



Vol. 11, No. 25 Published Every Other Wednesday Established 2007 September 12 – September 25, 2018



The City streamlined the rebuilding process.

Ventura Rebuilds

by City staff

Signs of rebuilding are popping up in the neighborhoods impacted by the Thomas Fire. As of September 4th, 32 Thomas Fire building permits have been issued with another wave coming as 131 homes are currently in plan check review awaiting approval.

In addition to the building permits, 311 repair permits have been issued as well as 199 temporary water permits. "We are spending quality time with residents and architects to quickly work through issues and ensure that their homes are approved with no extra time or costs," said Community Development Director Jeffrey Lambert.

Individual meetings are vital to promoting clear communication between the City, the resident and the architect. In fact, the Planning Division has held more than 250 appointments with Thomas Fire rebuild applicants and continues to provide personalized assistance throughout the process.

Given the large-scale devastation created by the Thomas Fire, the City streamlined the rebuilding process by adopting an ordinance intended to facilitate expedited redesign, repair, and replacement of structures within the proposed Thomas Fire Rebuild Overlay Zone that were damaged or demolished by the Thomas Fire.

In February, the Ventura City Council adopted an Emergency Ordinance to expedite the review and first plan check of Thomas Fire building permit applications within fourteen business days (the turn-around time is currently taking ten business days). The City Council also approved more than \$1M in contract services to retain architects,

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Jim Deardorff OD, Rotary; Chris Brashears, Rotary, Salvation Army Advisory Board; Steve Shaw, President Downtown Lions Club; Laura Hernandez, Salvation Army; Hardeep Kataria, optometrist and Lieutenant Fabio Simoes, Salvation Army, Rotary at the eye clinic.

Free eye exams (and glasses) brought to you by Rotary, Lions and The Salvation Army

The Ventura Rotary Club, Ventura Downtown Lions Club and the Salvation Army of Ventura have partnered to bring the community a free Eye Clinic. Their goal and vision is to provide free eye glasses for those in need (no questions

asked). Any Salvation Army case manager can make a client appointment where the patient will receive an eye exam and a free pair of glasses. Patients are seen each Thursday from 7:30- 9:30

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CEO Gary K. Wilde has received the keys to the new CMH.

Community Memorial Hospital moves into new hospital

Community Memorial Health System (CMHS) moved a significant step closer on Wednesday, Aug. 29, to opening the new Community Memorial Hospital when President and CEO Gary K. Wilde received the keys to the new

Ocean Tower at Loma Vista Road and Brent Street.

Now that CMHS has taken official possession of the newly constructed six-story building, CMHS can now begin

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The Ventura Police Department has five K9 teams assigned to patrol.

Bark Out Loud to support our K9 officers with laughter and dinner

The Ventura Police K9 Unit announces the 7th Annual Bark Out Loud Comedy Night. This adult only event will be held on Sept. 29, at 7pm at the historic Olivas Adobe located at 4200 Olivas Park Drive.

The fundraiser is expected to attract nearly 300 people and will feature several well-known standup comics, live music, dinner, a silent auction, raffle, demonstrations and K9s!

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Ventura BREEZE



VENTURA BREEZE

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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.

PUBLISHER-EDITOR

Sheldon (Governor) Brown
publisher@venturabreeze.com

PUBLISHER EMERITUS

Staci Brown

Assistant to the PUBLISHER

Ana Baker

CONTRIBUTING WRITERS

Rebecca Wicks · Richard Lieberman
Sheli Ellsworth · Veronica Johnson
Shirley Lorraine · Victoria Usher
Jill Forman · Pam Baumgardner
Elizabeth Rodeno · Mira Reverente
James Francis Gray · Jennifer Tipton
Karen Leslie · Maryann Ridini Spencer

CONTRIBUTING PHOTOGRAPHERS

Bernie Goldstein
Richard Lieberman · Michael Gordon

DISTRIBUTION

Jaime Baker · Mary Thompson
Alfred J. Lewis · Richard Lieberman
Chris Lopez

SENIOR ADVISORS

Lori Harasta

ACCOUNT EXECUTIVES

Breezy Gledhill · Cindy Summers

WEB/ONLINE ADVISOR

Cindy Summers

PRINT PRODUCTION

Alfred J. Lewis/studioNothing

PRINTING

CA Web Print, Inc. (626)281-8989

CONTACT US:

EVENTS & HAPPENINGS
events@venturabreeze.com

OPINIONS

opinions@venturabreeze.com

ARTICLES AND PHOTOS

editor@venturabreeze.com

THE PET PAGE

scampclub@venturabreeze.com

ADVERTISING

advertising@venturabreeze.com

Ventura Breeze

1575 Spinnaker Drive, 105B, Box 393

Ventura, CA 93001

Phone 805.653.0791 Fax 805.641.1824



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Opinion/Editorial



Sheldon (Governor) Brown
Publisher-Editor

■ Our readers will be happy to know (I think) that I will no longer be making comments regarding **national politics**. Will be tough, but I think I can do it.

■ The street at the new triangle project (231 apartments) off of Sanjon, which is being graded now, will be called **Vista Del Mar Place**. Since we already have a Vista Del Mar Drive, I think this will be very confusing. People living on Vista Del Mar Drive just say they live on Vista Del Mar. I assume, the people living on Vista Del Mar Place will also say the same. I'm sure many visitors will get lost trying to find their way to these streets when the project is completed.

■ On this issue's cover, we have an article titled "**Ventura rebuilds**", written by City Staff. I know that some of you will disagree with this article, so I hope to receive your comments. I think Ventura is trying hard to work through an overwhelming amount of home plans to be checked and processed. Certainly, more than city staff can handle.

■ The US 9th Circuit Court of Appeals has unanimously ruled that prosecuting **homeless people** for sleeping on public property - when they have no access to shelter - violates the Constitution's ban on cruel and unusual punishment. The decision will protect the homeless in the Western United States.

The decision tells local governments that the key to getting homeless people off the streets is to provide housing, both short term and permanent, as well as treatment and services.

I know that Venturans are constantly blaming the Ventura Police Department and Ventura City Council for not dealing with our homeless situation. This is somewhat pointless because there is little that can be done about it until there is housing available. Our police and council are just

as concerned about this and are working on providing some shelter solutions.

Many, many cities are struggling with homelessness brought on by rising housing costs and income inequality.

■ Plans for new **veteran's housing** in Ventura is proceeding with the City Council voting 6-0 to select a developer for the 122-unit project.

They chose Community of Friends/U.S. Vets Development Team to build the project on 9.6 acres that the city owns next to the existing 60-bed Veterans Homes of California. Combined, the two facilities will provide 182 units of veterans housing, still less than half of what was originally planned for the site.

■ From the Ventura Police, stolen from **unlocked vehicles**:

Wallet, purse, money, 3 Nikon cameras, football equipment, cell Phone, \$20 in cash, social security card, surfboard (from pickup truck bed), Apple mini iPad, Apple iPhone X, credit cards and \$600 in cash.

So, lock your cars and even if locked, remove valuables. Be smart.

■ These are the candidates for the **city council elections** in November (for our new city council districts) Irene Henry, Marcos Cuevas, Kevin Clerici, Sofia Rubalcava, incumbent Erik Nasarenko, Spencer Noren, Ed Alamillo, Mike Marostica, Alec Gasca and Lorrie Brown.

There will be several opportunities to get to know them better (several are noted in this issue).

Very important that you vote so that you have a council member representing the district you live in where you live. Then, you'll know who to complain to.

■ Car manufacturer **Bugatti** has unveiled its stunning Divo super sports car - a vehicle that the French luxury brand is listing for \$5.8 million. I was very disappointed that they would not accept my credit card as payment, but even if they would, they are already sold out.

■ A very strange situation existed

between **Union Pacific** and the Coastal Commission. About 5 years ago, Union Pacific installed some fencing on the east end of Vista Del Mar to keep people from crossing over the tracks as a shortcut to the beach. There have been deaths at this location (the trains always win). The Coastal Commission recently discovered this situation and requested that Union Pacific obtain permits for what they consider to be a structure.

The odd part is that the Commission is opposed to the fence because they want people to have access to the beach. Seems to me that there are other ways to get to the beach that aren't dangerous. The fences have been removed which now provide a nice clear view of the awful graffiti on the buildings next to the tracks.

■ A jury has found Plains All American Pipeline guilty of one felony count of causing the **oil spill** by Refugio State Beach in 2015 for failing to properly maintain its pressurized pipeline. The jury also found them guilty of eight misdemeanors by failing to immediately report the spill. The sentence has not yet been determined.

Glad to hear that. Too often the companies behind oil spills go unpunished.

■ Ventura **surfers** (and others) can be very proud. On August 20, surfing became California's official state sport. I was hoping it was tennis, so I could be proud of being a tennis player. Sure glad that our legislators have nothing better to do than waste time on this topic.

■ **Women** can now drive in Saudi Arabia. This has upset many men there, especially the clerics. One cleric stated, "allowing women to drive would invite promiscuity and could damage their ovaries. Woman possessed only half a brain and half of that was used for shopping."

I completed disagree - it takes at least ¾ of their brains to go shopping. I had better hear from you ladies.

Mailbox



Breeze:

I read that the closed Top Hat Restaurant located on Main might be included on the National Register of Historic Places. Which means it would need to be part of any new development there.

Personally I think the Top Hat is just an old plywood non-descriptive building that should be torn now. Just because it is old doesn't make it historic Ventura has lots of old buildings.

If it must be saved why not move it to the outdoor area at the County Museum right up the street?

Thanks
Ernest Lewis
Ventura

Dear Breeze,

For eight months after the fire we had

no leaf blowers in Ventura and everything looked clean and neat anyway. Then the ban was lifted and now we have them all over town again blowing dust everywhere, polluting the air with their inefficient motors, causing noise pollution and stinking to high heaven. When will Ventura put a ban on them? And when will landscapers and those who don't want to just sweep begin to use electric blowers instead?

Mary Volpe
Ventura

Editor:

I have seen videos on U-Tube that show dramatic results of people with Parkinson's Disease (PD) who have dyskinesia and after partaking medical marijuana their bodies calm down and the involuntary movements pretty much stop. I think it is really wonderful that it helps them with what can be an extremely debilitating symptom.

However, there are so many symptoms of Parkinson's Disease, and no one has exactly the same issues, so

I strongly agree with the Michael J. Fox Foundation's recommendations as the side effects of medical marijuana can cause or exacerbate some of the very symptoms that accompany Parkinson's in many of the folks who suffer with it.

The other issue I and many doctors have are concerns about the quality of the medical marijuana; is the dose going to be consistent every time? Parkinson's symptoms are so difficult to regulate with the medications developed specifically for PD that the last thing needed is another "unknown" affect from introducing something new and possibly inconsistent in dosing.

The Ventura Parkinson's Disease Support Group strives to stay updated on the research projects on medical marijuana and the many other potentially life-changing FDA controlled

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

All the things
I really like to
do are either
immoral,
illegal, or
fattening.

— Alexander
Woollcott

City News



Communities all across America are looking for alternative solutions to capture, store and reuse water.

Sustainability Now News

Capture water with rainwater harvesting and greywater systems

by Maryann Ridini Spencer

“Rainwater harvesting and greywater reuse are two excellent onsite non-potable water reuse options,” said Laura Maher, Certified Greywater Installer and Water Harvesting Design Practitioner at Ventura Water’s “Rainwater and Greywater 101” gardening class held August 18th at the City’s Sanjon Maintenance Yard. The city holds free gardening classes once a month on Saturday mornings to inform and

educate residents about water wise practices. “Even though we have a reliable municipal water service, it’s important to embrace integrated water resource management strategies for a more sustainable water culture,” added Maher. Communities all across America are looking for alternative solutions to capture, store and reuse water. According

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Love birds dancing at “Happy Hour”

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Kirra Drury had recently enrolled in a nursing program.

Venturans among those in terrible river boat collision

On Saturday, September 1st, there was a horrific boating accident on the Colorado River. Two boats, with a total of 16 passengers collided head on and the passengers were ejected. Several of the passengers were immediately rescued, while others are still missing and several died. Two were from Ventura. One of the deceased is Kirra Drury, 23, the daughter of Denise Olson Drury, sister of Kaley Drury and the niece of JD of Surf Rodeo and the Boys & Girls Club Thrift Store. Kirra had attended St. Bonaventure High School.

Her Ventura friend Raegan Heitzig, is still unaccounted for.

It was reported that none of the boaters were wearing life jackets, which aren't required but are recommended.

The well known Kirra worked as

a bartender at The Tavern in Ventura and had recently enrolled in a nursing program at Ventura College. Heitzig is employed at the Social Tap restaurant.

A GoFundMe site has been started to raise money for the Drury family. For more information visit www.gofundme.com/venturastargirl.



Irene Henry is a hardworking citizen with a proven track record.

Entrepreneur, volunteer and activist announces candidacy

Irene V. Henry has announced her candidacy for Ventura City Council – District 1. Ventura's Westside resident and civic volunteer since 1990, Irene Henry vows to be the voice for her District.

Irene Henry is a hardworking citizen

Community Events

with a proven track record. She has volunteered extensively as President of Ventura Downtown Rotary; two-year President of Boys & Girls Club, leading a \$1million capital campaign fund; a ten-year High School Volleyball Coach; and Ventura College Foundation Scholarship donor. She currently serves as the Ventura High School Rotary Interact Advisor and volunteers at the City Center.

As an engaged community member, Irene is committed to bringing Accountability, Balanced Growth (environmental sensitivity paramount) and Cohesiveness to the district and the city. Working towards solutions to the city's vagrancy issues, making sure that we have a sound plan for our future water needs and making sure that we as a city maintain a cohesive focus in light of our first district-based election, are some of the issues that she's ready to tackle.

"This is our first City District election and I will look to be the voice for District 1. At the same time, I will bear in mind that I will be working for the good of all of Ventura. Though we are Districts, we are still one, 'Ventura Strong,'" remarks Henry.

For more information please visit <https://bit.ly/2ME7GZV>.



"Voting is one of the most sacred privileges we have as Americans."

Get ready to share your voice

by Elizabeth Rodeno

In preparation for the elections in November CAPS Media will be producing a series of programs and forums. The events will feature the voices and positions of the candidates for City Council, Ventura Unified School District and the Ventura Community College District Trustee candidates through our long running Video Voter program. CAPS will offer candidates the chance to share their campaign platforms with the community. The comprehensive voter information program is an important part of our mission to create an informed and educated community through electronic media. Go the Schedules tab on the CAPSMedia.org website for dates and times of all our election programs.

Don't forget the dates of Vote By Mail are October 8-October 30. There are Ballot drop boxes at County Government Center, City Clerk offices during their regular business hours, Clerk-Recorder East County Office at the Civic Arts Plaza, or any polling place on Election Day. Ventura County has texting program where citizens can register or confirm voter registration by texting "Ventura County" to 2VOTE (28683).

"Voting is one of the most sacred privileges we have as Americans. To be able to cast our vote in a peaceful and safe environment makes us the envy of the world." Mark Lunn, Clerk-Recorder, County of Ventura

While you are watching Channel 6 stay tuned to catch other member programming featuring travel, art, science, and more. Both channel 6 & 15 also stream online 24/7. In addition, go to the video tab to watch episodes of our Thomas Fire Story Project.

The award winning ECTV program has begun. Phil Taggart has a great group of students, new and old, to mentor. They are getting up to speed in the studio, writing scripts and prepping guests for another year of enthusiastic storytelling. CAPS Radio, otherwise known as KPPQ-LP held its quarterly community meeting with a great group of members and friends. Anyone interested in making great radio and sharing it worldwide? KPPQ is now available on the MyTuner app as well as streaming on capsmedia.org. There is something for everyone. Last week we held a very productive advanced session for our veteran broadcasters. Training sessions are the fourth Wednesday and Thursday of each month.

Learn to produce your own television program. Get orientation and training class information on CAPSMedia.org. Sign up for our mailing list and like us on social media. Get engaged, become a member of CAPS Media Center and share your story.

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

Country Western Line Dancing every Tuesday 7 - 9 p.m. Instruction every night. Moose lodge, 10269 Telephone Road. More information at countrylovers.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. 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. For more information: www.facebook.com/groups/800215670039426/

Ventura Investment Group meets on Mondays for an informal discussion of recent economic events. Topics cover current events that affect stocks, funds, real estate,



Community Events

etc. 10 - 11:30 a.m. at the Coffee Bean & Tea Leaf at Telephone Road and Main Street. Visitors and potential members are welcomed.

Ventura Retired Men’s Group at the Ventura Elk lodge at 11:30 a.m. on the first or third Tuesday of the month. Stop in and introduce yourself for a complimentary lunch, interesting program, and a relaxing good time with your peers. Give Bob Likins a call at 805-587-1233 for details

Musicians’ Sober Support Meetup @ FIND (A Friend in Deed) every Monday night 7-9 p.m. Bring acoustic instrument(s) for jamming after sharing support for sobriety. Bell Arts-Studio 39-432 Ventura Ave. For further information A.Friend.In.Deed. Ventura@gmail.com.

Are you a stamp collector? The Ventura County Philatelic Society meet 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 (805) 320-1601 or sockonthenose@gmail.com

When a child dies, The Compassionate Friends (TCF) can help a family move forward through the grief journey. The Compassionate Friends provides a safe and supportive place where grieving parents, grandparents and siblings over age 16 can come speak openly about their child, express feelings about loss. Meeting twice a month, on the first and third Wednesday from 7-9 pm at the Poinsettia Pavilion. Sept 19, Oct 3, Oct 17, Nov 6, Nov 21, Dec 5, Dec 19 For more information, contact Laura Lindsay, tcfventura@gmail.com,

Sept. 14: The General George S. Patton, Jr. Chapter, Sons of the American Revolution September luncheon meeting will feature the chapter’s annual awards program. 11:30 a.m. Friday in the Garden Room, Marie Callender’s Restaurant, 1295 S. Victoria Ave. All SAR & DAR Compatriots, friends, visitors are welcome to join us. If you choose to join us for lunch, cost is \$20 per person. For additional information or for assistance in determining your possible Revolutionary War genealogical roots, call Bill Bays (805) 650-3036 or Robert Taylor (805) 216-7992. For information regarding SAR membership and chapter activities, visit <http://pattonpatriots.org>.

Sept. 14: Land & Sea Food Truck Feast Friday from 4-7 p.m. Located at the Leo Robbins Community Sailing Center Marina Park. Bring family and friends to Marina Park for a free picnic-style gathering. Take a family sailboat ride, 2-4 members with a center instructor for \$10 and learn more about what the City of Ventura’s local sailing center has to offer you. Food trucks, kids’ activities, and more will be on hand to round out the evening.

Sept. 15: The Los Padres Ski and Social Club will be participating in the Coastal Clean-up day on Saturday, from 9 am to noon. Meet at the entrance to Marina Park, on the corner of Pierpont and Greenock Lane. Join in on this worldwide coastal clean-up event and, in doing so, get to know some of the LPSC members. You might just decide to become a member yourself. Look for members wearing their black LPSC shirts. The Coastal Clean-up organizers will provide some clean-up supplies. You should wear closed-toe shoes, have gloves and a bucket. For more informa-

tion <http://www.vccoastcleanup.org/>
Sept. 15: The Nature Conservancy is hosting the annual Coastal Cleanup Day in partnership with the Ventura County Coalition for Coastal & Inland Waterways. Ormond beach, 301 McWane Blvd, Oxnard from 9-12 p.m. TNC will provide clean up materials, bags, gloves, trash grabbers. Please wear durable shoes and sun protection. There are no facilities at this location. Must be 14 or older to volunteer. Please visit www.vccoastcleanup.org/our-sponsors for more details.

Sept. 15, 16: The U.S. Coast Guard Auxiliary offers a two-day course, Boater Safety and Seamanship. This will qualify you for the California Boaters Card. Register by e-mail or contact: Bill Wicks, ocnblue@pacbell.net (805) 647-8786 (805) 320-6028. Station Channel Island Auxiliary Training Deck 4202 S. Victoria Ave. Saturday and Sunday from 8:30 -5:30 p.m. Course Cost: \$60 (includes book) Register by Saturday the 15th.

Sept. 16: The Ventura and Santa Barbara County chapter of the National Association of Watch and Clock Collectors (NAWCC) will meet Sunday, in the Campus Student Center of Ventura College, 4667 Telegraph Road. The regular meeting starts at noon and at 11a.m. The program this month will be a presentation by Bill Robinson on “Early American Clocks”. Bill is a long-time collector of American clocks from the first part of the 19th century.. \$3 admission charge. Lunch is available for \$5. Watches, clocks & tools will be on display and for sale. www.nawcc-ch190.com.

Sept. 18: LifeSource Women’s Bible Study from 9 - 11:15 a.m. Community Presbyterian Church, 1555 Poli St. Every Tuesday morning following the school calendar. Study James by Beth Moore and Hosea by Jennifer Rothschild. Cost for two books and registration is \$45.00. Scholarships and childcare available with prior notice. 805-648-2737 for more information or cpcventura.org

Sept. 20: The regular monthly meeting of Assistance League of Ventura County will be on Thursday, at the Chapter House, 913 East Santa Clara Street. 10 a.m. 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. The Bargain Box Thrift Shop helps fund these programs. Find more information assistanceleagueventura-county.org, email alvconline@hotmail.com. 805-643-2458 Monday – Thursday 8 – 2 p.m.

Sept. 22: Ormond beach and wetland hike hosted by The Nature Conservancy. Come visit Ormond beach with a naturalist and discover the flora and fauna of the wetland and beach habitat. See the endangered Snowy Plovers and beach comb on one of the least visited beaches in Ventura County. Meet at Ormond beach at the end of Arnold Rd 9-11a.m. Amy Davis at 770-853-4715 or guideamy@gmail.com.

Sept. 26: The College Area Community Council will meet on Wednesday, at 7 p.m. Representatives from Ventura College and the police department will give brief updates and answer questions. The Council meets in the Wright Event Center at 57 Day Rd. Free parking is available adjacent



Another Great Beach Read from James Francis Gray!

AUDREY’S JOURNAL

Dedicated Office Clerk Audrey Stiener 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.

Fortunately these secrets are kept safe in her locked desk drawer.

Books make great gifts.

Visit www.jamesfgray.com See reviews on amazon.com
<https://youtu.be/y6GcldQZHpl>

to the Event Center. collegeareacouncil.com/map or (805) 644-8695 for more information.

Sept. 28: (4th Friday of each month), 7:00 - 10:00 p.m. Ventura County Bell Arts Song Circle. Like to play acoustic music? Songmakers.org welcomes all lovers of acoustic music—instrumentalists, singers, and singer/songwriters at all levels—to join in a free song circle at the Bell Arts Factory Community Room, 432 N. Ventura Ave. Listeners welcome! Mike Wittlin, 805-750-8281.

Sept. 30: 8:30-10:30a.m. Get out and go Adventure Hike hosted by The Nature Conservancy. The Nature Conservancy has done a restoration here and the Santa Clara River may be still flowing a little. Be prepared to get dirty and have an adventure. Durable hiking shoes, water, or walking stick. There are no facilities at this location. There is a gas station on the corner of 126 and Hallock Dr. 250 S Hallock Dr. Santa Paula, Amy Davis at 770-853-4715 or guideamy@gmail.com.

Ojai news and events

Robin Nahin, owner of Firestick Pottery, will visit the Ojai Library on Saturday, September 29, at 1 p.m. to teach a hands-on pottery workshop. This interactive workshop will allow participants to learn the basics of working with clay to create art.

Clay is a magical material—use it to turn your fantasy into a real piece of art. You can take your project home with you or go to the Firestick Pottery Studio to have it kiln-fired.

All ages welcome to attend. There is no charge, and all materials will be included. Space is limited, and you can make your reservation by calling (805) 272-8760 or by email at info@firestickpottery.com.

This event is free and open to the public. For additional information, contact Ron Solórzano, Regional Librarian, at (805) 218-9146.

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

Ventura Libraries October events

Avenue Library Children & Family Events Bilingual Early Literacy Class 10/1, 8, 15, 22, & 29 Mondays @ 6–6:45pm

Join us every week for stories, poems, music, movement, a simple craft & fun!

One County One Book Event: Foil Boat Challenge STEAM Box 10/11 Tuesday @ 3-4pm

Explore & discover concepts related

to Science, Technology, Engineering, Art, & Math in fun and sometime silly ways. Make a Foil Boat and test it.

Foster Library Adult Programs & Special Events Opera Santa Barbara 10/12 Friday @ 12pm

Please join us for a free noontime concert presented by Opera Santa Barbara! Opera Santa Barbara will offer a concert featuring members of the Studio Artist Program. This concert series features a variety of popular and lesser-known arias and duets.

A California Native Plant Society Lecture 10/16 Tuesday @ 7-9pm in the Topping Room

Please join us for an interesting and enlightening lecture series presented by the California Native Plant Society, Channel Islands Chapter.

One County One Book For Book Discussions, a Film Screening, and Lectures see our website!

Children’s Events Early Literacy Class 10/2, 3, 9, 10, 16, 17, 23, 24, 30, & 31 Tuesdays & Wednesdays @ 10:30am

A great way to introduce your child to early literacy and the library. Join us every week for stories, poems, music, movement, a simple craft, and fun!

One County One Book: Foil Boat Challenge STEAM Box 10/23 Tuesday @ 3-5pm

Explore & discover concepts related to Science, Technology, Engineering, Art, & Math in fun and sometime silly ways. Make a Foil Boat and test it.

Horror in the Stacks: The Summoning 10/24 Wednesday @ 7:30-9pm

A Haunted Library Experience Starting from the Second Floor/Children’s Department Entrance Kids & Teens of All Ages Welcome & No Free Ages 9 & Under Must Have An Older Sibling or Guardian, Won’t You Come In?

Hill Road Library Children’s Events STEAM Box 10/23 Tuesday @ 4pm

Why do heavy steel ships float? We’ll explore the principles of buoyant science with this fun activity. Aimed at ages 6+

Early Literacy Class 10/3, 10, 17, 24, & 31 Wednesdays @ 10:30am

A great way to introduce your child to early literacy and the library. Join us every week for stories, poems, music, movement, a simple craft, and fun! Aimed at ages 0-5.

Adults Programs & Special Events One County, One Book Discussion 10/16 Tuesday @ 5pm

Join us for a discussion about William Finnegan’s Barbarian Days. **Endless Summer Film Screening** 10/19 Friday @ 6pm

Bring your popcorn and soda pop for a movie night at the library with this iconic surf film.

Continued on page 21



This 'n' That

A generous increase in its mini-grant educational program for schools

The Ventura County Arts Council is pleased to announce a generous increase in its mini-grant educational program for schools in the upcoming year 2019. Grants of \$500 to \$1000 will be available to bring standards-based arts programs into k-6 classrooms in Ventura County. New this year, applications are online at www.vcarts.org and are due by October 25. Applicants will be notified by Nov. 15 and projects must be completed by June 1, 2019.

Local non-profit organizations, artists and schools are encouraged to apply. Please note: 25% of the amount requested from the Ventura County Arts Council must be matched by the school. All funded programs must take place during schools day. Only one application per school, arts organization, or artist will be funded.

The mini-grant can be used to pay for artist services, tickets to an

arts-based performance or transportation to an arts event. Projects will be selected on the criteria of

1. Learning experiences structured by the California Arts Content Standards
2. Utilization of local artist resources
3. On-going learning that uses this project as a springboard for continuing arts education and/or integration with other content areas.

The Artist-In-The-Classroom Project from the Ventura County Arts Council is not eligible for this grant. Upon notification of acceptance the applicant will receive 75% of the funds with the remainder paid out after the project is completed and an evaluation is turned in. Questions should be directed to the Ventura County Arts Council at vcarts@pacbell.net or 805-658-2213. The Mini-Grant Educational Program is funded by the John and Beverly Stauffer Foundation.

Remembering first responders

On Tuesday morning, September 11, all Ventura City Fire Department stations held special remembrances for the first responders and civilians who lost their lives on September 11, 2001.

Fire Chief David Endaya said, "Although 17 years have passed since that tragic day in 2001, it still seems it could have happened yesterday. The images, the sounds, the emotions, and the pain are as vivid today as they were when I watched the events of that morning unfold live on television with my crew at Fire Station 5. We will never forget the actions of the firefighters, law enforcement officers, members of our U.S. Armed Forces, and the brave civilians who worked to save others, many losing their lives, that fateful day."

At 6:55am firefighters stood at attention and raised the U.S. flag ceremoniously to half-staff. Fire Officers shared a brief narrative on the events of September 11, 2001.

<http://www.cityofventura.net/fire/about/stations>.

Free eye exams

Continued from page 1

except holidays. Walk-Ins are welcomed as well, just arrive early and ring the bell!

The clinic was finally launched on July 12 many months after it was planned because of the Thomas Fire. Retired optometrist Jim Deardorff donated his equipment and optometrist Hardeep Kataria volunteers her time to give the exams.

Rotarian Chris Brashears stated "I was looking for more to do helping people locally. In our Rotary Club we have three optometrist so it occurred to me that if we had a space we could open up a clinic to provide free eye exams and glasses to those in need. I went to Fabio and asked him to help me find a space. Fabio and Silvia,

our Salvation Army Lieutenants have a hard time saying no donated the space."

"Another Rotarian Indy Batra and I were driving to Vegas for business one day when I told him of my need to find an optometrist. He suggested his daughter in-laws sister Hardeep. She was the missing piece and without her we would not be in business, she donates her time always with a big smile. The Lions Club told me that they wanted to be involved and to just let them know when and where."

"We have been funded to date by the Ventura Rotary Club and by the Downtown Lions Club. We have enough funds for this year and are looking for a free source to make the lens (our only expense). We have a lot of donated frames."

"To date we have served approximately 30 patients with free glasses. The enjoyment comes from seeing them with their new glasses and the smile it brings to their face to be able to see clearly again."

Silvia Benetti Simoes, Lieutenant Ventura Corps Officer stated "It has been a privilege to be part of this great organization where we can provide services that are needed for the community. The eye clinic is a new opportunity to show what the Salvation Army is all about, giving back."

Lion Steve Shaw went on to say "Lions have long been associated with blindness prevention and sight restoration. The American author and activist Helen Keller, who was both blind and deaf, personally challenged Lions to "hasten the day when there would be no preventable blindness". In her 1925 address to the Lions Club Foundation Convention in Cedar Point Ohio she asked Lions to constitute to become "Knights of the Blind" in her crusade against darkness. Since then more than 10 million children have been screened for eye disease and vision problems, 7.6 million have regained their sight through cataract surgery and 400,000 people each year

receive recycled eyeglasses because of the Lions."

Free Eye Exams Salvation Army Eye Clinic, Salvation Army Hope Center, 155 S Oak St, Ventura.

7:30am-9:30am Thursday. Venturatararyeye.com or 805-648-4977 for more information.

To donate eye glasses visit Venturalions.org for a list of donation sites.

Capture water with harvesting

Continued from page 5

to a 2014 Government Accountability Report, 40 out of 50 state water managers expect water shortages under average conditions in some portion of their states over the next decade.

"Rainwater harvesting is a simple, low-cost water reuse system that can increase your backyard harvest while reducing storm runoff. It also recharges the aquifers and can lower a homeowner's water bill. Greywater, on the other hand, is water that is gently used from laundry machines to landscape (L2L) or from bathroom sinks, bathtubs, and showers."

"Passive rainwater harvesting in the ground is the easiest method of ensuring extra water in your landscape," continued Maher. "With the installation of a bioswale, a gently sloped contoured drainage course filled with vegetation or compost that will divert, slow, spread, and sink water into the landscape. Installing a bioswale can be done by a homeowner, or it can be crafted and engineered by a landscape professional."

Installation of bioswales also helps decrease urban runoff, the number one source of ocean pollution, from lawns, gardens, streets, and hardscapes.

"For residents interested in learning more about how to install a bioswale, I recommend visiting ventura.surfrider.org and sign up for some free ocean friendly garden workshops where they'll get some great information as well as hands-on experience."

Other means to capture water on the landscape would be to install a rain barrel or depending upon a homeowner's intended use, a cistern.

"A living roof, where the roof of a home is partially or completely covered with vegetation planted over a waterproof membrane, is a more, but somewhat costly option," said Maher.

"A greywater, laundry to landscape system is also relatively easy to install but still more complicated than installing a bioswale or rain barrel," said Maher. "The only type of a greywater system that can be installed without a permit in Ventura County; however, is the L2L or laundry to landscape."

Installing a greywater system does come with a set of mandatory regulations — no pooling of water, no runoff, no human contact, and no daylight (systems are installed subsurface). Additionally, because of the sodium content in most soaps (and borax), homeowners are required to use only soaps without sodium.

"When installing a greywater system, its best to know the codes," said Maher. "It's important that the greywater doesn't contaminate the groundwater. For example, using soaps with sodium aren't good for the landscape. Plus, nutrient-rich greywater can cause unwanted algae blooms in our watershed. Homeowners should send greywater straight to the soil and into mulch basins. Never store untreated greywater for more

than 24 hours because it will become anaerobic (and give off a nasty odor). It's also illegal."

Contact Maher at ecoactioncoop@gmail.com

Find out more about rainwater and greywater, visit: greewateraction.org

Find out more about upcoming free gardening classes, visit: venturawater.net and navigate to the gardening class icon.

New hospital

Continued from page 1

the move-in process. It's anticipated that the new Ocean Tower will open to patients and the public in about four months.

Until then, and during the next four months, CMHS will install the final pieces of technology and equipment, provide safety training and new process/procedure training to all staff, train physicians on the new technology, stock the building with supplies, and install over 500 pieces of original artwork from local and regional artists.

Features of the Ocean Tower include 250 private rooms and expanded space in all critical healthcare areas such as the Neonatal Intensive Care Unit, the Emergency Department (which will offer 37 private rooms compared to 17 curtained bays in the old CMH), and the Intensive Care/Coronary Care Unit.

The surgical capacity increases as the new facility will feature 10 operating suites, as well as five new heart catheterization laboratories. And, for moms, babies and children, an entire floor will be devoted to their well-being.

The new eight-acre CMHS campus also includes a public community park; a Healing Garden for patients and their families; and a Respite Garden for staff and visitors. Other new features include an outside dining terrace and additional parking spaces in a new parking structure for the hospital and the public.

For more information on the new hospital please go to www.ournewcmh.org.

Mailbox

Continued from page 4

drugs being researched to help improve the quality of life for people suffering with Parkinson's Disease, and hopefully some day, a cure!

Talk to your doctor if you're thinking about medical marijuana. Your personal physician can help you review the latest research, the pros and cons, and how the therapy might fit into your regimen.

Patty Jenkins

Volunteer Coordinator for the Ventura PD Support Group.

Ventura rebuilds

Continued from page 1

civil engineers and other professionals to provide this important service.

Helping those affected with the rebuilding process is a top priority for the City of Ventura. The Community Development Department is working diligently with parcel owners to build as safely, and quickly as possible. Property owners, with their design team, are encouraged to call (805) 677-3901 to make a Plan Check Submittal Pre-screen appointment with officials in the Building and Safety Division. For more information visit www.cityofventura.ca.gov/thomasfirerebuild.



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**Breed restrictions apply. CA BRE#1849138

55+ 

News & Notes



Janeen Puente and her Latin Orchestra rocked the house.

Olivas Adobe can still be enjoyed after the end of the concert series

The last concert of the 31st summer concert season Music Under the Stars, held at the Olivas Adobe featured Janeen Puente and her Latin Orchestra. The concert was sold out as were 6 of the 8 presented. Next year promises to be another great season so when tickets become available you had better buy them early. www.cityofventura.ca.gov/957/Music-Under-the-Stars. The Olivas Adobe's Historical Interpreters invite you to a Day on the

Rancho, on Sunday, September 23 from 11 am- 3 pm. Enjoy this free event which will include hands-on activities, food, mariachi music, Ballet Folklórico Bell Arts dancers, storytelling, and crafts. Tours of the beautiful historic Olivas Adobe will also be offered. The Olivas Adobe is designated as California Landmark No. 115 and was placed on the National Register of Historic places in 1979. Located at 4200 Olivas Park Dr.



FOOD Share founders Dan Wakelee, Jewel Pedi, and Virgil Nelson have done wonders for those in need of food.

FOOD Share celebrates 40 years serving Ventura County at Blue Jean Ball event

Forty years ago, eight friends banded together to provide food to those in need in Ventura. Today, FOOD Share celebrates 40 years of service in Ventura County at the 3rd Annual Blue Jean Ball at Walnut Grove at Tierra Rejada Farms on Thursday, September 20th from 5-9pm. The food bank's signature event will help raise the support necessary to feed the one in six Ventura County residents who is still food insecure. "The need to help the hungry hasn't changed in last 40 years but the face of hunger has evolved," said FOOD Share President and CEO, Monica White. "The struggle to avoid hunger is real and affects thousands of working families, seniors, veterans and children right

here in Ventura County. It's not just the homeless that are food insecure in our community today. We simply couldn't help everyone without the wonderful support of our donors, volunteers and the community."

More than 20 local restaurants, wineries and brewing companies will be serving samples at the event along with entertainment, delicious desserts and a silent auction. "The name says it all: wear those blue jeans!" says Jennifer Caldwell, marketing director. "It's an evening of reflection and appreciation as we celebrate FOOD Share's 40 year history."

Tierra Rejada Farm's relationship with FOOD Share dates back to the 1970's when the "pick-your-own" farm and roadside market was on Sunset Valley Road. Whenever the farm was blessed with surplus crops, owner Rick Brecunier would call on FOOD Share volunteers to glean the crops for distribution to Ventura County's hungry residents. The farm has once again generously donated the venue space at Walnut Grove to serve as the stunning backdrop for FOOD Share's 3rd Annual Blue Jean Ball.

"What an incredible mission FOOD Share has served over the years," said Walnut Grove at Tierra Rejada Farms owner Rick Brecunier. "We couldn't be happier to host the Blue Jean Ball again for the benefit of FOOD Share. It's very heartening to see the tremendous support FOOD Share provides to the community and we want to do everything we can to support their efforts."

Individual tickets are available for \$75 per person, and limited sponsorships are still available. Visit www.foodshare.com/bluejeanball for tickets and additional information.

Today, staff and volunteers distribute nearly 12 million pounds of food, or 10 million meals annually



News & Notes

through its 190 pantry and program partners. As Ventura County’s food bank, FOOD Share provides food for 75,000 hungry friends and neighbors monthly. FOOD Share is a member of Feeding America, the nation’s largest hunger-relief organization, as well as the California Association of Food Banks. For more information about FOOD Share, visit www.foodshare.com, on Facebook , Instagram, and Twitter.



The Festival collaborates with local non-profits to give back to the community.

Harvest Festival showcases more than 24,000 original works

Showcasing a colossal collection of handmade creations, the Harvest Festival® Original Art & Craft Show, comes to the Ventura County Fairgrounds Friday through Sunday October 5-7 with more than 24,000 original works from hundreds of exhibitors nationwide. As an “all you can eat” gourmet buffet for the senses, the artful celebration boasts live entertainment, strolling performers, a Kidzone with pumpkin patch, demonstrations, contests, and more.

This marks the 46th season for the Harvest Festival, a treasured fall tradition recognized as the largest and most prestigious indoor showcase on the west coast. Multi-talented artists & crafters will showcase their originals of stunning jewelry, clothing, specialty foods, photography, oils, hand-turned wood, ceramics, eclectic art pieces, seasonal décor, ornaments, and blown glass, among others. Patrons know with confidence that each of the works is made by hand and selected only after meeting criteria for excellence. Many of the artists can personalize items for that extra special holiday gift.

“We’ve been working for decades to create the quintessential shopping encounter that engages our patrons on every level,” says Nancy Glenn, owner of the Harvest Festival. “It’s all about sharing in an immersive experience you can’t get anywhere else. Whether you’re a DIY devotee, or an avid art collector, our presentation brings together emerging artists whose passions spark excitement and new trends.”

The Festival collaborates with local non-profits to give back to the community. Patrons who bring non-perishables for donation to Food Share receive \$2 off admission. Last year, close to 2,000 pounds were collected to help feed locals in need.

The Ventura Boys & Girls Club hosts the parcel check, while Kidstream and Macaroni Kid serve up fun in the Kidzone. The Rancho Ventura Conservation Trust will present a nature interactive in conjunction with the pumpkin patch, sponsored by Green Thumb Nursery.

Ventura Harvest Festival Original

Art & Craft Show October 5-7. For more information harvestfestival.com or call 925-392-7300.

Friday 10am-5pm; Saturday 10am-6p; Sunday 10am-5pm
Ventura County Fairgrounds; 10 West Harbor Blvd, Ventura
\$9 for General admission tickets
\$7 for Seniors (62+) and military
\$4 for Youths ages 13-17. Kids 12 and under are free.

Donate cans to Food Share for \$2 off tickets. Tickets are good for the entire weekend.



Ventura’s East End Eateries Part 2: Hill Street Cafe

by Jennifer Tipton

Serving as a family restaurant since the 1980s, the Hill Street Cafe is located at 1050 South Hill Road.

The ambience is festive; the staff wears Hawaiian print shirts, there is garland strung with lights and foil birds and pineapples hang from the ceiling.

The booths are private with a little lace curtain along the top of the cushy vinyl seats, separating them from the next and there are more tables toward the back. Although there is a large outdoor patio, Hill Street Cafe is not dog friendly. Because of the location, parking is never an issue.

The menu at Hill Street reminds me of a little diner my father used to take me to on the east coast when I was small, sensibly called, “The Little Diner”. The meals there had a home cooked quality, but at Hill Street, they’ve also added some more distinguished selections.

The “Hillstreet Breakfast” menu has the traditional selections such as Bacon and Eggs, Steak and Eggs, Corned Beef Hash and Eggs ... there are twelve of them and each is served with home fries, hash browns or fresh fruit and freshly baked biscuit, muffin or toast. Prices \$7.75 to \$12.95.

The eleven omelets offered include the “Hillstreet Special” with bacon, tomato and cheddar cheese topped with sour cream and guacamole. Omelet’s come with the same sides as the traditional breakfasts. Prices \$9.25 to \$10.45

From the griddle come pancakes (buttermilk or blueberry), short stack or full, Country French Toast and

three different Belgian waffle selections. Prices \$6.25 to \$9.25

Two of the more distinguished breakfast selections are Eggs Benedict or Huevos Rancheros for \$10.95.

A full page of sandwiches varies between the classic Rueben to a Fresh Garden Pita stuffed with vegies. There are eighteen sandwiches to choose from and each comes with your choice of Curly Fries, Steak Fries, Fruit, Coleslaw or Potato Salad. All from \$9.75 to \$10.75

The light lunches have a couple of those “not found at your average diner” choices like the BBQ Salmon or Grilled Orange Roughy and as the menu goes on there are the “typically found at the average diner” choices such as chicken fried steak or the always popular grilled liver & onions ... well, you decide.

Salads and burgers galore and a dinner menu that offers Southern Fried Chicken and Old-Fashioned Pot Roast along with many, many others. Dinners come with homestyle soup or salad, baked or mashed potatoes, a variety of breads, rolls or a muffin and vegetable of the day. Dinners range \$12.95 to \$15.95 Service was outstanding, our server’s name was “Brigett”.

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Hill Street Cafe serves beer, wine, champagne and has loads of specials from the weekend brunch with all you can drink mimosas to kids eat free all-day Saturday! Seniors always get 5% off and dinner specials change daily. We were there August 29th, our server, Brigett was outstanding and the special was Turkey and Stuffing. (Thanksgiving in August?).

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On September 8th an overcast day didn't stop thousands of music fans from enjoying the 3rd Annual Oxnard Jazz Festival (OJF) held at Oxnard Beach Park. The OJF is a cultural music celebration offering a diverse mix of Jazz, Latin, Soul, Blues and R&B.

The 2018 star studded lineup featured Mindi Abair and The Boneshakers, Pete Escovedo and his Latin Big Band, Greg Adam's & East Bay Soul, Paul Brown, Rick Parma, Con Funk Shun, Tierra, and Kelly's Lot.

The large dance floor held hundreds dancing and swaying to the great sounds. This concert included VIP seating and lawn seating, vendor booth shopping, cultural foods, and many other inviting attractions to close out the summer festival season.

If you love music, you will love the Oxnard Jazz Festival. Be sure to attend next year.

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News & Notes



Outdoor experts and storytellers to present often hilarious lecture.

Craig R. Carey and Bryan Conant, to present community lecture

Craig R. Carey and Bryan Conant, two wanderers of our local hills, valleys and forests are teaming up with the Ventura Land Trust for a fast-paced, informative and often hilarious lecture “Amazing Backcountry Adventures” highlighting their outdoor adventures at 7pm Thursday, Sept. 13 at the Poinsettia Pavilion, 3451 Foothill Rd.

“Amazing Backcountry Adventures” features outdoor author Craig R. Carey and Bryan Conant, cartographer and director of Los Padres Forest Association (LPFA), sharing adventurous tales gathered from more than 60 combined years of hiking in our local backcountry. They have experienced mountain lion encounters “as cool as you please,” close encounters with backcountry raptors, being stuck in a tent for 14 hours awaiting better weather, to-die-for sunrises and sunsets, miles of mapping trails with only canines for company and working to create the proposed Condor Trail.

Carey credits his kids for bolstering his passion for the great outdoors because, “they allow me to view the wilderness and its gifts through fresh eyes and remind me to not see it as a project, but rather as a refuge and a place full of wonder.” Carey shares that passion by taking youth outdoors, many of whom have never been on a trail. His book, Hiking and Backpacking Santa Barbara and Ventura, has been updated with GPS coordinates designed to help hikers customize their own adventure.

After taking years to create updated maps of the Matilija, Dick Smith and San Rafael wilderness areas, Conant became the executive director of the LPFA, the official non-profit partner of the U.S. Los Padres National Forest whose focus is to educate forest-users and ensure the Los Padres stays open for people to enjoy.

Conant started his “love affair” with our local backcountry after some friends took him to the swimming holes at Red Rock in Santa Barbara County. Realizing existing maps of the local wilderness areas were not good enough; he decided to create his own. “It was the perfect opportunity to blend two of my passions: backpacking and cartography,” he said in an interview.

The community lecture, Ventura Land Trust’s third installment in their 2018 Environmental Speaker Series, is one of many ways VLT works to educate the public about important environmental topics. A suggested donation of \$10 per person will be collected at the door to go toward fire restoration work at Big Rock Preserve.

Reservations are highly encouraged. RSVP at: www.venturalandtrust.org/events

The Ventura Land Trust (formerly the Ventura Hillside Conservancy) is dedicated to permanently preserving and protecting the land, water, wildlife and scenic beauty of the Ventura region for current and future generations. Founded in 2003, the 501(C)(3) non-profit organization is supported by over 600 members, local businesses and government partners. The land trust manages 90 acres of land along the Ventura River and is negotiating the purchase of its first hillside property. VLT’s office is located in the Poinsettia Pavilion, 3451 Foothill Rd, Ventura, CA 93003. For more information, visit: www.venturalandtrust.org

Bryan Conant has devoted much of his life to exploring, learning and protecting the Los Padres Forest since the 1990s. During that time, he created two trail maps of the Los Padres National Forest within Santa Barbara and Ventura counties and worked to develop a non-profit focused on promoting the 421-mile Condor Trail (Lake Piru to Monterey). More info at: www.condortrail.com. He is currently Executive Director of the Los Padres Forest Association focusing much of his time on providing education for forest users and working to keep the trails open. Go to: www.LPFA.org

Craig R. Carey gives credit for his backcountry roots to his parents, “college sweethearts in the Bruins Mountaineering Club” who strapped him onto a Kelty pack when he was only 6 years old. He’s still doing it as an LPFA Volunteer Wilderness Ranger, active Scouter, and author of Hiking & Backpacking Santa Barbara and Ventura (Wilderness Press, 2012). You can read his idle musings at: www.CraigRCarey.net



Hikers enjoying the view at the hilltop of Two Trees. Many volunteers hike with you at different intervals for safety. The hike is difficult but you can take as much time as you need. It’s a fun way to be involved in our wonderful community, get exercise and have fun! If you’re interested in hiking up to Two Trees you can sign up for a hike by visiting the Rancho Ventura Conservation Trust at VenturaConservation.com or give them a call at (805)814-2503.



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Senior Living

Pull Out Section



Adopting a dog can be part of a wellness lifestyle.

Clearwater at Riverpark invites local community to honor Active Aging Week with Wellness

Clearwater at Riverpark is hosting a community event on Saturday, September 29th from 11 to 3 pm to advocate for Active Aging Week. Festivities will embody Clearwater at Riverpark’s Empowered Living philosophy that encourages residents to pursue their passions through a wellness lifestyle.

Active Aging Week influences millions of people every year during the last week of September to spread awareness for the International Council on Active Aging® (ICAA). Highlighting the benefits of active living in adults over 50 years old; this weeklong campaign puts a spotlight on all areas of life — physical, social, spiritual, emotional, intellectual, vocational and environmental. Individuals worldwide participate in various ways to experience wellness

activities for older adults while creating a supportive environment.

“The Wellness Festival is intended to inspire our residents and the greater community,” said Britt Martin, lifestyle director of Clearwater at Riverpark. “I’m excited about Active Aging Week. There are many ways to live a healthy, vibrant lifestyle and offering a community wellness festival where the older active adults can explore on their own, puts the power in their hands to choose what is best for them.”

The event is open to the public and there is no charge to attend. Guests will appreciate the beneficial and healthful choices at Clearwater at Riverpark’s Wellness Festival, such as:

A mindful market of local, homemade,

Continued on page 16

Mother Daughter Brunch

Sunday, September 23rd • 10:00 am - 1:00 pm

Please join us for a Mother Daughter Brunch at the Palms at Bonaventure! Enjoy a delicious chef-prepared meal and friendly conversation with our wonderful residents and staff. While you’re here, we’d love to give you a personal tour of our beautiful community so you can experience our gracious lifestyle yourself!

For more information, please call
805-647-0616



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Exercising by dancing can be interesting and enjoyable.

Keep going! Stay motivated to be active

Physical activity is a great way for older adults to gain substantial health benefits and maintain independence. To make physical activity a routine habit, choose activities and exercises that are fun, motivate you, and keep you interested.

- Keep It Going
- If you can stick with an exercise routine or physical activity for at least 6 months, it's a good sign that you're on your way to making physical activity a regular habit. Choose activities:
- You enjoy and believe you'll benefit from
- You can fit into your schedule
- You can do safely and correctly
- That are affordable
- That includes friends or family
- Keep It Positive
- Set realistic goals, regularly check your progress, and celebrate your accomplishments. These will help keep you on track.
- Keep Your Eye on the Prize
- Focus on the benefits of regular exercise and physical activity:
- Greater ease doing daily tasks
- More energy to do the things you enjoy most
- Improved health
- Better outlook on life

Senior Living

Find Activities You Enjoy

Some people like to walk on a treadmill at the gym. Others find that kind of activity boring. The key to sticking with exercise is to make it interesting and enjoyable.

Be creative. Do things you enjoy but pick up the pace. Do all four types of exercise—endurance, strength, balance, and flexibility. The variety helps keep things interesting!

Try some new activities to keep your interest alive. Let these suggestions inspire you to choose physical activities that match your interests!

Love music?
Take dancing lessons.
Sign up for an aerobics or dance class.
Walk briskly or jog and listen to your favorite tunes.

Enjoy the outdoors?
Play catch with your grandchildren or fetch with your dog.
Go hiking or rock climbing.
Grab a paddle and go canoeing.
Like being with others?
Join a soccer or basketball league.
Make friends in an exercise class.
Organize a walking group with friends or coworkers.

Want to be on your own?
Swim laps.
Spend an hour at the driving range.
Bike around your neighborhood.
Use an exercise video at home.
Feel the need to multitask?
Lift weights while you watch TV.
Do balance exercises while waiting in line.
Walk on a treadmill while you listen to an audio book.

Keep Track of Your Progress

The best way to stay motivated is to measure and celebrate your successes. You can find easy-to-use progress forms on the Go4Life website. Use these forms to:

Set and revisit your goals

Make an exercise and physical activity plan that works for you

Track your daily physical activity

Find new ways to increase your physical activity

Update your exercise plan as you progress

Why having a Medicare Advantage Plan may make sense

by Rick Beavin
California Market President, Humana

Health benefits can be confusing to navigate, particularly as you become eligible for additional support services.

While most Americans 65 and older—or those who qualify due to disability—are eligible for Medicare, some may also be eligible for Medi-Cal, California's Medicaid program, based primarily on financial need. Individuals who fit into both categories are known as dual eligible, according to the Centers for Medicare & Medicaid Services (CMS).

How do I know if I'm dual eligible?

While dual eligibility does not apply to every Medicare beneficiary, 10.8 million people nationwide are fully or partially dual eligible. It's important to note that eligibility for Medicare and Medi-Cal are determined separately.

When it comes to Medicare, according to CMS, of the more than 5.6 million Medicare beneficiaries in California, 87 percent are eligible due to age (65 and older), while the remaining 13 percent are eligible due to disability.

When it comes to Medicaid, the income qualifications for Medi-Cal assistance vary, so visit Medicaid.gov or contact your local Medi-Cal office at 1-800-541-5555 to see if you might be eligible.

Why would a Medicare Advantage plan be a good option if I am dual eligible?

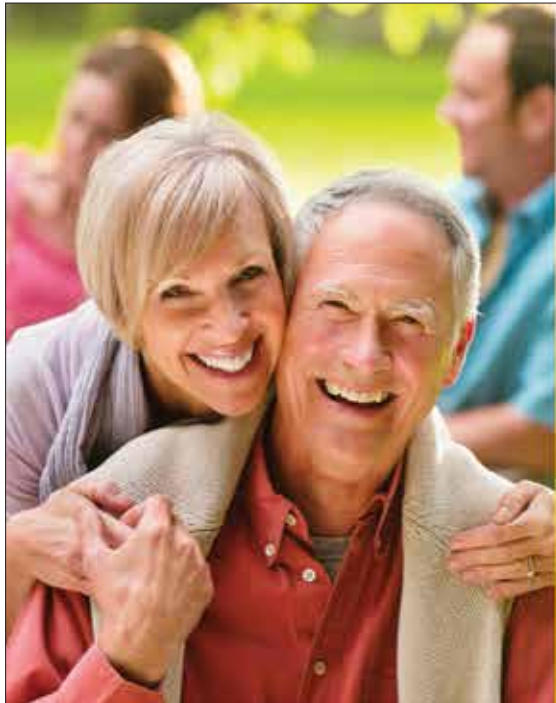
If you are dual eligible, signing up for a Medicare Advantage plan can make receiving care more accessible than having traditional Medicare, alone. And, if you are dual eligible, you can sign up for a Medicare Advantage plan once per calendar quarter between January and September, not just during the Annual Enrollment Period (Oct. 15-Dec. 7). Many areas offer Medicare Advantage plans with a \$0 premium.

Here's how having a Medicare Advantage plans over traditional Medicare can help dual eligible individuals make the most of their benefits:

Access to dedicated doctor/provider network.

Having a Medicare Advantage Plan means the Medicare Advantage plan becomes your primary health plan for receiving care. These plans typically provide you with a network of doctors and health care providers. Doctors and health care providers know that working with Medicare Advantage plans means their patients will have care coordination and other benefits available through the plan.

It's important to note that Medicare and Medi-Cal are two entirely different programs that operate under different guidelines; they were not designed to work together. Because of this, your doctor and health care providers may





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Senior Living

need to coordinate payment for services with both your Medicare Advantage plan and Medi-Cal.

The availability of additional benefits.

Medicare Advantage plans often include extra benefits as part of the plan such as dental, vision, and an over-the-counter drug allowance. Many times you will also have access to a fitness benefit that offers free gym membership and access to fitness classes. At the same time, these plans may have simplistic benefit designs that may minimize costs. For example, some Medicare Advantage plans have a \$0 copay for doctor visits and \$0 or low copays for specialist visits.

Care coordination.

A Medicare Advantage plan can offer coordination of your care. This may be especially important if you have one or more chronic conditions, such as diabetes or congestive heart failure. As an example, plans may offer skilled care managers who can help you get the care or services you need at the right time and place. This can include services such as helping you understand and follow your physician’s recommended treatment plan, managing transitions between hospital visits and home, connecting you to resources for food, and helping you get access to necessary prescription drugs and medical equipment.

Receiving the care you deserve as a dual eligible individual may be challenging. Signing up for a Medicare Advantage plan is one way to potentially help you get the care coordination and additional benefits you need, all in one plan.

learning and memory, and reduced spatial learning and memory abilities.

Researchers compared the function of lymphatic vessels in younger and older mice. They found that in older mice, lymphatic vessels were narrower, and large molecules did not drain out of the CSF into the lymph nodes as well. Using a method to boost lymphatic function in older mice resulted in improved cognitive function.

Researchers also found that impairing brain lymphatic vessels in mouse models of Alzheimer’s disease led to higher levels of amyloid-beta deposits in the tissue covering the brain as the mice aged. Abnormal buildup of the protein amyloid-beta is a factor in Alzheimer’s disease. The researchers’ findings in the mouse models were mirrored in postmortem analysis on the brains of nine people who had Alzheimer’s disease.

According to the researchers, determining whether altering lymphatic vessels in people would have similar benefit to what was seen in the mouse models requires further study, but these initial findings could point to a new possible target for preventing or delaying age-related cognitive decline and Alzheimer’s disease.

Reference: Da Mesquita S, et al. Functional aspects of meningeal lymphatics in ageing and Alzheimer’s disease. Nature. 2018 Jul 25. doi: 10.1038/s41586-018-0368-8. [Epub ahead of print].

A 1035 Exchange, know the facts

by Jayson Cohen
American Legacy Solutions

A common problem faced by insurance and annuity holders relates to a need to upgrade to a better financial option without paying taxes on gains earned on the old policy. There are many legitimate reasons for wanting to upgrade. AAFMAA recommends a 1035 exchange to accomplish this objective. A 1035 exchange has a complicated set of rules established by the tax code that must be followed to qualify this exchange as a nontaxable event. Based on the complexity of the tax code and limitations placed on these exchanges, it is highly recommended that you seek the advice of a tax professional before moving forward to avoid possible tax complications.

Factors to Consider When Exchanging A Life Insurance Product

The main thing you must remember is that no cash can change hands for this exchange to legally qualify as a tax-free 1035 exchange. A life insurance policy can be traded for another life insurance product. The tax code also allows for the exchange of a life insurance product for an annuity. This type of transaction is referred to as a replacement. In all tax-free exchanges, the policyholder must remain the same.

It is prudent to exercise caution before moving forward with a 1035 exchange. Not all exchanges are tax-free. Remember that in the case of life insurance policies, if you surrender your policy early, you may incur surrender charges and taxes. Before any definite decisions are made, you need to research the marketplace to determine whether

Continued on page 16



Findings could point to a new possible target for preventing or delaying age-related symptoms.


Could boosting lymphatic function combat age related cognitive decline?

by National Institute on Aging

Scientists only recently discovered lymphatic vessels in the brain that remove cellular debris and other waste. Now, new NIA-supported research published in Nature on July 25 suggests these vessels could play a role in age-related cognitive decline and Alzheimer’s disease.

Researchers from the University of Virginia, Charlottesville, studied the performance of lymphatic vessels in the brains of mice and the drainage of cerebral spinal fluid (CSF) from blood vessels into the lymph nodes—also known as the brain’s waste-removal system.

Using methods that impaired the function of the lymphatic vessels in younger mice resulted in decreased drainage of large molecules from CSF into lymph nodes, reduced flow of CSF in certain areas of the brain involved in



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Tai Chi focuses on improving the mobility and balance of older adults.

New Tai Chi Balance Classes in Ventura

Three new senior Tai Chi classes are forming in Ventura over the next few weeks and registration is now open. Tai Chi: Moving for Better Balance is a 12-week program offered by Oxnard RSVP and focuses on improving the mobility and balance of older adults.

Classes are free, designed for those age 50 and older, and taught by certified senior volunteers. The evidence-based program consists of a simplified eight-form routine of Yang-style Tai Chi. Intended for beginners who can walk easily with or without assistive devices, it teaches participants balance skills and good body alignment by using coordinated and flowing movements. The classes have been proven to reduce repeated falls by 55%.

New classes are:
Emerging Spirits Center, 4601 Telephone Road, #113, Oct 2 - Dec 13, T/TH, 10 a.m. - 11:30 a.m.
The Bonaventure, 10949 Telegraph Road, Sept 18 - Dec 11, T/TH, 11 a.m. - 12:30 p.m.

CMH Wellness and Fitness Center, 2723 E. Main Street, Sept 11 - Dec 4, T/F, 9:30 a.m. - 11 a.m.

New participants are accepted only until the third class of each session. To achieve results, they should attend at least 75% of the classes. Call 385-8019 to learn more or to register.

A federal grant received by the City of Oxnard and its RSVP program funds the free exercise classes, which follow curriculum developed at the Oregon Research Institute (in Oregon) where studies showed improved strength and balance, increased mobility and reduced incidence of falls among seniors who participated in the classes.

RSVP is a volunteer recruitment and placement program, helping people 55 and older find volunteer positions that match their interests, talent and available time. The Oxnard RSVP has almost 575 members and is sponsored by the City of Oxnard. To learn more about being an RSVP member or to discuss other volunteer opportunities, call 805-385-8023.

Clearwater at Riverpark
Continued from page 13
and wellness focused product
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organization
Healthy food trucks
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Giveaways

In addition, throughout the week residents of Clearwater at Riverpark can engage in on-site activities aligned with Active Aging Week by dedicating each day to a dimension of wellness from their Empowered Living program. The exclusive schedule offers a beach clean-up, medi-

tation journey nutritional class, tai chi session and more.

Space is limited. To reserve your space or learn more, please call 805.366.3446 or email RiverparkMarketing@ClearwaterLiving.com Clearwater at Riverpark is located at 750 Clyde River Place in Oxnard.

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Also Baby's Badass Burgers Food truck will be there on September 14th and October 12th from 11:30am-2:30pm.

A 1035 Exchange

Continued from page 15

you are insurable. Your health status and age will significantly impact the cost and availability of a new life insurance policy.

What to Consider When Upgrading Your Annuity

When making a change from an old annuity to a new one in a 1035 exchange, you won't have to pay taxes on your earnings. Immediate Annuities reminds clients that while your taxes can be deferred, it is important to realize that you still may have to pay surrender fees and penalties depending

on the terms of your current contract.

After the exchange takes place, then you are free to change ownership. To qualify as a 1035 exchange, an old annuity can only be exchanged for a new one. An annuity product can't be exchanged for a life insurance product to comply with the strict requirements.

General 1035 Exchange Guidelines

You can exchange multiple old contracts for a single new contract. The IRS code does not limit the number of old contracts that can be traded for a single new contract. This fact opens the door to many possibilities. As mentioned above, the rule about ownership consistency must be followed naming the same owner on all policies. For accounting and tax purposes the adjusted basis of the new contract will be calculated by totaling the adjusted basis amounts of all contracts exchanged.

Conclusion

There is a practical reason 1035 exchanges are so popular. Deferring taxes as long as possible is always a priority. There is no reason to feel trapped in your current life insurance or annuity contracts by tax ramifications. By using a 1035 exchange, you can take advantage of better alternatives while still deferring taxes.

Sources:
<https://www.immediateannuities.com/1035-annuity-exchanges/>
<https://www.aafmaa.com/Decision-Center/Tools-Forms-Resources/1035-Exchange>
<http://www.finra.org/investors/1035-exchanges>

News & Notes

Pedestrian safety

by Ashley Bautista
Community Outreach Ventura Police

Thousands of people each year are killed on America's roadways, and many of those deaths could have been prevented. In fact, in 2016, 16 percent (5,987) of all roadway-related deaths were pedestrian fatalities. Tragically, in a crash between a vehicle and a pedestrian, the pedestrian is far more likely to be killed or injured. From 2015 to 2016, there was a startling 9-percent increase in fatalities, which is the highest number of pedestrian deaths per year since 1990.

As a community, there are simple steps everyone can take to reduce the

number of these tragedies each year. Keeping our roads safe is a shared responsibility.

With driving comes enormous responsibility. Getting to a doctor's appointment, work, or school won't be important if you strike a pedestrian while driving there. Always look for pedestrians whenever and wherever you are driving. According to the National Highway Traffic Safety Administration (NHTSA), in 2016, the majority (74%) of these fatalities occurred when it was dark outside and outside an intersection (72%).

Driving at the posted speed limit, or even slower based on conditions and focusing on the road, instead of an electronic device, also gives the driver more

time to "see, identify, and react" in time to brake for pedestrians. In 2016, 26 percent of pedestrian fatalities occurred between the hours of 6 p.m. and 8:59 p.m., and in many places that means it's dark, or getting dark, outside. When a driver "sees" something up ahead, they are able to slow down and "identify" what it is. Because the driver can "see and identify," they are then able to "react" by applying the brakes.

While it is the responsibility of the driver to stay alert and aware of their surroundings, there are also actions the pedestrian can take to stay safe, like being predictable and using crosswalks or intersections if possible and walking on a sidewalk or path when one is available. Pedestrians should also remember to "dress for the occasion." If you are out during the day, wear bright colors, and at night, be sure to wear something with reflective materials especially on parts that move (like your arms, legs and feet) or carry a flashlight. In short, make yourself visible. Just because you can see a motorist does not mean he or she can see you; the driver may be distracted or even have the sun in their eyes. If you cannot make eye contact or do not see the driver slow down for you, just wait until the vehicle passes, even if you have the right of way. If you have multiple lanes to cross, slow and watch for traffic at each lane.

Both drivers and pedestrians should always keep road safety habits in mind, too, like not using electronic devices or drinking or using drugs while driving or walking because they can impair judgment. Everyone who uses our roads has a duty to drive safely, which, in turn,

helps everyone get to their destination unharmed.

To reduce traffic safety risks to pedestrians, safety should always be top-of-mind for those traveling on the road and near the road. Let's be safe Ventura!

Contact Ashley Bautista, Community Outreach Ventura Police 805-339-4317 with any police related questions.

CMH Auxiliary Shout Out Corner

The Auxiliary of CMH enjoys bringing good news and updates about the wonderful volunteers in the auxiliary department. There have been many past and present volunteers who have given of their time and talents that made them successful volunteers. Many are no longer alive and others have retired. They may be gone but not forgotten. Bells! Whistles! And fireworks to all for a job well done.

The Auxiliary is inviting others to join their ranks as they continue to need new volunteers. All departments could use help in making CMH number one. Applications for volunteers may be picked up at the front desk of the hospital.

The Shout Out Corner also congratulates Tanushree Pal, age 17 who received a \$1500 Marie Caraballo Scholarship award. She plans to attend UCLA and study pre-med. She was valedictorian of Buena High School, class of 2018, member Society of Women Engineers and has earned many more merits with honors.

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News & Notes



Restaurants, cafes, wineries and breweries serve their signature dishes.

Tickets on sale for “Pier Under the Stars”

Tickets are now on sale for Pier Under the Stars—the 25th annual benefit for the historic Ventura Pier on Saturday, October 6th, from 5-8pm. Each year more than 600 residents and visitors attend this beachfront culinary fair adjacent to the pier to sample the county’s best food and spirits provided by over 40 area businesses. This year marks the 25th anniversary of Ventura’s premier beverage and food event.

Restaurants, cafes, wineries and breweries serve their signature dishes and beverages from tented booths along the seaside Promenade while guests enjoy live music by The Colette Lovejoy Band & dancing under the stars and an amazing silent auction. It’s a community celebration to honor the City’s 145 year old pier.

The sell-out event hosted by Pier into the Future--a non-profit organization- “is a much anticipated community gathering of friends that raises funds for our beloved Pier”, said Pier Into

the Future Executive Director Jenise Wagar-Hernandez. The organization was founded by a group of dedicated community leaders, in partnership with the City of Ventura, to establish an endowment fund to maintain and enhance the historic Ventura Pier for future generations to enjoy. The organization has contributed over \$769,000 to the City of Ventura over the last 25 years to enhance the Pier.

General admission tickets are \$75.00 and include food and beverage tasting and a commemorative Pier wine glass. A limited number of VIP tickets are offered at \$150.00 each. VIP tickets include all of the benefits associated with General Admission, plus early entrance to the event at 4:30 pm and a reserved seat at a VIP table along the promenade.

Tickets are available on line at www.brownpapertickets.com or by calling 800.838.3006. Visit www.pierintothe future.org for more information.



Dan is passionate about land conservation.

New Stewardship Manager joins VLT team

Dan Hulst recently joined the VLT(Ventura Land Trust) team as the new Stewardship Manager. He will work closely with Kate Furlong,

VLT’s Stewardship Director, on open space restoration and stewardship projects, VLT’s outdoor environmental education program and social media outreach.

Dan, the youngest of 9 siblings, grew up in Northern California, in the small town of Waterford. (pop. 8,000). He attended Central Catholic High School in Modesto and went on to graduate from San Diego State University in 2014 with a B.S. in Business Administration, with an emphasis in Entrepreneurship.

In 2016, Dan moved to Ventura and began volunteering with Ventura Land Trust. He has donated his time and talents over the past two years and has served as active member of stewardship committee for the past year.

Dan is passionate about land conservation and the preservation of land for public use. He enjoys spending time in the ocean, the mountains, and just generally being outside. He hiked the 210 mile John Muir trail each of the past two years. Dan is thrilled to finally align his employment with his passion, and hopes to make a difference for a community he deeply cares for. Welcome Dan! Say hello to Dan at dan@venturalandtrust.org.

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The Pet Page



Dedicated to Scamp

■ Santa Paula Animal Rescue Center (SPARC) is in need of assistance for the care of Nanuk, an 11 month old male husky puppy with Megae-sophagus. Megae-sophagus is somewhat common for dogs. It is an enlargement of the esophagus—the muscular tube leading to the stomach—with decreased or absent motility. Motility the muscular activity that is necessary to move food and liquids through the digestive tract. “Nanuk needs to be fed in a special chair in the begging position and then he must wait about 30 minutes for gravity to move the food down to his stomach,” said Nicky Gore-Jones, Executive Director. “While this is not too difficult to accomplish, it takes some time and patience to feed him twice a day. It is not practical for us because of the commotion in our environment and the number of other animals we have in our care.”

Nanuk is working with trainers this week to learn how to sit and be comfortable in his new chair. Other than the special feeding, this young pup can lead a relatively normal life and needs an active lifestyle. He loves to play ball and go for walks or hikes.

SPARC is seeking donations for his medical care and patient individuals with a calm atmosphere who are interested in either adopting or fostering the active young puppy. Donations may be mailed to the shelter or submitted electronically via the website at: <http://www.santapaulaarc.org/donate.html>.

Those who are interested fostering or adopting him should contact Santa Paula Animal Rescue Center at 805-525-8609. SPARC is a No-Kill, No-Excuses, 501(C3) city pound in Santa Paula where every single animal arriving gets a second chance at life

■ The good news is that JohnPaul and Karen are moving to Ventura. The sad news is that they aren’t able to take their dear 14-year-old English Staffordshire pooch to live with them. When Buddy came into their lives one year ago, they didn’t know they we were going to have to move due to some family health needs. They certainly didn’t know how difficult it was going to be to get a landlord who was willing to take their dear doggie, and couldn’t find one.

Buddy is a lover to the core. And he is so, so easy to take care of. All he requires is a lot of loving/petting, a couple short walks a day and time to sleep and be with people. He has a stronger bladder than any dog they have ever had. He can go up to 14 hours in the house without having to go out. His license and shots are current.

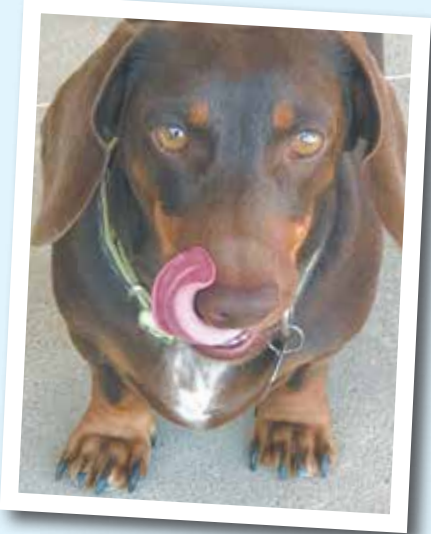
If you know anyone who would love to have a gentle, healing and loving companion, please let them know at 708-257-8732 or 708-603-4482 .

■ Millennials are having a love affair with pets — so much so that they’re often putting their furry friends’ needs at the top of their list when shopping for a home.

Luxury landlords have been catering to this millennial trend for years, putting in dog runs on rental tower roofs and pet salons off lobbies. Now more millennials are buying

Scamp Club

(Scampclub pets are not for adoption.)



Hi: I’m Buster Brown. I am a six-year-old dachshund. My favorite thing is to eat steak right off the grill and play ball. I live with three other dogs, but I am the leader of the pack. Can’t you just tell how much fun I am?

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.

homes, and seeking the same amenities.

A full 73 percent of millennials currently own a pet, according to the American Pet Products Association. That is a larger share than any other demographic. For buyers it’s even bigger. A whopping 89 percent of millennials who bought a home so far this year own a pet, according to Realtor.com.

And once millennials purchase a home, they often put big bucks into upgrades for their pets. One owner put \$12,000 into her row house, adding a higher fence so her pets couldn’t jump

out and other pets couldn’t jump in. She also added a modern pet door and renovated the basement bathroom for Lucy, even though the basement itself is unfinished.

She just wanted her house to be pet-friendly overall, not just for herself but for her friends, most of who also have pets. “I think I tend to connect more with other people with pets because we can do pet-friendly things together,” she said.

By Diana Olick CNBC Real Estate Reporter



Nanuk needs some special care and love.



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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 Bentley, an affectionate 11-year-old American Staffordshire Terrier / Labrador mix. I'm in need of a new home because my owner travels too much and doesn't have time for me. I enjoy hiking on cool days or just laying in your lap. I'm friendly with people, but choosy with other dogs. I'd do best in a home with an experienced dog owner, no dogs and no cats.

I've been fortunate enough to be able to go for over night stays with my favorite C.A.R.L. volunteer Marion. I'm ok with Marion's 2 small dogs so if you have a dog as a family member, please bring him/her along so we can do a meet and greet.

Marion says I'm a great dog in the home, house broken and love to just hang around. All I want is a warm, loving home. So what's not to like? If you have room in your heart and home for a guy like me, please stop by and meet me. CARL



Hi: I'm Trixie an energetic 11-year-old Smooth Coated Chihuahua spayed female. I lost my leg in a hit by car accident but am healing very nicely! Check out my live Periscope video at www.pscp.tv/w/1Od-KrpRzAdqJX. I'm currently in Foster care with a shelter staff member who has a 2 year old child and 3 other dogs. Contact her foster mommy at JENNY-LYNNE28@GMAIL.COM if you're interested in adopting this lap-dog extraordinaire!

Very kind, gentle and sweet. Wonderful disposition. Great for a family or retired couple who need a laid back addition to their household. VCAS A687405. www.vcas.us



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This 'n' That

Ventura College presents "Dreamers Set Your Course" events

Ventura College will host Dreamers Set Your Course, a series of free and safe events for the community to learn about resources available for undocumented students. Topics to be discussed include the Ventura College admissions process, financial aid information, support services for students, and community resources available for undocumented students. The events are free and open to the public.

Ventura College continues to stand with the Chancellor's Office in aiming to reassure students that our campuses will remain safe, welcoming places for students of all backgrounds to learn and we are happy to provide

this forum educating Dreamers on Ventura College resources.

The events will be hosted at local high schools to encourage students from K-12 to attend college. It is important to remind the community that higher education is possible and of the valuable resources available to make the dream of higher education a reality.

Thursday, September 13, 2018 - Santa Paula High School Cafeteria - 6:00-8:00pm

Thursday, September 20, 2018 - Ventura High School Cafeteria - 6:30-8:30pm

Wednesday, September 26, 2018 - Fillmore High School Library - 6:00-8:00pm

For more information please visit: venturacollege.edu/dreamers or if you have any questions, please contact Wendolyne Lopez, Financial Aid Specialist/ AB540 Liaison at Wendolyne_lopez1@vcccd.edu or (805) 289-6574 or Joseph Cordero, Student Outreach Specialist at Joseph_cordero2@vcccd.edu or 805 289-6584.



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CLU students helping to maintain the Botanical Gardens in Grant Park.

Incoming first-year students worked to spread mulch

On August 28, California Lutheran University partnered with the City of Ventura and the Ventura Botanical Gardens to help protect and restore the gardens after the devastating Thomas Fire destroyed the area. Incoming first-year students worked to spread mulch around the affected areas to protect the soil from further damage and prepare grounds for new plantings. Approximately 600 students and faculty members, including CLU University President, Chris Kimball pitched in.

You Got Served has been a part of CLU New Student Orientation for 11 years now. The great partnership with the City of Ventura started based on

the city's initiative and interest in finding service projects large enough for the hundreds of incoming CLU students who attend each year. Even with such a large group, the city has continuously found need and space throughout Ventura for the student participants for a day of service.

City of Ventura Communications Manager Kelly Flanders stated "Cal Lutheran has a longstanding partnership with the City of Ventura, and every year the students make a real impact on our community. Once again, they brought their A game and did a fantastic job. We were touched by their enthusiasm to restore and improve the park."

Youth



Students presenting Alice in Wonderland.

PTYA seeks financial support, welcomes new students

For nearly 20 years, the magic of musical theater has been brought to life in Ventura County by a performing arts troupe that has enriched the lives of young participants and their families, and audiences who have enjoyed top notch live productions in their own backyards.

Performance Theatre for Young Artists, a nonprofit theater company celebrating its 20th anniversary in 2019, has featured the talents of local children and teens in variety shows and live productions such as "Les Miserables," "Into the Woods," "Shrek," "The Sound of Music," "Beauty and the Beast" and "The Lion King." Through these performances, workshops and other activities, youngsters build performance, self-esteem, decision-making and communications skills; and learn how to work as a team to accomplish goals.

"I've seen shy children grow into confident performers," said Founder and Artistic Director Marta Dewey. "PTYA is also like a family," she said. "Kids and families who get involved

find new friends, comradery and support. Many have made lifelong friends.

Like many Ventura County organizations and businesses, "revenues have slowed since the Thomas Fire last December," Dewey said. "For several months, there was much lower attendance and participation, and the majority of public contributions have gone toward fire victims and rebuilding our city."

As it enters its third decade offering children an outlet for their creative energy and filling an important niche in the community, PTYA depends in large part on individual and corporate tax-deductible donations.

Also supported by student participation fees and ticket sales, contributions are an important part of what keeps the group moving forward. Straight donations are welcome in any amount; and sponsorships are also available. Depending on the sponsorship level, corporate and individual sponsors receive benefits including mentions on flyers, posters and show programs; complimentary tickets and VIP seating.

Upcoming shows and workshops include "Beauty and the Beast," "Aladdin, Jr.," "Mary Poppins" and "The Sound of Music." New students and volunteers are always welcome.

The group's next production will be "Shrek the Musical, Junior" and will be performed at the Poinsettia Pavilion. Sept. 15, and 6 p.m. Sept. 16. Admission is \$15 for adults and \$12 for children, seniors and students.

More information about this and other shows, PTYA programs and enrollment, as well as donations/sponsorships, and a PayPal link are posted at www.ptya.org. Donations can also be sent to Performance Theatre for Young Artists, 3451 Foothill Road, Ventura, CA 93003. For questions, email Founder and Artistic Director Marta Dewey at ptyaplays@gmail.com or call (805) 302-6441.



Annika Fedde, 17, senior at Foothill Technology High School represented the USA at the Laser Radial Youth World Championships in Kiel, Germany August 18-25 finishing in the top 20.

Annika said, "The wind was constantly oscillating, making for tricky racing conditions. My digital compass helped me read the wind shifts, and my downwind speed was great due to all the training I did over this summer."

Annika learned to sail at the Ventura Yacht Club youth summer sailing program where she first discovered her love for the water, wind and waves. Event information can be found at: <http://laserworlds2018.com/>.



This 'n' That

Friends of the Santa Clara River celebrates 25 years with Silver Streams Gala Celebration

by Candice Meneghin
Friends of the Santa Clara River Board Member

Friends of the Santa Clara was formed in 1993 with the mission of protecting and preserving the biological and cultural resources of the Santa Clara River Watershed, which spans Ventura and Los Angeles Counties. The Friends have promoted all aspects of river health, including public outreach, water quality monitoring, wetland restoration, opposition to floodplain development, and advocating for the protection of several threatened and endangered species that call this watershed home. On Sunday September 16, we will be celebrating the Friends' 25th Silver Streams Anniversary Gala and Fundraiser at Rancho Camulos in Piru from 3:30-6:30p.m.

Come immerse yourself in the heart of the Santa Clara River Watershed its beauty and its history, with appetizers and sustainably grown eats from our own Santa Clara River valley. Enjoy local wines and beers while perusing the silent auction. Meander beneath the majestic river valley mountain views to live music. We invite our friends - new and old, and watershed community members to come share in our history and learn about our future endeavors. Your support will make possible our ongoing efforts to preserve the natural and cultural heritage of this magnificent river for future generations. Tickets are available at <https://fscr.org/25th-anniversary/>.

We will be honoring our founder and outgoing board chair, Ron Bottorff as he hands over the chairmanship to Jim Danza after 25 years of service. We will also be celebrating the work of several watershed Champions that include: Ventura County Supervisor's Steve Bennett and Linda Parks for their instrumental role as co-authors of the Ventura

County Save Open Space and Agricultural Resources initiative, and its recent extension until 2050. SOAR is a series of voter initiatives that require a vote of the people before agricultural land or open space areas can be rezoned for development. Dr. John Puglisi, Superintendent of the Rio School District, for the new Rio Del Sol STEAM school on the banks of the Santa Clara River. The goal of the school is to integrate the STEAM framework into all Common Core subject to engage students in authentic learning experiences. We believe these opportunities foster a stewardship ethos in our community and give rise to the next generation of Friends on the Santa Clara River. Paolo Perrone, Trust for Public Lands, for the acquisition of the 51.4-acre Robin's Nest property in Acton, CA, in the San Gabriel Mountains and 864 acres of Temescal Ranch, a 6,006 acre site, more than nine square miles of hillside terrain east of Lake Piru, that straddles the Ventura County line to the west and Los Padres National Forest land to the north. Two streams on the Temescal Ranch property drain into Piru Creek and ultimately the Santa Clara River downstream. The protection of these properties will allow for the restoration of land which contains tributaries, creeks, and the Santa Clara River, one of the few remaining free-flowing riparian systems in southern California.

Read our summer newsletter, Watershed News at: <https://mailchi.mp/0827f9ac69a4/friends-of-the-santa-clara-river-watershed-news-summer-2018?e=945ee1de94>. More information on Friends of the Santa Clara River can be found at www.fscr.org.

Red Cross: Donors urged to give blood, help blood supply match patient diversity

The American Red Cross urges people of all races and ethnicities to give blood to help ensure a diverse blood supply for patients in need.

The vast majority of blood types fall into one of the major ABO groups. However, some blood types are unique to certain racial and ethnic groups, so a diverse blood supply is important to meeting the medical needs of an increasingly diverse patient population.

Twelve-year-old Braden Green required blood transfusions to treat complications from sickle cell disease. "It saved his life, that blood transfusion," said his mom, Brenda Green. "A blood donation can give a patient another chance at life or an opportunity to get through the day."

Blood given to patients with rare blood types or those who need repeated transfusions for conditions such as

sickle cell disease or thalassemia must be matched very closely. Patients are less likely to have complications from blood donated by someone with a similar racial or ethnic background.

All blood types are needed to ensure that the right blood product is available at the right time for all patients. Make an appointment to donate blood by downloading the free American Red Cross Blood Donor App, visiting RedCrossBlood.org or calling 1-800-RED CROSS (1-800-733-2767).

As a thank-you, those who come to donate blood or platelets through Sept. 30, 2018, will receive a coupon via email for a free haircut at participating Sport Clips locations. More information is available at RedCrossBlood.org/sport-clips.

Upcoming blood donation opportunities in Ventura.

9/18/2018: 11:30 a.m. - 5:30 p.m.,
Knights of Columbus, 36 S. Figueroa St.
9/27/2018: 8:15 a.m. - 2:15 p.m.,
Ventura High School, 2 North Catalina
9/28/2018: 8:30 a.m. - 2:30 p.m.,
Buena High School, 5670 Telegraph Rd.

Blood and platelet donors can save time at their next donation by using RapidPass® to complete their pre-donation reading and health history questionnaire online, on the day of their donation, before arriving at the

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blood drive. To get started, follow the instructions at RedCrossBlood.org/RapidPass or use the Blood Donor App.

Another way to support the lifesaving mission of the American Red Cross is to become a volunteer transportation specialist and deliver lifesaving blood products to local area hospitals. Volunteer transportation specialists play a very important role in ensuring an ample blood supply for patients in need by transporting blood and blood products. For more information and to apply for a volunteer transportation specialist position, visit rdcrss.org/driver.

About the American Red Cross

The American Red Cross shelters, feeds and provides emotional support to victims of disasters; supplies about 40 percent of the nation's blood; teaches skills that save lives; provides international humanitarian aid; and supports military members and their families. The Red Cross is a not-for-profit organization that depends on volunteers and the generosity of the American public to perform its mission. For more information, please visit RedCross.org or Cruz-RojaAmericana.org, or visit us on Twitter at @RedCross.

Community Memorial Hospital receives international recognition as a “Baby-Friendly” Birth Facility

Baby-Friendly USA has recognized Community Memorial Hospital with the prestigious international recognition as a Designated Baby-Friendly birth facility, a designation given only to those hospitals and birth centers that meet rigorous criteria to encourage breastfeeding.

Based in Albany, New York, Baby-Friendly USA, Inc is the United States authority for the implementation of the Baby-Friendly Hospital Initiative, a global program sponsored by the World Health Organization and the United Nations Children's Fund.

CMH worked for over two years through various hospital committees to meet all the criteria and create a breastfeeding-friendly environment, said Megan Rodarte, director of Maternal Child Health Services at CMH.

"It's not about forcing all moms to breastfeed. We recognize some can't or there is a medical need for formula. It's about creating an environment and supporting practices that have been shown to increase breastfeeding exclusivity and duration, and to give those moms who choose to breastfeed the best chances of success." Rodarte said.

Rodarte noted that if a new mom chooses to use baby formula, CMH staff

also makes sure the new mom knows how to bottle feed safely.

The international award is based on the "Ten Steps To Successful Breastfeeding," a challenging set of criteria designed to set the standards for the best possible breastfeeding support for mothers and infants in the maternity setting. The Ten Steps are:

Have a written breastfeeding policy that is routinely communicated to all health care staff.

Train all health care staff in the skills necessary to implement this policy. Inform all pregnant women about the benefits and management of breastfeeding.

Help mothers initiate breastfeeding within one hour of birth.

Show mothers how to breastfeed and how to maintain lactation, even if they are separated from their infants.

Give infants no food or drink other than breast milk, unless medically indicated.

Practice "rooming in" or allowing mothers and infants to remain together 24 hours a day.

Encourage breastfeeding on demand. Give no pacifiers or artificial nipples to breastfeeding infants.

Foster the establishment of breastfeeding support groups and refer mothers to them on discharge from the hospital or birth center.

CMH is one of 530 Baby-Friendly hospitals and birth centers in the U.S and over 20,000 worldwide.

Learn more about the Baby-Friendly Hospital Initiative at www.babyfriendly-usa.org

Have coffee with cop and break down barriers

The community is invited to come together with Ventura Police Officers in a friendly, informal environment to discuss community issues, build relationships and enjoy a good cup of coffee for National Coffee with a Cop which will be held at Palermo, located at 321 E. Main Street in Ventura, on October 3 from 8:30 a.m. to 10:30 a.m.

Most contacts police officers have with the public happen during emergencies or emotional situations. Those situations are not always the most effective times for relationship building and some community members may feel that officers are unapproachable on the street or during the course of their duties. Coffee with a Cop breaks down barriers and allows time for relaxed one-on-one interaction.

Engaging the community in public safety efforts is a top priority of the Ventura Police Department. We share the community's concerns and make every effort to address them. We offer monthly opportunities at Community Council meetings to learn about crime trends and crime prevention. We also provide regular community meetings and neighborhood watch groups.

Continued on page 22

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.

Armed Robbery

On August 7, at approximately 4pm, the suspect entered a business in the 11000 block of Citrus Drive and approached the cashier. The suspect, who was armed with a handgun, demanded money and after receiving an undisclosed amount of cash, he fled the business. Responding officers checked the area but were unable to locate the suspect.

On August 30, at 5:30pm, 35 year old Santa Paula resident Jonathan Landeros walked into the Ventura Police Department’s front lobby and said he believed he was wanted for robbery. Major Crimes Detectives interviewed Landeros and confirmed he was the suspect that robbed the 76 gas station on August 7. Landeros saw a photograph of himself on Ventura Police Department’s social media site and decided to turn himself in. On August 30, at 10:45pm, Detectives executed a search warrant at Landeros’ residence in the 100 Block of West Main Street in the City of Santa Paula. Landeros was later booked at the Ventura County Jail for Robbery.

Attempt to Disarm an Officer

On August 25, at approximately 10am, the Ventura Police Command Center received a call of a subject refusing to leave CMH hospital. The caller also told dispatchers that the subject was in possession of a knife. As officers arrived at the location, they were told by a victim that the suspect later identified as 31 year old Ventura resident Richard Rivera, threw an unknown object at the victim’s car causing minor damage to their vehicle.

Officers began canvassing the area and found Rivera in the 2600 block of E. Thompson. As the officers made contact with Rivera, he became uncooperative and refused to follow their verbal directions. When the officers started to place Rivera in custody, he began to fight with them and at one point attempted to remove an officer’s firearm from his holster. After a long struggle, the officers were finally able to get control of Rivera and handcuffed him. Rivera was transported to VCJ where he was booked for, felony attempting to remove a firearm from an officer, felony resisting a peace officer and misdemeanor vandalism.

In 2016 Rivera was arrested for felony possession of controlled substance, and in 2017 he was arrested for misdemeanor trespassing.

Traffic Pursuit with Arrest

On September 5, at approximately 8:30pm, a Ventura Police Patrol Officer attempted to stop a four wheel, off road “quad” for riding on a roadway. The driver did not yield to the officer and fled. After a brief pursuit, the suspect abandoned the “quad” and ran into the neighborhood. Officers and a police k9 searched the area, and after approximately 20 minutes, the suspect was located hiding in a shed in a backyard of a residence on Carr Drive.

The suspect, 26 year old Ventura resident Jose Cardenas who is on active parole for robbery, was arrested and booked into Ventura County Jail on the charges of felony evading, violation of parole and misdemeanor possession of a controlled substance.

Violation of Restraining Order and Obstructing Arrest

On September 6, at approximately 8:30am, the Ventura Police Department was working a high risk incident in the 10100 block of Carlyle St. involving a suicidal subject. The SWAT team had been deployed and members of the Ventura Police Crisis Negotiation team were scene negotiating with the subject.

34 year old Jason Ordoyne, was armed with a hammer and threatened to engage officers when they arrived. Ordoyne was also at the residence in violation of a court order.

Ordoyne had barricaded himself inside and refused to come out of the residence. He was uncooperative with officers, and had made several threats that he was going to arm himself with a knife and come out to force officers to shoot him. Officers with the Ventura Police Crisis Negotiations team continued to negotiate with Ordyne and after approximately 5 hours, he agreed to leave the residence and was taken into custody without incident.

Possession of a Handgun by a Prohibited Person

On September 6, at approximately 4pm, officers conducted a traffic stop in the 2100 block of Harbor Blvd. and spoke with the driver of the vehicle, 39 year old Ventura resident Stephanie Paez. She was driving with suspended driver’s license and was also a Post Release Offender (PROs). Additionally, she was found to be in possession of narcotics paraphernalia. The passenger, 41 year old Ventura resident Disenia Paez, was also contacted. She was found to be on probation for weapons charges, and a search revealed she was in possession of a firearm with an obliterated serial number.

At the conclusion of the investigation, Stephanie Paez was booked on the charge of possession of narcotics paraphernalia and a violation of her Post Release Offender status. Disenia Paez was booked on the charges of being a prohibited person in possession of a firearm and possession of a firearm with an obliterated serial number.

Harbor Patrol Blotter

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

8-22 1:21pm, received a report of a vessel in distress near the Greenock Lane jetty from State Parks. Officers responded in the Fireboat that was conducting a sea-trial nearby. The inflatable was taken en tow from a lifeguard who swam the disabled vessel out of the surfline to the fireboat.

5:50pm, officers responded and assisted a patient in the mobile home park.

7:02pm, dispatched to a medical trauma at the VYC. The patient was hit in the head with a boom from the mast of their boat. They were transported to local hospital by AMR for further evaluation.

8-23 9:00am, received a report of an injured night-herring. Officers retrieved the bird for volunteer rescue to pick up and take to rehabilitation.

6:20pm, dispatched to a water rescue at the Ventura Pier, kite surfer in distress. Officers responded in Boat 19 to assist State Parks with the call. The kite surfer was safely escorted to the shore.

8-24 3:00pm, received a dispatch



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to a medical in the Ventura Marina Community. Officers responded with VFD/VPD to the call, the patient refused assistance.

8:53pm, dispatched with multiple agencies to a water rescue near Seaward. After a brief investigation all victims were found safe on the beach.

8-25 11:45am, U.S. coast guard investigating the fishing vessel Ocean Angel II for listing heavily to the bow. Officers advised that the vessel has approximately 1000 gallons of diesel in the forward bilge. The owners were working on ways to mitigate the situation. Crew members removed the fuel.

5:36pm, dispatched to a traumatic medical at VWM C-dock. Officers responded with Goldcoast medics/VFD and assisted a 66 year old male who fainted and sustained major head trauma. He was placed on a backboard/C-spined and transported to local hospital for further treatment.

7:41pm, received a dispatch to assault victims at 1500 Anchors Way Dr. Officers responded with AMR, VPD was already on scene investigating. Three victims were assessed, on sustained major head trauma and was placed on C-spine board and transported to local hospital. One was released with minor injuries and one was arrested for disruptive/resistive actions.

8-26 :34pm, received report of a capsized catamaran off McGrath State Beach. Officers responded, righted the vessel, towed it back to the launch ramp.

3:37pm, received a report of a capsized kayak near the South Jetty in the surfline. Officers responded in the Fireboat, pulled the person from the water and towed the kayak to Harbor Cove beach. No injuries were sustained.

5:10pm, dispatched to a traffic accident at 1363 Spinnaker Dr. Officers responded and found a vehicle had veered off the road into the parking lot colliding with a parked vehicle, 3 medians. No one was injured in the crash.

8-2 10:47am, dispatched to medical at mobile home park. Officers responded and assisted AMR/VFD with a person complaining of difficulty breathing.

Weekly SUDOKU

Answer

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

Program saves \$33 million

The County of Ventura Service Excellence Program was implemented in June 2008 and, in its first 10 years, has generated more than \$33 million in ongoing annual savings and had a direct impact on the lives of the county’s residents.

The program’s objective is to foster a culture of service excellence through the County’s agencies and departments. It seeks to achieve this goal through a culture which embraces continuous improvement and data-based decision-making as a means of enhancing the quality, speed, consistency and cost of County services.

A key strength of the program is its team approach, driven by the talented County workforce on the front lines – the people who know the most. The County relies on these people to help streamline the operations and avoid the processes that lack purpose. To date, 4,700 employees have received training in the methods and tools of continuous improvement.

“A program like this can only be created and sustained with unwavering leadership,” said Paul Stamper, Deputy Executive Officer and Service Excellence Manager. “The Board of Supervisors, the County Executive Officer the and County leadership team have supported this program and enabled it to thrive.”

As more employees receive the training, the savings continue to grow. In the most recent fiscal year, there were 114 Service Excellence improvements with an associated savings of \$3.8 million.

“Over the last decade, significant events such as the Affordable Care Act, safety realignment, foster care reform and, most recently, the Thomas Fire have impacted the County,” said Powers. “In every case, the Service Excellence Program gave us the internal capacity to resolve issues and meet customer needs. One example of this is the expedited building permit process for Thomas Fire survivors.”

King Crossword

Answers

Solution time: 27 mins.

P	A	W		F	L	E	A		S	A	S	S
A	G	O		R	E	A	D		O	B	O	E
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Artist **AB Clawson**

On Saturday, September 15, Art City hosts an opening entitled "Impractical!" an event featuring artists best known for their sculptural explorations as they present their hidden talents in their "other," more fluid medium, paint. The event takes place from 6-9pm and is free.

Art City Gallery and Studios, established in 1983, founded by Paul Lindhard, artist, sculptor and patron of the arts for 50 years.

An historic community resource, Art City is well known for supporting collaboration, empowerment and no-holds barred exploration and implementation of ideas; from traditional gallery exhibits, to poetry readings, performances, lectures, talks, and cinema.

197 Dubbers St, Ventura 805-648-1690

Vita Art Center presents 2 new exhibits.

Main Gallery:

Bob Privitt, Assemblage & Sculpture
Cabada Gray Gallery:

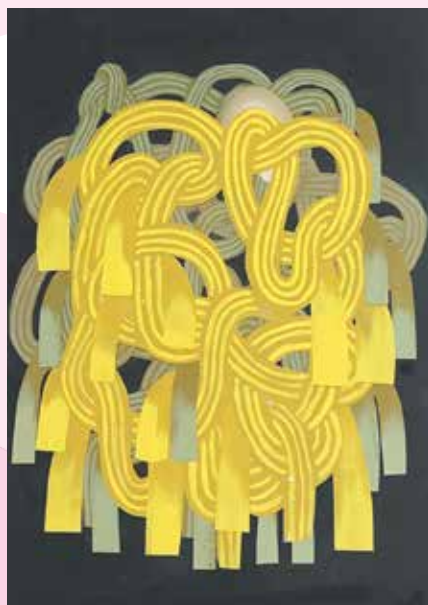
Stephanie Dotson, Colin Gray, Rafael Perea

Bob Privitt Assemblage & Sculpture through September 28, 2018

Bob Privitt, Master of Fine Arts, Indiana University, taught art at the college and university level for 40 years. Now retired from Pepperdine University. For more information on Bob Privitt and his work, visit mediasquirt.com/privitt.

28 West Main St.

www.vitaartcenter.com



New library card design art contest

Calling all children and teen artists!!! The Ventura County Library wants you to design the new children and teen library cards. The contest will run through September 29. Only children (ages 5-12) and teens (ages 13-17) are eligible to participate, one entry per person. All entries must be submitted on a regulated contest form. You may pick up a regulated contest form with contest rules at any Ventura County Library. For library locations please visit www.vencolibrary.org

Ventura County Library: Inspiring our community to explore, discover and connect.

The Museum of Ventura County announces its first Portrait Drawing Course. The course will be a six-week class held on Monday evenings, 6 to 8 p.m. from Sept. 17 through Oct. 22. The instructor will be Ryan Carr, Ventura County artist, and the Museum's first artist-in-residence. For more information, call 805-653-0323 ext 330.

This six-week instructed course will offer a detailed exploration into the various techniques and methods used to create portraiture. There is a class limit of 25 people, to ensure quality instruction and feedback time for participants.

Working with live models, each of the six sessions will focus on a different subject pertaining to the art of portraiture.

The course cost is \$145 for nonmembers, \$130 for members and students with ID and the registration deadline is Sept. 10. Registration and payment <http://bit.ly/2NgSe2o>



A Conversation with **Russell Crotty** Sunday, September 30, 2018 from 3 to 4:30 p.m. Oxnard's Levity Live at The Collection 591 Collection Blvd.

Ojai-resident Russell Crotty, awarded a Guggenheim Fellowship in 2015, is an amateur astronomer, dedicated surfer and outstanding artist whose drawings push the limits of that medium. He earned his BFA in painting from the San Francisco Art Institute and completed an MFA at UC, Irvine in 1980. His works have been extensively exhibited around the world and throughout the United States. Please join us as Donna Granata and Russell Crotty discuss the evolution of an artist who has always looked to the skies for inspiration. To learn more about Russell visit www.RussellCrotty.com

Free to FOTM members, \$15 for public; \$10 for seniors.

Special invitation to Educators & Students: The Artist Spotlight is open to students attending as a class assignment free of charge. Reservations required.

To RSVP visit www.FocusOnTheMasters.com or call 805.653.2501.

AfterGLOW Fundraising Event:

Join for a celebratory al fresco dinner at the Ojai home of Nancy Escher immediately following the Artist Spotlight Interview. Paid reservations are essential and required prior to September 24.

\$30 FOTM members, \$40 Non-members.



Downtown Ventura's Arts & Eats September 15, 6 - 8pm

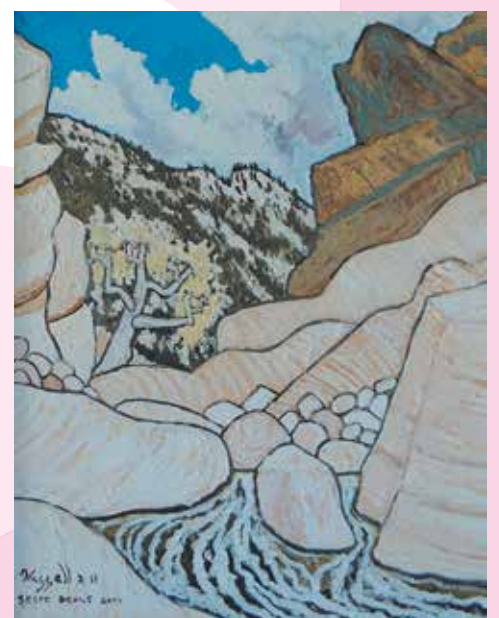
Fox Fine Jewelry Fundraiser and Art Reception September 15, 6 - 8pm

Arts & Eats will be held in downtown Ventura on Saturday, September 15 from 6 - 8pm. Fourteen galleries, restaurants and shops open their doors for a walking tour of art receptions and complimentary tastes. The event is free to the public.

Robert Wassel will display his artwork at Fox Fine Jewelry from September 13, 2018 - November 12, 2018, with an Art Reception on September 15 from 6 - 8 pm. Corinn Conant will sing and play the guitar at the reception.

See the website for gallery shows information:

<http://www.foxfinejewelry.com/pages/arts-eats>



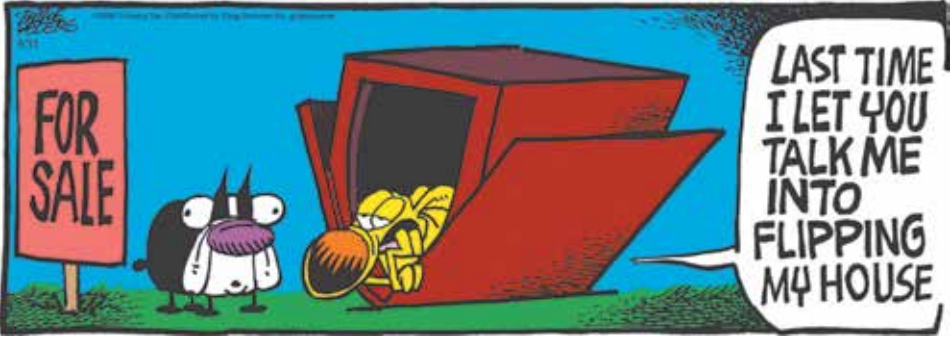
Kids' Art Classes at 11am every Saturday.

Teens, adults by appointment
Look at well known artists and create art based on their method, study different techniques and mediums. Each class is different. Most classes finish the artwork in one class. The classes are meant to be fun and informative. Call or email for more information. Kid's Class Fee: \$25/class including materials. Contact julieannecase@gmail.com or (805) 320-0630 The House of Magic Foundation of the Arts 2421 Portola, Ventura



Lighter Breeze

Mother Goose and Grimm



Baby Blues



Pros and Cons



Beetle Bailey



Arctic Circle



Moose and Molly



Solutions on page 23

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

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

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 Handle roughly
4 Dog bane
8 Back talk
12 Past
13 Peruse
14 Clarinet's cousin
15 Mansion staff
17 Smolder
18 Catches some rays
19 Playful water critter
20 Moral standard
22 Own
24 Destroy
25 Peace
29 Inseparable
30 Permanent inmate
31 "Golly!"
32 Snakes
34 Chew away (at)
35 Gross
36 Dentist's suggestion
37 Coarse
40 Funeral stand
41 Sea flier
42 Pepper or York
46 Kill a bill
47 Hexagonal state
48 Fresh

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

- 49 Anytime now
50 Huff and puff
51 As well
- 10 A few
11 Palm reader, maybe
16 Futile
19 Finished
20 Love god
21 Melody
22 Substantial
23 War god
25 Go under
26 Unknowing
27 Earl Grey and kin
28 Some ever-greens
30 Poland's Mr.
- 33 Walesa
34 Urban bird
36 Merriment
37 Battle
38 Guns the engine
39 Black-and-white snack
40 "Do — others ..."
41 Cereal choice
42 Dine
43 Greek vowel
44 Keanu, in "The Matrix"
45 Pair

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LIBRA (September 23 to October 22) Spending time on a creative project during this high-energy week can pay off both in emotional satisfaction and in impressing someone who is glad to see this side of you.

SCORPIO (October 23 to November 21) Now is a good time to start planning that trip you've put off because of the demands on your time. Be sure to choose a destination that is new and exciting.

SAGITTARIUS (November 22 to December 21) That upbeat mood in the first part of the week makes you eager to take on new ventures. A more serious note sets in later to help you assess an upcoming decision.

CAPRICORN (December 22 to January 19) A high energy level gives the Goat the get-up-and-go to finish outstanding tasks before deadline, leaving time for well-earned fun and games with friends and family.

AQUARIUS (January 20 to February 18) Dealing with disappointment is never easy. But the wise Aquarian will use it as a vital lesson and be the better for it. A close friend has something important to say.

PISCES (February 19 to March 20) Best bet is not to get involved in an argument between colleagues until you know more about who started it and why. And even then, appearances could be deceiving. Be alert.

BORN THIS WEEK: You have creative gifts that inspire those who get to see this sometimes-hidden side of you.

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Show Time

Crazy Rich Asians



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

by Manuel Reynoso

Crazy Rich Asians is a 2018 romantic comedy directed by Jon M. Chu. Screenplay by Peter Chiarelli and Adele Lim. Based on Kevin Kwan’s 2013 novel of the same name. The film stars Constance Wu, Henry Golding, Gemma Chan, Awkwafina, Nico Santos, Lisa Lu, Ken Jeong, and Michelle Yeoh.

Having discovered her fiancé’s family is one of the richest families in Singapore, Rachel Chu has to navigate the intricate power dynamics of the super rich.

I haven’t seen a romantic comedy in quite some time, so much so in fact I forgot what makes them enjoyable. Whether it’s the beautiful locations, the melodrama, or the inevitable cheesy ending, *Crazy Rich Asians* hit all these hallmarks. *Crazy Rich Asians* also has the advantage of being fresh for audiences. An all Asian cast placed in Singapore and revolving around modern Asian culture, 3 distinct things that are not going to be familiar to most western audiences; and that is where so much of this film’s strengths come from, it feels genuine. Maybe even more importantly, it’s actually funny.

Crazy Rich Asians had an interesting production history that I would directly attribute to this film’s success. By securing funding from outside the US, and optioning the original story for \$1, Kevin Kwan retained strong creative control over the adaptation of his book. Kevin’s pursuit to bring an all Asian cast to the big screen and create a film culturally significant to Asians is laudable. Even turning down a seven-figure payday from Netflix, Kevin was directly responsible for this film’s success and cultural impact.

I can’t claim to have an understanding of Asian culture, but I can say the portrayal of Asian culture in this film was wildly entertaining. Every bit of this film was turned up to eleven, and the glitz and glamour never stopped being entertaining. The sets were beautiful and really did justice to showing how unique Singapore is. With the titular character being Asian American, there is a lot of drama played off of this fact. At times, romantic comedies can slog around halfway through, but the film stays pretty consistent in quality.

Crazy Rich Asians might be a high point for me in the romantic comedy genre, but some of my usual gripes of the genre are still present. Flashy and wild parties are fun to see, but that makes up a bulk of the film’s plot. Frequently the film defaults to trying to be all fun and games; I would of liked a bit more fleshed out drama. Maybe asking for more depth from a romcom is the wrong mindset to have, but without a doubt *Crazy Rich Asians* make a great date night film.

Funny, endearing, and novel, plenty of reasons to make the trip to see this film. *Crazy Rich Asians* brings fresh ideas and solid execution to the romantic comedy genre. Now if romantic comedy is a steer clear for you, I don’t see that changing for this. It hits all the usual beats and is very predictable in that regard. Nonetheless, If you are looking for a fun date night movie, or for a wild destination wedding without the price tag, *Crazy Rich Asians* is worth the price of admission. Rated PG-13 2h1m



Singing along to the tunes many of us grew up with.

A View from House Seats

Rock and Roll at the Rubicon

by Shirley Lorraine

What a terrific way to end the summer – reliving a memorable time in music history and singing along to the tunes many of us grew up with. The world premiere production of I Dig Rock and Roll Music now playing at the Rubicon Theater fills the arena and the audience with memories and joy. We were reminded that music is a healing art so needed in troubled times. The concert entreated the audience to relax and enjoy “about the happiest sound there is”, in the words of Peter, Paul and Mary.

Carrying forward the concept of “Lonesome Traveler”, a Rubicon world premiere of a few years ago focusing on acoustic folk music, the current concert showcases songs made popular in the mid 1960’s and 1970’s when folk became electrified and blended into rock and roll. Those were the days when the lyrics could be easily understood, and specific songs became banners for some of us. Now, some 50 years later, we can still happily sing along. And the lyrics are suitable for all ages to hear.

Co-creators George Grove, Rubicon co-founder James O’Neil and Dan Wheetman have compiled songs that epitomized the era and whose messages are still meaningful today. Perhaps even more so. Protest songs such as “Peace Train” and “War” are mixed with familiar favorites “Cherish”, “California Dreamin’”, “Everybody’s Talkin’ and more.

Cast members Caitlin Ary, Sylvie Davidson, Brendan Willing James, Chris Lash, Matt Tucci and Trevor Wheetman displayed their acumen in song styles as well as instrumentation. James and Wheetman both appeared in Rubicon’s Lonesome Traveler, and Davidson appeared in the Off-Broadway production of the same show.

The night I attended one cast member was absent and her part was filled in quite capably by Cassidy Craig, a graduate of the Rubicon’s Harmonix. Craig held her own throughout and even garnered a standing ovation for her rendition of

“Respect” in honor of the late Aretha Franklin.

The second act opened with an instrumental medley where the audience was invited to sing along. And we did, joining in on “Hey Jude”, “Sweet Caroline” and “Let it Be” among others. Many in the audience kept time to the beats with hands, feet and heads bobbing throughout the performance.

Adding a special touch to the concert were original compositions by James, Lash, Davidson and Wheetman. Lash provided Elton John quality on the keyboards that was intricate and inspiring. Drummer Matt Tucci kept everyone on beat. The range of this talented cast is a thing of beauty to the eye as well as the ear.

Noel Paul Stookey (Paul of Peter, Paul and Mary) contributed an original song as well, titled “Standing on the Shoulders” celebrating the lasting influence of musical performers who shaped history.

I Dig Rock and Roll Music provides an evening of nostalgia, beauty and pure enjoyment. Once again, the Rubicon Theater brings forth a high-quality artistic event to enhance our community.

I Dig Rock and Roll Music plays Wednesdays to Sundays through September 16 at the Rubicon Theatre Company, 1006 E. Main St. (corner of Main and Laurel Streets) in downtown Ventura. Matinees: 2 p.m. Wednesdays, Saturdays and Sundays. Evening performances are at 8 p.m. Fridays and Saturdays, 7 p.m. on Wednesdays and Thursdays. Tickets: \$35-\$65. 24-hour ticketing and seat selection is available online at www.rubicontheatre.org. (805) 667-2900.

Meet your city council candidates

Sept. 20: In preparation for the November election, the East Ventura Community Council’s meeting will feature a forum, with candidates for Ventura City Council in the new council Districts 4 and 5 participating. Candidates will present their statements of purpose and will answer questions posed by the moderator, as well as written questions submitted by the audience. Currently, District 4 candidates who have agreed to take part are Alec Gasca, Erik Nasarenko, and Spencer Noren. District 5 candidates participating will be Jim Friedman and Marie Lakin. The council represents those who live east of Victoria Avenue. Books in good condition are solicited on behalf of Ventura Friends of the Library. The meeting starts at 7 p.m. at the First Assembly of God Church, 346 N. Kimball Road. The public is encouraged to attend and participate. For more information, contact John McNally, Chairperson, EVCC: 805-804-7558
Sept. 25: The Montalvo Community Council, representing Ventura City’s voting district 6, is set to host two candidate forums.
Tuesday, September 25, 7-8:30pm
Saturday, October 6, 10-11:30am
Lighthouse Foursquare Church, 6200 Montalvo Dr., Ventura
Two candidates will be on the ballot

for district 6 Charles Kistner, Jr, and Lorrie Brown. More information can be found at montalvocc.wordpress.com and facebook.com/MontalvoCommunity-Council/

Voting District 6 is bordered on the south by the 101 freeway, on the west by Victoria Ave, on the north by the 126 freeway, and on the east by Montgomery Ave.

Ventura Shellfish Enterprise site selection

by Oscar Peña
General Manager

On September 12, at 7:00PM the Ventura Port District Board of Port Commissioners will convene in Open Session at the Four Point Sheraton Ballroom, 1050 Schooner Drive, for its Regular Meeting.

One of the items on the agenda of special interest to the public is the Ventura Shellfish Enterprise (VSE) Site Selection Process. The Board of Port Commissioners will receive an Informational Report on the proposed site in federal waters approximately 3.53 miles from shore, northwest of the Ventura Harbor in the Santa Barbara Channel.

District staff and Seth J. Theuerkauf, Ph.D. with the National Oceanic and Atmospheric Administration (NOAA) will provide the Board of Port Commissioners with information about two alternatives for site selection in federal waters. This agenda item is on the District’s website for your review at www.venturaharbor.com.

The public is invited to receive information on the Ventura Shellfish Enterprise site selection process and provide public comment.

VSE Project Description

The project consists of twenty 100-acre plots (total of 2,000 acres) located in open federal waters of the Santa Barbara Channel northwest of Ventura Harbor. The closest distance from the growing area to the City of Ventura city limit is 4.5 miles and approximately 4 miles from the Ventura Harbor. The sites will be used for growing the Mediterranean mussel (*Mytilus galloprovincialis*) via submerged long lines.

VSE Site Selection

The project was initially proposed to be located in waters of the State of California, i.e., within the 3-mile limit. The Ventura Port District, in collaboration with its key participants undertook extensive site selection public outreach that culminated in the decision to instead locate the project in federal waters so as to minimize conflicts with commercial halibut trawlers based in Ventura and Santa Barbara Harbors. NOAA’s National Ocean Service staff undertook a second siting study focused on federal waters proximate to Ventura Harbor.

The siting analysis represents an objective, data-driven approach to identify the locations within federal waters with the highest compatibility with the proposed project. The results of this siting analysis identify two alternative sites proximate to Ventura Harbor given equal consideration of existing use conflicts.

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(Served All Day)

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In the Mood? Try Real Food!

BUSY BEE

50's Juke Box Music

Cafe & Diner



Ventura artist Tony Jankowski has donated this gorgeous original painting “Channel Island Surf” to the Boys & Girls Club of Greater Ventura for their Auction.

Havana Nights in Ventura

The Boys & Girls Club of Greater Ventura presents their 51st Annual Great Futures Gala & Auction Havana Nights on Saturday, November 10, from 5:00 pm-9:00 pm at the Four Points by Sheraton, Ventura Harbor Resort.

Please join us for an evening of good food, good people, and good conversation, all for a good cause! Supporting your community's youth!

With a cocktail reception of champagne, hors d'oeuvres and a spectacular silent auction, you'll be in for a great time before heading into the ballroom where even more fun will be had! Fine dining, hearing from this year's honorees, and bidding on the all-exciting Live Auction.

Honoring community leaders: John “J.D.” and Amber Drury. Reservations: \$150 per person | Table of Ten: \$1,450 Attire: Semi-formal. Havana/Tropical clothing welcome. RSVP by October 29th at denisec@bgclubventura.org or 805-641-5585.

The Boys & Girls Club Greater Ventura provides a positive place for all youth, especially those who need us most, and quality programs to help them become healthy, responsible, confident and productive members of our community. They provide critical youth development services to 1,200

members every year. Your contribution provides Academic Success, Good Character & Citizenship and Healthy Lifestyle programs to the youth of our community! <http://www.bgclubventura.org/>

Restoring Main Street

The Museum of Ventura County is hosting a panel discussion on Restoring Main Street Vitality in the wake of the Thomas Fire on September 18, from 5:30 p.m. to 7:30 p.m. The discussion will be moderated by Kathleen Schafer, and the panelists will be Mayor Neal Andrews from Ventura, Council members William Weirick from Ojai and John Proctor from Santa Paula.

The community is encouraged to attend to join the conversation. RSVP for this event by calling the Museum at (805) 653-0323 or by emailing Scott Gordon at sgordon@venturamuseum.org. The event will take place at the Museum of Ventura County, 100 E. Main St.

Person to Person

by Jennifer Tipton

What is your favorite park in Ventura?



Ron Root
age 71
retired from Honda Motor Co.
“Probably the Aquatic Water Park on Kimball

because it's really well laid out. It's large and great for walking the dog, you just have to go when everyone else isn't there, it gets pretty busy.”



Pat Natzke
age 23
works at Ventura Hardware
“That's a tough one! I would have to say probably a tie between

Camino Real, (it has the dog park and the tree sculpture with the bear climbing up it) and Kellogg Park, the new park on the west end. I lived on the avenue for years and it was always an empty lot with the sign, “Coming Soon” ... but they were always developing it and I thought – someday. It's really cool, they have different exercise equipment, the tables have built in chessboards and the path around it is really a ravine, so that when it rains, it's like a little stream that goes around the edge!” By the way ladies, Pat is single (he said I could share that).



Emily Bishop
age 34
piano teacher
“The park my boys love is off Bristol and Petit, don't know if it

has a name, it's really small. It has a gazebo and they like that.” “Love that!”, corrected her son Heath. Emily continued, “there's one play structure and a rock-climbing wall, there are other bigger parks, but this is near home and it's a nice quick play.” (Could she mean Chumash Park?)



Carmen Rico
age 49
works at Paradise Chevrolet
“Let me see ... I live across the street from Huntsinger,

that's not my favorite park but my kids used to like to go there to play football with their friends. I'd probably say Arroyo Verde, it's more outdoorsy, there's more nature, when our kids were small, we'd go there all the time. If you put a block of ice on the hill, you can slide down!”



Pat Halverson
age 73
retired RN
“Marina Park! I love walking by the ocean and they have a

wonderful playground too. But what we really need is a fenced dog park in Ventura that's nice. All we have Camino Real and the area for the small dogs has no grass - it's all dirt and I have small dogs. My one little guy is a therapy dog for CMH!” (Pat, we look forward to seeing them on the SCAMP page!)



Rob Lambert
age 59
works at Paradise Chevrolet
“Before the fire or after the fire?” (funny guy)

“It's still Arroyo Verde, I have no choice, I have to go there every day with my girlfriend, she walks up and down the trails and all the way to the top.” “And what do you do, walk with her?”, I asked. He chuckled, “No, I just watch ... but I must add, they've done a great job restoring the park, what they've done is pretty nice!”

Ventura's Premier Food & Beverage Tasting Benefit for the Historic Pier

October 6, 2018 • 5-8 pm • Beachfront Promenade near the Ventura Pier

PIER UNDER THE STARS

25th

ANNIVERSARY

General Admission Tickets • \$75

Includes:

- Food, wine and beverage tastings
- Commemorative Pier wine glass

VIP Tickets \$150

Includes all, plus:

- Entrance to VIP area at 4:30 pm
- One seat at reserved VIP table
- Wine & hors d'oeuvres in the VIP area

Live music by The Colette Lovejoy Band and Dancing under the Stars!

21 & over event

To Purchase Tickets call 800.838.3006 or www.brownpapertickets.com

All proceeds benefit **Pier into the Future**, a non-profit organization dedicated to the maintenance and enhancement of the Ventura Pier. www.pierintothefuture.org