer soon noticed Matthews conduct a U-turn near Ash St. and then accelerate westbound Thompson Blvd. As Matthews accelerated, he swerved into the eastbound lanes of Thompson Blvd. and drove directly towards where the officer was standing. The alert officer noticed Matthews' vehicle was coming directly towards him and quickly ran to a position of cover out of the roadway and was not injured.

After almost hitting the officer with his vehicle, Matthews steered back into westbound lanes of Thompson Blvd. and was last seen traveling northbound on California St. The officer alerted other patrol officers and broadcasted a description of Matthews' vehicle, but it was not located.

Ventura Police Detectives conducted follow-up and identified the suspect vehicle as a 2015 Chevy Impala driven by Adam Matthews. On 2/21/17 at about 1800hrs, Matthews was located near his residence in the 3000 Block of Regatta Place in Oxnard and was taken into custody without incident. Detectives served a search warrant at Matthews' residence and located evidence linking him to the assault.

Matthews was booked at the Ventura County Jail for assault on a police officer with a deadly weapon. **Shooting**

On February 22, at approximately 11:45pm, Ventura Police Patrol Officers responded to call of multiple shots fired at Motel 6 on Harbor Blvd. Upon arrival, officers located a juvenile victim with a gunshot wound to one leg and the adult victim with gunshot wounds to both legs. Both victims (who were Arizona residents) were transported to a local hospital for treatment. Ventura PD Detectives responded and took over the investigation. At this time investigators have been unable to determine what led to the shooting and there is no suspect information. Anyone with information regarding this incident is asked to contact Sgt. Matt Cain at 339-4488.

**Carjacking, Vehicle Pursuit, Hit and Run Arrest (not new anymore)**

On February 25, at 1:11pm the Ventura Police Department's Command Center received a 911 call of stolen vehicle that just occurred in the 3000 block of E. Main St. The vehicle's owner had stopped at a business, went inside and left his 13-year-old son in the vehicle with the vehicle running. As the son was waiting in the vehicle the suspect, later identified as Chance Daugherty, got into the vehicle and told the son to get out. Daugherty did not display any weapons. The son exited and Daugherty fled in the vehicle. The son was not harmed.

Officers responding to the call saw the vehicle, a new BMW SUV, travelling on Thompson Blvd. near San Jon Rd. and a vehicle pursuit was initiated. Daugherty continued on Harbor Blvd., and entered southbound Highway 101 near California St. Prior to entering the freeway, Daugherty collided into a vehicle and continued. Officers pursued Daugherty at speeds ranging between 75 and 95 MPH, until he was involved in another collision near the Highway 101 and 126 interchange, and drove off the freeway. When the vehicle came to a rest on the embankment, Daugherty fled on foot from the vehicle. After a brief foot pursuit, he was taken into custody.

Daugherty was transported to VCMC for treatment of minor injuries he sustained while running from officers. Once he was medically cleared, Daugherty was booked into the Ventura County Jail for carjacking, felony evading and hit and run.

# Harbor Patrol Blotter

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

**2-01** 9:20am, received a report of a female threatening to jump off the pier in an attempt to commit suicide. Officers responded in the fireboat and assisted Ventura PD, State Parks with the call. The individual was not located after an extensive search of the pier and surrounding area.

**2-02** 3:10pm, received a dispatch to a residential fire alarm at a unit in the marina mobile home park. Officers responded and found the unit was being painted and the fumes set off the alarm.

**2-04** 11:40am, received a dispatch to an unknown medical at marina mobile home park. Officers responded and were unable to locate a patient. A neighbor of the individual advised the patient was in a convalescent hospital.

**2-05** 6:12pm, received a dispatch to a unknown medical at the intersection of Harbor Blvd/Schooner Drive. Officers responded and assisted Ventura fire/AMR with local female transient who has fallen and can't get up to diabetic nerve pain. Patient was transported to local hospital.

**2-06** 6:24am, received a dispatch to a fall victim at the marina mobile home park. Officers responded and assisted Ventura fire/AMR with the patient. The patient was lifted back to her bed and refused further assistance.

9:46am, received a report of a diesel spill in the Arundell Baranca. Officers responded and found a rainbow sheen but nothing that was retrievable. Advised environmental health of the sheen.

10:50am, received a dispatch to a medical at Surfers Knoll. Officers responded and assisted Ventura fire and PD with local transient female suffering from exposure to the elements. She was released at the scene.

6:16pm, received dispatch to a fall victim at the marina mobile home park. Officers responded and assisted Ventura fire/AMR with an 86 year old male who fell. The patient was eventually transported to local hospital.

**2-07** 9:55am, received a report of an injured sea-bird at the launch ramp. Officers responded but were unable to capture the injured bird, it was able to fly away. Bird rescue was advised and the search/capture will continue.

**Weekly SUDOKU**  
Answer

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

**King Crossword**  
Answers  
Solution time: 21 mins.

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



### Ventura Music Scene

## Local music and more!

by Pam Baumgardner  
VenturaRocks.com

I'm extremely impressed with this year's lineup for the Ventura Music Festival which includes headliner Michael Feinstein, but I'm really looking forward to catching Perla Batalla's tribute to Leonard Cohen on Friday, July 21. Yes, this is advance notice, but hopefully ticket sales will be brisk and I wouldn't want you to miss out. Full listings for all events can be found at [VenturaMusicFestival.org](http://VenturaMusicFestival.org) (and article in this issue).

Medicine Hat is off to Austin this month to play at SxSW (3/10 - 3/19). They'll be there five days, they're currently scheduled to play four shows and working on more. In addition to acoustic shows, Medicine Hat will play a couple gigs with a full band, consisting of some of Austin's finest.

Here's a couple of one-liner notes of interest: Karen Eden continues her Margarita Mondays at 6 at Amigos; Chris Austin is heading up an open Jam/Mic night at Bombay's on Wednesdays starting March 1, PA and backline will be provided and I'm told that the jams will be filmed; Yachtley Crew returns to Bombay's on Saturday March 4; Four Brix Winery will offer live music on the first Friday of the month starting with JJ Frank on March 3; The Ventucky String Band plays every first Thursday of the month at Saloon BBQ including this month on the 2nd; Big Rig Dollhouse returns to Sans Souci on Friday, March 3; you can catch the Dive Bar Messiahs in a new venue for them at the Star Lounge, on Saturday March 4; the Social Distortion show at the Ventura Theater March 7 is sold out, but tickets are still available for the White Buffalo on Friday, March 10; there's a Rockabilly and Blues fundraiser for El Camino High at the Ventura Beach Club on Friday, March 10; and finally, Plan B's Second Sunday Supper is back on with Ray Jaurique and the Uptown Brothers on the 12th.

One of Ventura's most popular bands, Rey Fresco, has new music, three songs produced by Mario C who also worked with The Beastie Boys and Jack Johnson (he's also won three Latin Grammy awards to date). I'm loving their new tune "You Were Wrong" which I haven't gotten out of my head since first playing it, but you know, in Rey Fresco's case, that's a good thing.

And speaking of Rey Fresco and bands who record original music, don't miss my program "The Pam Baumgardner Mostly Local Music Hour" on KPPQ-LP 104.1 FM. I'm spinning tunes from not only Rey Fresco, but Shawn Jones, Kelly's Lot, Steve Williams, Bryan Titus, Hot Roux, The Barrelhouse Wailers, The NaVaNaX, Medicine Hat, Charles Law, 50 Sticks of Dynamite, Jerry Breiner, Shaky Feelin' and more. The station is rebroadcasting

the show during the week, but I'm live on Tuesdays 5-6 pm with internet access coming soon. You can also give a listen to the current week's broadcast on VenturaRocks.com.

Do you have any music-related news or upcoming shows you want help publicizing? Or would you like to submit your music for possible inclusion on my radio show? Please send all information short or long to [Pam@VenturaRocks.com](mailto:Pam@VenturaRocks.com), and for updated music listings daily, go to [www.VenturaRocks.com](http://www.VenturaRocks.com).

## Music Calendar

For more events go to [VenturaRocks.com](http://VenturaRocks.com)

### Amigos Cafe & Cantina

546 E. Main St.

805-874-2232

Mondays: 6 pm Karen Eden & Bill Macpherson; 9 pm Musician's Night Out

Tuesdays: Open Mic  
Sun 3/5: 5 pm The Tossers; 9 pm Karaoke

### Boatyard Café

### Ventura Harbor Village

Wednesdays 6-9 pm: Catfish Fry

### Bombay Bar & Grill

143 S. California Street

Wednesdays: Jam Night

Fridays: DJs

Saturdays: DJs

Sat 3/4: Yachtley Crew

### Café Fiore

66 S. California Street

(805) 653-1266

Wed 3/1: Bryan McCann

Thurs 3/2: Rick Whitfield

Fri 3/3: Soul Infusion

Sat 3/4: Drunken Monkeys

Tues 3/7: Jazz Express

Wed 3/8: Big Adventure

Thurs 3/9: Coso Live

Fri 3/10: Pure Joy

Sat 3/11: Action Down

Tues 3/14: 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

### Copa Cubana

### Ventura Harbor Village

Week nights 7 pm; Sundays 3 pm

Mondays: (6-9) The Estrada Band

Tuesdays: The Down Home Trio

Wed 3/1: Toni Jannotta

Fri 3/3: Ian Peters

Sat 3/4: Rivera & Sunnaborg Duo

Sun 3/5: 3 pm Jazz Express

Fri 3/10: Brandon Ragan Project

Sat 3/11: Ian Peters

### Dargan's Irish Pub

### 593 E. Main Street

Sun 3/5: 4 pm The Sunday Drivers

### Discovery

### 1888 Thompson Blvd

Late Fridays 10 pm: Flashback Fridays

Late Saturdays 10 pm: Disco Bowl

Thurs 3/2: Synrgy, Prime Livity

Fri 3/3: Ray Jaurique & the Uptown Brothers

Sat 3/4: Mandex

Thurs 3/9: Johnny Love

Fri 3/10: Downtown All Starz

Sat 3/11: DJ Kuya Ray

### El Rey Cantina

294 E. Main Street

Fridays: 4 pm Xoco Moraza and

Friends; 9:30 DJ/Karaoke by DJ Gold

Dust

Sat 1/21: DJ Aycer

Sat 1/28: DJ Erock

### Four Brix

### 2290 Eastman Avenue

Fri 3/3: 5:30 pm JJ Frank

### Garage

### 1091 Scandia Ave

Thurs 3/2: Total Chaos, Infirmities,

Rats in the Wall, 40 Ounces, The Afraid

Fri 3/3: Chill Child

Sat 3/4: Disateroid, Wooden Nomad

Wed 3/8: Munjitas del Fuzz

Thurs 3/9: Pueblo Escobar

### 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 3/3: The Right Amount of Wrong

Sat 3/4: TD Lind

Fri 3/10: Jade Hendrix

Sat 3/11: Shawn Jones

### The Greek Mediterranean

Fri & Sats 7:30 pm

Belly Dancing, Greek music and show

### Hong Kong Inn

435 E. Thompson Blvd

Mondays: Karaoke

Thursdays: Gypsy Blues Band

Fri 3/3: Hi Hat Entertainment presents

Laurie Morvan Blues Band

Fri 3/10: Hi Hat Entertainment

presents Kelly's Lot

### Keynote Lounge

10245 Telephone Road

Tuesday and Wednesday: Karaoke

Thursday: Open Mic

Sunday: Karaoke

Fri 3/3: Brandon Ragan Project

Sat 3/4: Action Down

Fri 3/10: Vital Itch

Sat 3/11: Rick Miller Band

### Majestic Ventura Theater

26 S. Chestnut Street

Tues 3/7: Social Distortion

Fri 3/10: The White Buffalo

Sat 3/11: Best Shot, Noticeable Ones

### O'Leary's

6555 Telephone Road

Tuesdays: Free Jukebox

Wednesdays: Karaoke

### Paddy's

2 W. Main Street

Wednesdays: Karaoke

### Plan B Wine Cellars

3520 Arundell Circle

Sun 3/12: 4:30 pm Ray Jaurique & The

Uptown Brothers

### Poinsettia Pavilion

3451 Foothill Road

(805) 648-1143

Sun 3/5: 2 pm Old Grass Band

Mon 3/6: Dick Parent

Mon 3/13: Dick Parent

### 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

### Saloon BBQ Co

456 E. Main Street

Weekend music at 10 pm

Thurs 3/2: 7 pm Ventucky String Band

### Sandbox Coffeehouse

204 E. Thompson Blvd

805-641-1025

Thurs 6 pm, Weekends noon

Thursdays Open Mic

Sat 3/4: Bruce Mancuso

Sat 3/11: Saratone

Sun 3/12: Dennis Russell

### Sans Souci

21 S. Chestnut

Sundays: DJ Darko

Mondays: Karaoke

Tuesdays: Transform Tuesdays w/ DJ

Wednesdays: Open mic

Thursdays: DJ Spinobi

Fri 3/3: Big Rig Dollhouse

### Squashed Grapes

2351 E. Main St.

805-643-7300

Live jazz music 7-10 pm

Wed 3/1: Dogfish

Thurs 3/2: Oui'3

Fri 3/3: Jazz Express

Sat 3/4: Barrelhouse Wailers

Tues 3/7: Jazz Jam

Wed 3/8: Comfort Zone

Fri 3/10: Big Foot Invasion

Sat 3/11: St Patrick's Day Parade Band

### Star Lounge

343 E. Main Street

Tues & Thurs: Karaoke

Fri 3/3: CRV

Sat 3/4: Dive Bar Messiahs

Fri 3/10: Alastair Greene

Sat 3/11: Inna Rude Mood

### The Tavern

211 E. Santa Clara Street

(805) 643-3264

Sundays: DJ Steezy Steve

Metal Wednesdays

Get it Right Thursday DJs

Fri 3/3: Soluzion

Sat 3/4: Whesli

Fri 3/10: Rich Sheldon

Sat 3/11: I Want my 80's

### Topa Topa Brewing Co.

104 E. Thompson Blvd

(805) 628-9255

Tuesdays: 6 pm Jeff Uzzel

Wednesdays: 6 pm Open mic

Fri 3/3: 7 pm Sea at Last

Sat 3/4: 3 pm The Swilly's

### Ventura Beach Club

281 W. Main Street

Fri 3/10: Rockabilly & Blues fundraiser

### The Wine Rack

14 S. California Street

(805) 653-9463

Tuesdays: Keith Cain

Thurs 3/2: Jon Gindick

Fri 3/3: Poison and Wine

Sat 3/4: Paul Mars Black

Fri 3/10: Paddy and Milo

Sat 3/11: Danielle Stacey

### The 805 Bar

### Ventura Harbor

Sat & Sun: Noon Kenny DeVoe

Fridays: 4 pm Kenny DeVoe

Sat 3/4: 8 pm Frank Barajas

Sat 3/11: 8 pm Jason Ho



The MIX – Nighttime Networking is an informal, after work social networking function held by the Ventura Chamber of Commerce. The Feb. 16 MIX was hosted by H Gallery + Studios located at 1793 E. Main! H Gallery + Studios is a 10,000 square foot vintage building completely dedicated to the arts. The social atmosphere at this gallery has been praised by much of the community and the high caliber art that is exhibited has made this venue one of the best in Southern California. This is much more than a conventional art gallery, it's a community of working artists from the area. The curation of the gallery **Yessica Torres** and owner **Rodrigo Aguilar** welcomed the chamber to the MIX.



Photo by **Donna Granata**  
In celebration of Women's History Month, the Ventura College New Media Gallery is proud to announce Photographic Portraits by Ventura College alumni, Donna Granata, founder of Focus on the Masters (FOTM). The exhibition SPARK: Woman Educators, Innovators, and Activists will run from Thursday, March 2 through Thursday, April 13, with an opening reception on March 2, from 6:30-8:30 p.m. A gallery talk

is also scheduled for Thursday, March 23, at 1:00 p.m. The exhibition and gallery talk, located on campus are free and open to the public.

Established in 1994, FOTM is an on-going non-profit art appreciation program that documents, preserves and presents the works and lives of accomplished contemporary artists, emphasizing the importance of the arts to a healthy community.

The New Media Gallery showcases the work of professional artists throughout the United States. Gallery hours for spring 2017 are Monday – Thursday, 10-4 p.m. and/or by appointment. On campus parking requires a permit which may be purchased for \$2 from the automated parking boxes on campus parking lots.

A complete listing of Ventura College art exhibits may be found at <http://www.venturacollege.edu/about-ventura-college/college-events/arts-and-events>



While vacationing in Ridgefield, CT, **George Robertson** brought his sketchbook (and we're sure his Ventura Breeze) to capture the beautiful city.

Artist **Mariana Peirano Royuela** believes that the universe had a plan for her to be an artist. "According to my mother, I was drawing since I could hold a pencil. As I got older it actually became a bit of an issue with her because that's all I wanted to do! But apparently life had a different plan for me and I became a teacher. So for many, many years my artistic talents were used to create classroom materials and bulletin boards. Then one day, my call came again and that time I listened."

This amazing artist offers a variety of weekly classes, workshops and artist retreats on figure and portrait drawing and painting, intuitive painting and visual journaling. Following the academic approach, these basic life drawing classes and workshops, offer a simple and effective approach for drawing the human figure. Peirano Art studio, 1793 East Main St. Enrollment is limited. Reservations recommended. To sign up call 758-8247 or [maestramari@hotmail.com](mailto:maestramari@hotmail.com). See more of her art at [www.peiranoart.com](http://www.peiranoart.com).



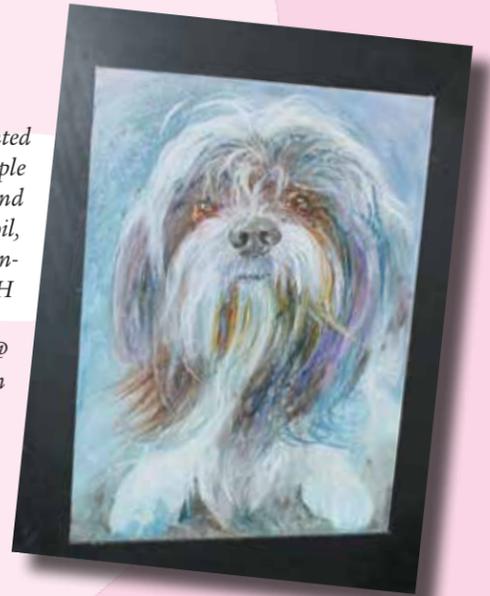
The art of **Hiroko Yoshimoto** will be on display.

Women on the Rise Women's Exhibit Opening Friday, March 3, from 6:00 - 9:00 p.m. exhibit dates: March 3 - 31 Gallery hours: M-F 10-4 pm Sat. & Sun. by appointment

In celebration of Women's History Month the Vita Art Center in collaboration with Focus on the Master's will exhibit the artwork of women artist that have been interviewed and documented by **Donna Granata**. FOTM has done an incredible job documenting the work and lives of extraordinary artists that have dedicated much of their lives to their craft and Vita Art Center is honored to showcase the work of these women.

Vita Art Center, 432 N. Ventura Ave. ,644-9214 [www.VitaArtCenter.com](http://www.VitaArtCenter.com)

**Michelle Nosco** is a multi-talented artist whose work includes portraits (people and animals), murals, faux finishes and much more. To see more of her work in oil, watercolor and pastel visit [www.noscofineart.com](http://www.noscofineart.com). Michelle's studio is located at H Gallery + Studios 1793 E Main St. 861-6504 [noscofineart@hotmail.com](mailto:noscofineart@hotmail.com). Scamp stated "what an adorable dog."



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# Lighter Breeze

## Mother Goose and Grimm



## Baby Blues



## Blondie



## Arctic Circle



## Rhymes With Orange



## Sam and Silo



Solutions on page 19

**(For a beginners guide to playing Sudoku go to [venturabreeze.com](http://www.venturabreeze.com))**

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

**Weekly SUDOKU**  
by Linda Thistle

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

**DIFFICULTY THIS WEEK:** ♦  
♦ Moderate ♦♦ Challenging  
♦♦♦ HOO BOY!

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Solutions on page 19

## King Crossword

### ACROSS

- 1 Eden evacu-ee
- 4 Temporary gifts
- 9 School org.
- 12 Lucy of "Elementary"
- 13 Liver or lung
- 14 Parcel of land
- 15 Hearth
- 17 Past
- 18 Hot tub
- 19 Porter
- 21 Occur
- 24 Great Lake
- 25 Web address
- 26 Banned pesticide
- 28 "- alive!"
- 31 Bound
- 33 Surprised cries
- 35 Citrus fruit
- 36 Fancy neckwear
- 38 Special -
- 40 Nashville-based awards org.
- 41 "Zounds!"
- 43 Rouse
- 45 Autobiography's cousin
- 47 Carnival city
- 48 - carte
- 49 "Monopoly" purchase
- 54 Tit for -
- 55 More than

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

- enough
- 9 Football tactic involving a
- 30 Penn or Astin
- 32 Comic-strip possum
- 34 Glisten
- 37 James Clavell novel
- 39 Stole
- 42 Histrionics
- 44 Popular ISP
- 45 Partner
- 46 Verve
- 50 Spinning stat
- 51 "Eureka!"
- 52 Police officer
- 53 Ram's 45-Down
- 56 Explanation
- 57 Type measures
- 10 Roman garment
- 11 On
- 16 Sixth sense, for short
- 20 Use a rotary phone
- 21 Hawaiian dance
- 22 War god
- 23 Settings for settings?
- 27 Nevertheless, for short
- 29 Model nee Melissa Miller

### DOWN

- 1 Sprite
- 2 Evening hour, in a way
- 3 Asia's neighbor (Abbr.)
- 4 Pruned
- 5 Florida city
- 6 Khan title
- 7 Mother-of-pearl
- 8 Derisive looks

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Go to [www.venturabreeze.com](http://www.venturabreeze.com) for your daily horoscope

**ARIES** (March 21 to April 19) You're correct to want to help someone who seems to need assistance. But be careful that he or she isn't pulling the wool over those gorgeous Sheep's eyes. You need more facts.

**TAURUS** (April 20 to May 20) Your Bovine optimism soon will dispel the gloom cast by those naysayers and pessimists who still hover close by. Also, that good news you recently received is part of a fuller message to come.

**GEMINI** (May 21 to June 20) Feeling jealous over a colleague's success drains the energy you need to meet your own challenges. Wish him or her well, and focus on what you need to do. Results start to show in mid-March.

**CANCER** (June 21 to July 22) You're likely to feel somewhat Crabby these days, so watch what you say, or you could find yourself making lots of apologies. Your mood starts to brighten by the weekend.

**LEO** (July 23 to August 22) Your pride might still be hurting from those unflattering remarks someone made about you. But cheer up, you're about to prove once again why you're the Top Cat in whatever you do.

**VIRGO** (August 23 to September 22) A misunderstanding with a co-worker could become a real problem unless it's resolved soon. Allow a third party

to come in and assess the situation without pressure or prejudice.

**LIBRA** (September 23 to October 22) Call a family meeting to discuss the care of a loved one at this difficult time. Be careful not to let yourself be pushed into shouldering the full burden on your own.

**SCORPIO** (October 23 to November 21) An upcoming decision could open the way to an exciting venture. However, there are some risks you should know about. Ask more questions before making a commitment.

**SAGITTARIUS** (November 22 to December 21) Personal matters need your attention during the earlier part of the week. You can start to shift your focus to your workaday world by midweek. Friday brings news.

**CAPRICORN** (December 22 to January 19) You've been going at a hectic pace for quite a while. It's time now for some much-needed rest and recreation to recharge those hard-working batteries.

**AQUARIUS** (January 20 to February 18) This is a good time to upgrade your current skills or consider getting into an entirely different training program so that you can be prepared for new career opportunities.

**PISCES** (February 19 to March 20) Keep a low profile in order to avoid being lured away from the job at hand. Focus on what has to be done, and do it. There'll be time later to enjoy fun with family and friends.

**BORN THIS WEEK:** You can be a dreamer and a realist. You dream of what you would like to do, and then you face the reality of how to do it.

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## Show Time

### John Wick: Chapter 2



Breeze rating from 1 to 4 palm trees, 4 being best.

by Manuel Reynoso

Directed by Chad Stahelski and written by Derek Kolstad and stars Keanu Reeves, Common, Laurence Fishburne, Riccardo Scamarcio, Ruby Rose, John Leguizamo and Ian McShane

Shortly following the events of the first film, John Wick finds himself being violently thrust back into the life of crime and assassins he sought to leave.

*John Wick: Chapter 2* is real fun. And if I could, I would pack it up and call this review done right then and there. But, I have a job to do. So bear with me if this review comes off as a little gushy, but it's important to express how refreshing a well written story that only seeks to be entertaining and fun really is.

Chad Stahelski directing style really synergizes well with action movies. His attention to detail and his ability to trim out any unneeded fat from the film is what differentiates the John Wick series from the rest of the generic action flicks. There are no "funny" quips or unneeded dialogue in this movie. John Wick dares to tell a story through visuals instead of exposition, I know, who would have thought movies can tell it's story through actions and visuals? But Stahelski understands this. His decision to completely cut out Ruby Rose's spoken dialogue was a clear risk, but instead of the generic sexy female antagonist, we got a far more nuanced character. Limited to only sign language, expression and action was where we learned the most about the inner workings of this character.

And a lack of dialogue isn't just a gimmick for Ruby Rose's Character, but is a rule that encompasses most of the films cast. We aren't forced to see the plot move with static dialogue, we are shown the plot move along. John actions have consequences, and they are bloody, and explosive to see. The gun choreography is also some of the best I've ever seen. For a two hour movie mostly consisting of gun play, it was varied and creative enough to keep the film from becoming a drag at any point. The attention to detail in Keanu Reeves's ability to quickly and methodically reload his gun was as entertaining as the gun fights themselves. The hand to hand combat did not disappoint either. While there was some shaky camera work and jump cuts to occasionally mask some lack of contact being made, most of the sparring was painfully real. As actor Common would described, he would wake up the next morning after filming with Keanu completely sore and covered with bruises.

It was this type of dedication to the art of fighting that really makes John Wick the great action series of our time. Keanu Reeves loves to make action movies, and he puts his heart and soul into this character. In various interviews, Keanu recounts taking punches time and time again from fellow actors

to get the shots as perfect as he possibly can. Keanu Reeves is John, and it's just so refreshing to see an actor take on a persona that resonates so passionately with him.

However, John is just one character in this world of crime and assassins, and that where the cleverness of the screenplay comes in. Derek Kolstad's screenplay made the world of John Wick its own living, breathing character. Seeing how John interacts with the world gives fascinating insight on how the world of assassins operate. We see the power dynamics, economy, distribution of information, and even things as mundane as where the assassins get their suits over the course of the film. None of it feels shoehorned in either. It's a world that is as believable as it is over the top, but most importantly, it's just a fun world to be a part of for a short two hours. We can all use a break from serious commentary from time to time. If you're just looking to have a fun time for an evening, see John Wick: Chapter 2 and do enjoy your stay. 122 minutes Rated R

A View from House Seats

### Kimberly Akimbo puts the fun in dysfunction

by Shirley Lorraine

To the consistent delight of Ventura County theater audiences, Santa Paula Theater Center isn't afraid to take chances with lesser known works. Opening their 2017 season is *Kimberly Akimbo* by Pulitzer prize winning playwright David Lindsay-Abaire. The unusual two-act comedy presents an inside look into a family filled with dysfunction, medical mystery and quirks that somehow work for them despite their many differences.

Kimberly, beautifully characterized by Nancy Solomons, is a typical teen with a rare condition which causes her to age several times faster than normal. Although atypical in physical appearance, she struggles with issues every teen does, including infatuation. Her chosen subject is Jeff (Trent Trachtenberg), a classmate who finds her fascinating.

Home life is strained with Kimberly's very pregnant and highly unhinged mother Pattie (Julie Fergus) and put-upon father (Brian Harris) as they fairly unsuccessfully cope with their thread-bare relationship. Adding to the overall upheaval is the arrival of Pattie's sister Debra (Cynthia Killion), recently out of prison and a schemer of the first order. Debra seeks to involve both Kimberly and the unsuspecting Jeff in a scam she wants to run out of the family's basement. The three adults bounce off each other like ping-pong balls throughout. All are a delight to watch in full swing.

Directed by Taylor Kasch with a deft hand, *Akimbo* presents the odd characters with heart and empathy. All the characters are well defined and played to their utmost. The ensemble melds superbly while maintaining their individual characterizations. They have no need to reach for laughs

*Gospel Mass by Robert Ray*

*Misa Criolla by Ariel Ramirez*

Gold Coast Concert Chorus & Ventura College Chorus  
Elizabeth Helms, Artistic Director Present

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Composers have been setting the Latin Mass to music for nearly two thousand years. The modern settings by Robert Ray and Ariel Ramirez are musical worlds apart. Ramirez' popular *Misa Criolla* features the rhythms, melodies and instruments of South America, particularly his native Argentina. Ray's *Gospel Mass* is a jubilant and soulful gospel celebration. Students of the Ventura College choral program will be joining Gold Coast for this rousing, uplifting concert.



GOLD  
COAST  
CONCERT  
CHORUS

– playing it straight enhances the humor in their sincerity. Adults will enjoy the myriad layers of complexity involved in the rapid-fire dialogue. However, due to frank language and adult themes, the play is not recommended for children.

Scenes between Kimberly and Jeff are sweet, innocent and down to earth, embodying the wonder and the angst of the teen years. Pattie and husband Buddy spar like verbal prizefighters, both claiming a loss. Off in her own world, Debra sparkles with creative fireworks that ultimately fizzle and sputter. Undaunted, she pushes on. It doesn't take long to see that the medically challenged Kimberly is really the only member of the family with intact intellect. This element makes the story all the more poignant

as Kimberly provides the glue to keep a sense of normalcy in the household. Strange how life works sometimes.

The 2017 season starts off with a bang and will be followed by more offerings to stimulate discussion and controversy including *Outside Mullingar*, a stage production of *The Birds* (remember the Hitchcock film?) and *Becky's New Car*. The year ends with a radio theater adaptation of *It's A Wonderful Life*. Season tickets are available now. Buy early to choose your seats.

[www.santapaulatheatercenter.org/805-525-4625](http://www.santapaulatheatercenter.org/805-525-4625) through March 19. Friday & Saturday eves 8 PM, Sundays at 2:30 p.m.

125 S. Seventh Street, Santa Paula  
Adults \$24, Students and Seniors \$22. Not recommended for children.



Anthony E. Nelson, James (Jim) Hankins, Miche Braden and Gerard William Gibbs star in the Rubicon Theatre Company's West Coast premiere production of "The Devil's Music: The Life And Blues Of Bessie Smith" by Angelo Parra. Playing Wednesdays through Sundays through March 12. To see and listen to this wonderful production go to [www.rubicontheatre.org](http://www.rubicontheatre.org) or call 667-2900 for tickets.



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## This 'n' That



College staff members met to share best practices for serving veterans on college campuses.

## State-wide initiative to serve student veterans

The Ventura County Community College District Veterans Resource Center Coordinators from Moorpark College, Oxnard College and Ventura College met with managers from California Lutheran University, California State University, Channel Islands, and National University to discuss best practices for helping student veterans achieve success. Leading the discussion was VCCCD Trustee Larry Kennedy, Chancellor Bernard Luskin and Vice Chancellor of Educational Services Rick Post, all United States Navy veterans. The meeting included all of the cooperating higher education institutions in Ventura County that have a veteran's center.

The VCCCD is leading a state-wide effort to expand and improve veterans' services on college campuses. Kennedy, Co-Chair of the Community College League of California Veterans Caucus, shared the Caucus goal to increase the organization's membership of individuals and institutions to advocate on behalf of veterans and encourage state and federal support in funding for counselors and other needed services for student veterans. "Things were different when I returned from Vietnam," stated Kennedy. "Today's students need more than VFW halls. In addition to academic support, they need re-entry and transitioning support. We would like to see a Veterans

Resource Center on every community college campus in the state," Kennedy added.

Chancellor Luskin and members of the Board of Trustees, including Chair Bernardo Perez and Trustee Stephen Blum, attended the Association of Community College Trustees National Legislative Summit in Washington, DC, Feb. 13-16 to connect the CCLC Veterans Caucus with ACCT and national legislative staff. Meetings are scheduled with representatives from the U.S. Department of Veterans Affairs, the U.S. Senate and other legislators to address issues specific to student veterans.

"With an estimated 1.8 million veterans residing in California, the state's veteran population is the largest in the nation. Many of the increasing number of veterans returning from Iraq and Afghanistan will look to one of the 113 community colleges as the most easily accessible and affordable educational options available. In fact, more than 61,000 veterans, and active duty service members, enrolled at a community college in 2013-14," said Kennedy.

"The California Community Colleges are urging Congress to fund more counselors for veteran students and fund the Centers of Excellence for Veteran Student Success in the Higher Education Act," explained Chancellor Luskin.



Project Understanding has a new Board of Directors consisting of Vice President, Charleen Morla, Secretary, Kellie Mehann, Treasurer, Karen Campbell and President, Jann Huling.

Jann is excited to lead Project Understanding into its 40th year. She stated "We will have some incredible events coming up this year to help celebrate our anniversary. To see our events and sponsorship opportunities visit [www.projectunderstanding.org](http://www.projectunderstanding.org)."

Project Understanding provides hope by developing and directing resources for the purpose of transforming lives and community through justice mercy and compassion.

## Freud's Last Session debates life, love, sex and the meaning of life

On the day England enters World War II, renowned psychoanalyst Dr. Sigmund Freud invites the young Oxford Don C.S. Lewis to his London home to discuss their work, debate the meaning of life, and clash on topics of love, sex, the existence of God, all mere weeks

before Freud takes his own life.

Freud's Last Session is a touching, poignant play that delves into the hearts and minds of two brilliant men grappling with age-old questions we still ask today.

Freud's Last Session plays March 3rd through March 12th at the Ventura Vineyard.

Fractured Actors with Ventura Vineyard

March 3, 4, 9, 10, 11 at 8:00pm.

March 5 and 12 at 2:00pm.

Ventura Vineyard, 1956 Palma Dr., Ste A, Ventura.

Tickets Available at [www.eventbrite.com](http://www.eventbrite.com).



The property located at 505 N. Ventura Ave. that now contains a grocery store is being planned to become a 7-Eleven and a laundromat. The 7-Eleven would allow sale of beer, wine, and distilled spirits. It would be open 24-hours each day and alcohol sale hours would be limited to 6am to 10pm.



Margarida Eidson has assembled a team to run non-profit event center.

## Poinsettia Pavilion has new Business Manager

The Board of Directors of the Ventura Women's Center, better known as the Poinsettia Pavilion, has announced that Margarida Eidson as the new Business

Manager of the non-profit event center. Margarida will be responsible for restructuring the Center's operations, adding to the client base, and pursuing new avenues for the Center to serve our community.

Margarida brings extensive business knowledge and a diverse background to the Pavilion. Margarida was previously the Human Resources director of a technology services company and the Director of All American Ballet in Ventura. She is now the owner of a small business, which provides bookkeeping, human resources and management services.

To handle the increased responsibilities of managing the Pavilion, Margarida has assembled a team consisting of Mary Jackson, Pam Nothwang, Joyce Abelson, and Brooke Jepsen to assist with serving customers.

"I am so honored and excited for this opportunity. I have been at the Pavilion so many times over the years. I look forward to building on the Pavilion's wonderful past and helping write the next chapter in its history. My team and I are committed to continue making the Poinsettia Pavilion the premier event location in Ventura."