



VENTURA BREEZE

Your Hometown Paper

Vol. 11, No. 22

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August 1- August 14, 2018



Using her mobile device to pay for Downtown parking.

Downtown parking? There's an app for that

ParkMobile, the leading provider of smart parking and mobility solutions in the US, is partnering with the City of Ventura to allow drivers to pay for metered on-street parking spaces Downtown using their mobile devices. Beginning July 17, customers can register for free through the app for iPhone, Android or online at Parkmobile.IO.

The ParkMobile app allows motorists to park, pay for parking via their mobile device, and not be required to stop or wait in line at a pay station to pay for or add time. Drivers can set up alerts via email, text message, or in-app notifications to remind them when their parking time is about to expire. A 35-cent transaction fee, in addition to parking rates, is charged per parking transaction and per parking extension.

Drivers can also load an account balance using ParkMobile Wallet so

Continued on page 22



Jules Plumadore and Terri Byrne, facilitators of the homeless speaker program. They are from the Mental Health Association of San Francisco.

Storytelling and advocacy training for the homeless

by Jill Forman

An innovative speaker training event took place July 16 and 17 in our town. Homeless and previously-homeless persons attended, learning how to speak in public and advocate for themselves. These future activists want a say in the decisions that affect their lives.

Sixteen participants met at the Unitarian Universalist Church of Ventura for this workshop, sponsored by Lift Up Your Voice (LUYV), the church's advocacy group. McCune Foundation generously sponsored the event.

Continued on page 22



Approximately 1,100 square feet of turf replaced with water wise landscape.

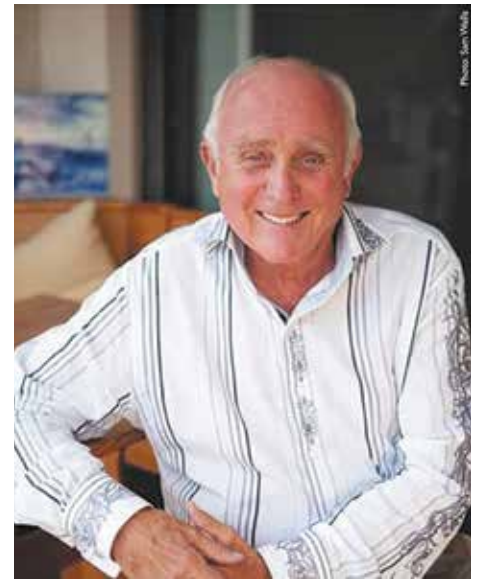
Ventura Water celebrates a New Water Wise Landscape Project

Ventura Water, in partnership with the Surfrider Foundation's Ocean Friendly Garden Group (OFG) and Ventura High School's Greener World Action Team (GWAT), replaced approximately 1,100 square feet of turf with a water wise landscape at the corner

of Main and Catalina streets. This student-led initiative will save water, prevent storm water pollution, and act as a demonstration garden for the public.

The OFG program applies "CPR" – conservation, permeability, and

Continued on page 28



Enjoy the photographic exhibit of David Mirisch.

Help to raise more than \$35 million for charitable causes

Hollywood publicist David Mirisch will share stories about his five decades of working with celebrities, helping to raise more than \$35 million for charitable causes, 11 a.m., Aug. 8 at the Museum of Ventura County, located at 100 E. Main. Enjoy the photographic exhibit of David and many of the celebrities he has worked with, now on display Wednesdays and Saturdays and by appointment in the Museum's Martin V. and Martha K. Smith Pavilion. Free for members, \$5 for nonmembers.

The Museum of Ventura County celebrates, preserves and interprets the art, history and culture of Ventura County, the California Channel Islands and the surrounding region through its collections, exhibitions, events, educational programs, publications and its research library, and serves as a gathering place for the community. The Museum is open Tuesday - Sunday 11:00 a.m. - 5:00 p.m. For more information, visit venturamuseum.org or call 805-653-0323.

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Illustration by Carys Garvey, 15, Ventura

SPECIAL ADMISSION DAYS

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cans of food get a free return fair ticket
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Youth Day

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Seniors and Persons with Disabilities Day

Tuesday August 7
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3 before 3 Day

Wednesday August 8
\$3 entry until 3pm

Military Appreciation Day

Thursday August 9
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Concerts and Rodeos are FREE with Fair admission

UB40 ft. Ali, Astro & Mickey • 8/2

Plain White T's • 8/3

LeAnn Rimes • 8/4

Alfredo Olivas, Ulices Chaidez,
Lorenzo de Monteclaro • 8/5

Sublime with Rome • 8/6

The Fifth Dimension • 8/7

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Boyz II Men • 8/8

Hunter Hayes • 8/9

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City News

Additional funding for roving paramedic engine approved

by Richard Lieberman

The City Council held its regular meeting in Council Chambers on Monday July 23rd, featuring a presentation on Community Health assessment and Improvement Planning by Rigoberto Vargas, MPH, Director, Ventura County Public Health.

Among the agenda items the Council has approved \$600,000 to obtain and operate a roving paramedic fire engine.

There seemed to be a lack of important information on what is driving increased calls for fire assistance in the city. The council asked whether there are more cost-effective ways to deliver services. The council also had additional questions on overall operations of fire systems within the city.

The council voted to approve the \$600,000 by a vote of 4-2, council members Mike Tracy and Christy Weir voted “no” wanting more detailed information on how the department operates and whether operations could be conducted more efficiently. They had questions about the process, which Weir called “backwards” questioning why the vote was to allocate the funds first and return with an analysis of operations later.

After approval of the final 2018-19

budget, the council members directed the city staff to return with information on adding the three-person paramedic engine. After taking and approving the action a lobbying effort was conducted by members of the fire union, arguing that the increase in staff was necessary to respond to a growing number of calls in the city.

Normally the city prepares its budget based on inputs from city department heads who generally start with a list of requests weighed against priorities and available budgets. The council adopted the budget this past June.

“We have many, many competing interests and with limited resources, it’s important to have a logical, thoughtful process to allocate resources where they are most needed,” said Tracy. “I think what we see tonight is a reflection of our failure to follow the normal process, and I also think what we have before us tonight, the reason we have this before us tonight, is that it is union driven. “That’s something that happens between the city manager, department heads and staff and is signed off on by the city council” he added.

Council member Christy Weir wanted to know if other less expensive positions might be able to offer community outreach and public events, there fore freeing up firefighters for calls. There are “a lot of pieces in this puzzle and a lot of questions I still have,” she said.

City Manager Dan Paranick did not recommend funding the roving engine this year., he told the council at the meeting. Recently Paranick said he has been working with Fire Chief David

Continued on page 22



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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.

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Opinion/Editorial



Sheldon (Governor) Brown
Publisher-Editor

Because it is very seldom used, it seems to me that the large outdoor area at the **Albinger Archaeological Museum** is a waste of space. It's basically grass, dirt and river rock that were foundations for the old buildings that were located there. Really not much to see outside after you enjoy the exhibits inside the Museum.

Why not remove the wall at the street and make it into a nice open space and park? The foundation area can remain with the small wall still defining it. Downtown needs more open area and the cost of doing this is minimal.

It could then become part of the Valdez Alley/Eastwood Park right next to it. A wonderful addition to downtown.

What say you?

One day last week it was 82 degrees in Ventura and folks were complaining about the heat. The same day it was 121 in Palm Springs. So quit complaining.

Hopefully the painful episode of the **Harbor Church** building, located on Preble Ave. in Midtown, will end soon. Painful because the City spent \$2.3 million on the property and will be spending another \$350,000 (or so) to demolish it.

Even though the property value is much higher now than it was when purchased, the four lots that will become available for purchase will be valued at about \$1.4 million. This means the City will have lost about \$1.2 million on this fiasco.

The church was - for years - providing food, clothing, ministry and other services for homeless people until the city bought the property in exchange for the church leaving town.

Its location, next to Blanche Reynolds Elementary and a park, were two of the reasons that neighbors opposed Operation Embrace that served the homeless. They felt that the program's clientele brought in crime and was a safety risk to the neighborhood.

Because of this, the City ordered Harbor to shut down the program. Harbor Church appealed and sued claiming Operation Embrace was an extension of

its religious rights. Rather than going through an expensive legal battle the City purchased the property.

After what they considered to be a **mass shooting** (hardly considered a mass shooting in the USA these days) left three people dead, including the shooter, Toronto's conservative mayor backed a proposal that even the most liberal American politicians wouldn't dare support a total ban on all handgun sales.

"Why does anyone in this city need to have a gun at all," Mayor John Tory asked at a city council meeting on Monday.

For the first time ever, researchers have watched a star race past the supermassive black hole at the heart of the Milky Way, verifying that its motion showed the effects of general relativity, as predicted by **Albert Einstein**. Just what world was he from?

In 2003, **Russell Galipeau** (59) became the Superintendent of the Channel Islands. After 40-years of serving the National Park Service he is retiring. He



"Wouldn't this make a wonderful Downtown park and open space?"

did a wonderful job and will be missed. If you haven't been to any of the islands jump on an Island Packer's boat and enjoy our own National Park.

According to the Ventura County 2018 **Homeless Count** and Survey, there were 1,299 adults and children who were homeless. This number represents a 147 person or 12.8% increase when compared to the number of homeless persons who were counted in 2017. However, the homeless count in Ventura County over the last 10-years show that even though there has been an increase in the last few years, the amount has declined sharply from previous years. It is down from 2009 by almost 40% and from all of the years

between 2009 and 2015.

Housing is a major part of the solution and the City and County have taken the right steps towards allocating funds to open up a year-round shelter - it will, hopefully, be open by the end of this year.

The cities of Oxnard and Ventura account for nearly two thirds of the 1,299 homeless. Even the homeless like living by the beach.

This reminds me of the old cartoon series Spy versus Spy. Everyone is suing everyone over the Thomas fire and the results could take years. The Ventura City Council voted to take legal action. The city filed a lawsuit against **Southern California Edison** over the utility's alleged negligence in starting the Thomas Fire becoming one of the over 2,000 plaintiffs seeking damages from Edison. The city is being represented by Texas-based law firm Baron & Budd.

Electrical equipment and lines have been determined to be one of the leading causes of many wildfires.

The large number of cases and plaintiffs prompted the California Judicial Council to combine them all to be heard in Los Angeles County. The cases involve those affected by the fire and deadly mudslides in Montecito.

At the same time, the City is being sued by some as well.

This gets into some very tricky legal questions. What if a public utility can't afford to pay the judgments? Can they declare bankruptcy and close down? Can they pass on the costs by increasing customers' bills as they believe that they can?

They can't raise rates without the approval of the California Public Utilities Commission (PUC) which it is reluctant to do. The PUC declined a request by San Diego Gas & Electric to raise their rates to cover claims from fires in 2007.

The **New York Daily News** just cut half its newsroom staff, including the Editor in Chief. I think that I'm the Breeze's Editor in Chief so hope that I don't need to fire myself. Tempting as it is, what would I do for fun? As you know, newspapers are struggling, but the Ventura Breeze continues our winning ways with the support of our readers and advertisers.

Mailbox

The Breeze:

Realtor Dolly Bovee went above and beyond what is required of a Realtor and ensured that our business dealings went smoothly. She used much of her personal time and natural ease with people to cause timely response from all involved.

In our opinion Ms. Bovee is professional, honest, thorough and effective. We have learned, as seniors there appears to be a different attitude in how our business is both conceived and handled. Sincerely,

Rafe and Yvonne Hernandez

General Plan Update

The 2025 General Plan update must include robust public participation now that we know more about urban planning than we did in 2005. Pretty pictures sold us on plans that have had a major impact on some areas of the community, especially the Avenue. The Avenue also taught us a lesson on the importance of park space.

We also learned that the transect model can be manipulated in unexpected ways to allow urban density in rural areas. Soon we will see the impact of

dense development along our rural edge on Wells Rd in Saticoy. We cannot ignore the impacts of these decisions.

We have existing parcels to develop without expansion, yet we still approved an annexation in Saticoy for a development for which we may not have sufficient water. This is not "infill." This land should have provided needed park space in Saticoy.

I hope all community councils submit their ideas to Council and staff to outline the changes they would like to see in their area. Let's substitute top down experimentation with bottom up experimentation. The College Area started this exercise by submitting ideas for Telegraph Road parcels based upon the needs in our district. I urge other councils to submit their vision for the open parcels in their area including traffic, schools & services issues.

Let's review our 2005 General plan assumptions, definitions & land use designations to remove the erroneous ones and vet new ones for the 2025 update. The refinement took a stab at this issue, but now we have the opportunity to begin anew to correct past and recent

errors. Let's embrace this opportunity.

Let's also immediately correct obvious discrepancies in our land use & zoning identified by the refinement effort.

I urge residents to get involved and take an active part in shaping your community.

Kathy Bremer

Ventura

(Note: I am writing as an individual not representing the city or any organization).

Editor:

I want to acknowledge and thank both Ventura Police Department and California State Parks for their posting of Illegal Vagrant Camps on the Beach South of Surfers Knoll yesterday. This area was previously the site of two moderate-sized brush fires.

Continued on page 22

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

Art
does not
reproduce
what we see.
It makes
us see.
— Paul Klee

Happenings



“They cleared out 8 tons of garbage.”

Warped Tour gives back to Ventura via River Beautification Project

by Adrienne Stephens


After twenty-four years of bringing punk and alternative bands plus thousands of enthusiastic music fans to the Ventura County Fairgrounds, the Warped Tour wrapped up its final stop in Ventura by undertaking a huge community service project working in collaboration with the Ventura Land Trust, the California State Parks and the City of Ventura in restoration efforts at

the Ventura River estuary. On Monday, June 25, the day after their final Ventura County concert, more than 250 musicians, roadies, vendors and community partners joined staff and volunteers from Ventura Land Trust and the City of Ventura to clear trash and invasive plants from the Ventura River estuary. Matt LaVere, Deputy Mayor, helped to put the plan in place. “When I first met Kevin Lyman, founder of the Warped Tour, we were working together to produce last February’s Thomas Fire Benefit Concert,” said LaVere. “He told me that Ventura has always held a special place in his heart and very generously offered the services of the Warped Tour bands and crew members to help us clean up the beach and Ventura River bottom.”

Giving back to the communities and charities along the tour has been central to the Warped Tour’s mission since the very beginning. Twenty-five cents of every ticket sold goes to charity, nonprofits line the festival grounds, and in select cities, Warped Tour employees gather together to provide community service manpower. This year’s Ventura River restoration project, the 12th “Give Back Day” in the festival’s history, was a way for the Warped Tour to lend a helping hand after the Thomas Fire.

“It’s amazing what a difference the Warped Tour crew made for the environment in just one morning,” said Kate Furlong, Ventura Land Trust Stewardship Manager. “They cleared out 8 tons of garbage that would have otherwise ended up in the Ventura River and even-

Continued on page 7



I Love You!

My Daily Greeting
by Anne Wells, Resident

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Community Events

Ventura events

by Ana Baker

Ventura Poinsettia Dance Club
Monday nights 7:30 - 9:45p.m. Poinsettia Pavilion. Ballroom, swing, Latin and line dancing. \$10 members, \$12 non-members. Dance lessons 6:45 - 7:15 \$5 for couple \$3 for single. Call Rick 415-8842 for more information.

There will be a regular Ventura Discussion Group meeting at Main Street Restaurant 3159 Main St., Wednesday from 4 - 5:45 p.m. Several

people usually stay for a drink and a bite to eat afterward. Bring an interesting topic to discuss if you can.

Ventura’s ACBL Duplicate Bridge Club offers games for all levels of play. Learn the game, play with your peers, and earn master points while you are having fun. There is a game every day of the week. Check out their website at www.vcbridge.org

The Ventura Retired Men’s Group welcomes interested men to their semi-monthly Tuesday lunch (\$15) meetings at the Ventura Elks lodge. This regular congenial social event,



The Community Garden at Westpark (450 W. Harrison) provides a wonderful opportunity to grow your own plants and vegetables and to learn about environmental sustainability. You can also find information about rain water collection and composting. To learn more, and become a community gardener, contact Anita Diaz at adiaz@cityofventura.ca.gov.



Community Events

besides a healthy, satisfying meal, supplies a welcome atmosphere to talk and joke, hear a speaker on a variety of relevant topics. Hear more from Steve at 642-1359

Country Western Line Dancing every Tuesday 7 - 9 p.m. Instruction every night. Located at the Moose lodge, 10269 Telephone Road. More information at countrylovers.com.

The Ventura County Philatelic Society meets on the first and third Mondays each month at 7:30 p.m. at the Church of the Foothills, 6279 Foothill Rd. Admission and parking are free. Come for a great evening. Contact: Bill Garner / 320-1601 or vcpsforyou@lycos.com.

Mended Hearts of Ventura. Come share if you have had heart surgery or stent implant. Group meets the first Tuesday each month at noon at Lemon Wood Mobile Homes, 850 Johnson Dr. Excellent speakers leading Cardiologists, Nutritionists, and Dietitians etc. from our area. Contact Richard Hatcher at 644-2733.

Cross Town Hikers join in on Wednesday nights for a moderate-paced hike that includes views of Ventura from the cross, a walk out to the end of the pier, and a stroll along the Promenade back to the Museum. Four miles with an 800-foot elevation gain. Meet at 7 p.m. sharp at the fountain across the street from the Mission. Join Facebook page for more information: <https://www.facebook.com/groups/800215670039426/>

The members of the Ventura Investment Group meet on Mondays for an informal discussion of recent economic events. Topics cover current events that affect stocks, funds, real estate, and interest-bearing investments. The meeting is from 10 - 11:30 a.m. at the Coffee Bean & Tea Leaf at Telephone Road and Main Street. Visitors and potential members are welcomed. There are no dues or requirements to participate, and all levels of experience are welcomed.

First Wednesday, of each month, 6-10 p.m., Gold Coast Modular Railroad Club meets at the Murphy Auto Museum, Oxnard. Now exhibiting Saturdays and Sundays, 10 - 4 p.m. Visitors and new members are welcome. Member initiation fee \$10, monthly dues \$20, \$10 for Juniors. Murphy Auto Museum, 2230 Statham Blvd., Oxnard. www.gcmrc.com. For more information, call 805-229-7429.

August 5: In addition to docent-led tours of the Dudley Historic House Museum, there will also be a treasure sale benefitting D.A.R. charities on the grounds. The tours are from 1- 4 p.m. but the sale is all day. Admission is free. The museum, built in 1892, is located at the corner of Loma Vista and Ashwood streets in Ventura. For information please call 805- 642-3345 or visit the website at www.dudleyhouse.org.

August 5: Old-Time Country Bluegrass Gospel Music Assoc. meeting Sunday, 2:30-4:30 p.m. Knights of Columbus Hall, 36 Figueroa. Free admission. Music on stage and jamming. Free parking in the rear. Open to Public. For more information call 805-517-1131 or visit Facebook: OTCBGMA

August 6: 7pm to 9pm Musicians' Sober Support Meetup @ FIND (A Friend In Deed) every Monday night. Bring acoustic instrument(s) for jamming after sharing support for sobriety. Bell Arts-Studio, 39-432 Ventura Ave, Ventura. For further information A.Friend.In.Deed.Ventura@gmail.com.

August 8: The Ventura County Camera Club monthly meeting on Wednesday

at 6:30 p.m. at the Poinsettia Pavilion, 3451 Foothill Rd. Admission is free. All Welcome. An instructional workshop will be followed by a pro photographer's critiquing of members images. VenturaCountyCameraClub.com

August 8: The Ventura Parkinson's Disease Support Group is pleased to host the Parkinson's Foundation on Wednesday from 1-3 p.m. at the Lexington Assisted Living, 5440 Ralston. Sarah Osborne will talk about what this means and how the Parkinson's Foundation achieves their mission through resources, education and advocacy for you and your care-partner. She will also give a presentation on the Parkinson's Foundation "Aware in Care" patient safety kit that prepares and empowers people with Parkinson's before, during and after a hospital visit. For details see full article in the Breeze senior section or call Patty at 805-766-6070.

August 16: The regular monthly meeting of Assistance League of Ventura County will be conducted on Thursday, at the Chapter House, 913 East Santa Clara St. The meeting begins at 10:00 am, men and women are welcome, and there is no age requirement. Assistance League is creating "A Brighter Tomorrow for Today's Children" through several philanthropic programs: B.U.F.Y. Bear, Operation School Bell®, Girls Club/Teen Club, and Assistance League School for young children with learning disabilities. The Bargain Box Thrift Shop helps fund these programs. Find more information assistanceleagueventura.org, like them on Facebook, Instagram, or email alvconline@hotmail.com. 805-643-2458 (Monday – Thursday 8 AM – 2 PM).

Ojai news and events

The Ojai Playwrights Conference (OPC), one of the nation's most acclaimed new play development programs, announces two extraordinary "Intersection" events during its annual New Works Festival, including an opening night cabaret with original works and performances by twelve OPC playwrights and a special performance event with new plays by Jon Robin Baitz and Bill Cain and new music theatre piece by Quetzal.

The Ojai Storytelling Festival will present Scott Ainslie as one of the featured tellers at the 18th annual festival, Oct. 25-28. Ainslie is a man who can speak about the Blues with the same compelling passion and authority that drives his musical performances. On stage, he brings the African and American roots, history, and soul of the music. During the Ojai Storytelling Festival, Ainslie will be featured as a solo artist, but he will also be showcased with poet Glenis Redmond in "Southern Voices: Black, White and Blues". The two performers will weave stories, poetry and music together in a presentation of power and depth that features the works of Muddy Waters and Zora Neale Hurston; Robert Johnson and Fannie Lou Hamer.

A Cancer Prevention & Healing Class Series will be held on August 7th, 14th, 21st and 28th from 7-8:30PM at Healing in America 107 W. Aliso Street.

Food Medicine Chef Bianca Rose will share the most powerful cancer fighting foods, spices, herbs and teas to boost the immune system and support natural

abilities to heal the body. Includes talk and live cooking demo. Please visit compassionateating.com/classes or call 805-701-9858 for information and sign-up.

Pascal Baudar, author and renowned professional forager for L.A.'s top chefs, will return to Ojai as Herb Walks with Lanny Kaufer's special guest on Saturday, August 11, from 9 a.m. to 2 p.m. for a workshop on brewing wild beers with local plants. He will demonstrate techniques described in his latest book, *The Wildcrafting Brewer*. A limited number of copies of both books will be available for sale and signing.

Baudar will get back to the basics of making beer. During this workshop, participants will learn about plants that have been used during history as brewing ingredients, how to extract wild yeast, creating sugar sources from fruits and berries and much more.

After the walk, the group will go back to a community kitchen where Pascal will show the group the process of making a simple wild beer on location. The \$75 fee includes the walk and all foods and beverages to be sampled. To register, visit www.HerbWalks.com, or contact Lanny Kaufer at 805-646-6281 or lanny@herbwalks.com.

Quin Shakra and Goda Trakumaite will visit the Ojai Library on Saturday, August 11, at 1 p.m. to deliver a free workshop titled How to Save Squash Seeds. Shakra and Trakumaite are offering this free seed saving workshop to celebrate the release of their comic *Adventures in Seed Saving #1: Squash*.

The workshop will cover the process of seed cleaning, extraction, pulp removal via water, seed fermentation, and winnowing and cleaning dried

squash seed.

Jill Swaim will visit the Ojai Library on Saturday, August 18, at 1 p.m. to deliver a presentation entitled Road Scholar: Adventures in Lifelong Learning. Do you love to travel? Do you enjoy learning new things, exploring interesting places, and meeting people who share a love of adventure? Join us for a lively discussion of the many programs offered by Road Scholar, a not-for-profit organization whose mission is to inspire adults to learn, discover, and travel.

Road Scholar is the world's largest—and America's first—educational travel organization for adults, offering nearly 5,500 affordable programs each year in about 150 countries worldwide.

For additional information, contact Ron Solórzano, Regional Librarian, at (805) 218-9146. The Ojai Library is located at 111 East Ojai Avenue in Ojai.

Warped Tour gives back

Continued from page 5
tually in the Pacific Ocean."

Warped Tour founder Kevin Lyman helped kickoff the festivities by thanking his volunteers, reminding them that the hills behind Ventura had been black just six months ago and encouraging them to "pay it forward" to the city by visiting the pier, local restaurants and shopping in the downtown that "even includes a record store." The small army of volunteers donned gloves and shovels and traversed the beach to Emma Wood State Park where they proceeded to collect and haul out hundreds of bags filled with trash. In a second location, they cleared invasive bamboo-like *Arundo donax* plants that invade wetlands, degrade wildlife habitat and increase fire risk.



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AUGUST 11th | 8AM - 1PM

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Foster VC Kids and Child Hope Services invite you to the upcoming Foster Care Summit! Learn how you can provide the heart, hope and stability for children and youth in care – either by becoming a resource, foster or adoptive family OR by supporting those who do.

Information and to register: FosterCareSummit.org

Free to attend

Childcare available (space is limited)

Continental breakfast provided





This 'n' That

CMHS partners with the Ventura Family YMCA to continue the free LIVESTRONG® Program

Community Memorial Health System and the Ventura Family YMCA are pleased to announce that they are bringing the supportive LIVESTRONG® program for cancer survivors and their families to the community again this year.

The LIVESTRONG® Program at the Ventura Family YMCA is a supportive community that offers cancer survivors a safe environment to participate in physical and social activities designed to strengthen and heal the whole person. CMHS and the Ventura Family YMCA offer this program free to participants. CMHS is the program's primary supporter.

"LIVESTRONG® at the Ventura Family YMCA is an incredible resource to cancer survivors in our community," said Mandi Poltl, Community Memorial Health System Cancer Registry Program Manager.

The Ventura Family YMCA held five LIVESTRONG® sessions in 2017 and is holding more sessions this year thanks to funding from CMHS.

The Ventura Family YMCA has the largest LIVESTRONG® program in the state of California, with 33 total participants completing the program in 2017. Sessions are ongoing throughout the year, including the summer months.

Among the beneficiaries is Terri Miller, who credits the program with giving her a much-needed social outlet and helping motivate her to move forward. "It gave me friends that I could talk to that would help me understand what I was going through mentally,

physically, emotionally. I have a huge circle of love," Miller said.

Most participants are referred to the LIVESTRONG® program through the CMHS Cancer Resource Center, which offers free programs and services for cancer patients, survivors, and their families. CMHS's Cancer Resource Center offers a warm, welcoming environment and a dedicated group of caring and specially-trained staff who help patients with resources and guidance on a variety of services.

"YMCAs that offer LIVESTRONG® at the YMCA become a place of support for cancer survivors who want to gain or reclaim health and well-being following a cancer diagnosis," said Amy Bailey Jurewicz, Executive Director of the Ventura Family YMCA.

LIVESTRONG® at the Ventura YMCA is a research-based program offering people affected by cancer a safe, supportive environment to participate in physical and social activities focused on strengthening the whole person. Y staff, trained in supportive cancer care, work with participants to achieve goals such as building muscle mass and strength, increasing flexibility and endurance, and improving confidence and self-esteem. The program also focuses on the emotional well-being of survivors and their families by providing a supportive community where people impacted by cancer can connect during treatment and beyond. Sessions run 12 weeks throughout the year and classes meet twice a week.

idea that the power of the patriarch must be limited both by the written and the oral law, Congregation Am HaYam has selected for its Book Club discussion Rabbi Akiva, Sage of the Talmud, by Barry W. Holtz

The book recounts the life and teachings of Judaism's first great rabbi who lived during the time of the destruction of the Second Temple and fought the Romans in 135 CE. Even those who have not read the book are invited to the discussion which will occur at the conclusion of the regular Sabbath Service Saturday, August 4th, which begins at 10 am.

Congregation Am HaYam is located at 4839 Market Street, Suite C, Ventura. There is no fee, but visitors are asked to call 805 644-2899 to make a reservation.

Affiliated with The United Synagogue of Conservative Judaism, 4839 Market Street, Unit C, Ventura CA 93003. Tel: 805-644-2899

Web Site: www.amhayam.com



Recently featured on NPR, Dr. David Pellow is Professor of Environmental Studies.

Social justice and environmental sustainability

Sharing highlights from his 2018 book, "What is Critical Environmental Justice?," Dr. David Naguib Pellow will speak at the Ventura Unitarian Universalist Church at 5654 Ralston St. on Sunday August 26, 2018 from 11:30am to 12:30pm on the compelling case that social movements to benefit vulnerable people and environmental activism must be integrated, as the problems and the objectives of each are inextricably interconnected. Pellow argues that the battle for global sustainability cannot be won without addressing the ecological violence imposed on many human populations, thus justice for humans is inseparable from environmental protection.

Using examples such as the Black Lives Matter movement, the Israeli/Palestinian conflict and others, Pellow traces the complex power relationships that result in violence and marginalization for the many and environmental privileges for the few. He explains how hope for humanity and for the planet requires a broader understanding of environmental injustice—its causes, consequences and potential solutions and offers a framework (Critical Environmental Justice) that views "racism, ageism, speciesism and other forms of inequality as intersecting axes of domination and control."

Pellow focuses on inequality and on environmental impacts that cross geographic boundaries and also explores the role of the state. He explains why

broad involvement in the decision-making process is imperative to workable solutions—no one is expendable. A big "Aha" from listening to him is recognizing that environmental justice struggles exist within spaces of conflict and collaboration that are not always typically defined as "environmental."

Recently featured on NPR, Dr. David Pellow is Professor of Environmental Studies and Director of the Global Environmental Justice Project at the University of California, Santa Barbara. A respected scholar, teacher, thought leader and author, Pellow helps audiences to connect the dots between social inequality and damage to ecosystems in brand new ways. His vision of what an environmentally and socially just and sustainable future might look like at a local, regional, national and global scale will leave the audience feeling hopeful.

This presentation is free and open to the public, and is sponsored by UUCV's Adult Programs Department and Seventh Principle Environmental Action Team. More information about the Unitarian Universalist Church and its programs are available at uuventura.org.

Grassroots partnership provides aid for those who don't qualify for other programs

With the full effects of the Thomas Fire's devastation still emerging, the Ventura County Community Foundation (VCCF) has awarded a \$500,000 grant to a community-based partnership providing relief and recovery support to undocumented immigrants.

The 805 UndocuFund is a partnership among Mixteco/ Indigenous Community Organizing Project (MICOP), Central Coast United for a Sustainable Economy (CAUSE), and Future Leaders of America (FLA). These grassroots organizations based in Ventura and Santa Barbara counties have a solid reputation, strong track record, and are familiar to and trusted by undocumented and mixed status households, said Vanessa Bechtel, CEO of the Ventura County Community Foundation.

To administer the 805 UndocuFund, the McCune Foundation and the Weingart Foundation provided grants for case management and leadership support. The Ventura County Community Foundation is providing fundraising and fund administrative support. The Santa Barbara Foundation and the Roy and Patricia Disney Family Foundation provided additional support for overhead costs.

With this latest grant from VCCF, total funds raised for the 805 UndocuFund reached just over \$1.2 million. Now with only \$30,000 remaining to be distributed, an additional \$500,000 is necessary to assist qualified individuals already on a waiting list.

The 805 UndocuFund partnership is seeking volunteers to interview affected families and to help victims fill out eligibility paperwork, process applications and other functions. A volunteer appli-

Continued on page 22

Answer in a Breeze

To editor:

With regard to the fire dept. response to the fire, the local fire trucks have no mechanism ie. pumps to replenish their trucks with water other than to fill the trucks from fire hydrants. Multiple trucks left the fire when their water tanks were empty, driving by multiple swimming pools that they could have used to fill the trucks if they had had proper pumps to fill the trucks. Apparently the County fire trucks have this capability. This should certainly be corrected before the next fire.

John Edison

Mr. Edison:

You are correct that the Ventura City Fire Department does not readily have the ability to "draft" or suction water from remote water sources including swimming pools. Certainly during the devastating Thomas Fire this would have seemed like a tragic shortcoming by the fire department. Unfortunately we are only able to carry so much equipment on our fire engines and for over 30 years the decision has been that the option of drafting from remote water sources did not outweigh the benefit of carrying other equipment aboard the truck.

There are many factors that weighed in on the decision including the availability of appropriate water sources, the ability to actually even access those sources and the risk vs. gain factor regarding human safety and structure defense. That being said and in light of the increasing frequency

of significant wildfires in our area such as the Thomas fire, our department is actively evaluating the situation and looking into purchasing portable pump systems that can be placed at remote water sources such as a reservoir or swimming pool if available, and help supply water to fire engines during emergency firefighting operations.

As always all homeowners are encouraged to maintain required brush clearance and fire resistive landscaping and building materials at their home to help combat the threat of wildfire. Additionally here are some recommended websites to help homeowners get more information to help.

<http://www.readyforwildfire.org/>.

<http://vcfd.org/Ready-Set-Go>

<https://www.vcemergency.com/>

Matt Brock

Assistant Fire Chief,

Ventura City Fire Department

1425 Dowell Dr.

805-797-8828

Do you have a question? Send it to editor@venturabreeze.com and we will try to get an answer.

Rabbi Akiva to be discussed at Congregation Am HaYam

As a reminder that there have been times when modesty, humility and the



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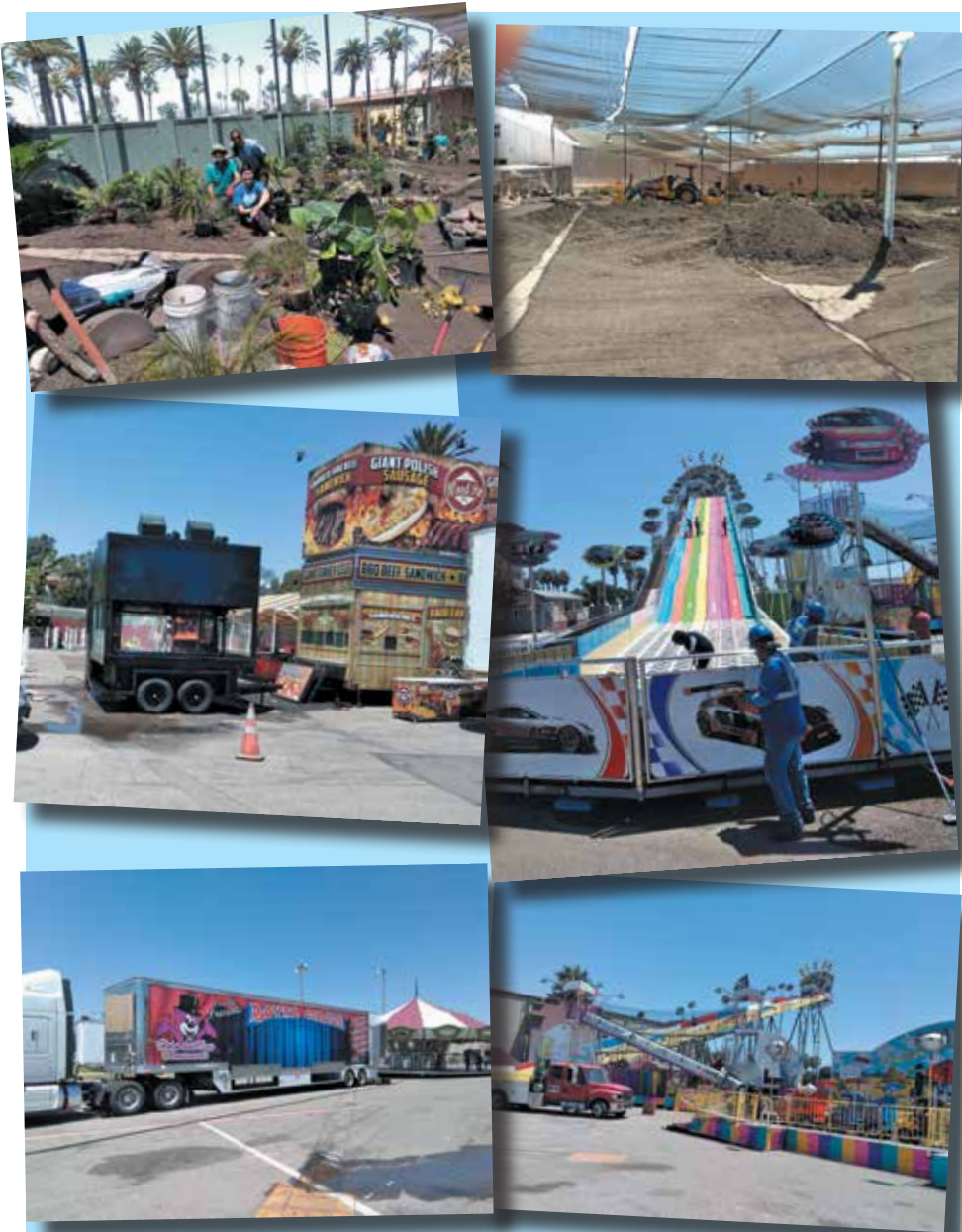
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On August 1, after much preparation the Ventura County Fair opened. Titled “A Country Fair with Ocean Air” the Fair runs until August 12. The Fair features Dollar Day, Feed the Need Day, Youth Day, Seniors and Persons with Disabilities Day, \$3 Before 3 Day and Military Appreciation Day on August 9. Free shuttle service is available at many locations.

For children impacted by disaster

UMCOR805 a program of the California Pacific Conference of the United Methodist Church is hosting Camp Noah.

A free day camp from 9 a.m. to 3 p.m. August 6-10th at Ojai United Methodist Church and August 13-17 at College United Methodist Church in Ventura.

Camp Noah is a fun, resiliency building and preparedness camp for elementary-age children whose communities have been impacted by disaster. Camp Noah fills a unique need focusing on recovery and resilience it also offers new hope and greater

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awareness to the continuing needs of the community. Camp Noah celebrates every child as special. In a safe, supportive setting children are encouraged to face their fears, grieve their losses, identify and share their unique gifts and talents.

Camp Noah originally began as a response to flooding in the Red River Valley in 1997, developed by Lutheran Social Services of Minnesota, Camp Noah has grown into a nationally acclaimed resiliency and preparedness program for children whose communities have been impacted by natural and human-caused disasters.

Camp Noah is open to all elementary-age children living in Ventura or Ojai. Online Registration: swww.campnoah.org Questions: Heidi Amundson 805-850-3969 or UMCOR805@gmail.com.

may even influence design elements in the garden like raised beds.”

Vega suggested that homeowners study up on the many varieties of low-water plants and “what plant goes where” at VenturaCountyGardening.com, talk to a local landscape design professional.

Vega stresses creating a plan starting with the tallest planting – trees, followed by shrubs, perennials, and ground cover to ensure proper spacing so that the landscape can thrive.

To help direct water where it will be of most use, Vega suggests digging a small trench around the perimeter of the landscape as well as digging 4” trenches around trees and filling them with mulch.

Some suggested low-water trees that work well in Ventura: Pepper-mint Willow, Pink Melaleuca, Australian Willow, and Pink Mimosa.

Examples of low-water shrubs that provide a colorful backdrop include Texas Ranger, Neon Pink Callistemon, Pink Breath of Heaven, Buddleia, Protea & Grevillea.

Perennials: “Dusty Miller is a member of the daisy family and has silvery gray leaves that make for a dynamic backdrop. Everything looks terrific in front of it. Other colorful choices include Monkey Flower, Penstemon, Yarrow, Salvia, Lavender, Ivy Geranium, even herbs such as thyme, rosemary, and oregano.

Ground cover: “To get the green lushness without the maintenance and water required, opt for green varieties like Korean Grass or Thyme; neither requires mowing.”

Find out about other gardening classes, visit: venturawater.net and asmartgarden.com.



Find out about gardening classes, visit venturawater.net.

How to grow a lush, low-water use landscape with Mediterranean and California native plants

by Maryann Ridini Spencer
(@MaryannRidiniSpencer)

“When most people think of a stunning landscape, they tend to think of expansive, sprawling green lawns. However, these types of landscapes also consume a lot of water, negatively impacting our low reserves during the ongoing drought,” said Cari Vega, owner of A Smart Garden in Downtown Ventura. Vega taught the well-attended July 14th free gardening class, “Plant Selection for Water Wise Landscapes,” presented in partnership with Ventura Water.

“Our city falls into the Mediterranean climate and enjoys a similar eco-climate to the West Coasts of Australia, Europe, the West tip of South Africa, and the West Coast of Chile,” continued Vega. “We’re fortunate that the variety of low-water Mediterranean and California native-plants that thrive in this environment offer quite a beautiful, bold and lush color palette.”

During the class, Vega stressed that one of the first things a homeowner should identify is their yard’s soil type. “In Ventura, we’ve got clay, sand or the ideal loam,” said Vega. “What works in mid-town Ventura, might not work closer to the ocean. Knowing what kind of soil you’re working with will help you determine the best plants to use and



David Johnson gets ready to film Drew Devine with Phil Taggart mentoring.

TV, Radio and More

Did you know that CAPS Media Center has a radio station – KPPQ-LP, now just a bit over a year old. KPPQ broadcasts at 104.1 FM, streams online at capsmedia.org and on the myTuner app. KPPQ is a community run radio station broadcasting throughout the city of Ventura, into Port Hueneme, parts of Oxnard and Camarillo. We provide the opportunity to the community to share their voice whether it be through music, talk or a little bit of both. There is a wide range of programming on the station 24 hours a day. There have been some talented folks come through the small studio’s doors producing entertaining content of great value. Talk shows such as The Face of Ventura, Around America’s Table, Ventura Legacies as well as entertaining music shows covering a range of sounds including pop, punk, local funk, jazz, punk and spoken word featuring new and old from here and afar.

Training to become a show producer

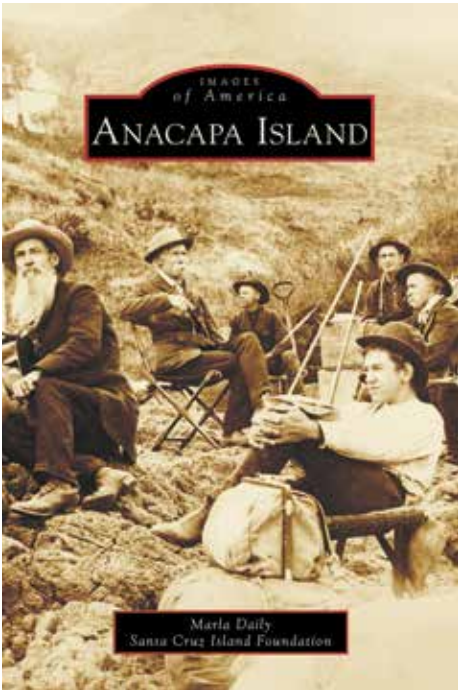
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is easy – attend two classes, get in the studio and we will mentor you through the process. Community outreach is crucial to our success and we look to the community to support us by volunteering to produce a show and spread the word. What are you waiting for?

CAPS Media’s Thomas Fire Stories series of extraordinary first-person storytelling continues every Friday at 6pm with Debbie Brokaw Jackson and Jose Alcarez of the Brokaw Ranch’s story on August 17th. On August 10th Captain Steve Swindle of the Ventura County Fire talks about the fire from his perspective. On August 17th we will meet Ventura resident Kat Merrick as she shares her powerful and heartfelt story of her family, friends and the Thomas Fire. Tune in to CAPS channel 6, KPPQ-LP at 104.1fm and online at capsmedia.org. These shows repeat throughout the week.

CAPS Digital Storytelling workshop was a big success with the engaged group of students creating a video inspired by an Edgar Allen Poe poem. These students received a year membership and are already planning their next show. Go to the CAPS website to view it. Learn how you can utilize CAPS Media’s extensive television and radio resources. Check the website for information on training classes where you’ll receive hands-on instruction in videography, video editing, radio production and more.

Creating an engaged and informed community through participation in electronic media is the CAPS Media’s mission. For more information, go to capsmedia.org or call 805.658.0500.



President Roosevelt declared Anacapa Island a national monument in 1938.

Author to share stories from her new book

Marla Daily, President of the Santa Cruz Island Foundation, will share images and stories of the history of Anacapa Island from her new book, Images of America: Anacapa Island, during a special lecture on Thursday, August 23.

Beginning in the mid-1800s, the island served as a home for transient otter and seal hunters, Chinese and Japanese abalone fishermen and a series of ranchers. The buildings seen today on the island were built in 1932, part of the last light station constructed on the West Coast. In 1938, President Roosevelt declared Anacapa Island a national monument and in 1980, it became one of the five islands in Channel Islands National Park.

Only eleven nautical miles from the mainland, Anacapa Island consists of three rocky islets that support essential breeding and roosting habitat for seabirds, land birds, harbor seals, and California sea lions. The island serves as habitat for only one land mammal, the endemic island deer mouse, two species of reptiles, one species of amphibian, and 265 species of plants.

Daily, a University of California at Santa Barbara graduate in cultural anthropology, has spent nearly 40 years researching the history of all eight of the Channel Islands. For the past 30 years she has served as president of the nonprofit Santa Cruz Island Foundation. Her efforts in preserving Channel Islands history earned her the California Historical Society’s Distinguished Service Award.

The talk is sponsored by Channel Islands National Park to further the understanding of current research on the Channel Islands and surrounding marine waters. The lecture will take place at 7:00 pm at the Channel Islands National Park Robert J. Lagomarsino Visitor Center, 1901 Spinnaker Drive, in Ventura Harbor. The program is free and open to the public.

To learn more about Anacapa (in words and historical photos) attend the lecture and read “Anacapa Island” by Marla Daily. ISBN: 978-1-4671-2901-5 \$23.99 | 128 pp. | paperback



Do you have space for 34,000 prayers?

Ventura angel store closing- Over 34,000 prayers need a home

For nearly a quarter of a century Heaven’s Gallery has been a destination store for people visting downtown Ventura. According to store owners Keith and Francesca Richardson the store is now scheduled to close September 30, 2018.

One of the main features of the Richardson’s store has been its prayer wall. Started by accident in 1995, the prayers now encompass the store’s original display case at the back of the store and has been gradually creeping towards the front of the store for nearly 24 years. The prayers on the wall come from people from all faiths and all walks of life. According to the Richardson’s, the most commonly answered prayer in recent years has been for women told by their doctors that they cannot have children.

Heaven’s Gallery and its prayer wall have been featured in numerous news stories including: ABC’s “Good Morning America,” KCBS News, TNN’s “The Life

Continued on page 23

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Inspirational and informative Summit

Community members are invited to attend the Foster Care Summit, designed to encourage and equip individuals who have a heart for foster care and adoption.

Child Hope Services and Foster VC Kids will host the Summit, August 11, 8 a.m. to 1 p.m. at Calvary Chapel Oxnard, 1925 Eastman Avenue, Oxnard. The Foster Care Summit is free and community members are invited to learn about opportunities to support children and youth in care -- either by becoming a resource, foster or adoptive family, or by supporting those who do.

Currently, Ventura County has approximately 800 children and youth in need of support, guidance and hope to help them thrive while separated from their families of origin. Ana Navarro, Caregiver Support Specialist/Placement Stabilization for Foster VC Kids says, “If you are inspired by the thought of helping local children and youth feel safe, cared for and supported, this Foster Care Summit is for you.”

Based on their own personal experiences with the foster care and adoption process, Heather and Daniel Fowler founded Child Hope Services in 2014 to support other families who are bringing

children into their lives. Daniel says, “People are humanitarians at heart. There is a role, and opportunity, for everyone in the community to have a positive impact on the life of a child or young adult. You can be a world-changer.”

The Foster Care Summit will include presentations from:

Special guest Jason Johnson, a foster and adoptive father, writer and renowned speaker on orphan-related issues. He is the Director of The National Church Ministry Initiative with Christian Alliance for Orphans and author of All in Orphan Care.

Guest speaker Chelsea Cameron, a child of adoption herself will reflect on her choice to choose adoption. She will also share topics on loving well, building bonds and connections with children that are not her own.

Foster VC Kids about the training and support available to those interested in becoming a resource family who nurtures the safety, permanency and well-being of Ventura County’s youth and families.

Child Hope Services regarding the organization’s mission to support and cover foster families and foster youths with the practical resources needed in the critical first moments of foster care placement, along with supporting their long-term practical and relational needs.

For more information go to www.fostercaresummit.org.


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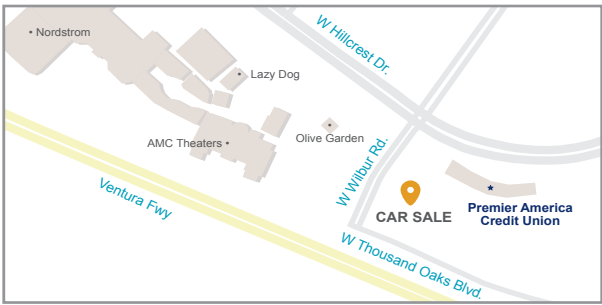
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News & Notes



Bex and Gil stopped in Ventura on the way to Tijuana.

Couple kick-scooting to help build a school in Africa

UK based couple, Bex Band and Gil Dori, will be bravely attempting a 1500+ mile journey travelling the full length of the USA west coast using kick scooters - stand up non-motorized scooters that are powered by leg muscles alone. The expedition, named 'Kicking the States' began on May 17 in Vancouver, Canada and will end 3 months later in Tijuana, Mexico. This route has never been attempted on kick scooters before so it will be a world first!

The couple are completely self-contained, carrying all their own gear in modified panniers that they adapted especially for the kick-scooters.

Band and Drori are no strangers to adventure. They both keep adventure blogs and have enjoyed getting outdoors

the last couple of years, finding challenges that test them to their limits. Previously they have hiked the length of Israel, sailed across the North Sea and kayaked the width of the UK, but this will be their biggest adventure yet. They hope to inspire others to go on like changing adventures of their own.

Drori says, "We decided to do this journey on kick-scooters because it is the most fun way to travel. It allows us to really see the places we pass and is great for meeting people along the way. When people see the scooters, they want a go too!"

Band is looking forward to the journey ahead, "I'm nervous about this expedition because it has never been

Continued on page 20



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Senior Living

Pull Out Section



Caregivers can't do this alone.

Alzheimer's caregivers need care for themselves

by Lori Harasta

Caregivers of Alzheimer's victims share a common journey, on a path filled with increasing obstacles as the disease progresses. At some point, caregivers need to come to grips with the truth that they can't do this alone.

Janet Coleman, RN, hospice nurse for Livingston Memorial Visiting Nurse Association has for years been gently guiding caregivers who, in the final stages of the disease, are seeking the comfort and support of hospice care. When her own mother was diagnosed with Alzheimer's, she had to learn how to ask for help.

"I realized quickly that it is very different with a loved one than with a patient. I never get angry with a patient for being confused, but would frequently get irritated/angry with my mother for

not remembering where the forks went, or for seeing things that weren't there. I have gotten over that, but those were difficult times, for her and for me. She would often ask me to kill her because she knew her dementia was there and was going to get worse.

"There are so many emotions involved—grief, guilt, sadness, anger, regret, and the very unique loss of a person who is still there."

Coleman observed that as a caregiver, "...it is easy to lose focus on yourself and your life. It is most important to give yourself a break. There is no perfect way to care for someone with dementia."

Each milestone in an Alzheimer's sufferer's life requires adaptation to the "new normal". At one point in Coleman's

Continued on page 16

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Seniors attending Memory Café at Studio Channel Islands.

Studio Channel Islands Receives Grant

Ventura County Community Foundation (VCCF) has awarded Studio Channel Islands (SCI) a grant in the

amount of \$28,820 to support its Arts and Health programming. Funding will be used to expand its Memory Cafes (creative social events for individuals with memory loss and their caregivers), art classes with hospice (workshops for children in bereavement counseling) and stroke survivor art classes. Funding for the grant will come from the Ruth Daily Livingston Fund.

"We are grateful to VCCF for their support of our growing Arts and Health community programs. There is extensive research which demonstrates that participation in the arts has profound impact in improving individual and community well-being," said Peter Tyas, SCI's executive director.

Tyas explained that the arts have been employed in both hospital and

Senior Living

community care settings for over twenty years and the findings from peer-reviewed research has led to the development of an extensive arts and health network across Europe and parts of North America. The partnership between arts professionals and the medical community has refined a number of arts and health models which have measurable health outcomes and significant impacts upon the overall quality of life.

Studio Channel Islands has been developing a partnership with Camarillo Health Care District and with the local hospital to explore the potential of the arts to have positive impacts within the community.

For more information, visit www.studiochannelislands.org or call 805-383-1368.

mission, the weekly shopping and delivery of groceries to home bound seniors. The goal of SHOP AHOY is to assist its clients to remain in their homes independently. Everyone likes to stay in their homes as long as possible and by providing weekly groceries SHOP AHOY is helping them do so.

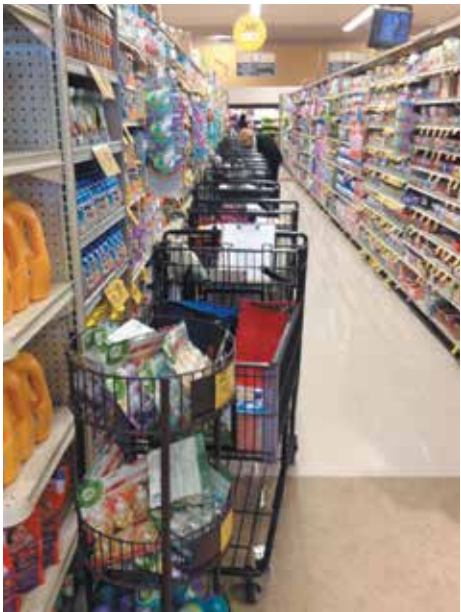
The program serves five cities; Camarillo, Oxnard, Simi Valley, Thousand Oaks and Ventura. Each week a volunteer calls his or her senior and records their order, and it's not only groceries. Greeting cards, fresh flowers, stamps, deli and over the counter medicine regularly fill the carts.

Cheryl Hollandsworth is the site leader of the Ventura group. She's been serving the seniors for over 15 years. "There isn't anything I'd rather do to help other people. Each person has different tastes and favorites and it's rewarding to see the looks on their faces when they get their favorite ice cream or their special cookies that no other store stocks. Even more gratifying is the relationship that we've developed over the years."

Many volunteers take out the trash, take them to the doctors, sometimes help them clean house. Many visit during the week just to talk; after all, it's not uncommon that homebound people don't get many visitors.

Seniors come to know SHOP AHOY by word-of-mouth referrals from other seniors and organizations such as the Camarillo Health Care Center, Hospitals, and Senior Concerns in Thousand Oaks. "We also get a lot of referrals from visiting nurses. The more people hear about us the more people we can serve," said Tony Miller, President of SHOP AHOY.

Members of the Board of Directors are also volunteers; they're shoppers/delivers and they speak to other service organizations to get the word out. <http://shopahoy.net/>



Shopping carts filled with groceries waiting to be delivered.

Need help getting your groceries?

submitted by **Tony Miller**
President of SHOP AHOY

In Ventura seniors call SHOP AHOY, not ship ahoy. That's right, when home bound senior citizens need groceries they think "SHOP AHOY." Every Tuesday morning around 9:00 am in Von's at Victoria and Telegraph you'll see the result of their calls. As many as 25 shopping carts filled with groceries lined up waiting to be delivered to seniors.

SHOP AHOY is a non-profit volunteer program in Ventura County which has one

Special employee training session at Cypress Place

Random attacks have been occurring across the country and are documented daily in the news. Because of the frequency of the attacks it has become critical for residents to equip themselves with safety skills and knowledge, especially while on the job.

On August 14th, Gloria Marcott, self-defense expert and law enforcement officer, will be holding special training sessions at Cypress Place Senior Living. Gloria will be training "employees" on how to use a new technology called



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the Defense Alert Device, which is a handheld device that utilizes Bluetooth and a corresponding app to send danger alerts and also has the ability to spray a powerful chemical deterrent to stop assailants. Along with getting trained on the device, employees will also be learning safety and self-defense skills.

Cypress Place Senior Living, 1220 Cypress Point Ln, (805) 918-5078.

Controlling high blood pressure

You can have high blood pressure, or hypertension, and still feel just fine. That's because high blood pressure often does not cause signs of illness that you can see or feel. But, high blood pressure, sometimes called "the silent killer," is very common in older people and a major health problem. If high blood pressure isn't controlled with lifestyle changes and medicine, it can lead to stroke, heart disease, eye problems, kidney failure, and other health problems. High blood pressure can also cause shortness of breath during light physical activity or exercise.

Blood pressure is the force of blood pushing against the walls of arteries. When the doctor measures your blood pressure, the results are given in two numbers. The first number, called systolic blood pressure, is the pressure caused by your heart contracting and pushing out blood. The second number, called diastolic blood pressure, is the pressure when your heart relaxes and fills with blood. Your blood pressure reading is usually given as the systolic blood pressure number over the diastolic blood pressure number, such as 138/72. Normal blood pressure for adults is defined as a systolic pressure of less than 120 and a diastolic pressure of less than 80. This is stated as 120/80.

One reason to visit your doctor regularly is to have your blood pressure checked. Routine checks of your blood pressure will help pick up an early rise in blood pressure, even though you might feel fine.

For older people, often the first number (systolic) is 130 or higher, but the second number (diastolic) is less than 80. This problem is called isolated systolic hypertension, which is due to age-related stiffening of the major arteries. It is the most common form of high blood pressure in older people and can lead to serious health problems.

If your blood pressure is lower than 90/60, you have low blood pressure, or hypotension. You may feel lightheaded, weak, dizzy, or even faint. Low blood pressure can be caused by not drinking enough liquids (dehydration), blood loss, some medical conditions, or too much medication.

There are many lifestyle changes

you can make to lower your risk of high blood pressure:

Keep a healthy weight. Being overweight adds to your risk of high blood pressure. Ask your doctor if you need to lose weight.

Exercise every day. Moderate exercise can lower your risk of high blood pressure.

Eat a healthy diet. A diet rich in fruits, vegetables, whole grains, and low-fat dairy products may help to lower blood pressure.

Cut down on salt. As you get older, the body and blood pressure become more sensitive to salt (sodium), so you may need to watch how much salt is in your diet.

Drink less alcohol. Drinking alcohol can affect your blood pressure.

Don't smoke. Smoking increases your risk for high blood pressure, heart disease, stroke, and other health problems.

Get a good night's sleep. Tell your doctor if you've been told you snore or sound like you stop breathing for moments when you sleep.

Manage stress. Relaxing and coping with problems can help lower high blood pressure.

For More Information About High Blood Pressure:

American Heart Association
1-800-242-8721 (toll-free)
inquiries@heart.org
www.heart.org

National Heart, Lung, and Blood Institute
1-301-592-8573
nhlbiinfo@nhlbi.nih.gov
www.nhlbi.nih.gov

MedlinePlus National Library of Medicine
www.medlineplus.gov

Alphabet Soup: What is the Parkinson's Foundation?

We hear about so many great local and national Parkinson's organizations that at times it can become confusing! We call it "Alphabet Soup" when you hear people talk about PF, NPF, PDF, MJFF, APDA, PAN, PMD and the list goes on... Each organization offers something in service to the community, but who's on first and what's on second??

The Ventura Parkinson's Disease Support Group is pleased to host the Parkinson's Foundation on August 8 from 1:00 to 3:00 pm at The Lexington Assisted Living, 5440 Ralston St in Ventura. The Parkinson's Foundation has been around since 1957 with the singular mission to improve the lives of



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people living with Parkinson's Disease.

Sarah Osborne will talk about what this means and how the Parkinson's Foundation achieves their mission through resources, education and advocacy for you and your care-partner. She will also give a presentation on the Parkinson's Foundation "Aware in Care" patient safety kit that prepares and empowers people with Parkinson's before, during and after a hospital visit, and details on how you can obtain one. The kit contains tools and information to share with hospital staff during a planned or emergency hospital visit (at home or abroad!).

Sarah Osborne is the Parkinson's Foundation Community Program Manager for California. She came to the foundation after her younger brother was diagnosed with Young Onset Parkinson's Disease at the age of 32. Prior to joining the foundation, Sarah earned her B.S. in Journalism and worked in medical and healthcare marketing. She's also been teaching Pilates, Yoga and

Continued on page 16

What to tell your doctor

by National Institute on Aging

When you are planning for a doctor's visit, these are some ways you can make the most of your time there:

It is tempting to say what you think the doctor wants to hear, for example, that you smoke less or eat a more balanced diet than you really do. While this is natural, it's not in your best

Continued on page 16





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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:

Diabetes Class

Ventura: Tuesday, August 7th, from 1-2:30pm at Livingston Memorial Visiting Nurse Association, 1996 Eastman Ave, Suite 109. These meetings are held on the 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 Class

Ventura: Monday, August 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 offices, in the Community Room at 1996 Eastman Avenue, Suite 109 in Ventura. 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 (805) 642-0239 ext. 739.

Social Services/Bereavement Groups

Ojai Caregiver Support Group: Mondays, August 6th and 20th (1st & 3rd Mondays, unless it falls on a holiday) from 10:00 am – 11:30 am at Continuous Care Center, Fireside Room, 1306 Maricopa Hwy, Ojai (behind Ojai Valley Community

Hospital). 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 (805) 633-9056.

Ojai Adult Bereavement Support

Group: Tuesdays, August 14th and 28th (2nd & 4th Tuesdays) 10:30 am-noon at Help of Ojai, West Campus 370 Baldwin Rd., Ojai. 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.

Oxnard Adult Bereavement Support

Group: on Mondays, August 6, 13, 20, and 27 from 3:00-4:30 pm at First Presbyterian Church, 850 Ivywood Dr., Oxnard. 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. If you have any schedule questions, please check the website calendar (<http://lmvna.org/calendar/index.html>) or call us.

Ventura Adult Bereavement Support

Group: Wednesdays, August 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.

Newly Bereaved Support Group in

Ventura: Thursday, August 9th from 6-7:30 pm at Livingston Memorial Visiting Nurse Association office, 1996 Eastman Ave., Suite 109. 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. These groups meet every 2nd Thursday of each month.

Senior Living

Alphabet Soup

Continued from page 15

Indoor Cycling with the YMCA since 2007 and believes in the power of movement for Parkinson's Disease and for us all!

The Ventura Parkinson's Disease Support Group welcomes the public, our members and their care-partners, and new friends who find themselves navigating the challenges of ageing, Parkinson's Disease and other neurological conditions. Please feel free to join us on Wednesday, August 8th from 1:00 to 3:00 pm at The Lexington Assisted Living, 5440 Ralston St. They are an independent and volunteer-organized group, not affiliated with or a part of any other organization or group. For more information, call Patty at 805-766-6070.

Thanks to the generosity of the Lexington Assisted Living, meetings are held every second Wednesday of the month from 1 to 3PM. There is a drop-off/loading and unloading driveway in the front of the Lexington Assisted entrance. Extra parking is graciously available across the street in the Baptist Church parking lot. Reservations are not required. Attendees are invited to check in at the front desk for directions to the 3rd floor and sign-in at the meeting.

What to tell your doctor

Continued from page 15

interest. Your doctor can suggest the best treatment only if you say what is really going on.

Pick three or four questions or concerns that you most want to talk about with the doctor. You can tell him or her what they are at the beginning of the appointment, and then discuss each in turn.

Although your doctor might like to talk with you at length, each patient is given a limited amount of time. To make the best use of your time, stick to the point. For instance, give the doctor a brief description of the symptom, when it started, how often it happens, and if it is getting worse or better.

Tell the doctor if you feel rushed, worried, or uncomfortable. If necessary, you can offer to return for a second visit to discuss your concerns.

For example, you could say something like: "I know you have many patients to see, but I'm really worried about this. I'd feel much better if we could talk about it a little more."

Even the best doctor may be unable to answer some questions. Most doctors will tell you when they don't have answers. They also may help you find the information you need or refer you to a specialist. If a doctor regularly brushes off your questions or symptoms as simply a part of aging, think about looking for another doctor.

Alzheimer's caregivers

Continued from page 13

journey, it became clear that professional caregivers were needed. Further down the road, she made the difficult decision to put her mom in an assisted living facility.

"It has been helpful to know about the types of services that are available. I feel very fortunate that I had contacts in that area to quickly get my mom into the best environment when she needed it."

The Alzheimer's Association provides caregiver support groups in most communities. "We offer in-person support groups for caregivers, individuals living with Alzheimer's and others dealing with the disease." You can find help and support at <https://www.alz.org>.

Coleman's mother is nearing the road's exit. "She currently does not know any of her family, has limited speech and very impaired mobility," she shared. When the time comes, Coleman will be most grateful to receive comfort and support from the hospice team, which includes a medical director, nurses, therapists, social workers, chaplains, home health aides, and volunteers.

Nearly everyone has been impacted in some way by Alzheimer's disease. One in three seniors die of Alzheimer's or other dementia. We need to find a cure. You can contribute to finding a cure by participating in the 2018 Walk to End Alzheimer's. In Oxnard, the walk is scheduled for September 29th. October 27th is the date set for Westlake Village. You can participate by joining the walk, and/or supporting a team. For more information, contact Mitchel Sloan 805.261.2187 or msloan@alz.org.



Breeze Publisher Brown and Senior Account Executive Breezy Gledhill enjoying a fine lunch at Clearwater at Riverpark Active Adult Community. Residents at Clearwater have a world of options on the menu as planned by Chef Thomas Dado. Residents can savor fresh modern American cuisine in the restaurant-style dining room offering a full menu of options (or the daily special) created with the freshest seasonal ingredients, while the convivial pub offers craft cocktails and delicious bites.

750 Clyde River Place, Oxnard, 805-366-3526.

News & Notes



Deborah Meyer-Morris candidate for VUSD School Board.

Deborah followed in her mother’s footsteps

A graduate of Simi Valley High School, West Ventura County has been Deborah’s home, since she and her husband, Jeff, moved to Oxnard in 1994. Deborah is a graduate of CSUN and Loyola Law School, class of 1991, attending at night in downtown LA while working a full time job with CIGNA/INA. Together they raised two daughters, both graduates of Ventura High School.

As the daughter of a PTA President, Deborah followed in her mother’s footsteps becoming involved in PTA when her children entered elementary school. Deborah embodies the PTA motto, every child, one voice. She possesses the industriousness of a former PTA President of the Oxnard Council of PTAs and Anacapa MS PTO,

the passion of a parent of children with exceptional needs, and the unique skill set of an attorney capable of doing the deep policy work needed to put students first. She realizes that teachers are the voices of their students, and with professional development and collaboration with parents, collectively, they can empower each student to reach their own potential. Deborah sees that without systemic policies, oversight, review and inquiry of existing policies and procedures, and finally without their uniform implementation, educational equity will remain an illusion, not a reality.

Incorporating her extensive community leadership experiences in Oxnard School District and VUSD, Ventura County 4-H, Girl Scouts of the Central Coast, Channel Islands Ice Center, among others, Deborah brings years of youth mentorship, service learning and more than a decade of fund-raising experience to the table. Deborah understands that the school board is the “what”, and the superintendent is the “how”, and it is only through collaborative governance that true community representation is accomplished.

Change is hard work, and unpopular, not to mention time consuming, but ultimately the only way to implement consistent policies and procedures is to honestly look at the District’s past policies of less than uniform adherence to important laws and dictates. Providing educational equity means acknowledging past failures inherent in existing policies and bias, so that each student actually has access to all of the outstanding choices and unique educa

Continued on page 22



The quality of water coming out of the tap today is a top priority of Spencer’s.

Fourth generation Venturan running for city council

Spencer Noren, a fourth generation Venturan, has announced that he is running for city council in District 4 on the far east side of Ventura. In 2017, he moved home with the mission to make a positive difference in the community of Ventura. After living in Phoenix and Seattle, he is returning to his roots with his wife Melyssa, and two elementary aged children.

An entrepreneur at heart, Spencer first learned about business and community from his grandparents Len and Beverly Noren, the original owners of Noren’s Market. Spencer took his passion for people, and being social, and

started his own business, Yo Social, a local media management company. He is also heavily involved in the community as the Juanamaria Elementary PAC representative, Foothill Little League coach, FOOD Share volunteer, Chamber of Commerce member, East Ventura Community Council vice-chair and enjoys attending church locally.

Spencer’s energy and passion are undeniable when you chat with him about his hometown of Ventura. When asked how he plans to use the energy to improve the city, he says “I am going to demand accountability within the city jobs, ensure we are being more efficient, and improve our city’s use of technology.”

Noren is focused on helping all citizens affected by the Thomas Fire. He insists we must have safe and clean streets, improved water quality, and better support for our teachers and students, especially in District #4. How will he implement this? Noren says, “We don’t need to reinvent the wheel of our historic coastal town. We just need new attitudes, with a fresh voice, to use basic social skills and updated technology.”

The quality of water coming out of the tap today is a top priority of Spencer’s. He says, “If the town is all equal, our water needs to be too.” Emergency preparedness, especially with fire season around the corner, is something that keeps him up at night. He wants to ensure the City of Ventura is prepared for anything to come it’s way. For students and teachers, he says, “I want safe schools, both in regards to morning and afternoon traffic and within the building so children feel safe all day; more extra programs, such as PE

Continued on page 22

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Councilmember Erik Nasarenko wishing Bonaventure resident Sara Flournoy a Happy 103rd Birthday!

Nasarenko seeking second term

Ventura city councilmember and senior prosecutor Erik Nasarenko announced that he will be seeking

a second term on the Ventura City Council representing newly-created District Four, which includes several East Ventura neighborhoods, including the communities of Juanamaria, Hobart Park, Ondulando, Clear Point, Hidden Valley and Wells Road and Citrus Drive.

“It is a fantastic place to live and raise a family,” said Nasarenko, referring to the district, which was one of seven geographic zones finalized by the city council in December 2017. “I want to build upon the progress we have already made in East Ventura and throughout the city and continue to deliver leadership and results for our residents.”


The former Mayor and father of two children, 9 and 12, has long championed improvements to the city’s parks. During his first term in office, youth softball, soccer and lacrosse players

Continued on page 22

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VENTURA HARBOR VILLAGE



The Pet Page



**Dedicated
to Scamp**

Best low fat dog food by Adam Conrad

Low-fat dog food can be extremely helpful for dogs with pancreatic problems or dogs struggling with obesity. It is easy to find low-fat brands, but it can be difficult to find low-fat brands that still have all the necessities for your dog. Many companies cut fat out of their dog food by cutting meat out of the food. Cutting some meat can be helpful, but if you cut too much meat out of the food you are eliminating a valuable protein and energy source for your dog.

So how do you find the best low-fat dog food? Just like when buying regular dog food, you must pay close attention to the ingredients. It is easy to cut out protein and add carbs as fillers when making a low-fat dog food, but carbs are the things to avoid for your dog because they are not very beneficial and do not provide very much energy for you dog.

They make your dog feel full, but other than that carbs do not have great nutritional value. Unfortunately, carbs are often used to replace nutritious, protein packed meat that will provide your dog with lots of natural energy. But because meat can have a high fat content, it can often be the first ingredient but in low-fat dog foods.

The top ingredients to eliminate for the best low-fat diets and dog foods are preservatives, like BHA, artificial flavorings and dyes, animal fat, vegetable oil, fat trimmings, and overall, anything that is processed or unnatural. Instead of these ingredients it is important to have natural fibers and proteins. Brown rice is an example of a healthy grain ingredient with fiber.

Unprocessed lamb or chicken are great meat choices that provide protein. Carrots are also a key ingredient that will provide vitamin A in your dog's diet. And oatmeal is a great ingredient that will give your dog more vitamin E. In general, you want to look for low-fat

dog foods that are filled with fruits, omega 3 and omega 6, L-carnitine, and amino acids.

All these ingredients enhance your dogs fiber and protein, which are necessary for energy, and help strengthen bones and provide lots of healthy vitamins. Stay away from carb heavy ingredients, processed meats, and unnatural hormones.

It is important to keep your dog on a low-fat diet if your dog has specific health problems like pancreatitis, diabetes, or obesity. In general, though, keeping your dog on a low-fat diet will prevent future problems for your dog.

If you want your dog to avoid health problems as they age, then find them low-fat brands that feed them protein, vitamins, fruits and vegetables, and don't use processed ingredients and hormones. Fat in dog foods is not all bad, but too much of it can create serious health problems, and it is simply not the best thing for your dog's health and longevity.

Adam Conrad is a passionate writer and a dad of 5 Shih Tzu pups. He loves to write about dog grooming, best food for dogs and CDV (Canine Distemper Virus). His guides are aimed at pet parents to help them look after their pups. He writes for the blog The Shih Tzu Expert.

Paw's Corner by Sam Mazzotta

More Ways to Foil High-Flying Felines
Dear Paw's Corner: I read with interest the recent column where a reader put aluminum pie plates on surfaces, like the stove, where cats weren't allowed. That sounds like a good solution to stopping cats from jumping onto the countertops.

Our cats, when they were young, would jump 5 feet straight up to the tops of kitchen cabinets. Needless to say, this was annoying and more than a little concerning.

My wife got some plastic rug runners that had knobby things on the bottom to keep the runners from moving on a carpet. She cut pieces and laid them on top of the cabinets with the knobby side

Scamp Club

(Scampclub pets are not for adoption.)



Hi: I'm Lucy, a senior female Bichon Frisé, about 15. I love the beach, walks, sleeping on the bed, table food, especially watermelon and cucumber in summer.

Join Scamp Club

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

up. It took only a few times for the cats to realize the cabinet tops were not comfortable. The knobby things could not hurt the cats, but they certainly didn't feel good. -- Bob R.

Dear Bob: Thank you for the suggestion! Readers, if you try this solution, be sure to use rug runners with nylon or softer plastic nubs. Essentially, discouraging cats from jumping onto surfaces where you don't want them requires you to put something on those surfaces that they don't like, but which won't hurt them. An unfamiliar

texture will keep them from hanging around on those surfaces.

High-pitched noises can send them away, such as the rattle of an aluminum pie plate. Some cat owners keep a shaker can handy -- a small can with a lid, like a potato chip can, filled with pennies or other objects that make a jangling, high-pitched noise when shaken.

Keep in mind that these are all forms of negative reinforcement, so try to limit their use to stopping very specific behaviors that might endanger your cat. (c) 2018 King Features Synd., Inc.

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On July 28, the Harbor Cove Café hosted the VPD K-9 "Who Let The Dogs Out" featuring zombie poker and wine tasting. All proceeds went to the Ventura Police K-9 Partners "medical needs." Pictured are Amber Adam (in the middle) the creator and special event coordinator of the Who Let The Dogs Out and attendees.



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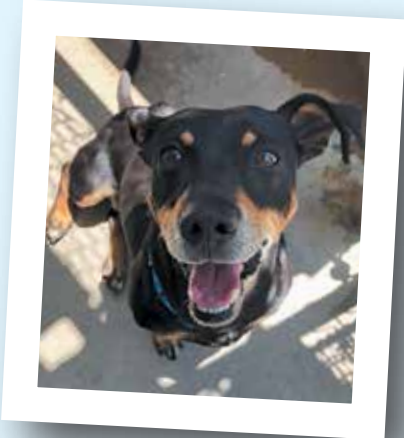


The Pet Page

Lost pet? Go to LostCatVenturaCounty.com or LostDogVenturaCounty.com - free websites for finding and posting when you've lost or found a cat or dog.

Forever homes wanted

Hi: I'm Parker, a very sweet 4-year-old Dachshund mix rescued from Animal Services. I'm very affectionate, love walks, treats and being with people. If left alone, you may want to crate train me instead of leaving me outside in the backyard. If left alone outside I will probably dig out unless the bottom of the fence is reinforced. It's unknown how I'd do with other dogs, but when walked near other dogs I seemed to do fine. Once I settle in I'll get to participate in playgroups at C.A.R.L.'s kennel facility. If you're looking for a companion to accompany you everywhere, stop by and meet me. Canine Adoption and Rescue League C.A.R.L.



Hula is a fun-loving, sweet dog. She came to the shelter with her sister when their previous owner could no longer keep them due to housing issues. She loves going for walks and even gets to go on weekly bike runs with one of the volunteers. In the play yard, Hula is a joy to watch chasing her favorite tennis ball and exploring her surroundings. Her previous owner reported that Hula was house trained, enjoys car rides and baths, and described her as "very loving, likes to cuddle, and likes to lounge." Ventura County Animal Services - Simi location - 570 W. Los Angeles Ave. Hula A440985.

This 'n' That



Teachers, STEMbassadors students and Alex Wulff love what they are doing.

STEMbassador Kids Kick off STEM Workshop Series with Ventura teachers

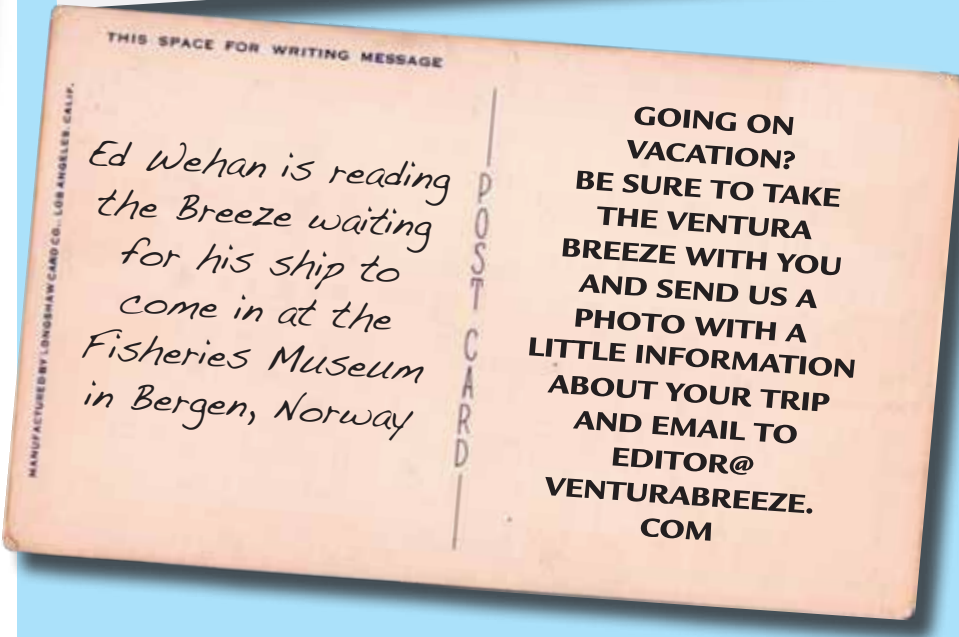
Beginning Monday, June 18, 2018 STEMbassadors taught a 3-day workshop to train 16 teachers from several Ventura County schools (De Anza Academy of Technology and the Arts (DATA), Junipero Serra elementary school, Rio and Elmhurst elementary, along with Oxnard elementary school) in the use of their CNC router "spark carts."

The spark carts were designed and constructed by the STEMbassadors and include mobile CNC routers, laptops,

dust collection, and materials. This workshop was taught by the STEMbassadors crew, comprised of eight Ventura students in grades 8th-10th and led by their STEM elective teacher, Alex Wulff, from DATA.

The teachers attending the training workshop were instructed on safety, operation and trouble-shooting of the CNC mills, and guided through a number of standards and project-based classroom lessons. Teachers will use

Continued on page 28





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News & Notes



Standing at the fire engine is Firefighter Josh Bethea, son Scott Hunt, daughter Erin Wise, Firefighter Ron Ramirez, Firefighter Brian Mulchille and Firefighter and bagpipe player David Mendoza.

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Paul Hunt remembered at the cross

On September 25, 1936, Paul Richard 'Dick' Hunt was born at home 180 Palm Street to Robert and Netty-belle Hunt. He was the last of eight children. He attended May Henning and Lincoln Elementary, Ventura Jr. High, and graduated from Ventura High School in 1954.

He worked in various automotive supply shops before working at Shell Chemical. In 1958 he enrolled in the army. On April 26, 1958 he married Janet Fraser. They made their home in Ventura and Dick joined the Ventura City Fire Department.

In 1964, Dick and Jan welcomed their son Scott to their family. Daughter, Erin, was born in 1966, two years later.

Dick was a very artistically talented person and he had lots of hobbies that he enjoyed: calligraphy and designing patterns for his stained glass windows and beautiful sun catchers. He took such pride in his hobbies. He retired from Ventura Fire Department after several years of service and continued time with the Department with weed abatement services.

He passed away quietly at home surrounded by his family on March 10th. In lieu of flowers, the family requests for donations to be made to Serra Conservatory Cross, PO Box 48, Ventura, CA 93002.

On July 18 a wonderful memorial service was held for him at the cross.

His best friend and mother of his children, Jan survive him; his son, Scott;

his daughter, Erin; his son in law, Richard Hernandez; his granddaughters, Lauren and Brittany; many nieces and nephews, friends. He will be dearly missed.

Couple kick-scooting to help *Continued from page 12*

done before and I know it is going to be tough reaching the long distances we need to cover each day. We don't know where we will be sleeping each night and some days will be reliant on kind strangers allowing us to camp in their years. Mostly though I'm just excited about the people we will meet along."

Band adds, "When we tell people what we are planning, the first thing they ask is 'are you going to use just one leg?'.....We will be switching legs!"

The aim of this expedition is to raise money for Africa's Children in Education who support some of Africa's poorest children through school. Band, who used to be a teacher says, "We visited East Africa last year and since then have wanted to do something to give back as we feel we are so fortunate in many ways. We met many children living in extreme poverty and we believe that Education is key to them being able to change their circumstances. Our hope is to raise \$10,000 which will go towards building a school which will help hundreds of children for years to come."

The couple will be giving free talks along the way in exchange for donations. People can follow or sponsor the couple at www.kickingthestates.com.

This 'n' That

WEV can make you an entrepreneur

Are you ready to become an entrepreneur, or expand your existing small business? Afraid to “go it alone,” or unsure how to proceed? WEV’s training programs guide you in taking the next step. Attend a free 1-hour orientation, where you’ll meet a WEV representative that will help you determine if SET, EXPLORE, or another WEV program is right for you!

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. Exact locations given at registration

Cost: free, but registration is required

- Tuesday 8/7/2018 6-7pm Ventura
- Thursday 8/9/2018 12-1pm Ventura
- Wednesday 8/15/2018 6-7 pm Ventura

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 empowermentment of women. WEV provides training, consulting and loans to help entrepreneurs start, grow and thrive in business. 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 nationally 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.

To learn more, visit the web site at www.wevonline.org.

Recipients of the 2018 Fainer/Tauber, MD Awards announced

Ventura County Medical Resource Foundation (VCMRF) is proud to announce the recipients of the 2018 Fainer/Tauber, MD Awards on Thursday, September 6, 2018 at the Lloyd- Butler Estate in Oxnard, the title sponsor of this year’s celebration.

In 1956, Dr. Leo Tauber, along with two other physicians founded VCMRF, whose mission is “To improve, in partnership with others, access to needed health care for the most vulnerable and underserved residents of Ventura County.” Since that time, the Foundation has been a leader in recognizing the achievements and dedication of the county’s doctors and health care professionals, through the David Fainer, MD and Leo Tauber, MD awards. By acknowledging the work of the health care professionals county-wide, VCMRF brings awareness of the exemplary work taking place every day in the health care community to help drive innovation in patient care and access to care for all residents, especially the county’s underserved population.

The 2018 honorees include:

Physician:

Beverly Valles Torres, MD, MPH

Nurse: Rashidah Khan, RN

Community Service Award: Michael Boyko

Oral Health Specialist: Catherine Chien, DDS

Vision Care Specialist: William Shaffer, OD Behavioral/Mental Health Professional: Richard Deamer, MD

Allied Health Professional: Kristine Supple, PA-C, MPH

Trailblazer Award: Michael L. White, LMFT

The \$225- plate event (\$195 for past award winners) includes a champagne reception, entertainment by Allegato

(jazz) Music, dessert, live and silent auctions, formal dinner and the awards ceremony. Funds from the event will benefit oral health and vision care services for low- income children and seniors, homeless outreach for those less fortunate, and survivorship wellness retreats for low-income women undergoing cancer treatment at local hospitals through the InnCourage program. For more information please contact Victoria Chandler at the Ventura County Medical Resource Foundation (805) 641-9800, email at vcmr@vcmr.org, or visit website at vcmr.org.

“Houdini” radio broadcast wins national awards

Adding to recent international awards, the radio drama broadcast “Houdini’s Secret Life” has now picked up national awards. Every Now and Then Theatre and Conejo Players Theatre’s joint presentation, celebrity hosted by actor-producer-writer Joe Mantegna, aired over Halloween 2017 on Ventura County’s NewsTalk 1590 KVTa. “Houdini” dramatized lesser known aspects of America’s first super hero, including WWI spy, fraud buster, humanitarian, government witness, and possible murder victim.

Recently the broadcast won the International MUSE Gold Creative Award and the International COMMUNICATOR Silver Award of Distinction.

“Our all-volunteer Every Now and Then Theatre is in our 28th year, now with 47 total awards,” said the troupe’s National Representative Maria Laing. “Locally, our productions help benefit children by providing broadcast copies to cast in exchange for their donations to KVTa radio’s drive for Children’s Services Auxiliary of Ventura County. And now nationally, were helping children by offering a selection of previous broadcasts for Christmas and



Another Great Beach Read from James Francis Gray!

AUDREY’S JOURNAL

Dedicated Office Clerk Audrey Stienner stays on top of it all in her Working Journal...client appointments, high profile meetings, assignments, **and office secrets**...secrets that, if they were to be exposed, could cost her a lot more than her job.

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<https://youtu.be/y6GcldQZHpl>

Halloween, including ‘Houdini,’ to radio stations nationwide in exchange for their donations to the Conejo Valley Kiwanis Foundation.

These donations benefit both the local effort and the Kiwanis International Children’s Fund programs including backpacks with school supplies, holiday gifts, college scholarships, the Bumblebee Foundation, Kiwanis International Project to Eliminate Maternal/ Neonatal Tetanus, Alex’s Lemonade Stand Foundation for Childhood Cancer, as well as the Children’s Services Auxiliary of Ventura County.

“Houdini” Celebrity Host and cast member Joe Mantegna is perhaps best recognized by TV viewers as David Rossi in the hit series, “Criminal Minds.”

Among “Houdini” participating radio drama actors are members and graduates of Hollywood’s famed Magic Castle. At the breaks, Merlin Pharmacy’s Paul Dwork challenges listeners with mind reading. Magic Castle member and Houdini enthusiast Bob Lynn served on the script review committee and provided magic spinner coins for the cast. Lynn donated his broadcast copy to the Magic Castle library. Musician Michael Masley provided atmospheric cymbalom music for the séance sequences.

Every Now and Then Theatre selects top local actors countywide and mixes them with promising beginners. The troupe can be found by name on Facebook and on the web at www.every-nowandthentheatre.com.

Greg Monterrosa, HUB 101, honoree Emily Barany and State Senator Kevin De Leon.



Platform will transform global disaster recovery

On Sunday, July 22, Emily Barany, co-founder of ThomasFireHelp.org was honored by the Democratic Club of Ventura County. Emily was presented with the “2018 Outstanding Entrepreneur Award” in

recognition of her business acumen and her leadership in developing ThomasFireHelp.org.

Emily is the owner of Visionality, a business consultancy that has supported the work of nonprofit organizations in the region since 2011.

In the immediate hours after the Thomas Fire began in December 2017, ThomasFireHelp.org was born as Emily’s fourth and perhaps most impactful venture. The online platform that began as a scrappy “Craigslis” of recovery has become a meaningful leader in recovery efforts for survivors of the not only the Thomas Fire, but the Montecito Mudslide and Holiday Fire.

Today, Emily and the ThomasFireHelp.org team is working with Greg Monterrosa of Hub 101 at California Lutheran University to incubate her fifth company. Emily Barany said, “Our new company will be a global tech platform that revolutionizes the way communities recover from disaster.” She continued, “It is recognition from organizations like the Democratic Club of Ventura that prove to me that I am on the right path.”

“At its core, the Democratic Club of Ventura is a group of individuals who make a difference together. Through grassroots activism, we strengthen our voice and build relationships that help achieve our goals,” said Diana Sparagna, President of the Democratic Club of Ventura. “We are excited to recognize Emily Barany, the founder of ThomasFireHelp.org.

The 2018 Outstanding Entrepreneur Award recognizes her life-long entrepreneurial spirit and the outstanding work she has done to cultivate a grassroots recovery campaign that has helped innumerable survivors of the devastating Thomas Fire, as well as our neighbors affected by the Montecito mudslide and Holiday fire.

In addition to the recognition of Emily’s leadership, the award also includes a cash donation to ThomasFireHelp. The award will be matched dollar for dollar by the Gene Haas Foundation. Earlier this month, the Gene Haas Foundation, recognizing the potential for the ThomasFireHelp.org model to be an international leader in disaster assistance awarded the team a \$25,000 Challenge Grant. To help the ThomasFireHelp team meet the challenge visit: <https://www.thomasfirehelp.org/financial-donations>

Emily competed in “Dancing with our Community Stars” at Oxnard’s Salsa Festival, July 29. She danced on behalf of ThomasFireHelp.org. Every dollar donated counts as a vote for Emily and will be matched by the Gene Haas Foundation Challenge Grant. <https://oxnardsalsafestival.com/dancer/emily-barany/>

If you are a survivor of the Thomas Fire, Montecito Slide or Holiday Fire and need assistance or would like to offer help, visit: www.ThomasFireHelp.org.



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This 'n' That

Storytelling and advocacy training

Continued from page 1

Mental Health Association of San Francisco Training Institute supplied two guides, Terri Byrne and Jules Plumadore, who drove down to facilitate. Both have mental health histories; Jules has experienced homelessness. Their experiences and compassion made them ideal educators.

Additional funding was provided by LUYV and by Brian Gellato, whose poetry about homelessness has been featured in this paper.

Participants were driven to the church by volunteers, given breakfast and lunch. Fourteen were homeless or in temporary situations; the others were on-site pastors of a transitional living facility who hope to share this training. A 4-month-old baby came with his mother, adding occasional commentary. And a well-behaved dog named Sunshine.

Monday included introductions and some life stories. One attendee said, “I was surprised how emotional it was.” They discussed the stigma of homelessness, and community perceptions which affect their behavior, then started working on 3-minute presentations.

On Tuesday, Terri and Jules praised the group for coming up with good ideas. It is important, they stressed, to generate communities who are willing to speak in public and have their opinions known. Voting was a point; a speaker is more credible saying, “I vote.”

Mental illness was an significant topic; both a contributing cause and a result of homelessness due to trauma, illness, abuse and PTSD. Jules talked about different therapies and how vital it is to have access to all of them.

Terri led a dialogue on self-care for speakers: preparation, practice, timing, pauses, feedback, don’t be too hard on yourself, thank everybody, “let it go.” At this point the UU minister, Dana Worsnop, sat in for a while listening and then spoke briefly to reassure them that she, too, is “...nervous... every time...it’s okay.”

Five participants presented on varied topics: showers, harassment, city-sponsored homeless encampments, up to 10-year wait for low-income housing (yes, TEN years!), difficulty getting jobs. The group gave what is termed “strength-based feedback”: positive aspects of the speech, followed by something like “I would love to know more about...” or “I would like to hear...”

What did everyone think of this experience? One person said, “...what I’m taking from this is hope...that my voice can be heard...not something I would ever have been seeking.” Sue, a volunteer, believed, “This can help give a face to homelessness.” Jules, the trainer, “...love to train...renews my faith in the work that I do.”

One speaker hoped that both speakers and listeners could “...leave...with a bigger heart and a bigger soul.”

Additional funding approved

Continued from page 3

Endaya and other members of the fire department to get a better understanding of its workload and other needs.

Paranick and Endaya have been working to provide a more precise and detailed picture of what is driving the service requests. They agreed to return with an update in three months.

Council member Erik Nasaranko requested more information on why calls are so high in Ventura compared to other locations. “I think we need this to be a more data driven process”, he said.

Council member Matt LaVere strongly supported adding the engine because fire

staffing levels are “the same we had in 1988,” he added.

Endaya said he wasn’t sure what targets the roving engine could hit or by how much response times could fall because calls are so much higher now and there are more technological advancements available now like traffic pre-emption systems and GPS.

Two of the three positions authorized at the council meeting are in the hiring process , leaving just one open position. Once on board there will be 69 fire-suppression employees, he said.

In 2017 there were 16, 220 calls , and the department is on track to exceed 17,000 calls this year, Endaya said.

Other agenda items were: Designation of Voting delegate and Alternate for 2018 League of California Cities Annual Conference, introduced by: Mayor Andrews and the council confirmed the appointment of Deputy Mayor LaVere as the City’s Voting Delegate and Councilmember Weir as the alternate voting delegate.

2018 Ventura County Fair Contract was approved for security, traffic control and permit services in an amount not to exceed \$216,000.

Transportation Grant Application for development of an active transportation plan. Council recommended to authorize City Manager , to apply for and accept up to \$959,00 in grant funds from California Department of Transportation.

Downtown parking

Continued from page 1

that future parking transactions are deducted from that balance. To sign up for ParkMobile Wallet, users simply choose the Wallet as the payment method via the mobile app; a 15-cent transaction fee is charged per parking transaction and per parking extension.

To set up an account, users simply download the ParkMobile app, follow the prompts and enter a credit card number. Users are required to enter a four-digit zone number from the green ParkMobile stickers on the meters. Drivers can also access the system by calling (877) 727-5932 to activate the payment service by phone. Paying by coin or credit card at the pay stations remains an option. Local parking enforcement can view driver’s mobile payment on their handheld device.

There are 344 on-street metered parking spaces, and 2,900 free parking spaces Downtown. All net revenue from the parking pay stations goes back into Downtown and funds a Police Officer who is dedicated to making downtown a safer and cleaner place to visit, as well as other improvements. The pay stations help to create turnover and open parking spaces allowing customers to find parking close to merchants.

Mailbox

Continued from page 4

One of the illegal camps posted contained a non-ambulatory female who would not be able to flee on her own should another fire occur. This action taken by both agencies will lessen the chances of future fires and ensure Public Safety.

Respectfully,
John Higgins
Harbormaster – Harbor Patrol Ventura Harbor

Editor:

I have been intending to write, since I read the Letter to the editor, most recent edition, from Jared Verhoeven, critical of a small rate increase by E J Harrison and Sons and touting a huge trash company, not locally owned. EJ Harrison has a long

record of excellent service over many many years to our community. They are constantly looking for better ways to operate and a leader in innovation.

Furthermore, they have been incredibly generous to so many not for profits ranging from Boys & Girls Club, Boy Scouts, Community Memorial Hospital to name just a few. I am a firm believer in local owners that live in our community and are fully invested in delivering great service at a very reasonable rate. It deeply hurts me to hear them being accused of gouging in their rates. You would not get this from a huge company like Waste Management. The Recycling market is commodity based and ever changing. We can each do our part to help keep rates down by following recycling guidelines.

Best regards,
Mike Merewether

Grassroots partnership

Continued from page 8

cation is online at bit.ly/undoc.

An estimated 126,000 undocumented immigrants live and work in Ventura and Santa Barbara Counties. Undocumented immigrants predominantly work in sectors that have been or will be hard hit, including service, hospitality, child and elder care, day labor, and agriculture. Many have lost wages in the weeks following the Thomas Fire

The fund will assist individuals and families who have lost their homes, wages, or employment due to the Thomas Fire. Some of the costs associated with living expenses may include, but are not limited to, temporary housing, home repairs, rent and groceries.

CAUSE is a nonprofit community organization that works to advance social, economic and environmental justice for the people of Ventura and Santa Barbara Counties through policy research, leadership development, organizing and advocacy.

Since the December 4 start of the Thomas Fire, VCCF has secured more than \$2.8 million in contributions for support of relief and recovery efforts and has made grants totaling \$2.15 million to nonprofit organizations engaged in front-line relief efforts. Currently, VCCF holds approximately \$600,000 dedicated for mid- to long-term relief strategies in its Community Disaster Fund.

VCCF invests the charitable capital that drives the philanthropic engines of Ventura County. The foundation was established in 1987 and endeavors to build philanthropy in the region and to give generously for the well-being of all in Ventura County. VCCF invests in the future through scholarships, grant making and collaborative partnerships. For more information or to donate, visit www.vccf.org.

Deborah followed in her mother’s footsteps

Continued from page 17

tional programs the District has to offer. Deborah has been a tireless advocate for all students, with an emphasis on underserved diverse student groups, including special education students, English language learners, and those of diverse races and cultures.

While the move to district elections within the City of Ventura and the school district will not entirely eliminate politically connected candidates endorsing each other, it is now possible for candidates like Deborah to campaign without large campaign budgets and political ties. Deborah’s platform is full of fresh ideas and political truths. The District is at a crossroads, the District knows this and in the wake of declining enrollment is rebranding itself. However, without taking an honest look at areas that need improvement and

finding constructive ways to improve its educational product and delivery system the District cannot realistically begin to meet the needs of its diverse student population – several of which are clearly underserved based on cultural marginalization, as documented by state test results available on the CDE Dashboard.

Stakeholders of VUSD need Deborah. Follow Deborah on Facebook at [deborah-4vusd4](https://www.facebook.com/deborah-4vusd4).

Fourth generation Venturan running

Continued from page 17

class in all elementary schools, more art, music and drama exposure; and high teacher salaries.”

Noren stated, “This is my World Series, Ventura is my team. I am not using this town as a stepping stone for my political career. If elected, I will continue to be involved in all community services, listen to my constituents, and play hard ball for the quality of life on the Eastside of Ventura, in District #4.”

Nasarenko seeking second term

Continued from page 17

were able to use a new sports’ field at Ventura Community Park, and in 2017 Nasarenko dedicated a new tot lot adjacent to the park’s aquatic center, one funded in part by \$10,000 dollars of the councilmember’s salary donations.

In his second term, Nasarenko would like to see Ramelli Drive extended into Community Park, which would give park visitors better access to the park’s interior fields and pools. The street currently dead ends at the park edge.

“We have an 88-acre park and yet only one way to get in and one way to get out,” said Nasarenko, who referees AYSO games at the facility. “City officials have told me that construction of the new road could start as early as next year, which is a positive development.”

The council district was hit hard by the Thomas Fire, which damaged or completely destroyed several hundred homes in the hillside communities. More than four hundred of those homes successfully had their lots cleared by CalRecycle, the statewide agency brought in by the city council to oversee the debris removal process. Thanks to a dedicated rebuilding office tasked with expediting plans and permits, 13 rebuilding permits have already been issued, with many more awaiting final approval.

Nasarenko, who prosecutes child molesters, rapists and murderers, said public safety would continue to be a top priority if elected to a second term.

“When I was first elected, the Ventura Police Department had 126 sworn officers,” said Nasarenko. “Today, thanks to additional financial resources and the ongoing prioritization of crime reduction in Ventura, we have 139.”

In addition, the city council recently funded three firefighting positions that were cut in the economic downturn of 2009. The positions, which will be used for a roving fire engine, are intended to address an increasingly high call volume to the fire department and improve response times.

Nasarenko added that improving East Ventura infrastructure and water supply are critical items on the councilmember’s to-do list.

“We are in the process of repaving Victoria between Telegraph and Foothill, and within the last couple of years the City repaved portions of Telephone and Kimball roads,” said Nasarenko. “In addition, we installed a new water well off of Wells and Astor in 2015 that is capable of bringing up to 3,000 acre feet of water per year to East Ventura.”

The election is November 6, 2018.

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.

Residential Burglary and Possession for Sales Arrest

On July 13, at approximately 10am, officers responded to a call regarding a suspicious subject knocking on multiple residences' doors in the area of the 100 block of Gay Drive. When officers arrived, 23 year old Ventura resident Allen Minor was seen walking away from a residence. The investigation revealed he entered the house, removed property from the residence and hid it nearby. He was also found to be in possession of a large quantity of prescription drugs (Xanax). Minor's vehicle was parked nearby, and the second suspect, 27 year old Moorpark resident Kevin McNicol, was seated in the vehicle. He was found to be in possession of heroin.

At the conclusion of the investigation, McNicol was arrested for the misdemeanor charge possession of heroin and booked into Ventura County Jail. Minor was arrested and booked into Ventura County Jail for residential burglary and possession for sales of Xanax. Officers recovered the stolen property and returned it to the victim.

Arson Arrest

On July 18, at approximately 10:23am, a passerby on Brannan St. in East Ventura notified the Fire Command Center that black smoke was pouring from a window of a single story single family residence and it was unknown if anyone was inside. Fire personnel arrived on scene and forced open the door to the residence and commenced a fire attack. The fire was located in a bathroom off the master bedroom. The fire engulfed items within the bathroom and blew out the window. Firefighters knocked down the fire in approximately 12 minutes. A search of the home was made and a dog and cat were located trapped inside a room and were brought to safety. No one was home at the time of the fire.

Robbery

On July 19, at approximately 10:30pm, the Ventura Police Command Center received a 911 call from the Ben and Jerry's ice cream parlor reporting a robbery that just occurred.

The suspect, 35 year old Ventura vagrant Scott Russell, entered the business and demanded money from the clerk while claiming to be armed with a gun. The clerk gave Russell the money from behind the register. Russell then fled on foot from the business. Officers arrived on scene a few moments later and located the Russell a short distance away. After a short foot pursuit where Russell was dropping money taken from the business, he was taken into custody without incident.

Residential Burglary and Prowling Arrest

On July 20. at approximately 12:30am, the Ventura Police Department Command Center received a call from an alarm company reporting a residential alarm at a residence in the 2200 block of Vista Del Mar Rd. Shortly after receiving the first call from the alarm company, several neighbors of the residence called 911 reporting a subject was found breaking into the same location and was being detained in the backyard. Officers responded to the scene and detained the subject, later identified as the suspect 25

year old vagrant Santos Velasquez. During the investigation, officers learned that Velasquez had entered the garage of an additional residence in the 2200 block of Vista Del Mar Rd. and used a tool in an attempt to force his way inside. When he was unsuccessful, Velasquez forced his way into a window of the second residence and activated the alarm. Nearby neighbors heard the alarm sounding and saw Velasquez inside. He was detained by the neighbors as he tried leaving with stolen property.

Velasquez was seen prowling on the property of other residences in the area prior to the burglary.

Foot Pursuit Concealed Weapon Arrest

On July 21, at approximately 8:30pm, the Ventura Police Command Center received a call reporting that a wanted subject, 27 year old Ventura resident Oscar Espino, was seen walking on the Promenade going towards the Pier from Surfers Point parking lot. As the first officer arrived on scene he spotted Espino on the pier. Espino knowing that he had been seen by the officer actively tried to evade the officer.

As more officers arrived, a lengthy foot pursuit ensued that lead officers from the pier to the Harbor Blvd parking structure. During the foot pursuit Espino refused to comply with orders from the officers to stop. Espino eventually made it to the intersection of Harbor and California where he was cornered by both VPD officers and a State Parks Ranger. Again, Espino refused to comply with verbal commands and he was forced to the ground and taken into custody. A search of Espino after the arrest, officers discovered that he was carrying a concealed machete hidden inside his pants.

Espino was arrested for felony possession of the dirk or dagger and misdemeanor resisting or delaying an officer as well as his warrants.

Harbor Patrol Blotter

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


7-10 10:30am, received report of a stingray strike from a Leo Robbins sailing student. Officers responded and assisted VFD/AMR with the patient who was eventually transported by his parents to local hospital for evaluation.

7-12 9:45am, received a dispatch for a child locked in a car. Officers responded and assisted the family with the call; they got the child to open the door.

7-13 2:35pm, received a report of a sea lion with a line/net around its neck. Officers passed on the information to CIMWI, mammal rescue. The sea lion has been seen around the harbor for the last week or so and rescuers have been unable to capture to get the line off the animal.

7-14 8:15am, received multiple reports of vehicle break-ins in the Ventura Marina Community. Officers advised all reporting parties to contact VPD to report or to utilize the online VPD crime reporting system for vehicle break-ins.

7-15 4:56pm, received a report of a disabled 22ft motor vessel 2 miles South of the Harbor. Officers responded in the fireboat and experienced rough conditions during the rescue. The vessel was taken en tow and safely released at the L/R.



Have a Blessed Day!

My Daily Greeting
by Lois Argend, Resident

VENTURA TOWNEHOUSE

CALIFORNIA'S CROWN JEWEL IN RETIREMENT LIVING

venturatownehouse.com 805.642.3263
4900 Telegraph Rd., Ventura, CA 93003

CA Lic# 565801810

7:43pm, received a dispatch to a stingray strike at Harbor Cove. Officers responded with hot water to help treat the injury. The patient refused transport and was transported to local hospital via his friend in personal vehicle.

7-17 10:07am, received a dispatch to a medical at VHV F-dock. Officers responded and found an ill person in an extremely unkempt sailboat to the point of a health hazard. The patient was transported to local hospital for evaluation of health issues. The vessel was sealed up due to its condition.

7-19 9:20am, received a report of a young blue hearing that has fallen out of its nest near VIM. Officers responded, captured the bird and held the bird for volunteer rescue for further care and evaluation.

7-20 9:55am, received a report of an injured bird in the oil yard across from Ventura Isle Marina. Officers responded and assisted bird rescue volunteers with capturing a Night Hearing.

7-22 1:03pm, while manning the op-

erations center, an outrigger canoe was observed capsizing. Officers responded and assisted the crew with righting their outrigger canoe.

Ventura angel store closing

Continued from page 11
and Times of Angel Encounters” and Fox Televisions “Miracles in the Making.”

Keith has published five books in three languages (English, Portuguese and Japanese). These books have sold thousands of copies and have brought numerous visitors from all over the world to Ventura to see Heaven's Gallery.

Keith and Francesca have decided to close their store due to recent economy changes which favor large online merchants over small business retailers.

Keith and Francesca now plan to retire. Their only concern is for the fate of the more than 34,000 prayers on the walls of their store.
Heaven's Gallery 365 E. Main St.(805) 648-5689



Ventura Police Commander Rick Murray, Commander Darrick Brunk, Assistant Police Chief Darin Schindler and Commander Sam Arroyo became police officers because they couldn't make a living as professional golfers.

Weekly SUDOKU

Answer

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

King Crossword

Answers

Solution time: 27 mins.

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



by Pam Baumgardner
VenturaRocks.com

The Ventura County Fair is finally here!! And unlike so many other fairs around the country, the grandstand stage concerts are included in the price of admission, which you have to admit is very cool. While opening day is Wednesday, August 1, the grandstand stage concerts don't start until Thursday, August 2 with UB40 featuring Ali, Astro & Mickey; then it's Plain White T's on Friday, August 3; LeAnn Rimes on Saturday, August 4; the first Sunday is Dia de la Familia starting at 3 pm with Alfredo Olivas, Ulices Chaidez and Lorenzo de Monteclaro; Sublime with Rome play Monday, August 6; two shows on Tuesday, August 7, first it's The 5th Dimension at 1 pm, then Frankie Valli & the Four Seasons at 7:30; Boyz II Men play Wednesday, August 8; it's Hunter Hayes on Thursday, August 9; and wrapping up the concerts on Friday, August 10, it's Creedence Clearwater Revisited. The final two days of the fair will be a professional cowboy rodeo in the arena.

Don't forget along with the Grandstand stage touring artists, rock out to local bands playing the Sea Breeze stage including Aaron Pax Taylor, The Rockin' Henrys, Hard Six, Doc Rodgers Band and more. There are specials prices on several days so be sure to check out the fair's official website (www.VenturaCountyFair.org) to map out which days you want to attend and whether you need to arrive before a certain time or not.

Meanwhile, the 38th annual Wings Over Camarillo Air and Car Festival not only features hot rides (ground and airborne), but this year will include a performance by the ultimate 80's cover band, The Spazmatics on Saturday, August 18th. This family friendly event runs over the course of the weekend with the airshow noon to 7, the concert is scheduled 5-7 pm, and the gates open at 9 am. Find ticket information at www.WingsOverCamarillo.com.

Quick notes: Beach House Fish and Beach House Tacos are back to offering live music on most Fridays and Saturdays; enjoy an evening of Beatles covers with Doc Ventura and Earth Immigrant on Thursday, August 2 at Vintura at the Wine Rack; The Vonettes and The Right Amount of Wrong play an early show at Bombay's on Saturday, August 4; a couple worthy tribute bands play Discovery, Blink 180True on Saturday, August 4 and Erotic City (Prince) on Saturday August 11; Kelly's Lot returns to Four Brix on Friday, August 3; Grant Langston & the Supermodels are rescheduled at the Hong Kong Inn on Friday, August 10; Rainbow Kitten Surprise rock the Ventura Theater on Friday, August 10; Crooked Eye Tommy joins forces with Charles Law for an afternoon gig at Winchester's on Sunday, August 12; and finally, congratulations to Charleen Morla of Dirty Rice for tying the knot last month!

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

Music Calendar

For more events go to VenturaRocks.com

- Beach House Fish**
Ventura Pier
Fri 8/3: Jeff Uzzel
Fri 8/10: Will Breman
- Beach House Tacos**
Ventura Pier
Sat 8/4: MidMind
- Boatyard Pub**
Ventura Harbor Village
Mondays: Milo
Tuesdays: Jason Ho
Wednesday: Mark David McKinnis
Thursdays: Bluegrass Jam
- Bombay Bar & Grill**
143 S. California Street
Friday and Saturdays: DJs
- Cask Alehouse**
5952 Telegraph Road
Sat 8/5: Sarah Lightman
Sat 8/11: Leslie Bixler
- The Cave**
4435 McGrath Street
5:30 – 8:30 pm
Weds & Saturdays: Varon Thomas
Thurs & Fridays: Warren Takahashi
- Copa Cubana**
Ventura Harbor Village
Week nights 6 pm; Weekends 7 pm; Sundays 3 pm
Mondays: Bill Macpherson
Tuesdays: The Jerry McWorter Trio
Wednesdays: Creative Open Mic Jazz Jam
Thursday: Coda jazz
Fri 8/3: Brandon Ragan Project
Sat 8/4: Havana Cinco
Sun 8/5: Havana Cinco
Fri 8/10: Martinez Brothers
Sat 8/11: Havana Cinco
Sun 8/12: Kenny's House Troubadours
- Discovery**
1888 Thompson Blvd
Thurs 8/2: Lupe Fiasco with Kota the Friend and Mickey Factz
Fri 8/3: Easy Star All-Stars
Sat 8/4: Blink-180True
Thurs 8/9: Freddie McGregor
Fri 8/10: Herbal Rootz
Sat 8/11: Erotic City
- El Rey Cantina**
294 E. Main Street
Fridays: Xoco Moraza & Friends (5-7 pm)
Saturdays: DJ
- Four Brix Winery**
2290 Eastman Avenue #109
Music 5:30 – 7:30 pm
Fri 8/3: Kelly's Lot
Fri 8/10: Corinn Conant
- Garage**
1091 Scandia Avenue
Mondays: Karaoke
Thurs 8/2: Late Bloomers, The Silhouette Era, The Spires
Fri 8/10: The Rays, Species Unknown, TSR, iDecline
- Grapes and Hops**
454 E. Main Street
Wed 6 pm; Thurs 7 pm; Fri & Sat 8 pm, Sun 4 pm
Fri 8/3: Jade Hendrix
Sat 8/4: TD Lind
Sun 8/5: The Tossers
Fri 8/10: Jim Gustin & Truth Jones
Sat 8/11: Johnny & the Lovehandles
Sun 8/12: Dive Bar Messiahs

- Harbor Cove Café**
1867 Spinnaker Drive
Music 4-8 pm
Thurs 8/2: 805 Allstarz
Fri 8/3: Jill Martini and the ShrunknHeads
Sat 8/4: Matthew Sayles
Sat 8/11: Glasgow Tiki Shakers
- Hong Kong Inn**
435 E. Thompson Blvd
Tuesdays: Open Mic
Thursdays: Gypsy Blues Band
Fri 8/3: Hi Hat Entertainment presents Whitey Johnson
Fri 8/10: Hi Hat Entertainment presents Grant Langston & the Supermodels
Sat 8/11: RJ Mischo cd release
Sun 8/12: Del Franklin
- Keynote Lounge**
10245 E. Telephone Road
Tues, Wed and Sun: Karaoke
Thursdays: Open mic night
Fri 8/3: What the Funk
Sat 8/4: Black Canyon Band
Fri 8/10: Wax Off
Sat 8/11: DJ AVG
- Knights of Columbus**
36 Figueroa
Sun 8/5: Old Time County Bluegrass
- Leashless Brewing**
585 E. Thompson Blvd.
Tuesdays: Galactic Jazz
Thursdays: Mark Masson
Fri 8/4: The Inside Break
Sun 8/5: The Swillys
Wed 8/8: Robert Quindaro
Fri 8/10: Rob Van Jazz Trio
Sat 8/11: Jacob (After the Smoke)
- Limon y Sal**
598 E. Main Street
Fridays: DJ
Saturdays: DJ
Sundays: Instone (1-4 pm)
- Made West Brewing**
1744 Donlon Street
Thurs 6 pm; Sat 4 pm; Sun 3 pm
Thurs 8/2: Matthew Sayles
Sun 8/5: RJ Mischo & His Red Hot Blues Band
Thurs 8/9: Jade Hendrix
Sat 8/11: Kyle Swan
Sun 8/12: Sea at Lasts
- Majestic Ventura Theater**
26 S. Chestnut Street
Fri 8/10: Rainbow Kitten Surprise, The Friend, Love, Sure Sure
Sat 8/11: Musical celebration of Rubicon Youth
- Margarita Villa**
Ventura Harbor
Fri and Sat 6 pm; Sun 4 pm
Mondays: Bobby Campbell
Tuesdays: Dave Rea
Thursdays: Keith & Friends Open Jam
Wed 8/1: Mark Masson
Fri 8/3: The Tossers
Sat 8/4: CRV
Sun 8/5: The Right Amount of Wrong
Fri 8/10: Operation 90's
Sat 8/11: Crosscut 805
Sun 8/12: Trippin' Wild
- Museum of Ventura County**
100 E. Main Street
Music 11:30 am – 1:30 pm
Thurs 8/2: Shay Moulder
- Namba**
47 S. Oak Street
Fri 8/10: Ukulele Kanipapila
- O'Leary's**
6555 Telephone Road
Wed: Karaoke
Fri 6/8: Live Band Karaoke
- Olivas Adobe**
4200 Olivas Park Drive
Music Under the Stars
Sat 8/4: Lisa Haley & the Zydekats
Sat 8/11: Rodeo Drive
- Plan B Wine Cellars**
3520 Arundell Circle #107
Sun 8/12: Midlife Crisis

- 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
Sat 8/4: The Loads, The Robot Uprising, Black Adidas
Fri 8/10: Bone Maggot, Disrupted Euphoria, Bury Them Deep
Sat 8/11: Malice Thoughts, The Afraid, Enemy Proof, LFC, Moonraker
- Sandbox Coffeehouse**
204 E. Thompson Blvd
805-641-1025
Thurs 6 pm, Weekends noon
Thursdays Open Mic
Sat 8/4: Maggie's Drawer
Sun 8/5: Eight Years Gone
Sat 8/11: Ruby Skye
Sun 8/12: Addison Street
- Sans Souci**
21 S. Chestnut
Sundays: DJ Darko
Mondays: Karaoke
Tuesdays: DJ Nick Dean
Wednesdays: Open mic
Thursdays: DJ Spinobi
Fri 8/3: Hubcap Stealers
Sat 8/4: Outlaw Inlaws
Fri 8/10: Sin Chonies
- Star Lounge**
343 E. Main Street
Sunday music 3 -6 pm
Tues: Karaoke
Thurs: DJ Trovlbe
Fri 8/3: Alastair Greene Band
Sun 8/5: Herbal Rootz
Fri 8/10: Red Rhythm
Sat 8/11: Shawn Jones
Sun 8/12: Irie Smile
- The Tavern**
211 E. Santa Clara Street
(805) 643-3264
Sundays: DJ Steezy Steve
Tuesdays: Karaoke
Thursdays: Get Right DJ
Fri 8/3: 80's Night
- Ventura County Fair**
10 W Harbor Blvd
Most concerts 7:30 pm
Thurs 8/2: UB40 featuring Ali, Astro & Mickey
Fri 8/3: Plain White T's
Sat 8/4: LeAnn Rimes
Sun 8/5: Dia de la Familia concert
Mon 8/6: Sublime with Rome
Tues 8/7: The 5th Dimension (1 pm); Frankie Valli & the Four Seasons
Wed 8/8: Boyz II Men
Thurs 8/9: Hunter Hayes
Fri 8/10: Creedence Clearwater Revisited
- Ventura Harbor Village**
Sun 8/12: The Mighty Cash Cats
- Vintura at the Wine Rack**
14 S. California Street
(805) 653-9463
Sundays music at 3 pm
Thurs 8/2: Doc Ventura & Earth Immigrant
Fri 8/3: Vanise Terry & Jon Francis
Sat 8/4: Jason Ho
Thurs 8/9: The Howling Coyote
- Winchester's**
632 E. Main Street
(805) 653-7446
Music at 8:30 pm; Sundays at 2:30 pm
Fri 8/3: Natalie Wattre
Sat 8/4: Mark Masson
Sun 8/5: Jodi Farrell
Fri 8/10: Eve's Barbie Land
Sat 8/11: Sam Kulchin
Sun 8/12: Crooked Eye Tommy w/ Charles Law
- The 805 Bar**
Ventura Harbor
Fridays: Sing-a-long w/Kenny Devoe (4-6); T. Edwards (8-11)
Saturdays: Al Macias (10 am – 1 pm); Kenny Devoe (1-7)
Sundays: Al Macias (10 am – 1 pm; Kenny Devoe (1-4)



Pop-up exhibit opened on July 28 for Ventura artist **John Robertson**'s large-scale acrylic paintings celebrating scenes from the Ventura County Fair, a favorite past-time of the artist and his family. It will be on display at the Agriculture Museum through September 9.

Known nationally for his large-scale sports paintings, many of which are on display at major stadiums, Robertson paints what he sees—local people and scenery—using house paint on large rolls of canvas to accommodate the grand-scale size. The Agriculture Museum is located at 926 Railroad Avenue, Santa Paula.

For more information visit venturamuseum.org or call 805-525-3100.



Mermaid rock by **Dotty Pringle**

The Studio Gallery in Channel Islands Harbor, will be open until 7 pm on August 7th, National Night Out. Dotty Pringle will show 8 rocks that will be the first in series of teaching/representing a bit about each Channel Island, with a different American Indian mermaid and story. Each are originals and never duplicated.

Dotty will do another 8 American Indian mermaids with different stories about each one in her second in the series. She has finished San Miguel, Santa Rosa and Santa Cruz mermaids and these first 3 will be at the Studio Gallery, Fisherman's Wharf in Channel Islands Harbor in Oxnard.



The project sought out artist(s) to transform trash bins into functional and artistic receptacles. The project encouraged the chosen artist to transform the bins into works of art to minimize vandalism, encourage recycling, and instill a sense of community pride. The Commission selected artist **Cathy Winton** for her creative designs that were attractive, fun, and the colors corresponded to the floors of the parking structure.

"Providing the public immediate daily access to high-quality works of art is key to building Ventura's civic pride and community identity. It is the goal of the Public Art Program that the entire city serves as a showcase that weaves art into our residents' everyday life," stated Tobie Roach, Public Art Project Specialist. For more information on current public art opportunities visit the Public Art website.

A new City Public Art project is currently in its installation phase. The "Beautifying Bins": Trash Can Public Art Project can now be seen at the Santa Clara street parking garage in downtown Ventura. This was a collaborative project between the City of Ventura Parks, Recreation & Community Partnerships department and the Environmental Sustainability division.

SUMMER CONCERTS
at the historic OLIVAS ADOBE

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Presented by Burns Equipment Services, Inc.

SATURDAYS 7:30-9:30 PM
DOORS OPEN AT 6:30 PM

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www.cityofventura.ca.gov/mus

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VENTURA
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VENTURA BREEZE

CITY OF VENTURA
PARKS, RECREATION & COMMUNITY PARTNERSHIPS

Lighter Breeze

Mother Goose and Grimm



Shoe



Arctic Circle



Barney Google and Snuffy Smith



Crock



Beetle Bailey



Solutions on page 23

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

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

Weekly SUDOKU

by Linda Thistle

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

DIFFICULTY THIS WEEK: ♦

♦ Moderate ♦♦ Challenging ♦♦♦ HOO BOY!

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Solutions on page 23

King Crossword

ACROSS

1 Poke

4 Beach stuff

8 Part of the foot?

12 Supplement, with "out"

13 From the start

14 In the vicinity

15 Congratulatory slap

17 Oodles

18 Open

19 Meadow

21 G.I.'s dinner, for short

22 Showing cleavage

26 Computer acronym

29 Stein or Stiller

30 Life time?

31 Swiss capital

32 Staff

33 Oven

34 Swelled head

35 "Explain, please"

36 — Major (Sirius' constellation)

37 Restrained

39 Evergreen

40 Trawler need

41 Tips over

45 Ontario neighbor

48 Gary Cooper movie

DOWN

1 Biblical king who had Jezebel slain

2 Related (to)

3 Pleads

4 Jungle expedition

5 Doddering, maybe

6 Ely's st.

7 Lived

8 Post-vow relative

9 Ultramodernist

10 House pet

11 Day fractions (Abbr.)

16 Surround

20 Many millennia

23 First son

24 Aptly named fruit?

25 Sawbucks

26 23-Down's victim

27 Lily variety

28 Boast

29 Tarzan's son

32 Beats

33 Singer Akers

35 Infinitesimal

36 Written code

38 Dead ringer?

39 Bach piece, often

42 Nixed, at NASA

43 Entrance

44 Uppity sort

45 Recede

46 Carnival city

47 Ailing

49 Debtor's letters

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ARIES (March 21 to April 19) A longtime situation starts to move into a new phase. The question for the uncertain Lamb right now is whether to move with it. Facts emerge by midmonth to help you decide.

TAURUS (April 20 to May 20) A talent for organizing your priorities allows the Divine Bovine to enjoy a busy social life and not miss a beat in meeting all workplace and/or family commitments.

GEMINI (May 21 to June 20) What began as a dubious undertaking has now become one of your favorite projects. Your enthusiasm for it rallies support from other doubters-turned-believers.

CANCER (June 21 to July 22) Accept the help of friends to get you through an unexpectedly difficult situation. There'll be time enough later to investigate how all this could have happened so fast.

LEO (July 23 to August 22) Change is a major factor for the Big Cat through midmonth. Be prepared to deal with it on a number of levels, including travel plans and workplace situations.

VIRGO (August 23 to September 22) You might not like all the changes that have begun to take place around you. But try to find something positive in at least some of them that you can put to good

use.

LIBRA (September 23 to October 22) A family member's unsettling experience could create more problems if it's not handled with care and love. And who's the best one to offer all that? You, of course.

SCORPIO (October 23 to November 21) It might not be the right time for you to start a new venture. But it's a good time to start gathering facts and figures so you'll be set when the GO! sign lights up.

SAGITTARIUS (November 22 to December 21) The sagacious Sagittarius should have no trouble deciding between those who can and those who cannot be trusted to carry out a workplace commitment.

CAPRICORN (December 22 to January 19) Surprise, surprise. It looks as if that one person you once thought you could never hope to win over to your side suddenly just might choose to join you.

AQUARIUS (January 20 to February 18) You might have to set aside your pride for now and accept a change that isn't to your advantage. Cheer up. There'll be time later to turn this around in your favor.

PISCES (February 19 to March 20) Your creative self emerges as dominant through midmonth. This should help you restart that writing or arts project you've left on the shelf for far too long.

BORN THIS WEEK: You have a way of encouraging others by example to come out from the shadows and enjoy life to the fullest.

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Show Time

Mamma Mia!
Here We Go
Again



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

by Manuel Reynoso

Mamma Mia! Here We Go Again is a 2018 musical directed and written by Ol Parker, from a story by Parker, Catherine Johnson, and Richard Curtis. The film stars Lily James, Amanda Seyfried, Christine Baranski, Julie Walters, Pierce Brosnan, Dominic Cooper, Andy García, Colin Firth, Stellan Skarsgård, Cher, and Meryl Streep. Taking place after the events of Mamma Mia!, the film revolves around Sophie’s restoration and reopening of a hotel with flashbacks of Donna’s arrival Greece and her chance run in with the three possible fathers of her daughter.

Every once in a while I watch a movie that reminds me of another way a movie can be “good”. I’m not talking about Oscar-worthy performances or gripping narratives that cut deep and expose societal ills. I’m talking about fun. Mamma Mia! Here We Go Again might not be a movie on your radar, but it’s more than enough for a fun date night. With great musical covers of our favorite Swedish pop super group, wonderfully tacky costumes and sets, and surprisingly good cinematography, there is plenty to enjoy.

That isn’t to say that Mamma Mia! Here We Go Again is an amazing movie. For every bit of ABBA goodness, there’s equal amounts of the campy love story writing that one would expect, but that okay, that was really all I expected going into this. If you wanted a gripping drama on the struggles of a woman in a rocky relationship, trying her best to make it in this world, then you came to the wrong movie.

It’s wonderful seeing a movie that felt so alive with color and vibrant energy. The costumes ranged from wonderful, to wonderfully tacky. The locations were beautiful and everything felt so colorful. It felt like this film was partly made just for sake of an aged cast to finally cut loose and have fun. Amanda Seyfried and Lily James had a number of great musical pieces throughout the film. What really surprised me was the camera work on display here. There really was some great framing and camera work during this film. As a package, while it might be a little shallow for some, it’s still a fun time to be had. There’s nothing wrong with being in the shallow side of the pool from time to time, right?

In all, there’s really little to say about the movie. It’s a fun date night movie if there isn’t really anything else to interest you. If you are an ABBA super fan, then absolutely you should see these great performances. Otherwise, you aren’t missing too much. It’s a fun ride, with some catchy tunes. 1h54m PG-13



The company of the Rubicon Theatre Company’s Summer Musical Intensive production of Grease. Photo by Kirby Ward.

A View from House Seats

Youth productions sizzle
in summer

by Shirley Lorraine

Summer is the perfect time to engage kids of all ages into fun and fascinating learning experiences.

Many Ventura County theaters have regular summer programs for youth to enjoy being on stage and behind the scenes, learning the craft as they go. It is always exciting to watch talents bud and bloom.

Camarillo Skyway Playhouse stages periodic youth productions via the CSP Stage Door Players and Camarillo Young Actor’s Company. See their website for additional information. www.skyway-playhouse.org.

The High Street Theater in Moorpark concluded its summer youth production of Aladdin, Jr. just last weekend. Drat, just missed it. Be sure to calendar July 2019 for next year’s offering.

Elite Theatre in Oxnard is currently presenting Yearbook – a humorous glimpse with a positive spin into life in middle school. The play accentuates how teamwork, caring and compassion help guide the students through various typical situations. Directed by Michael J. McGraw and produced by the Elite’s Artistic Director L.J. Stevens.

Only two performances remain to catch this special production – Saturday and Sunday August 4 and 5. Curtain time 2 p.m. for both shows. info@elitetheatre.org
General admission \$15, Senior & Students \$12, \$10 under 10 years old. (805) 483-5118 or online at www.elitetheatre.org.
2731 Victoria Avenue, Oxnard, CA 93035 (Victoria and Channel Islands)

The Ojai Art Center Youth Branch proudly presents The Little Mermaid, Jr., adapted from the Disney Broadway production. It is based on a Hans Christian Andersen story and features music, action and a cast of children from age 5 to 15. Directed by Gai Jones, the production continues its run through August 12.

General admission \$15, under 15 \$10. Friday 7:00 p.m, Saturdays 2 p.m. and 7 p.m. Sundays 2:00 p.m. through August 12. Ojai Art Center Theater, 113 S. Montgomery Street, (805) 640-8797, www.OjaiACT.org

Rubicon Theater’s Education & Outreach 2018 Youth Productions Musical theater students present the ever-popular 50’s musical Grease, celebrating its 40th year of delighting audiences across the globe. Enjoy a look into the past as the cast brings forth familiar songs such as Greased Lightning and Summer Love.

The staging features 28 Ventura

County students ages 15-24 and is directed/choreographed by Beverly Ward and Jamie Torcellini.

The anniversary production corresponds to Rubicon’s 20th anniversary of providing quality theater to Ventura County as well as in-depth educational opportunities for volunteers of all ages.

Performances are:
Friday August 3 at 7 p.m.,
Saturday August 4 at 2 p.m. and 7 p.m.,
Sunday August 5 at 2 p.m. and 7 p.m.,
Tuesday, August 7 at 7 p.m.,
Wednesday August 8 at 2 p.m. and 7 p.m.,
Thursday August 9 at 7 p.m. and
Friday August 10 at 7 p.m.
1006 E. Main St, downtown Ventura, (805) 667-2900 or
www.Rubicontheatre.org

Whichever production you go see, know that your support of youth theater



8/2: LUPE FIASCO
8/3: EASY STAR ALL STARS
8/4: UFC227 DILLASHAW VS. GARBRANDT 2
8/4: BLINK 280TRUE
8/9: FREDDIE MCGREGOR
8/10: HERBAL ROOTZ
8/11: EROTIC CITY
8/16: ONE DROP
8/17: DIEGO'S UMBRELLA
8/18: WADDY WATCHEL BAND

LUPE FIASCO

AUGUST 2ND



AUGUST 3RD

EASY STAR ALL STARS



FREDDIE MCGREGOR
MY ROOTS

THURSDAY, AUGUST 9TH



ERIC BURDON & THE NEW ANIMALS
A TRIBUTE TO PRINCE

SATURDAY, AUGUST 11TH

FULL CALENDAR & INFO
DISCOVERYVENTURA.COM
1888 E. THOMPSON BLVD. VENTURA

programs across the county will provide the cornerstone for future talents. Help keep Ventura County theater alive and well for years to come.



The residents living on Vista Del Mar wish to thank the City for the tremendous tree trimming that has been done. Trees hanging over the street and dead ones have been removed by WCA contracted by the City.




The Ventura Music Festival presented a free, open-to-all concert in the park with Jarabe Mexicano on July 18 at Mission Park. Folks brought low chairs, blankets and picnics to enjoy the great event. It was preceded by the presentation of an award of recognition from Consul Jonathan Alvarez of the Consulate of Mexico in Oxnard for Jarabe Mexicano’s work in bringing Mexican music to the region. The presentation took place in the Pavilion of the Museum of Ventura County, before the concert in the park.




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Green with Envy



STEMbassador Kids Kick off STEM
Continued from page 19
these lessons to teach Ventura County elementary and middle schoolers about STEM technologies, such as CAD skills, in a fun and hands-on way. Now that the teachers have received the necessary training, STEMbassadors will donate one spark cart (each valued at \$5000) to each of the participating schools, which will be used in classrooms during the 2018/19 school year.

STEMbassadors is a Ventura, non-profit company comprised of 8 highly motivated high school and middle school students who are having a direct impact on STEM education in K-12 classrooms in Ventura County. The company was recently awarded 1st place in the Ventura County New Venture Challenge and was featured on KCLU radio in a piece by Lance Orozco on June 19, 2018.

STEMbassadors' mission is to

enhance the education of K-12 students by providing and engaging them with applied, state-of-the-art STEM materials, curriculum and skills, and to create opportunities for them to share their acquired knowledge with others.

Student interest and expertise in highly desirable STEM skills and technologies often outpaces the rate at which these technologies and skills are integrated into our public-school system. Teacher credential programs, and most undergraduate programs, lack suitable training for teachers on how to integrate and maintain STEM technologies within a classroom setting. The vast majority of students receive either limited or no exposure to highly engaging and relevant tools. The few students who are fortunate enough to receive exposure to applied STEM technologies find their skill sets evaporating as they progress through the school system, since they have limited opportunities to apply and

Person to Person

by Jennifer Tipton

On July 24th, during another heat wave, I asked 6 Venturans –

“What do you like to do when the weather warms up in Ventura?”



Lisa Hawk
age 54
works at Salon Panache
“I like to go to work where it’s air-conditioned and hope for a little ocean breeze when I’m at home!”



Dale Fitzpatrick
age 62
retired clerical worker
“I like to go for a walk near the ocean or go see a movie where it’s air-conditioned, actually, I like to do as little as possible!”



Brian Fitzpatrick
age 65
retired lawyer
“Yes, we go to air-conditioned places, but it never gets that bad in Ventura. If we really want to bake, we could just drive 15 minutes to Ojai!”



Shane Winton
age 28
fisherman, carpenter, tree trimmer
“Surf! I’ve been surfing my whole life, I grew up on Pierpont. And on the side, me and my dad build custom slabs (boards). My favorite place to surf is the Dredge at Marina Park, no wait – make that Mondos!”



Dalia Padilla
age 25
works with life insurance company
“I like to go to the beach right by the Pier, it’s my 4-year old daughter Natalie’s favorite beach because it’s got a playground there. We try to go twice a week if possible, but not so much lately, I could go into labor any minute! I’m overdue, my due date was July 16th ... “



Justin Shelton
age 46
works at Lowe’s
“I like to take my 4-year old son, Vincent to the mall where it’s air-conditioned. We walk around, and I let him play in the little play area there and hopefully he falls asleep on the way home. I try to time it to where it’s nap time!”

Writer’s note: By the time the next issue of the Ventura Breeze comes out on August 1st, we wish Dalia and her family all the best as Natalie’s baby sister has surely arrived by then!

expand their knowledge and expertise.

For further information contact: Alex Wulff: alex.wulff@venturausd.org or (805)746-2960.

Ventura Water celebrates
Continued from page 1
retention – to landscapes. Ocean Friendly Gardens support healthy soils, retain rainwater, and incorporate climate-appropriate plants. Landscape experts from Surfrider Foundation’s local OFG chapter worked collaboratively with the Ventura High School students to design the sustainable campus garden.

In April 2018, the City Council recognized Ventura High School as the 2017-2018 Watershed Hero Award winner for their efforts. Be sure to stop by and admire the hard work of a passionate group of students and volunteers.



In the early morning hours of July 30th Ventura City Fire and Police Department responded to a a single vehicle accident with trapped victims at Victoria / Olivas Park. They discovered a single vehicle involving a passenger van that had hit a traffic signal pole; two occupants were in the vehicle. Firefighters using hydraulic rescue tools to cut and pry the vehicle from the victim were able to free the trapped driver 45 minutes after their arrival. The two occupants were transported by ambulance to a local trauma center.