

Housing Authority awarded \$19 million, page 9!



VENTURA BREEZE

Your Hometown Paper

Vol. 12, No. 22 Published Every Other Wednesday Established 2007 July 31 - August 13, 2019



Thrill-seekers will enjoy this ride at the Fair. Photo by Richard Lieberman.

Mirth, Merriment and Memory Making at the 144th Ventura County Fair

The Ventura County Fair returns July 31 - August 11 with twelve days of fun, excitement and entertainment. This year's fair, themed "A Country Fair with Ocean Air" is a celebration of one of Ventura County's oldest and most beloved traditions. The Fair will feature unique exhibits, exciting contests, and top-of-the line Grandstand Entertainment performances, free with Fair admission.

The Ventura County Fair carries out the tradition of great values. Special admission days offer opportunities to enter the Fair free or at low prices.

Thrill-seekers will enjoy Carnival Wristband Days again this year. On August 1, 5, 6, and 8, purchase a \$35 wristband, good for unlimited carnival rides until 7:00 pm.

The Fair offers a unique way for visitors to have fun while giving to the community at the "Feed the Need" Food Drive, presented by FOOD Share on Thursday, August 1. Bring 5 cans of food to donate to FOOD Share. For this, you'll receive a free return ticket good for August 5-8.

Grandstand concerts are a Fair favorite, visitors can see wonderful

Continued on page 2



Before Ennis was drafted to the NBA he played for Ventura High and Ventura College.

NBA superstar James Ennis III gives back to Ventura Youth

by Maryssa Rillo

On Saturday, July 27th, NBA superstar and Ventura local, James Ennis III, returned to his old stomping grounds and organized a basketball camp for the westside Ventura youth at the Westpark Community Center.

"One of the biggest reasons I put on this camp today is my dad had mentioned to me probably two years ago when I did a camp at Ventura College, he told me to do one where I am from and this is where I grew up at. This is where I used to come every day after school, always here. We didn't really have nothing else to do so I just stayed in this gym," Ennis said.

Before Ennis was drafted to the NBA, he played for Ventura High School, Ventura College, Long Beach State and internationally in Australia. Throughout his NBA career, Ennis has played for Miami Heat, Memphis Grizzlies and the Houston Rockets. He is currently a shooting guard for the Philadelphia 76ers.

The camp was funded by Ennis's foundation, Ennis Elite Camp, therefore it was free to all participants. According to Westpark's Youth Coordinator, Anita Diaz, James wanted to make sure that the camp participants were predominantly from westside Ventura. To accomplish this, there wasn't any outside advertising.

"First of all he's a celebrity and he's a NBA player so the idea of meeting James Ennis and then learning from James

Ennis was a phenomenal opportunity for any kid but especially for the kids from the westside, because they are predominantly low income kids and so they don't get to see someone like this every day," Diaz said.

The children had the opportunity to participate in different basketball drills from 10 a.m. - 2 p.m.

Eight-year-old Adrian Watts had the opportunity to attend the Ennis Elite Camp.

"I played games and we did defensive drills and stuff like that," Watts said. "I think it was really cool that I got to meet an NBA player."

According to Ennis, the motivation behind coordinating this camp was to give back to the community and to show the children of westside Ventura that they can accomplish anything they set their mind to.

James' younger sister, Demetra Ennis, assisted with the camp and worked the different basketball stations during the day.

"The main goal behind this camp was to teach children that you can be anything you want to be in life if you just work hard and stay focused," said Demetra. "I believe it's very motivational because James comes from a very low poverty background and a lot of these children that attended our camp come from the same background so I believe

Continued on page 17



Twenty-four Ventura youths were honored at awards dinner. Photo by Aaron Kajumba.

Police Activity League honors students and supporters

by Sheli Ellsworth

A strong police presence is usually associated with sirens, handcuffs and arrests. But on July 12, Ventura Police along with parents, sponsors and students crowded into the Ventura Beach Marriott for pasta, pizza and plaques. "We wanted to honor everyone who participates to make our Police Activity League(PAL) possible," says Sal Flores who has worked hands-on with the afterschool boxing program for eight years. Flores also serves on the P.A.L. committee along with Omar Zapata, J. R. Luna, Ben Schuck, Joseph Hoss, Della Dowler, Jeanette Sanchez and Annette Garcia.

Ventura Police Chief Ken Corney was one of the founders of the P.A.L. program which was launched in 1998 and works to "promote involvement between the youth, the police and the citizens of the City of Ventura by providing meaningful programs in the areas of sports, academics, education, and recreation," according to their mission statement. Corney says he recalls arresting Flores and few other P.A.L. supporters back when he was a beat cop. Flores now sings praises for Corney, "You might have thought we couldn't be friends, but he eventually became my friend and mentor. The whole board has the utmost respect for him."

Youth who participated in the

Continued on page 2

VENTURA TOWNEHOUSE

CALIFORNIA'S CROWN JEWEL IN RETIREMENT LIVING

Ocean & Mountain Views • Over 12 Lushly Landscaped Acres
Spacious Suites and Garden Villas

Anytime Dining in our Sun-Drenched/Full Service Dining Room • Full Kitchens
Delicious Home Cooking by Pro Chefs & 5-Star Pastry Chef • Live Music & Events
Weekly Excursions • All Day Transportation • Pets Welcomed

Call Now for a Visit! 805.642.3263

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



Ventura Townehouse
is my home away
from home!
- Don Coy

Get More Fun & Amenities for your Money!
CA LIC# 565801810



Hello August!

Ventura Executive Suites

Visit us or call us for our summer move in specials!

701 E. Santa Clara St. Ventura Ca 93001

(805)653-2381 / www.venturaexecutivesuites.com

info@venturaexecutivesuites

Ventura Executive Suites is ready to work with you to create your ideal office experience. Located in beautiful Downtown Ventura, we offer a wide range of services which can be selected to meet your individual needs.

Virtual Offices as low as \$50 a month!

Police Activity League honors

Continued from page 1

boxing program and have entered higher-education programs were awarded plaques for their perseverance and accomplishments. Twenty-four Ventura youths were honored including: Isabel Alvarez, Aldahair Benitez, Jackie Pinedo, Steve Pinedo, Fenix Valle, Lesley Alfaro, Gezell Contreras, Rosa Soto, Luis Grano, Kim Grano, Angelica Hernandez, Shayla Ortega, Julian Narvaez, Jacob Flores, Martha Lopez, Samantha Lopez, Max Rocha, Brenda Marcelino, Adriana Cardodo, Lisandra Hernandez, Veronica Ortega and Hugo Enrique. Several of the youth are already in four-year university programs, a few are starting local junior colleges. Enrique plans to become a policeman.

Flores, who found his own youth challenging, says, "Boxing is just a tool

to get these kids off the streets and open to a more productive way of life. When you're a kid with nothing to do, gang affiliation becomes a substitute for real purpose." Many of the youth spoke about how important it was just to have a place to go after school and have someone to talk to. "Sometimes you just need someone to cry with you after a bad day," one of the honorees said. They all agreed that the boxing program increased their confidence and self-worth.

Officers Eric Jackson and Misti Henderson were also honored for participating as mentors/coaches. The ceremony clearly touched Chief Corney's emotions when he too received an appreciation plaque from Flores. Corney says, "I'm inspired by Sal's accomplishments and his passion for the youth of our community and by officers like Jackson and Henderson who give their time to

Business



On July 26, A Secret Garden Coffee and Flowers held a Chamber of Commerce ribbon cutting at their new downtown location at 677 E. Main.

Owner Gloria Gonzalez stated "We are family owned and operated. We are committed to providing the highest quality flowers, plants and gifts available at the fairest price possible. Every customer is very important to us and we strive to give our utmost professional attention to every single order. Our entire staff is dedicated to delivering the highest level of customer service and creativity."

Whether you need to pick up flowers or have them delivered they are there to help. Or to just relax and have wonderful drinks and deserts this is the place to do it.

(805) 667-8330

asecretgardenflowershop.com

Photo by Michael Gordon.



Recently vomFASS Ventura, located at 451 E. Main Street had their Ventura Chamber of Commerce ribbon cutting.

They feature fruity balsamic vinegars, high-quality cooking oils, finest wines, exquisite spirits, such as whiskey, grappa or cognac as well as delicatessen specialties online.

(805) 641-1900

Store Hours

Monday-Thursday: 11:00am to 7:00 pm

Friday and Saturday: 11:00am to 9:00pm

Sunday 12:00pm to 6:00pm

Photo by Michael Gordon.

support P.A.L. programs." Corney has served the department for 33 years and been the police chief for the last 10 years.

Mirth, Merriement and Memory

Continued from page 1

musicals acts and rodeos free with paid admission. Rodeo Days are a sure way to Cowboy Up and experience great P.R.C.A. Pro Rodeo action and adventure with your family and friends!

Everywhere you look you will see someone singing, dancing, playing music, making magic and more. While there are acts from all over California the Fair takes great pride in presenting Ventura County talent. Check the schedule of events for these great local acts and say hello to our neighbors as they take to the stage.

The Fair makes transportation easy with free shuttle rides to and from the Fair. Convenient and comfortable, the shuttles begin ½ hour before the fair

opens and bring visitors to the Fair's front gate. No traffic hassles, no parking problems, free parking and free shuttle bus service to the Fair is available from 10:30 am until 11:00 pm at these locations: Oxnard Performing Arts Center (on Hobson Way in Oxnard) County Government Center (Lots E & F, off Telephone Rd. in Ventura) Pacific View Mall (off Mills Rd. in Ventura, near Sears Auto) Ventura High School (Larrabee lots off Poli St. in Ventura) Parking lot at Schooner & Harbor Blvd. (across from Sheraton 4 Points Hotel in Ventura) Free shuttle service is also provided from San Buenaventura State Beach off Harbor Blvd. in Ventura, but regular State Beach parking fees will be charged. Wheelchair capable busing is available from all sites.

Follow the Fair on Facebook, Instagram and Twitter. For more information, please visit www.venturacountyfair.org or call (805) 648-3376.

HEY!

We have a new mailing address:

Ventura Breeze

PO Box 832

Ventura, CA 93002



City News



Johnson Drive Resurfacing Project

SB 1 dollars to repair the roadway on Johnson Drive

The City of Ventura will use its first SB 1 dollars to repair the roadway on Johnson Drive between Bristol Road and Highway 101. Construction began in June and will take two to three months to complete depending on weather conditions. The \$2 million-dollar project, supplemented with gas tax funding, includes replacement of asphalt pavement, concrete sidewalk repair, and installation of sidewalk access ramps to ensure safety and mobility for pedestrians and motorists.

“Repairing our streets is a top

priority,” said Mayor Matt LaVere. “This is Ventura’s first project using SB 1 funds, making it possible to accelerate road projects and provide residents with safer, smoother roads.”

Johnson Drive is a heavily traveled corridor and was identified to have poor road quality during the City’s pavement condition index analysis. Because of funding from Senate Bill 1 (SB 1), the Road Repair and Accountability Act of 2017, drivers will benefit and see road improvements much sooner than anticipated. The following projects are on

Turning 65 soon? I can help you!
Angela’s Insurance Services
 Specializing in Medicare Plans

Angela Svennefiord
 Independent Sales Agent

Medicare Advantage Plans, Supplements, & Part D Prescription Drug Plans

“Wake up with Gratitude and go to bed with Humility”

Mobile: (805) 402-4204
CA License 0C42851

Hablo Español



the fast track to completion due to SB 1 funding in the 2019-2020 fiscal year:

- Ralston Street from Portola Road to Victoria Avenue, slated for fall 2019
- Victoria Avenue from Telephone Road to Highway 126, slated for spring 2020

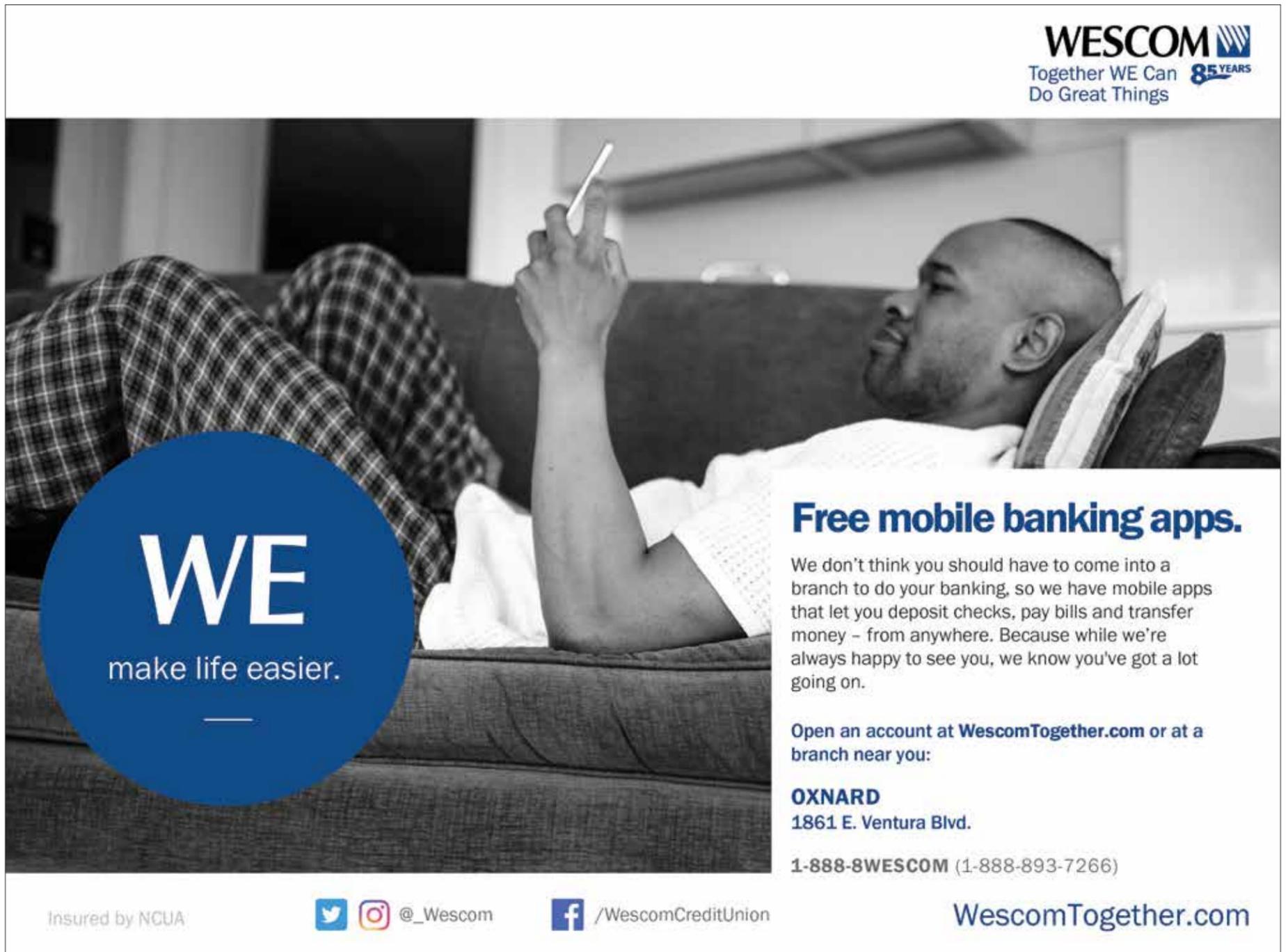
Statewide, SB 1 is expected to generate more than \$5 billion annually for road repairs, to ease traffic congestion, to fill potholes, make seismic safety improvements to bridges and overpasses, and repair local streets and freeways. Funding in SB 1 is split equally between state and local governments. SB 1 also includes accountability provisions and constitutional protections, such as the creation of the Office of Inspector General, to ensure the funding is spent wisely and on transportation projects only.

California has a backlog of \$130 billion in needed road maintenance

projects (\$57 billion in state highways; \$73 billion in local streets and roads).



“I’m sure that someone will come sit on us soon!”



WESCOM
 Together WE Can Do Great Things **85 YEARS**

WE
 make life easier.

Free mobile banking apps.

We don’t think you should have to come into a branch to do your banking, so we have mobile apps that let you deposit checks, pay bills and transfer money – from anywhere. Because while we’re always happy to see you, we know you’ve got a lot going on.

Open an account at WescomTogether.com or at a branch near you:

OXNARD
 1861 E. Ventura Blvd.

1-888-8WESCOM (1-888-893-7266)

Insured by NCUA

  @_Wescom  /WescomCreditUnion

WescomTogether.com



VENTURA BREEZE

Your Hometown Paper

Member, Ventura Chamber of Commerce

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

PUBLISHER-EDITOR

Sheldon (Governor) Brown
publisher@venturabreeze.com

PUBLISHER EMERITUS

Staci Brown

Assistant to the PUBLISHER

Ana Baker

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 · Amy Brown
Maryssa Rillo · Maryann Ridini Spencer

CONTRIBUTING PHOTOGRAPHERS

Bernie Goldstein
Richard Lieberman · Michael Gordon

DISTRIBUTION

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

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

PO Box 832

Ventura, CA 93002

Phone 805.653.0791 Fax 805.641.1824



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

It's hard to lose a mother-in-law. In fact it's almost impossible.

– W.C. Fields

Opinion/Editorial



Sheldon (Governor) Brown
Publisher-Editor

■ The Ventura County Fair opened today. Some people living in Ventura forget that this is the “Ventura County” Fair and how lucky we are that it is held right here in our backyard. So, take advantage of it being local. There is certainly something for everyone at the Fair.

■ The Trade Desk, a Ventura-based global company, is returning to where it all started – picking up space again behind City Hall in the incubator area. The Trade Desk has agreed to pay for upgrades to the elevator, lobby, parking lot and other amenities. According to the five-year lease, The Trade Desk will pay \$21,394.80 per month for the large vacant spaces.

They need to be commended for staying in Ventura and hiring even more Venturans. They have several other office locations in Ventura also. Because they've been so successful, they could have moved their HQ office pretty much wherever they wanted to at this point (closer to a major airports), so it's great they've chosen to stay in Ventura. A very successful local story.

■ Eight teens were hospitalized in Wisconsin last month with seriously damaged lungs., the state Department of Health Services has reported. All eight patients, who live in Milwaukee, Waukesha and Winnebago counties, tested negative for infectious diseases and reported vaping in the weeks and months before their hospital admission.

Regarding vaping, to reduce access and combat marketing that targets youths, the Ventura City Council has directed staff to prepare an ordinance that would ban retailers from selling flavored tobacco products and vape juices.

The Council wants to consider the possibility of banning online sales to Ventura residences, prohibiting new tobacco retail licenses from opening within 1,000 feet of a school and ensuring existing tobacco retail licenses within those zones not be transferable.

Staff will also put together recom-

mendations for establishing an annual retail licensing fee in an amount enough to provide the necessary funding to enforce this new ordinance.

Mayor Matt LaVere and councilmember Cheryl Heitmann introduced the policy consideration. It was approved by the full Council.

As you might know, I am concerned about vaping but never comfortable with local governments banning products that are legal (like marijuana).

■ According to the National Weather Service, Anchorage, Alaska saw its highest temperature on record recently with residents celebrating July 4 with 90-degree temperatures. Several locations through southern Alaska saw their single hottest day on record. This, of course is not global warming.

■ In a series of leaked diplomatic cables, Britain's ambassador to the United States described President Trump as “radiating insecurity” and his administration as diplomatically “clumsy and inept,” a withering assessment that threatened to damage bilateral relations at a delicate moment for Britain. I, of course, would never make such a statement.

■ Mad Magazine has stopped publishing new material after 67 years. It will only feature vintage Mad content and only be sold at comic bookstores or mailed to subscribers. Hate to see things that I grew up with go away. Maybe time to get rid of my slide rule and land line.

■ Talking about changing times, Berkeley has now re-named manholes as “maintenance” holes to be gender correct. More than two dozen terms will be changed with gender-neutral words.

Before some of you male readers go bonkers saying how stupid this is, you should think about being called a police-woman or firewoman if that is your job. This is how women feel when being called policemen or firemen.

■ Gannett (publisher of the VC Star) - and many other newspapers - is in talks to combine with Gatehouse Media in a deal that would merge the two largest newspaper firms in the U.S. (by circulation).

If the deal goes through, approxi-

mately one in every six newspapers in the U.S. would be owned by a single company. The entire newspaper industry has gone through major consolidation and closings because of the growth of large online companies and the competition for advertising dollars.

So, let's support the Ventura Breeze, and other city papers throughout the country, so we can keep the local papers alive and well.

■ With the two recent large earthquakes, many folks ran outside presuming that is a safe place to be. Experts have always warned the public against leaving a building and going outdoors during a quake. The safest place to be is to remain inside protected from falling debris, dropping power lines and falling trees.

When inside, quickly find a place where things cannot fall on you. And make sure you don't have heavy paintings or other items and decorations over your bed.

■ San Francisco has released data that reports that their homeless population has increased about 30% from 2017. This does include homeless people in jails, hospitals in residential treatment facilities who will be homeless once they are released.

When California, and other states, began closing the large mental hospitals and facilities (locally Cal State University in Camarillo) about 50 years ago, the plan was to give local communities funding to provide facilities for this population. When President Kennedy, in 1963 signed the Community Mental Health Act, the idea was to provide neighborhoods with housing and funding to provide care and housing.

People who should be in mental health care and obtaining support are in our jails and our streets because of their mental illnesses.

Ventura and the County have made some strides to solve this problem but there is much, much more to do. The next time you see a mentally ill homeless person you might consider the fact that they have no other place to go. And they are not capable of holding a real job or making correct life decisions.

Mailbox

Ventura Breeze
RE: Ventura Moments: We Are So Very (Very) Lucky.

Reading the pretentious, tumid article in the July 3rd issue with passive amusement, I couldn't help but wonder if the writer, was living in a dream world or, perhaps, referring to Ventura pre-1980.

“It could be argued that our lives are a vacation, with work, chores and errands thrown in.” Non arguable however, is that engaging in these endeavors is severely blemished by the appalling, ever-increasing traffic melee one faces every day of the week.

Ventura's “Planning” Commission seems specifically focused on lining the coffers with real estate dollars. Have we not noticed the plethora of new condominiums under construction? And when this new housing attracts newcomers to taste of our “kaleidoscopic culture and simple pleasures”, traffic, congestion will exponentially, increase. Not to mention straining our critical water supply during drought periods. Ventura's goal: “If there's an open piece of ground, build on it!”

“people who want to see Ventura

stay the special place it is.” Indeed.
R.J. Quirk, Ventura

Dear Sheldon Brown, Editor, Ventura Breeze;

Planting trees is the most effective and aesthetic way to restore soil, reduce heat islands and air pollution, and pull carbon dioxide out of the atmosphere. If the VC2040 General Plan sets a goal to plant and maintain a million trees by 2030, what is the goal for the city of Ventura? Ventura City's Tree Committee can partner with a proposed new Ventura County Tree Committee to assure success and ecological benefits from planting trees. At one point in the 1980's there were less than two dozen condors. The hatching of the 1000th California Condor chick tells a story, that if we work together—such as planting a million trees this decade—our county will be better for decades to come.

Patrick Makiri

Breeze

Let Ventura Lead on All-Electric New Homes

The housing shortage is a major priority. With the solution of building

Continued on page 23

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



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



Community Events

Ventura events

by Ana Baker

Livingston Memorial Visiting Nurse Association & Hospice classes: First Tuesday of the month from 1-2:30 p.m. free classes on managing life with Type 2 and Pre-Diabetes. Learn about meal planning, exercise, blood sugar monitoring, medication management and new developments for living with diabetes.

Second Monday of the month from 4 - 5 p.m. invites you to join a free joint replacement classes and learn what to expect pre and post-surgery. Learn about home safety, rehabilitation, medication and recovery.

Wednesdays evenings from 6:30 - 8 p.m. free adult bereavement support groups to individuals who have experienced a loss within the last 2 1/2 years. The support groups help improve understanding of the grief process, decrease emotional pain, provides emotional and educational support, and rediscover a sense of hope. Classes take place at 1996 Eastman Ave.

The Compassionate Friends of West Ventura County is a support group for those who have experienced the loss of a child. Parents, grandparents, and siblings (over age 14) are all welcome. First and third Wednesday of each month at 7:00 at the Pointsettia Pavilion, Canada Larga room, 3451 Foothill Road. Laura Lindsay at (805) 836-9100.

Ventura Pointsettia Dance Club Monday nights 7:30 - 9:45 p.m. Pointsettia Pavilion. Ballroom, swing, Latin and line dancing. \$10 members, \$12 non-members. Free dance lessons 6:45 - 7:15p.m. Call Rick (805) 415-8842 for more information.

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.

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. Located at the Moose lodge, 10269 Telephone Road. More information at countrylovers.com.

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

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

welcomed.

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

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.

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. Contact: Bill Garner (805) 320-1601 or sockonthenose@gmail.com

Mended Hearts of Ventura. Come share if you have had heart surgery or stent implant. Group meets the first Tuesday each month at Lemon Wood Mobile Park, 850 Johnson Dr. They have excellent speakers, leading cardiologists, nutritionists, dietitians from our area. Contact Richard Hatcher at (805) 644-2733.

Ongoing, first Wednesday of each month, 6 - 9 p.m., Gold Coast Modular Railroad Club meets at the Murphy Auto Museum. Visitors and new members are welcome. Member initiation fee \$10, monthly dues \$20, \$10 for Juniors. Exhibiting Saturdays and Sundays, 10 - 4 p.m. Murphy Auto Museum, 2230 Statham Blvd., Oxnard. For more information, www.gcmrc.com, or call (805) 407-6717.

Co-Dependents Anonymous (CoDa) is a 12-step fellowship of men and women whose common purpose is recovery from codependence in the development and maintenance of healthy relationships. Every Friday at 6 p.m. at the Unitarian Universalist Church, 5654 Ralston (enter through side door off parking lot). Further information Deva 805-814-5650 or Maryann

The Ventura Retired Men's Group continues to seek those who might enjoy spending some relaxed time at a social lunch meeting at 11 a.m. on the first and/or third Tuesdays monthly at the Ventura Elks lodge on Knoll Drive. If this sounds inviting to you, a call to Bob Likins at 805-587-1233 will provide details for visiting with us for your complimentary lunch.

The Ventura Rotary Club, Ventura Downtown Lions Club and the Salvation Army of Ventura have partnered to bring the community a free Eye Clinic. The goal and vision are to provide free eyeglasses for those in need. Patients are seen each Tuesday from 9 - 11a.m., walk-ins only first come first served. The Eye Clinic is located inside the Salvation Army Hope Center, 155 S Oak St.

The Ventura County Philatelic Society meets the first and third Mondays each month 7:30-9:30 p.m. at the Church of the Foothills, 6279 Foothill Road. Admission and parking are free. Stamp trading and camaraderie. For more information sockonthenose@gmail.com or (805) 320-1601.

August 4: Old-Time Country Bluegrass Gospel Music Assoc.

VENTURA TOWNEHOUSE



Honoring our Centurions!

Felix Curell, 102 years old and William Zinskey, 104 years old were honored amongst peers for reaching "Centurion" status. Felix has lived at VTH for 14 years and Bill for 7 years.

805.642.3263 | www.venturatownehouse.com
4900 Telegraph Road, Ventura, CA 93003 CA LIC# 565801810

**Moving In?
Moving Out?
Moving Up?**

I can help you with that.



BERKSHIRE HATHAWAY
HomeServices
California Properties

805.701.7694

TeamTrainer12@gmail.com

@TeamTrainer12

DRE 01985025

© 2019 Berkshire Hathaway HomeServices California Properties is a member of the franchise system of BHH Affiliates LLC

Sunday 2-4 p.m. at the Poinsettia Pavilion, 3451 Foothill Rd. Music on stage. Jamming Room Open. Free Admission, free parking and open to Public. For more information call 805-517-1131 or visit Facebook: OTCBGMA

August 4: Totally Welcome Song Circle is on Sunday at 2 p.m. Located at NAMBA 47 S Oak St. Suggested donation \$8-\$15, no one turned away. A Community Song Circle is not a performance. It comes together like an ocean wave, and then disbands leaving only healing vibrations. There is no audition, no rehearsal, no preparation, no reading music, and often no instrumentation.

August 5: Heather Hewson and Leslie Hall will host the first Write Night Ventura at Tatiana's Coffee & Tea 2740 E. Main Street, 6 - 9 p.m. and continuing the first Monday of every month. All writers welcome from already published to beginner, of all ages 18+, of all backgrounds. What to bring: paper, a pen or pencil, \$10 suggested donation, and a few dollars to buy coffee or food. As space is limited, it's recommended to RSVP by text or call to (805) 651-9142 or email writenightinternational@gmail.com.

August 7: BCNN is a women's social club open to ladies who reside in Ventura, Oxnard and Pt Hueneme.

Monthly Coffee-Speaker meetings are held on the 1st Wednesday of each month from 9:30 - 11 a.m. at the Knights of Columbus Hall, 36 Figueroa St. Parking is on Santa Clara Avenue. Guests are welcome a couple times before becoming a member; dues are \$30/year. Speaker will be Detective Nick Odenath, a 16-year veteran of the Ventura County Sheriff's Office, works on the Human Trafficking Task Force. Learn more at <http://www.bcnnwomensclub.org/>.

August 8: Ventura Holistic Chamber of Commerce will be hosting their monthly meeting on Thursday 11:15 - 1 p.m. This month's topic is "Using Your Gifts and Talents to Make A Difference". Please join us for lunch and fun at The Greek Mediterranean Restaurant, 1583 Spinnaker Dr. \$20 fee includes lunch, beverage and gratuity. Bring a Raffle Prize for an extra opportunity to showcase your business. RSVP Julie Ridenour, Chapter President, (805) 223-1207.

August 9: The General George S. Patton, Jr. Chapter, Sons of the American Revolution April luncheon meeting will take place at 11:30 a.m. Friday, in the Poinsettia Pavilion, 3451 Foothill Road. The program is TBD and will be presented by Mr. Eric

Continued on page 6

Sopranos! Altos! Tenors! Basses!

Channel Islands Choral Association is auditioning singers from the community to join the CSU Channel Island Choir conducted by Dr. KuanFen Liu

Auditions are by appointment only August 5th - 11th



The choir meets on
Monday nights 6-8:50PM
CSUIC Campus, Malibu Hall
Rehearsals begin August 26th



To schedule an audition: downbeatplus@gmail.com

For more information: Joan Rust (805) 469-4161

www.cicachoir.org



Confidence In Math. Confidence For Life.™

Tutoring and Enrichment K-12 Homework Help

Mathnasium teaches children of all skill levels to understand and master math. We boost grades, build confidence, and develop critical thinking for today and for their future. We're the authority in math education, growing to over 900 centers worldwide. **Start your child's transformation.**

Call to schedule a comprehensive risk-free assessment today.

Changing Lives Through Math™

MATHNASIUM™
The Math Learning Center

Mathnasium of Ventura
805-525-MATH (6284)
www.mathnasium.com/ventura
1746-B S. Victoria Ave.
Ventura, CA 93003

Ventura events

Continued from page 5

Stassforth. All SAR & DAR Compatriots, friends, and visitors are welcome to join us. If you choose to join us for lunch, cost is \$20 per person. For additional information please call Bill Bays (805) 650-3036 or Robert Taylor (805) 216-7992. For information regarding SAR membership and chapter activities, please visit the chapter website at <http://pattonpatriots.org>.

August 10: Gardening Class: Flowers in Low-Water Gardens on Saturday, 10 -11:30 a.m. Green Thumb Nursery 1899 S. Victoria Ave. This class will cover a variety of perennials, colorful shrubs, flowering succulents, hedges and trees that can help make low-water gardens colorful and attractive all year.

August 29: Summer Open House at the Ventura Water Reclamation Facility. 1400 Spinnaker Drive from 4 -7 p.m. RSVP at <https://www.eventbrite.com/e/summer-open-house-tickets-64643507471>. Residents, students and families are invited to this unique community event. Tour Ventura's wastewater treatment facility, meet industry leaders, hear from regional partners, and learn more about Ventura's future water solutions. Adults and kids are welcome. Admission is free. Space is limited. Please RSVP to ensure admission.

Ojai news and events

Sandi White joins Villanova Preparatory School as Director of Development, bringing over 20 years of non-profit fundraising experience. Sandi is not new to Villanova; her daughter Lexi graduated from Villanova in 2008.

Sandi served as Campaign Director at The Thatcher School for the past three years.

Nicholas Root will serve as Associate Director of Development for Villanova Preparatory School. Nick previously worked as an advancement associate at Ave Maria University in Florida, where he graduated in 2018 with a Bachelor of Science in Marketing.

Mrs. White and Mr. Root will play integral roles in advancing the mission of Villanova by developing donor strategies and increasing fundraising opportunities.

"We are thrilled to have Sandi and Nick join the Villanova community," said Nancy O'Sullivan, Head of School. "Their expertise and commitment to Villanova's mission will be invaluable in fostering engagement and involvement with our stakeholders."

Learn more at www.villanovaprep.org.

The Turtle Conservancy is offering a unique opportunity for volunteers to learn about and work with a collection of rare and endangered turtles and tortoises at our captive breeding center in Ojai. Volunteers must be at least 18 years of age. They will provide orientation and training.

One volunteer position is for an animal care assistant to work with keeper staff. They require a 4 hour shift minimum on any day(s) of the week, and weekend volunteers are especially welcome.

A second volunteer opportunity is for docents to lead small group tours of the approximately 8-acre facility, to explain the work being done with endangered turtles and tortoises worldwide and to introduce tour participants to the

Community Events

captive breeding facility in Ojai

The Turtle Conservancy is home to many threatened and critically-endangered species of turtle and tortoise from around the world, including from Africa, Asia, Mexico and more.

For more information and to apply as a volunteer, please visit www.turtleconservancy.org, or contact ursula@turtleconservancy.org.

On Wednesday evening, August 14, from 6:00 to 9:00 p.m., Ojai native plant educator Lanny Kaufer will continue what has become a fun and popular new monthly activity. He'll lead an Herb Walk up to a vista point above the Ojai Valley where participants can watch the simultaneous sunset and moonrise. Following the walk is an optional visit to Ojai Valley Brewery at Azu Restaurant to sample native plant infused beers.

After registering online, those participating will meet at the Park-and-Ride lot in downtown Ojai between 5:30 and 5:45 p.m. and carpool to the trailhead to minimize the crowded parking situation there. Participants will return to the Park-and-Ride by 9:00 p.m.

Register now at HerbWalks.com or by calling 805-646-6281. There is no pre-payment required for this walk, just a promise to let Kaufer know if your plans change. Registrants will receive a confirmation email with all necessary info a few days prior. No dogs or smoking, please.

Answer In A Breeze (Almost)

What will the building under construction at the former Elks Lodge at corner of Main and Ash be used for?

Margaret Toal

Margaret: We have asked the developer to answer this question, but they haven't yet. Will have the answer to this once we hear back from them.

Ventura Friends of the Library celebrating 50th anniversary year

Celebrations began in March at Avenue Library with a visit from best-selling bi-lingual author Amada Perez and music from Inlakech Cultural Arts, and continued on July 18, in coordination with the Summer Reading Program at E.P. Foster Library, with Alane Adams, author of the Legend of Orkney fantasy novels for middle grade readers and multi-instrumentalist Craig Newton.

The 50th anniversary celebration at Saticoy Library on August 10 will reflect a whimsical aspect of 1969 with a visit from Ivor Davis, author of "Ladies and Gentlemen . . . The Penguins". This picture book tells a fanciful fable about a famous Penguin rock group from the remote British Falkland Islands in the South Atlantic, who grew up to become one of the most successful pop groups in the world. Even bigger—well almost—than the Beatles.

He will be accompanied by Alan Shapiro, songwriter/singer who has created songs to accompany readings from the book. Alan is a singer/songwriter, from Brooklyn, New York, currently living in Oxnard.

Ivor Davis is generously donating 50 copies of his book in honor of the 50th, to be autographed and given to children attending the program.

Please join in at 1:00 pm on Saturday, August 10 at Saticoy Library, 1292 Los Angeles Ave., Ventura, for a tuneful...and sophisticated occasion.

The final event of the 50th anniversary celebration will take place in October at Hill Road Library in conjunction with their Annual Membership Meeting.



Two-year old Louvelle Gledhill could read the Breeze if someone just turned it around for her. Maybe aunty Breezy Gledhill could do it.



VENTURA COUNTY FAIR

July 31-August 11, 2019

Wednesday, July 31

DOLLAR DAY

ENTRY IS \$1 'TIL 3PM

Styx

Free Concert @ 7:30 PM

Thursday, August 1

FEED THE NEED FOOD DRIVE

CARNIVAL WRISTBAND DAY

5 cans of food = Free Fair Ticket

Martina McBride

Free Concert @ 7:30 PM

Friday, August 2

YOUTH DAY

KIDS 12 AND UNDER ENTER FREE



Melissa Etheridge

Free Concert @ 7:30 PM

Saturday, August 3



The Ohio Players

Evelyn "Champagne" King The Emotions

Free Concert @ 7:30 PM

Sunday, August 4



DIA DE LA FAMILIA

Banda Carnaval Luis Coronel Cuarto de Milla

Free Concert @ 3:00 PM

Monday, August 5



CARNIVAL WRISTBAND DAY

X Ambassadors

Free Concert @ 7:30 PM

Tuesday, August 6

SENIORS & PERSONS WITH DISABILITIES DAY

OPEN @ 10

CARNIVAL WRISTBAND DAY

Tommy James and the Shondells 1:00 PM

Brothers Osborne

Free Concert @ 7:30 PM

Wednesday, August 7

\$3 BEFORE 3 DAY



ENTRY IS \$3 'TIL 3PM

Daughtry

Free Concert @ 7:30 PM

Thursday, August 8

MILITARY APPRECIATION DAY

CARNIVAL WRISTBAND DAY



George Thorogood and the Destroyers

Good to be Bad Tour - 45 Years of Rock Free Concert @ 7:30 PM

Friday, August 9

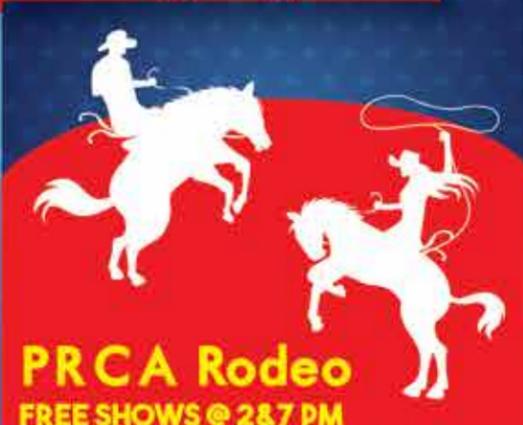


JUNIOR LIVESTOCK AUCTION

Collective Soul

Free Concert @ 7:30 PM

Saturday, August 10



PRCA Rodeo

FREE SHOWS @ 2&7 PM

Sunday, August 11



PRCA Rodeo

FREE SHOWS @ 2&7 PM

All schedules are subject to change without notice.

Concert Series presented by Chumash Casino Resort. Grandstand Arena presented by Firestone 805.

venturacountyfair.org

(805) 648-3376



News & Notes

the schedule tab on the CAPSMedia.org website for dates and times.

KPPQ-LP, CAPS Community radio station, broadcasting at 104.1fm and streaming online, has been hosting local non-profits to record public service announcements about their organizations and upcoming events. Do you want to get your message out? Radio is a great way to do it. Non-profits are always welcome. Contact Elizabeth at radio@capsmedia.org to schedule a time to come in and record a spot.

Everyone is welcome and encouraged to visit and tour the CAPS Media Center located at 65 Day Road on the Ventura College campus, directly across the street from Foothill high school. Any community group including nonprofit, faith-based organizations, youth groups, service clubs can arrange a tour.

CAPS Media membership and privileges are available to anyone who lives, works or attends school in Ventura and available to members of nonprofit organizations throughout Ventura County. Member/Producers receive hands-on instruction in videography, video editing, radio production (additional fee required) and more. To find out more go to capsmedia.org/events, sign up for the next orientation class on the first Thursday of the month and discover how easy it is to become a producer at CAPS. Go to capsmedia.org, or you can call 805-658-0500 to get complete information.

Harrison honored by Clean-Air Group

Harrison Industries continues to lead the ecological charge, achieving well beyond carbon neutrality in terms of greenhouse gas emissions. According to the latest Climate Registry and Avoided Emissions Reporting, Harrison Industries “has fully offset its direct GHG emissions 18 times – well beyond net zero.”

So impressed was The Climate Registry with Harrison’s numbers that

it named the company its latest Member of the Month. Each month, one Registry member is recognized for commitment to emissions reporting and leadership in taking action on climate change; Harrison is the first-ever waste hauler to be distinguished with this Member of the Month commendation.

“Our low emissions numbers are remarkable but not unexpected,” said Harrison’s Nan Drake. “We have a well



Harrison Industries has vowed to buy only CNG trucks going forward. Photo courtesy of Harrison Industries.

tracked history of avoided emissions and following all of the protocol. We see this as our greatest responsibility and our greatest success as a trash/recycle company.”

Harrison joined The Climate Registry in 2008 – just after the registry was formed – and it’s met its goal of remaining far ahead of the clean-air curve every year.

The Climate Registry is a nonprofit organization designed and created in 2007 to manage and reduce businesses’ greenhouse gas (GHG) emissions. Governed by U.S. states and Canadian provinces and territories, the registry operates GHG reporting programs globally and assists organizations in measuring, reporting and verifying the carbon in their operations in order to manage and reduce it.

With 12 new compressed natural gas trucks, Harrison Industries has vowed to buy only CNG trucks going forward. “Our truck fleet is totally in compliance,” said engineering manager Mike Harrison, “and we voluntarily report all greenhouse gas emissions to The Climate Registry, which makes us a Climate Action Leader.”



Maria Paniagua and Kopdak, Will Sholy and Buba and Dash, Chris Beck and Charlie, Carmen Ramirez and Ginger, Susan Everett and Darby, Krystalin Bullicer and Evey, Cheryl Tabbi and Snickers enjoying being at work together.

Recently the Ventura Housing Authority celebrated a very special day for employees and their dogs Take Your Dog to Work Day. The annual celebration brings together furry friends and their owners for a very special work day.

A catered and sponsored lunch was made possible by Human Resources manager Cheryl Tabbi, and the sponsorship of Triunfo Sanitation District, VCA Westlake Village Animal Hospital, Pioneer Women, Purina Pet Care Co., Lucy Pet Products, Bow Wow Doggie Dental Care, Petco, PetSmart, Sailor and Friends Pet Supply, Smiling Canines and Furry Faces Holistic.

Photo by Richard Lieberman.



James’ father and family helped him present his clinic at Westpark.

CAPS Media In The Game

CAPS Media was part of the enthusiastic fans welcoming hometown hero and NBA superstar James Ennis III to the Westpark Community Center for a free basketball clinic for Westside youth. Ennis grew up on the Westside of Ventura and played at Westpark before attending Ventura High School and Ventura College. After playing basketball internationally, Ennis jumped to the NBA and has played for the Miami Heat, Memphis Grizzlies, Houston Rockets and Philadelphia 76ers.

The special Westpark clinic was a once-in-a-lifetime experience for dozens of aspiring athletes and adoring fans. Ennis graciously shared his extraordinary basketball skills, encouraged future stars and dazzled fans with his easy going attitude and awe inspiring talent. See the cover article about the Ennis Elite Camp.

In addition to producing ongoing live broadcasts of City Council meetings and select City community meetings,

CAPS Media is expanding the collaborative partnership with departments throughout the City of Ventura to produce informational and educational videos on City services. The comprehensive outreach program is being developed and directed by Ashley Bautista, Interim Communications Manager in the Ventura City Manager’s office. The campaign will include a wide variety of stories and subjects providing information and insight into the expansive services provided by the City.

CAPS Media continues to record local community council meetings throughout the city. Recently CAPS recorded, broadcast and streamed the Mid Town Community Council and the East Ventura Community Council meetings. In the coming months coverage will continue at MidTown and East Ventura along with the Westside, College Area and Montalvo community councils. All programs air on CAPS Media Channel 6 and stream on capsmedia.org. Go to



News & Notes



Residents recently began moving into the newly completed units.

Housing Authority awarded almost \$19 million for Phase Three

The Housing Authority of the City of San Buenaventura (HACSB) has been awarded \$18,983,730 from the California Strategic Growth Council for its Ventura Westside Housing and Active Transportation grant application. The award is granted through the state's Affordable Housing and Sustainable Communities Program (AHSC), which funds projects that promote healthier communities and protect the environment by increasing the supply of affordable places to live near jobs, stores, transit and other daily needs. This is one of 25 awards across the state and is the first non-rural AHSC award in the Central Coast and the first for the City and County of Ventura.

The Ventura Westside AHSC award will fund the third phase of Westview Village, the transformation of an

existing public housing site where 73 homes will be demolished, and 105 new affordable homes will be constructed. Additionally, the AHSC award will fund significant transit and neighborhood improvements that promote connectivity and enhance bicycling and pedestrian safety. With input from community stakeholders and City staff, the scope of improvements was defined for the grant application, and ultimately included 11,000 linear feet of new sidewalk and sidewalk repair, two miles of a new context-sensitive bikeway to close key east-west gaps in the local bike network, upgrades to Ventura Avenue bus shelters, and the purchase of 40 Calvans vans to expand vanpool service in Ventura County. Residents of Westview Village phase three will be encouraged to use

public transportation, receiving bus passes subsidized by the AHSC project. Westview is a short walk from Ventura Avenue, which is bustling with pedestrian and bicycling activity and where Gold Coast Transit operates some of the highest use bus routes in Ventura County.

Projects that receive AHSC funds are committed to promoting alternative forms of transportation, sustainability, housing affordability and neighborhood connectivity. The Housing Project will incorporate a solar system that will produce at least 30 percent of its energy onsite as well as urban greening such as the expansion of the Westview Village community garden, private bike closets per unit, new trees planted at a rate of 3:1 and water conservation design elements throughout the site.

“Know Your Limit” Education Program in Downtown Ventura

On July 20 and 21, the Ventura Police Department had officers out in the downtown area to educate the public on how important it is to “know your limit.”

The “Know Your Limit” program is intended to inform community members on how little it takes to reach the legal limit for blood alcohol content (BAC), which is .08% in all states but Utah, where the BAC is .05%.

During this time, officers invited

Continued on page 23

PRIMROSE EXCURSIONS

Fall Trips

- Candlelight Theater - “The Bodyguard” 9/7
- Columbia Space Center - 9/14
- Long Beach Aquarium - 10/7
- Medieval Times - 10/12
- Overnight Surprise Tour - 10/24-25
- Catalina Island 11/17-19
- Pepperdine Theater “Ragtime” - 11/23
- Holiday Getaway - 12/8-9

Travel Show

Thursday, September 19th
noon - 1pm

Learn about these great trips in 2020!

Costa Rica - February

Israel & Jordan - March

San Antonio Fiesta - April

Incentives & Special Discounts for attending the Travel Show. RSVP

Event Location: 1500 Palma Dr., Ventura
Call to receive a detailed flyer.

805.535.5170 primroseexcursions.com

FOR A LIMITED TIME!

SAVE UP TO

\$900 PER MONTH*






CLEARWATER

at RIVERPARK

An Independent Living Community

Welcome to Clearwater Living – an opportunity for a new beginning with resort-style amenities and large one- and two-bedroom apartments. At Clearwater Living, we believe in the vitality of life. It's our passion.

Schedule Your Tour Today!

805-366-3533

CLEARWATERatRIVERPARK.COM

750 Clyde River Place
Oxnard, CA 93036





Open Late during the Fair!

Full Bar and Fresh Food!

Breakfast • Lunch • Dinner
(Served all day) 7am -11pm Daily
805.643.4864 Downtown Ventura

BUSY BEE Cafe & Diner

In the Mood? Try Real Good!

50's juke box Music



The Simoes move on to Portland.

The Salvation Army bids farewell to the Simoes family

by Richard Lieberman

The Advisory Board, along with the Downtown Rotary Club, Lion and the Kiwanis recently held a farewell BBQ for the Simoes family. Silvia Benetti Simoes, Lieutenant along with her husband Favio Simoes and their children bid farewell to Ventura after five years of service with the Salvation Army in Ventura.

“The best thing we were able to do in Ventura was engage with the community to help people and to build up a relationship with people from different areas of the community.” Said Silvia Simoes.

Favio Simoes added “the opportunity for me to have helped people get back to a normal life, and to offer to people not just shelter and food, but just to offer hope, many just need hope.

The Simoes have been reassigned to Portland and will be working at Salvation Army headquarters at the Cascade division.

“We love Ventura and it will always remain in our hearts.” Said Silvia Simoes. “We were so happy to be able to work with so many organizations in Ventura that welcome the Salvation Army.” She added

Favio Simoes began teaching music to youth in Ventura seven years ago and after that leaders at Salvation Army offered him a chance to attend the Salvation Army Training College to become an officer. After training they were assigned to Ventura chapter as their first appointment. “We felt that god was calling us to serve a full -time ministry,

and that’s how we got to Ventura.”

“I will never forget what we were able to do to help Ventura Citizens after the Thomas fire to help bring people back to normalcy “said Favio. “It was amazing to see people from all different areas come together to help people in Ventura.” Added Silvia.

The Breeze wishes the Simoes our best at their new assignment. Ventura will miss their presence and good work.



Paul Jenkin, Surfrider Foundation Ventura County Chapter Campaign Coordinator addressing a Chapter meeting. Photo by Surfrider Foundation.

Sustainability Now News

Lucas Zucker set to speak

by Maryann Ridini Spencer
(@MaryannRidiniSpencer)

On Tuesday, August 6, from 6:30 to 8:00 pm, Surfrider Ventura’s August Chapter Meeting will host Lucas Zucker, Policy and Communications Director for CAUSE (Central Coast Alliance United for A Sustainable Economy). Zucker will speak to CAUSE’S work in advancing environmental justice and erasing economic disparities in environmental health (exposure to agricultural pesticides as well as oil and gas development in our region) and community concerns about the proposed expansion of the Port of Hueneme and potential impacts to air quality and coastal access for Oxnard residents.

In 2012, after achieving the victory of creating a living wage region on the Central Coast for working-class immigrant families, CAUSE, founded in Ventura County in 2001, and PUEBLO, founded in Santa Barbara County in 2003, merged. Today, their mission is to advance social, economic, and environmental justice for the people of the Central Coast centered around issues from affordable housing to worker’s rights. CAUSE supports creating a global community and sustainable economy on California’s Central through policy research, leadership development, orga-

News & Notes

nizing, and advocacy.

“CAUSE has been keenly focused on deindustrializing the Oxnard coast, said Laura Oergel, Chair, Surfrider Foundation Ventura County Chapter. “This translates into campaigning for removing polluting facilities, reducing harmful emissions, cleaning up toxic sites, restoring wetlands habitat, and opening public coastal access for the people of Oxnard. All these directives are in line with Surfrider’s mission in caring for and preserving our waterways.”

Surfrider’s Chapter Meetings, which take place the first Tuesday of every month from approximately 6:30 to 8:00 pm, are customarily held at the Patagonia store in Downtown Ventura. However, due to County Fair traffic, the August meeting will be held at the Pierpont Racquet Club at 500 San Jon Road.

“The meeting at the Pierpont Racquet Club is great timing,” said Oergel. “From June 22 to August 31, 2019, Pierpont is offering a special 20/20 Summer Trial Membership at 20% OFF the regular price with 20% of the purchase price being donated to the Surfrider Foundation Ventura County Chapter. Folks who sign up as members by the end of July, also get a free \$25 gift card to Traveler’s Café, a Surfrider identified Ocean Friendly Restaurant.”

Surfrider’s monthly Chapter meetings customarily host guest speakers who talk for 30 minutes on a variety of subjects pertinent to Surfrider’s mission. The gatherings also feature a networking component and food and drink.

“Our guest speakers tend to be partners or other local non-profit organizations that we help to give a voice to,” added Oergel. “The meetings are a great way to connect with members, supporters, and volunteers and attendees get the opportunity to discuss and learn about important conservation issues impacting the coast as well as Surfrider’s upcoming programs, events, and campaigns.”

Surfrider’s Upcoming Chapter Meetings August 6, 2019 – Lucas Zucker, Policy

and Communication Director, CAUSE (causenow.org). Food provided by OFR Jimmy’s Slice and beer generously donated by Topa Topa Brewing Co.

September 3, 2019 – Marie Lakin, new Executive Director of CFROG (Climate First: Replacing Oil & Gas, cfrog.org). CFROG works for the health of the planet and Marie joins CFROG from the State Assembly and Senate where she worked on climate- and oil and gas-related legislation.

October 1, 2019 – Ventura Water (venturawater.net). Ventura Water will speak to the current state of Ventura’s water supply

November 5, 2019 – TBD

December 3, 2019 – Surfrider’s Annual Holiday Party

Find out more, visit: ventura.surfrider.org. Find out additional information on Pierpont Racquet Club Special, visit: pierpontclub.com.

“Walk with a Doc”

Ventura County physician Dr. Megan Mescher-Cox, a board-certified specialist in Internal Medicine and a Lifestyle Medicine specialist, is inviting the public to join her and her guest, dermatologist Larissa Larsen MD, on a leisurely “Walk with a Doc” to give people a chance to exercise and enjoy some free health tips. Dr. Mescher-Cox is leading the walk as part of the international Walk with A Doc program, which gets people exercising in a fun way while learning ways to improve their health. The walk will last for one hour and is free. Dr. Mescher-Cox will present a five-minute talk with tips on good health at the beginning of the walk. After the talk, a local business will lead a stretch warm-up before the walk. For more information about the local walk, call 805-988-2821.

When: 9 a.m. on Saturday, August 3.

Where: the Ventura Pier boardwalk, meeting at the pier.



Congratulations to Cori Steele and Keili Marble, newlyweds in Portland, Oregon. They were joined by their friends Travis and Sierra Marble Wilson. They were sure to take the Breeze on their honeymoon.

Tales Told

Reminisce the wild teens and travel back in time to the era of black-and-white Saturday cinema, and tales of the awkwardness of growing up. Filled with sweet reminiscences and the funny awkward moments between friends, Tales Told brings you back to when relationships were simpler, and the hilarity of innocence was everywhere.

“Tank N Tallulah,” is James Francis Gray’s favorite short story and the E-book is available at amazon.com for only \$2.99. Visit jamesgray.com

A great summer read by James Francis Gray



Senior Living

Pull Out Section



Attend the support group at their new location at City Hall.

Knock out Parkinson's Disease with NeuroBoxing!

by **Patty Jenkins**

Everyone knows exercise in some form is essential for good overall health. With Parkinson's Disease it is even more vital. Research has proven that exercise can augment the benefits of Parkinson's medications and slow the progression of this challenging disease. Non-contact boxing is one of the cutting-edge exercise programs proving to be one of the most effective ways for slowing Parkinson's progression in addition to improving motor skills and other neurological symptoms.

The Ventura Parkinson's Disease Support Group is pleased to welcome Jennifer Parkinson, owner and Co-Founder of the non-profit organization NeuroBoxing

and Dr. Vanessa White owner of Santa Paula Fitness/VC NeuroBoxing, as our guests on Wednesday, August 14, 2019 from 12:30PM to 2:30PM at Ventura City Hall, 501 Poli Street, Room 202. Come find out what makes NeuroBoxing unique as we witness several demonstrations and participate in various exercises.

The NeuroBoxing program is dedicated to improving the lives of people with Parkinson's Disease (PD) and their families. They use a complete wellness centered approach to help those living with Parkinson's stand a fighting chance. Through non-contact boxing and health and fitness coaching, they help people

THE ARTESIAN

OF OJAI

ASSISTED LIVING. MEMORY SUPPORT. JUST LIKE HOME.



LUNCH & LEARN

LEARN about our innovative homes
 EXPLORE our reasonably priced care options
 EXPERIENCE life at the Artesian
 ENJOY a complimentary healthy lunch

Monday, August 5
Thursday, August 22
 11:30 am to 1 pm
 Redemption (across the street)
 190 E. El Roblar Drive, Ojai CA 93023

SEATING IS LIMITED!!
CALL TODAY TO RESERVE YOUR PLACE
805.798.9305

www.theartesianseniorliving.com RCFE Pending# 197609506

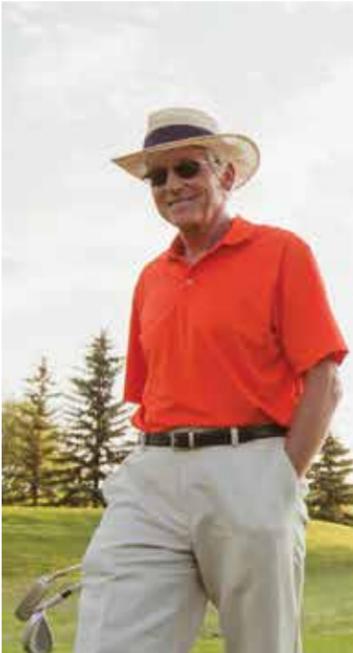
with PD and other neurological challenges fight back and live the best life possible.

Jennifer Parkinson and Josh Ripley founded the non-profit NeuroBoxing in September 2016. Jennifer is a registered nurse of 16 years, a Michael J Fox Foundation panelist, advocate for the Parkinson Disease Foundation's Women in Parkinson's Initiative, boxing coach, and loving mother of two. Jennifer is actively training new coaches in several locations to help bring NeuroBoxing's programs to other locations throughout Southern California. Her personal experience with Parkinson's Disease began in 2005 when she was diagnosed with early on-set PD; she has been fighting back since then to "knock out PD"!

Dr. Vanessa White is an affiliate member who recently completed this special NeuroBoxing training from Jennifer. Dr. White has a Ph.D. in kinesiology and is the owner and a fitness instructor

at her gym, Santa Paula Fitness. Vanessa has taught and coached a number of class formats (and sports) for the past 34 years and recently added NeuroBoxing to her list of expertise. Vanessa's classes are fun and full of energy and her team specializes in assisting individuals with special needs.

Find out how you might benefit from NeuroBoxing exercise programs on August 14, 2019 from 12:30-2:30PM at Ventura City Hall's Community Meeting Room # 202; 501 Poli Street. The Ventura Parkinson's Disease Support Group welcomes the public, our members and care-partners and new friends who find themselves navigating the challenges of PD and other neurological conditions. We are an independent and volunteer-organized group not affiliated with or a part of any other organization or group. For more information and detailed directions to our meetings, please call Patty at 805-766-6070.



INDEPENDENT LIVING
MOVE IN SPECIAL ONE MONTH FREE RENT*
*Call for details

KEEP LIVING YOUR GOOD LIFE.

Like the city it thrives in, Cypress Place has a naturally vibrant vibe. Feel the welcoming spirit of Ventura's most respected resort-style senior living community.
Call 805-835-4072 to schedule a visit.



CYPRESS PLACE
SENIOR LIVING

1200/1220 Cypress Point Lane • Ventura, CA 93003 • CypressPlaceSeniorLiving.com



License #565801008



Your Local Insurance Resource Center Specializing in

Medicare – Long Term Care – Investments
Dental – Life Insurance – Estate Planning

5808 Telephone Rd. - Suite 200 Ventura, Ca 93003
805-684-6480 www.alegacys.com



"I need to know the side effects of taking my meds!"

Each of these drugs blocks an important chemical messenger in the brain

by Judith Graham

By all accounts, the woman, in her late 60s, appeared to have severe dementia. She was largely incoherent.

Her short-term memory was terrible. She couldn't focus on questions that medical professionals asked her.

But Malaz Boustani, a doctor and professor of aging research at Indiana University School of Medicine, suspected something else might be going on. The patient was taking Benadryl for seasonal allergies, another antihistamine for itching, Seroquel (an antipsychotic medication) for mood fluctuations, as well as medications for urinary incontinence and gastrointestinal upset.

To various degrees, each of these drugs blocks an important chemical messenger in the brain, acetylcholine. Boustani thought the cumulative impact might be causing the woman's cognitive difficulties.

He was right. Over six months, Boustani and a pharmacist took the patient off those medications and substituted alternative treatments. Miraculously, she appeared to recover completely. Her initial score on the Mini-Mental State Examination had been 11 of 30 – signifying severe dementia – and it shot up to 28, in the normal range.

An estimated 1 in 4 older adults take anticholinergic drugs – a wide-ranging class of medications used to treat allergies, insomnia, leaky bladders, diarrhea, dizziness, motion sickness, asthma, Parkinson's disease, chronic obstructive pulmonary disease and various psychiatric disorders.

Older adults are highly susceptible to negative responses to these medications. Since 2012, anticholinergics have been featured prominently on the American Geriatrics Society Beers Criteria list of medications that are potentially inappropriate for seniors.

Senior Living

"The drugs that I'm most worried about in my clinic, when I need to think about what might be contributing to older patients' memory loss or cognitive changes, are the anticholinergics," said Rosemary Laird, a geriatrician and medical director of the Maturing Minds Clinic at Advent-Health in Winter Park, Fla.

Here's what older adults should know about these drugs:

The basics

Anticholinergic medications target acetylcholine, an important chemical messenger in the parasympathetic nervous system that dilates blood vessels and regulates muscle contractions, bodily secretions and heart rate, among other functions. In the brain, acetylcholine plays a key role in attention, concentration, and memory formation and consolidation.

Some medications have strong anticholinergic properties, others less so. Among prescription medicines with strong effects are antidepressants such as imipramine (brand name Tofranil), antihistamines such as hydroxyzine (Vistaril and Atarax), antipsychotics such as clozapine (Clozaril and FazaClo), antispasmodics such as dicyclomine (Bentyl) and drugs for urinary incontinence such as tolterodine (Detrol).

In addition to prescription medications, many common over-the-counter drugs have anticholinergic properties, including antihistamines such as Benadryl and Chlor-Trimeton and sleep aids such as Tylenol PM, Aleve PM and Nytol.

Common side effects include dizziness, confusion, drowsiness, disorientation, agitation, blurry vision, dry mouth, constipation, difficulty urinating and delirium, a sudden and acute change in consciousness.

Unfortunately, "physicians often attribute anticholinergic symptoms in elderly people to aging or age-related illness rather than the effects of drugs," according to a research review by physicians at the Medical University of South Carolina and in Britain.

Seniors are more susceptible to adverse effects from these medications for several reasons: Their brains process acetylcholine less efficiently. The medications are more likely to cross the blood-brain barrier. And their bodies take longer to break down these drugs.

This column is produced by Kaiser Health News, an independent news service that is not affiliated with Kaiser Permanente.



"I'm protecting my eyes so I don't have problems when I'm old like 13."

Help your eyes stay as healthy as possible

by Dr. Linda Chous
OD, chief eye care officer with UnitedHealthcare

Are my eyes going to keep getting worse as I age? Is there anything I can do to slow the progression of vision decline?

By no means is your eyesight guaranteed to deteriorate with age, but it is perfectly normal to notice changes to your vision as the years pass. Unfortunately, there is nothing that can be done to stop normal vision changes. However, it is important to maintain regular appointments with your eye doctor to help identify pressing concerns.

Although changes are often normal, they can also be signs of conditions like cataracts or even diabetes. If you experience sudden vision loss or any rapid change to your eyesight, contact your eye care provider immediately.

Many people notice tiny specks within their field of vision. These small spots are tiny threads of protein that float across the gel-like substance between your eye's lens and retina.

Usually there is no need to worry if you only notice these spots occasionally and they disappear after a few minutes, but only a dilated eye examination can determine the cause of the "floaters".

However, if your vision is overcome by these specks or you are noticing vision loss, contact your eye doctor as soon as possible, as it could be a symptom of a sight-threatening condition.

Age-related macular degeneration (AMD) is the leading cause of vision loss in people over the age of 65. AMD causes damage to the macula, the small spot on the retina that enables people to see clearly and to view things straight ahead of them.

Common symptoms of AMD are distortion and blurring of the center of your field of vision. If caught in the early stage, there are potential benefits from

THE PALMS AT BONAVENTURE IS HERE WHEN YOU NEED US ...

KEEPING YOUR COOL IN THE LONG DAYS OF SUMMER!

We know first-hand the challenges and joys that come with caring for a loved one. The Palms at Bonaventure would like to extend a helping hand. Let us help you rejuvenate physically, mentally and spiritually while your loved one becomes a part of our extended family. Our trained, caring staff works with physicians, therapists and community agencies, such as Home Health and Hospice, to ensure the best care possible for our residents.

Please call us today for information on how we can help

805-647-0616



The Palms At Bonaventure
Assisted Living & Memory Care
111 North Wells Road, Ventura, CA 93004
RCFE#565802467





Senior Living

taking certain prescription medications and nutritional supplements.

The lens in your eye is like a camera lens – it is clear and allows light to pass through to create an image. A cataract is the clouding of this lens, blocking the flow of light to the back of your eye (retina), which ultimately causes loss of sight.

There are many kinds of cataracts, and most usually form slowly and do not cause pain. If the clouding is small, it is possible you may not even notice it. However, significant clouding can form in some people and, ultimately, negatively impact vision.

The good news is cataracts are treatable via surgery that removes the clouded lens and replaces it with a clear plastic lens. Cataract surgery is generally safe and is one of the most common surgeries done in the United States. Once a cataract is removed, it cannot grow back.

Glaucoma is caused by increased pressure inside the eye, which can cause permanent vision loss and blindness if left untreated. There are several types of glaucoma, but the most common form usually has no noticeable symptoms in the early stages – the only way to detect it is by visiting your eye care provider for routine testing.

What are the best ways to keep my eyes healthy as I age?

Maintaining a healthy lifestyle is as important for your eye health as it is for your overall physical health. Some of the best ways to protect your eyes as you age include:

- * Stop smoking. Smokers are up to four times more likely to develop AMD and may contribute to the development of cataracts.

- * Maintain a healthy weight. Conditions associated with being overweight, like diabetes and heart disease, increase your risk of developing vision loss from cataracts, glaucoma and retinopathy.

- * Wear sunglasses. Help protect your eyes from harmful ultraviolet rays (read on to learn why it is so important).

- * Be physically active. A study found people who are physically active experienced less vision loss over 20 years compared to those who didn't exercise.

- * Eat a healthy diet. Colorful fruits and vegetables like leafy greens, tomatoes and blueberries, contain nutrients that can keep your eyes healthy and reduce the risk of AMD.

Staying on top of your eye exams is crucial to helping maintain your eye health as you age. You should aim to see your eye doctor annually even if your vision hasn't changed.

Isolated and struggling, some seniors are turning to suicide

by Jovelle Tamayo for NPR

Sheri Adler at an American Behavioral Health Systems office in Wenatchee, Wash. At age 72, Adler attempted to take her own life.

Dr. Julie Rickard thought her visit to Wisconsin over the Christmas holiday would bring a break from her

day job working in suicide prevention in Wenatchee, Wash.

The visit didn't go as planned. After a tense fight broke out between her mother and another family member, everyone dispersed. Rickard readied herself for the trip back to the Pacific Northwest.

At the airport, she received a call from her mother, Sheri Adler. This was not out of the ordinary – Adler, like many adoring mothers, always calls her daughter after parting ways.

On the phone, Adler wanted to tell her daughter how much she loved and appreciated her.

"Normally I would think, 'Oh that's a sign of suicide,' but it was during my layover," Rickard says. "I had just left her, and my whole life she had always cried when I left and would always say I love you."

This time was different. "This time," Rickard says, "it was goodbye."

When the plane landed, Rickard received another call. Her mother, at age 72, had tried to take her own life.

"I went home, and I guess I just didn't know how to handle it," Adler says about the suicide attempt. "It was just more than I could put together ... I just made a stupid mistake. I guess I just wanted to give up, because I felt like I wasn't a good mom. And that's all I ever wanted to be."

The American Behavioral Health Systems facility in Wenatchee, Wash., includes suicide-safe features and positive images of the Pacific Northwest, aimed to motivate patients.

Since the attempt in January, Rickard has helped her mother find care. Adler now takes medication and meets with a therapist for depression and help coping with family issues. They both say she's doing better.

Still, the episode reflects the vulnerability of a group that researchers call a "forgotten" population, particularly when it comes to the issue of mental health: senior citizens.

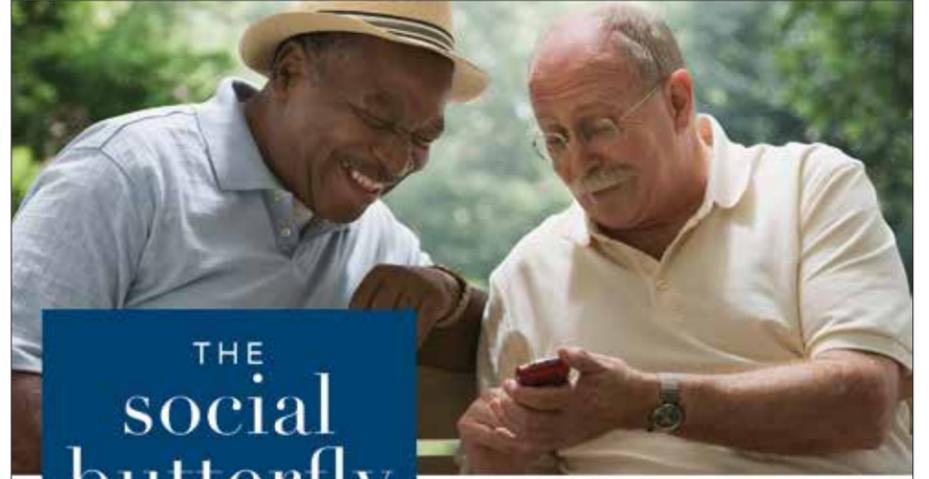
Across the country, suicide rates have been on the rise, and that rise has struck the nation's seniors particularly hard. Of the more than 47,000 suicides that took place in 2017, those 65 and up accounted for more than 8,500 of them, according to the Centers for Disease Control and Prevention. Men who are 65 and older face the highest risk of suicide, while adults 85 and older, regardless of gender, are the second most likely age group to die from suicide.

Feeling dizzy? One of these culprits could be to blame

by in Health

Bouts of dizziness are common for seniors, with 30 percent of people over age 60 and 50 percent of people over age 85 experiencing dizziness. But while this issue is common, that does not mean it can be shrugged off as a natural part of aging.

With the right care, dizziness can often be treated. Here are five things that can cause dizziness and what can be done to treat it.



THE social butterfly

who made new friends since moving into Aegis of Ventura.

We offer assistance so you can continue to live your life to the fullest.

NEVER STOP BEING YOU

DISTINCTIVE ASSISTED LIVING & MEMORY CARE

We care for your loved one as if they were a member of our own family. Where days are filled with indulgent amenities, unexpected activities, local excursions, lots of laughter, food, new friends, and so much more. We offer compassionate care to make life easier.

Come see for yourself!

Call to take a tour and meet our compassionate care staff.

Aegis Living
VENTURA
Assisted Living | Memory Care

805-585-2282

RFCE# 565800683

Email: Ventura@aegisliving.com | Online: www.aegisofventura.com
4964 Telegraph Road, Ventura, California 93003

Vertigo

You may think vertigo and dizziness are the same thing, but vertigo is a specific kind of dizziness in which individuals feel like their world is spinning. The most common kind of dizziness for seniors is benign paroxysmal positional vertigo (BPPV), which is caused by crystals in the inner ear becoming dislodged. If BPPV is the cause of your dizziness, it can be treated with some simple maneuvers that help the crystals move back into place.

"Vertigo can not only be frustrating for seniors, but it can also be deadly," says Clay Gardner, executive director at Vista Knoll Specialized Care Facility. "Untreated, dizziness can lead to falls, which can cause broken bones and even death. Getting appropriate treatment can help cure vertigo and avoid dangerous complications."

Infections

Sudden vertigo that lasts up to a week could be the result of a prior infection. Vestibular neuritis is often caused by a viral respiratory illness like the flu that causes the nerve cells in the inner ear to become inflamed. Vertigo caused by infections can be treated with anti-nausea medication or physical therapy. Steroids for inflammation can also help bring down the swelling in the inner ear.

Medications

Some medications can cause dizziness, especially among elderly patients. For people with high blood pressure, hypertension medication could be to blame for dizziness that happens when they get up too quickly. Other medications like salicylates and some cancer drugs

can cause permanent damage to the inner ear, affecting a person's hearing and balance. Unfortunately, people who are taking medicine for dizziness could actually end up with more dizziness, as some sedatives can worsen the symptoms.

Meniere's Syndrome

If you have dizziness along with ringing in your ear, distorted hearing, and nausea, you may have Meniere's syndrome. These attacks can last for a few minutes or for several hours. Meniere's can be treated on several fronts, including diet and medication. Limiting salt and caffeine can help, and anti-nausea medication might provide some relief.

Stroke or TIA

Strokes, or transient ischemic attacks (TIA), aren't the most common reasons for dizziness in seniors, but they are one of the most serious. Because time is of the essence when treating a stroke, it is important to rule stroke out when sudden dizziness occurs. Symptoms of a stroke can be similar to vestibular neuritis, so you should seek medical attention the first time you experience dizziness to figure out what is causing it. People who are having a stroke often have other symptoms like confusion, numbness, or slurred speech. Even without other symptoms, someone with dizziness could still be having a stroke or TIA, which can lead to a stroke.

Dizziness is a common complaint among seniors, but it does not need to be a fact of life. If you are experiencing dizziness, get medical attention. Your doctor can help determine what is causing your dizziness and figure out the best treatment.



If you or a loved one has a complex or life-threatening illness, **we can help.**

 **Livingston Memorial**
Visiting Nurse Association & Hospice



PALLIATIVE CARE focuses on relief from the symptoms and stress of a serious illness, with a goal to improve quality of life for the patient and the family.

Call for more information and a FREE assessment
(805) 642-1608

CAREGIVERS • HOME HEALTH • PALLIATIVE CARE • HOSPICE

Palliative care is covered by Medicare, Medical and most private insurance.



VENTURA COUNTY WALK LIKE MADD 5K
hosted by OXNARD POLICE DEPARTMENT

AUGUST 10, 2019

Registration Begins at 7:30AM
Ceremony Begins at 8:30AM
5K Walk Begins at 9:00AM

The Collection at RiverPark
591 Collection Blvd, Oxnard, CA 93036

TO REGISTER/DONATE:
WALKLIKEMADD.ORG/VENTURA

If you would like more information, contact Chris Garcia
MADD Southern California
(714) 838-6199 Ext. 6674 / Chris.Garcia@madd.org



Senior Living



HICAP can help you with your health insurance questions.

Health Insurance Counseling and Advocacy Program (HICAP)

The purpose of HICAP is to provide free unbiased counseling and community education on Medicare A, B, C, & D. HICAP completes comparisons on all products of C & D, retiree/employer Group vs. Medicare. HICAP resolves billing issues and to help apply for appeals. HICAP's speaker bureau gives presentations on Medicare 101, Prevention Services, Long Term Care, on all aspects of Medicare products, and on Medicare changes for the new year. HICAP gives advice regarding healthcare insurance options for those contemplating retirement.

Health Insurance Information and Assistance

Agencies offer assistance with filling out forms, submitting bills, and completing other paperwork necessary for reimbursement.

FREQUENTLY ASKED QUESTIONS

This 'n' That Disaster Recovery Plan adopted

Recently the Board of Supervisors adopted a Disaster Recovery Plan which will be incorporated into the County's overall disaster plans to provide for an efficient recovery process following a major incident. The recovery plan was developed under the direction of the County Executive Office.

Following the Thomas Fire, after-action reviews highlighted the need for a comprehensive plan which could be used to guide recovery efforts following extraordinary emergency situations and natural, human-caused or technological disasters. Lessons learned during the Hill and Woolsey fires helped to further refine the plan and its requirements.

"The plan is designed to be used as a tool following an emergency, not just as a reference on a shelf," said County Executive Officer Mike Powers. "When a disaster occurs, it is our duty to create order out of chaos. The plan includes a series of checklists that allow for the prompt formation of a recovery team. The checklists and the remainder of the plan provide a 'roadmap' for establishing a recovery team, integrating with other

What is HICAP-Medicare Program?

HICAP is short for Health Insurance Counseling and Advocacy Program funded through the Older American Act. This service is free. The United States Department of Aging sends funding to the Center of Medicare and Medicaid Services. HICAP is national volunteer Medicare program that gives free and unbiased counseling, and comparisons on all Medicare Health Insurance and Medicare Prescription Drug Plans. The HICAP program also resolves Medicare, HMO, and Prescription Drug complaints for Medicare beneficiaries.

How does it work?

Every year Medicare has its Annual Election Period beginning October 15 through December 7. This is the time all Medicare beneficiaries need to re-evaluate their health plan and prescription drug plan.

Why would a Medicare beneficiary need to reevaluate his or her current plan?

Medicare plans change every year, so it is important to reevaluate your plan every year. If you are a low-income subsidiary for Medicare Part D or a Medicare beneficiary, you will have to reevaluate your plan during the open enrollment period. HICAP can help you complete your choice for a plan that is right for you. You want to make sure that you don't incur more expenses because your plan changes. Be aware that some plans terminate their contract with Medicare.

How does someone enroll to receive help?

If you will soon be eligible for Medicare or if you are already a Medicare beneficiary, you can call the HICAP program for a personal appointment to go over all your options on Medicare at 805-477-7310. HICAP services are free and unbiased. We do not sell any products.

jurisdictions and working with incident teams and state and federal recovery teams."

The plan designates the Board of Supervisors and the County Executive Officer to serve in the primary leadership roles for disaster recovery and focuses on activities whose goals are to bring about recovery as rapidly as possible. The plan is designed to be adaptable for recovering from potential large-scale disasters that can create unique situations.

The plan also designates supporting roles for the County Office of Emergency Services, recovery task forces, state disaster recovery coordinators, local disaster recovery managers, private sector and non-governmental organization leaders and, when needed, the federal disaster recovery coordinator.

"The Disaster Recovery Plan outlines the mission, purpose and scope of our recovery activities," said Powers. "It also calls for an evaluation of recovery activities through an after-action review to ensure we are continually refining our recovery processes to better serve the public."

The plan deals with topics such as hazardous materials; debris removal; housing, financial and mental health assistance, and is intended to be a resource that can be shared with cities involved in the same disaster, or other jurisdictions experiencing a disaster needing a recovery plan.



This 'n' That

Dr. Kim Hoffmans selected as Ventura College President

Ventura County Community College District (VCCCD) Chancellor Greg Gillespie is pleased to announce that Dr. Kim Hoffmans has been selected as president for Ventura College, effective June 1, 2019. Dr. Hoffmans has served VCCCD for the last 25 years as a nursing faculty, coordinator/department chair, and dean at Moorpark College and currently as Vice President of Academic Affairs for Ventura College.

Hoffman's appointment as president of Ventura College follows a one-year interim appointment by Dr. Damon Bell and a one-year interim appointment by Dave Keebler as a result of Dr. Greg Gillespie's promotion as VCCCD Chancellor in July 2017.

Chancellor Gillespie looks forward to working with Dr. Hoffmans in her new role and stated that "she is an experienced and dedicated community college leader and will actively support college employees in helping meet the diverse needs of Ventura College students and our communities."

Dr. Hoffmans background includes leadership of academic programs, student services areas, career technical educational, accreditation, curriculum, Guided Pathways, and enrollment management. Dr. Hoffmans has served on statewide boards for the California Community College (CCC) Chief Instructional Officers, CCC Athletics Association, CCC Workforce & Economic Development Performance Advisory Board, and others. Locally, she has served as a member of the Ventura College Foundation Board of Directors, a member of California Lutheran University advisory committee for the Graduate School of Education Doctorate Program, and a member of South Central Coast Regional

Consortium of community colleges.

VCCCD Board Chair Dianne McKay commented on the importance of providing opportunities for internal leaders, "Chancellor Gillespie has made a smart decision and we are confident that Dr. Hoffmans will lead Ventura College to do great things for our students and community."

Through her experiences as a nurse and an educator, Dr. Hoffmans has had the opportunity to work with colleagues and students with diverse academic, social, economic, physical, cultural, and ethnic backgrounds and finds the distinct climate of community colleges rewarding, challenging, and full of opportunities. She is excited to serve Ventura College and support student achievement and success in her new role as president of Ventura College.

"I am humbled and honored to serve as the next president of Ventura College. My philosophy of service is based on the idea that the more energy you apply to a mission the greater the success and personal fulfillment. I have applied this approach as an active member of Ventura College for the past four years by giving much and receiving much more in return. My personal mission is to serve others and the institution by promoting student success and institutional improvement. I look forward to expanding my contributions in my new role," stated Hoffmans.

Chancellor Gillespie said he looks forward to "the leadership that Dr. Hoffmans will provide at the college, District, and community levels. We are fortunate to have a proven leader with extensive experience in our district and in the state stepping into this critical leadership position."

NAWBO installs new Board

The Ventura County chapter of the National Association of Women Business Owners (NAWBO VC) installed its new Board of Directors last week at the woman owned RELM Wine & Beer Bistro in Camarillo as part of its summer Celebration. Marsha Bailey, founder of Women's Economic Ventures installed the new slate of officers who represent a broad spectrum of industries, leadership and business acumen.

2019-2020 NAWBO Ventura County Board of Directors
President – Lynnette Coverly, Coverly Professional Services
Immediate Past President – Diane de Maily, DDM Metering Systems, Inc.
Secretary – Lisa Rule, The Acorn Newspapers and Beyond The Acorn Magazine
Membership Director – Kamie Abraham, Sagemark Consulting
Programs Director – Rose Hayden-Smith, Shine Communications
Public Policy/Advocacy Director – Dawn Dyer, Dyer Sheehan Group, Inc.

Newly inducted NAWBO VC President Lynnette Coverly outlined exciting plans for the new year. She plans to launch quarterly idea-sharing Membership Meet-Ups to allow members to get to know each other in a more relaxed environment. She also announced ideas to reenergize the chapter's monthly meetings, which includes holding them throughout the County, incorpo-

rating breakfast and lunch time-frames, and co-hosting networking activities and educational workshops with community partners. "I'm thrilled at the momentum our chapter is gaining and I look forward to continuing to offer a collaborative, educational and supportive environment for women business owners throughout our county."

The Board of Directors is joined by active leadership Chairs Andi Malone (Infinity Gifts, Baskets & Balloons) who will lead the Mastermind program and fundraising activities, Doris Muna (Dorothea Essences) who will be developing corporate partnerships, Seana-Marie Sesma (Your PR Girls and MaryJane Services Network) overseeing the Mentor program and special events, and Brenda Terzian (Doug Terzian Construction) as the chapter's Community Liaison.

Established in 1996, NAWBO Ventura County has been furthering the aspirations of our growing community of women business owners throughout the county for over 23 years. The chapter serves women business owners from the west end of the county, including Ventura, Oxnard, Ojai, and throughout the Conejo Valley, east to Simi Valley and Moorpark, Newbury Park, Thousand Oaks and Westlake Village. In addition to monthly meetings featuring instructive speakers and dynamic panelists, the chapter hosts networking activities and events, including its annual BRAVO celebration honoring the Woman Business Owner of the Year among others. NAWBO VC also takes an active role in supporting

favorable business legislation through a state-wide public policy forum. The national organization, NAWBO, has over 80 chapters across the United States. Membership is open to women solopreneurs, small to mid-size business owners, partners and corporate owners as well as those companies that support women-owned businesses. Learn more: www.nawbovc.org.

Thirteen-year-old to share her life with autism

Thirteen-year-old author Micaela Ellis will visit Hill Road Library at 12 p.m. on Sunday, August 18, to speak about her book, *Autism over the Years: A Twelve Year Old's Memoir*. During this

talk Micaela will share her perspectives on life as a kid with autism.

While expanding perceptions of autism, Micaela hopes to educate others on some of the challenges that people with autism might face and share the many opportunities for growth and learning that are available to children like her when they are respected and understood.

Micaela wrote *Autism over the Years* as a way to share her experiences growing up with autism. She was diagnosed with autism at the age of two and a half and has spent the past decade learning, growing, and working to overcome the many challenges associated with this disorder. She is currently an eighth-grade student at the Lighthouse School of Ojai, a private school that specializes in educating children with

Continued on page 17



The Pet Page



Dedicated to Scamp

SPAN Thrift Store is providing \$10 spays and neuters for low income cat and dog friends.

First two clinics in August are: Albert H. Soliz Library - El Rio, 2820 Jourdan

St., Oxnard, on Thursday, August 15th, and on Thursday, August 22nd at Shiells Park, in the parking lot, located at 649 C St., Fillmore. Please call to schedule an appointment (805) 584-3823.

Do you have a plan in the event of a major earthquake? Does it include your pets? In the wake of two significant quakes recently in Southern California, the Humane Society of Ventura County wants to remind all pet owners of the importance of having an earthquake plan – for the entire household including the pets.

“Southern California is prone to all types of natural disasters and being prepared should be at the forefront for every resident,” said Greg Cooper, director of community outreach for the nonprofit HSVC. “But unlike weather-related disasters, an earthquake can strike without warning, so planning in advance is key.”

There are a number of things pet owners can do in preparation and in the event of an earthquake. Here are some tips from the HSVC:

Microchips: Your pets should always have up-to-date ID tags on their collars, and they should also have embedded microchips. “Have your pet microchipped in advance in case they get separated during an emergency,” said Arlene MacSween, assistant director of the HSVC’s Ojai shelter. “Don’t forget to register the microchip and keep those records up to date for any changes in address or phone numbers.”

Go-bags: If you need to evacuate your home, having preassembled go-bags for every person and pet in the household is a must. Your pets’ go-bags should include food, water, poop bags and cat litter, spare leashes, and collars with ID tags. Also, have copies of vet records, pet medications and recent photos. And don’t forget pet treats and toys to help keep them comfortable during trying times.

Crates: Having portable crates for your pets can help keep them safe in a contained space. Store your pet crates in easy-to-reach places.

Pet sanctuary: In the event of an evacuation, you’ll want to know what hotels are pet-friendly; research hotels in advance, locally and regionally. Also, check with local animal shelters to see if they may provide sanctuary for your pets during the emergency.

Breathe: You help yourself and your pets by staying calm. “Animals get scared and nervous and may act differently during earthquakes,” said Tracy Vail, HSVC senior humane officer. “They can feed off of our emotions when we’re uneasy during a disaster.”

The HSVC offers shelter whenever it’s

needed for evacuated pets and livestock at no cost to the owners. The Ojai shelter is at 402 Bryant St.

For more information about the resources and services offered by the HSVC, visit hsvc.org/disaster_preparedness or call 805-646-6505.

These are TurfMutt’s top five tips for ensuring the family yard is a place everyone can enjoy year-round.

Consider your dog’s needs

Each dog – senior, puppy, small, big, active breed or not-so-much – has different needs. Is your dog a water hound? Maybe you should include a splash pool or water fountain. Got a digger? A sand pit might work well to keep your dog entertained – and the mess contained. Does your dog love to run the perimeter of your yard? Design your yard with his path in mind. Does she have dog friends next door? Maybe an eye-level hole in the fence would keep her from barking. Jot down everything your dog needs from your family yard, then you map out your landscaping accordingly.

Keep your pet safe and sound

One of the most important pet features in your family yard is a secure fence – whether it’s made of wood, metal, vinyl or concrete. Inspect and fix your fence – or install one – so you can rest easy knowing your dog is safely within the boundary of your yard.

Include turfgrass

Turfgrass is safe – unlike concrete, asphalt or hard ground – and offers your pet a soft, cool spot to lie down, even during the hottest conditions. It also creates a comfortable backyard playground and provides a place to take care of business. There are many types of turfgrass that can handle “ruff-housing” from dogs and kids alike. Check your climate zone to make sure you’re selecting an appropriate grass species for where you live. (Another bonus benefit is grass is very good at capturing and filtering rainwater.)

Select the right plants

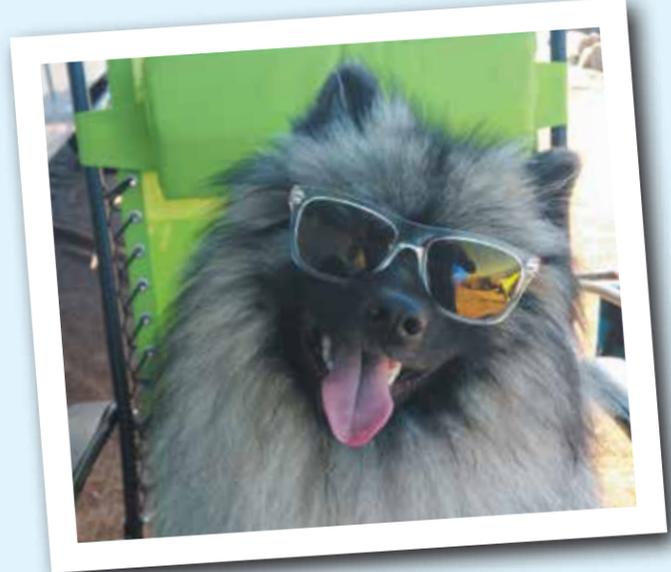
You’ll want to have a balance of grass, flower plants, trees and shrubs in your family yard. Including this mix of species will not only be beautiful, it will also help support biodiversity. Remember, nature starts in your own backyard! Keeping your climate zone in mind, select appropriate landscaping for the areas you’ve identified in your yard. Around walking paths, for instance, you’ll want to include sturdy, yet soft foliage that can stand up to puppy and people traffic without scratching. Use elevated boxes and patio planters for more delicate flowering plants.

Avoid toxic plants

One last word of important advice – there are some plants and shrubs that are poisonous to dogs. You’ll want to avoid these in your outdoor living room entirely. The American Society for the Prevention of Cruelty to Animals (ASPCA) has a list of toxic plants that you should refer to when shopping for your family yard.

Scamp Club

(Scampclub pets are not for adoption.)



I’m Bandit a two-year-old Keeshond. I like to get into the laundry basket, I hope that I don’t end up in the washing machine, it would ruin my sunglasses.

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.

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.

Mother Goose and Grimm



Buckles



Mutts



Rhymes with Orange



SPAN Thrift Store

SPAY/NEUTER ANIMAL NETWORK

We are an all volunteer, nonprofit organization

Volunteers Needed!

More Spays - Less Strays

Donations Always Appreciated!

Spay and Neuter for Low & No Income Families in Ventura County

\$10 Low/No Income Spay & Neuter
Thurs., August 15th
Albert H. Soliz Library - El Rio
2820 Jourdan St., Oxnard, CA 93036
Must call for appointment
(805) 584-3823

\$10 Low/No Income Spay & Neuter
Thurs., August 22nd
Shiells Park parking lot,
649 C Street, Fillmore, CA 93015
Must call for appointment
(805) 584-3823

805.641.1170 110 A & B N. Olive St., Ventura CA 93001 www.spanonline.org



The Pet Page

Forever homes wanted

Hi: I'm Floki a stunning Chow who is in need of a loving home. I was rescued from someone who was abusing me, but my rescuer is moving out of the country and I cannot go too. Thankfully C.A.R.L. is giving me a chance to find my forever home.

I'll need time to get to know you and once I do, I'll be very loyal to you. I like being spoken to lovingly and sweetly.

I need an adult only home with someone who has Chow experience. I enjoy playing with other dogs, but it's unknown how I'd do with cats.

I know basic commands and walk well on leash. If you're looking for a sweet dog and can give me a calm structured environment with consistent training, stop by and meet me. Canine Adoption and Rescue League C.A.R.L.



Marcia, Jan, and Cindy (A710038, A710050, and A710054) arrived at Ventura County Animal Services in May as part of a group of 59 bunnies that all came from the same home. That group included 34 baby rabbits that went immediately into the care of VCAS Bunny Brigade foster families until they would be old enough to be spayed or neutered. Adopt program allows families to take home one or more of these

baby buns as fosters while they are still too young to be officially adopted. To meet these adorable babies and learn more about this program, please visit VCAS at 600 Aviation Drive in Camarillo and ask for ID #s A710038, A710050, and A710054. For details about adoption hours, offsite events, rabbit supplies, bunny nail trims, and compatibility dates, visit facebook.com/VCASBunnyBrigade.

This 'n' That

NBA superstar James Ennis III

Continued from page 1

that them seeing where James came from to where he is at now was very inspirational."

According to James' agent, Scott Nichols, this was the first time Ennis Elite Camp took place in Ventura. Though they have done something similar in Australia, this was also the first time the camp was free of charge.

"He loves kids and I think that was really important. He has a really stressful life and a lot of pressure for him to perform on the court, but you can tell today that there was no pressure for him at all, this is what he loves to do," Nichols said.

James' younger brother, Jamaal Ennis, who is also making his way to the NBA helped the kids with their ball handling skills.

"My main goal is to make sure that they know I'm here and I care and I'm not just here just to be here. Make sure that I build relationships even though it's a short amount of time," Jamaal said.

Sitting on the sidelines was James' dad, James Ennis II. According to Ennis II, he always told James to never forget where he came from and to always find a way to give back.

"I am proud that he did this," said James Ennis II. "If my son can make it anyone else can make it, but you don't have to make it in basketball you can make it any other sports or just get your degree in college and don't run with the bad people."

Growing up in westside Ventura

himself, James was able to relate to the kids who now play at the community center.

"People like myself, we didn't have NBA players come here and do this stuff like that. So, if I can help someone and motivate someone by being here, my presence, that's why I am doing this."

James also had advice for the children.

"Never be afraid to fail. If you're afraid to do something you won't attempt to do it and that was one big thing about me, I didn't know I was going to make it to the league, I just had my mind set to help my family and I did. That's what kept pushing me every day and putting in the work in here. If you believe in something work hard at it," James said.

"I look up to my brother a lot. He's my role model. He taught me a lot about life and shows me what to do and what not to do," James' younger brother Jamar Ennis said.

According to Nichols the Ennis Elite Camp will return to Ventura every summer.

"Every summer he plans on doing it again. The cool thing is, is that the Sixers helped out, Bodyarmor sponsored with the drinks, and Chick Fil A too, to help the kids," Nichols said.

James enjoyed being able to spend time with the westside community.

"My favorite part about today was just seeing everyone smile and having a good time," James said. "I know everyone appreciates everything and we had a good day today."

Thirteen-year-old to share

Continued from page 15

unique learning profiles. In Micaela's words:

"I wrote this memoir because I want to show people how I see the world, as a person with autism. I want to explain how my life has been different from many other people's lives, and how certain thoughts and ideas came into my mind that other people did not understand. I want to share why I did things that seemed strange to others... I want to put an end to the idea that autism is a disease that needs a 'cure.' I want to put an end to autism being a taboo subject."

This event is free and open to the public. For information, contact Linda Cherry, Librarian, at (805) 677-7180. Hill Road Library is located at 1070 South Hill Road.



AUGUST 29, 2019
4-7 PM

Residents, students, and families are invited to this unique community event.

SUMMER OPEN HOUSE

VENTURA WATER RECLAMATION FACILITY
1400 Spinnaker Drive, Ventura, CA 93001

Tour Ventura's wastewater treatment facility, meet with industry leaders, hear from regional partners, and learn about Ventura's future water solutions.

Space is limited.
RSVP at venturawater.net

FREE ADMISSION

WASTEWATER TREATMENT PLANT TOUR

FAMILY FRIENDLY

FOOD AND REFRESHMENTS

ACTIVITIES FOR KIDS








The team is there to play winning softball.

“Positive Rocks”

First published at Parentdugout.com

“We try to throw positive rocks at them during games and practices to keep them up. Just a little encouragement or positive reinforcement.” Ruben Segovia is a modern-day coach. He’s been coaching baseball and softball for decades yet retains his trademark high levels of enthusiasm and positivity. “These young athletes are always on the receiving end of negativity. It comes from the stands during games, their homes, or in the classroom. You hear some coaches during games and they only speak negatively to their team. We try to be positive.”

The 2019 Ventura Girls Fast Pitch 12u All Star team is in Medford, Oregon. They will compete against the best softball teams in the western United States over the course of a week. There will be skills contests, hotel pool parties, and other fun, distracting activities that can only occur during a sports vacation. The team is there to play winning softball but will find some fun away from the diamond.

Headed to Oregon to compete against the very best isn’t where this team appeared to be headed when the all-star season began. “We lost badly in one of the first tourneys we played in. Our older girls weren’t being leaders and there were separate groups within a

team,” lamented Coach Ruben. Anyone who was paying attention could see this and a true team formed in the aftermath of disappointing early results on the field. “I really let them have it after a bad game. I knew they could take it and needed to hear it. The older girls on the team needed to step up and lead the team on the field and in the dugout,” Ruben said. Coach Ruben’s words didn’t fall on deaf ears as he noticed changes in the players’ attitudes and efforts in practice and games. Team parents stimulated team chemistry by coordinating team parties at homes and at the beach. The coaching staff strategically assigned groups during practices to encourage team bonding.

The coaching staff, players, and parents make up a team in any form of youth sports at every level. Success is dependent upon all 3 groups putting in max effort and staying positive.

About half of these girls have played together for 6 years or more. They’re sisters now. They have played regular season, all stars, and fall ball together. High school and travel softball are on the horizon for many of these athletes but first there’s some business to handle in Oregon.

Good luck ladies. The city of Ventura will be cheering you on!



The Spirit Awards celebrate the Spirit of Community Partnership.

Dorcas H. Thille will receive Lifetime Achievement Award

United Way of Ventura County’s (UWVC) will honor Dorcas H. Thille with its Lifetime Achievement Award at the 15th Annual Spirit Awards Gala August 24, celebrating community champions that embody the spirit of the United Way in advancing the common good in Ventura County.

The gala will be held at 5 p.m. - 8:30 p.m. on Saturday, August 24, at the Embassy Suites by Hilton Mandalay Beach Resort. All proceeds will benefit United Way Community Impact programs.

“Dorcas Thille will receive our

fifth Lifetime Achievement Award. Ms. Dorcas is one of our most generous lifelong annual contributors and a supporter of many important organizations in our community. We are looking forward to celebrating all of her achievements as we honor extraordinary folks in our community who are advancing the common good,” said Eric Harrison, CEO of United Way of Ventura County. “We’re excited to come together for the 15th Annual Spirit Awards Gala and recognize the Spirit of Community Partnership in Ventura County.”

Additional community champions to be feted:

- Rigoberto Vargas, Milton M. Teague Award for Outstanding Community Volunteerism
- Lio Alvarado, Douglas Shively Award for Outstanding Community Impact
- Erin Simqu, Women United Award for Turning Compassion into Action
- Procter & Gamble, Roy Pinkerton Award for Top Corporate Citizenship

For more than seven decades, the United Way has fought for the health, education and financial stability of every resident in our community. Our Community Impact focus fights for the health, education, and financial stability of every resident in our community. We are dedicated to helping all achieve their full potential.

Dinner Tickets: \$150 each. After August 9, 2019, price increases to \$175.

Spirit Awards Gala Tickets are available online at vcunitedway.org/spirit-awards-gala/.

Since 1945, United Way of Ventura County has advanced the common good by creating opportunities for a better life for all. For more information about United Way of Ventura County, visit www.vcunitedway.org.

Non-profit offers several programs for boys and girls to learn and play volleyball

The United States Youth Volleyball League (USYVL) is pleased to announce that registration is open for the 2019 Fall Leagues. These signature programs provide a fun, safe, and supervised environment for boys and girls to learn and play volleyball.

The Ventura USYVL runs from Wednesday, September 11, 2019 – Saturday, November 2, 2019 on Wednesdays: 5:30 - 6:30 PM & Saturdays: 10:00 - 11:00 AM at Arroyo Verde Park in Ventura.

The eight-week Fall Leagues provide instruction to boys and girls ages 7 to 15 that is designed to teach basic volleyball skills in a positive environ-

ment. The leagues operate twice per week beginning the second week of September and ending the first week of November. Practices and games operate in a coed format and offer participants the opportunity to develop self-esteem and confidence.

Programs fill quickly, so register early to reserve a spot for your child. Registering early also allows participants to save with the early registration pricing available until August 1. The registration fee includes a volleyball, uniform t-shirt, and participation medal for each participant. Visit online registration page to locate a program in your area.

For information on registration, programs, locations, or schedules visit www.usyvl.org or contact us at 1-888-988-7985 or info@usyvl.org.

Founded in 1997, the United States Youth Volleyball League is a non-profit youth sports organization that hosts more than 15,000 participants annually, nationwide. USYVL’s mission is to provide every child between the ages of 7 and 15 a chance to learn and play volleyball in a fun, safe, and supervised environment. Visit www.usyvl.org today!



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.

Lewd Acts with a Child Arrest

On July 12 at approximately 1am, Ventura Police Patrol officers contacted a 13-year-old female juvenile who alleged 26-year-old Ventura resident Wade Austen Allen sexually assaulted her inside a camping trailer in the City of Ventura. Ventura Police Detectives took over the investigation which resulted in the corroboration of the child's disclosure of the sexual assault. On July 18, at 1am, VPD Detectives located Allen in the 2900 block of Johnson Drive, and he was taken into custody. Upon contacting Allen, Detectives found usable quantities of cocaine and ecstasy in his possession. Allen was arrested for lewd acts with a child, an outstanding DUI warrant, and various narcotics charges.

Detectives are actively seeking any additional victims. Anyone with additional information is asked to contact Det. Alyse Quiroz (805) 339-4413.

Narcotics Arrest

On July 16, at approximately 4:50pm, SCU detectives were conducting a follow-up on an investigation of a commercial burglary. One of the suspects was attempting to sell stolen property from the burglary on an internet site. Detectives using investigative tools were able to identify the suspect as 24-year-old Ventura resident Nicholas Gebber.

During the investigation SCU detectives located and detained Gebber attempting to sell the stolen merchandise. While taking Gebber into custody, investigators located additional stolen property, narcotics, and items used to sell narcotics.

Detectives continued their investigation by conducting a probation search of Gebbers' residence where they contacted 58-year-old Ventura resident Larry Gebber. During a search of the residence, investigators located a large amount of methamphetamines and items used for the sales of narcotics. The contraband was located in Larry's control, during an interview at the residence Larry admitted to the possession of these items. Detectives took him into custody without incident.

Nicholas Gebber was arrested and booked at the Ventura County Jail for possession of stolen property and possession of narcotics for sales.

Larry Gebber was arrested and booked at Ventura County Jail for possession of narcotics for sales.

A search of the Ventura County Superior Court shows that Nicholas Gebber has prior arrests and convictions for multiple property and drug-related crimes. It also shows Larry Gebber has prior arrests and convictions for multiple property and drug-related crimes.

Brush Fire (Fire department)

On July 21, from approximately 10:45am - 1:00pm. Ventura City Fire personnel and units responded to multiple reports of a brush fire in the area of Ventura River, near Highway 101 & Main St. First arriving unit reported a 50'x50' wind-driven vegetation fire in medium/heavy brush with a moderate rate of spread, no structures threatened, smoke and ash impacting adjacent bike path and Main St traffic. Rotor-wing aircraft dropped buckets of water to reduce the intensity, while fire engine

crews used progressive hose lays and hand crews cut handline to surround the fire, cutting off its forward progress within 40 minutes. Total containment and thorough mop-up was accomplished within 2 hours. The cause/origin of the fire was determined to be accidental, resulting from a motorized bicycle which ignited some light grass, final size of fire determined to be just under 1 acre. No injuries were reported at the time of this release. No photos or further information available at this time.

Commercial Burglary and Resisting Arrest

On July 22, at approximately 3:30pm, the Ventura Police Department Command Center received a 911 call of a commercial burglary in progress at a business in the 3600 block of Arundell Cr. The female suspect, later identified as 25-year-old vagrant Sariah Cundiff, was reportedly attempting to break into a business using an axe. As officers arrived on scene, Cundiff fled from officers on foot into a nearby self-storage yard.

With the assistance of a Ventura Police K-9, officers began searching several trailers inside the yard. The K-9, Miles, alerted to Cundiff hiding inside a trailer. When she refused officers orders to come out of the trailer, the K-9 was deployed. Cundiff was taken into custody without further incident.

After being cleared at VCMC for injuries she sustained during the arrest, Cundiff was arrested for commercial burglary and resisting arrest.

A review of the Ventura County Superior Court website shows that Cundiff has a prior conviction in 2018 for possession of a stolen vehicle and in 2017, she had eight convictions for charges of battery on a police officer, burglary, resisting arrest, possession of a controlled substance, under the influence of a controlled substance and drug paraphernalia, identify theft, petty theft, trespassing and vandalism.

Takeover Robbery

On July 24, at approximately 11:15am, the Ventura Police Command Center received a call of a takeover robbery at Arroyo's Fine Jewelry. As officers arrived at the location, they learned that suspect #1 (a black male adult with short hair, thin build, wearing a white dress shirt and dark pants) came into the store alone and told the clerk that he was there to pick up jewelry he had on layaway. As the clerk went to the back of the store to retrieve the jewelry, the suspect followed the clerk and struck him on the head with a handgun. As this happened, suspect #2 (a black male adult with a heavy build, wearing a light-colored shirt) came into the store and covered the front door with a tarp. The two suspects then filled trash bags with several pieces of jewelry from the display cases. The cash value of the stolen property is not known at this time. The two suspects then left the store and entered a vehicle parked to the front of the store. The vehicle was occupied by a third unknown suspect inside.

Commercial Burglary and Grand Theft Arrest

On July 6, the victim called the police department and reported a subject had stolen personal and store property from the counter of the Shell Gas station located at 2440 S. Victoria. The crime was captured on store video surveillance. During the investigation, the suspect was seen entering the business and taking the property while the clerk was distracted.

On July 14, the same suspect entered

VENTURA TOWNEHOUSE

CALIFORNIA'S CROWN JEWEL IN RETIREMENT LIVING

Honoring our Centurions!

Anne Vacarello, Ventura Townehouse Resident for 14 years, was honored in front of peers for reaching 107 years young. Anne is a New Yorker who does not hold back!

805.642.3263 | www.venturatownehouse.com

4900 Telegraph Road, Ventura, CA 93003 CA LIC# 565801810

the Pacific View Mall located at 3301 E Main St. after closing hours. While inside the Mall the suspect forced entry into the Sunglass Hut kiosk and took property from a display rack and then left the Mall with the merchandise.

SCU detectives began investigating both crimes and using evidence located from the scenes were able to identify the suspect as 29-year-old vagrant William Bershers.

On July 25, at 5:30pm, SCU Detectives located Bershers loitering in the 5000 block of Telephone Rd. and with the assistance of Ventura Police Patrol officers took him into custody without incident. Bershers was arrested and booked at the Ventura County Jail for Grand Theft and Commercial Burglary.

A search of the Ventura County Superior Court website shows that Bershers has prior arrests and convictions for multiple property and drug related crimes.

Harbor Patrol Blotter

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

7-16 12:07pm, dispatched to a medical at 1600 Spinnaker Drive. Officers responded and assisted a transient male suffering from an allergic reaction to mosquito bites from the estuary last night. He was transported to local hospital

7:20pm, received report of a man down in front of the A-dock restrooms at VIM. Officers responded and found the man and were able to wake him and move him along. He was suffering from behavioral issues and wandered off.

7-17 1:13pm, dispatched to a male complaining of chest pain. Officers responded and assisted the patient

with initial treatment and AMR/VFD took over and eventually transported the patient to local hospital for further evaluation.

9:38pm, received a dispatch to an unknown medical in the river bottom. Officers responded with VC sheriff, VFD and AMR to a patient complaining of a staph infection and unable to walk. After searching for the patient, it was determined to be re-dispatched in the daylight hours to assist, UTL in the dark.

7-18 2:22pm, dispatched to a medical in the Ventura Marina Community. Officers responded and assisted VFD/AMR with the call. Patient was transported.

7-19 1:00am, officers were monitoring a film shoot at the launch ramp. The shoot was for a car commercial and would be completed before sunrise.

10:52am, while on patrol in Rescue Boat 19, officers observed a seagull with a hook in its mouth and the line attached to the railing of the #7 buoy North Jetty navigation light. Officers caught the bird and freed it.

7-20 11:21am, dispatched to a medical near the Santa Clara River bottom. Officers responded and assisted VFD/AMR with the patient suffering from abdominal pain and desiring to be transported to local hospital for further evaluation.

6:10pm, received a report of a behavioral issue near the Ventura Yacht Club. Officers responded and found a female transient with an "Angry Bird" mask violently confronting persons walking by. She was arrested by VPD.

6:40pm, received a report of an overdue vessel. Officers conducted a brief investigation and were able to locate the vessel just outside the harbor.

7-21 8:00am, dispatched to a medical in the Marina Community. Officers responded and assisted VDF/AMR with a fall victim.

— Weekly SUDOKU —

Answer

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

— King Crossword —

Answers

Solution time: 25 mins.

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



by Pam Baumgardner
VenturaRocks.com

Finally! It's time for live music and entertainment, carnival rides, the rodeo, exhibits, farm animals, food, and more. Yep! It's the Ventura County Fair which runs July 31 - August 11 at Seaside Park. This year's theme is "A Country Fair with Ocean Air" and the music, as always, is included in the price of admission. Personally, I can't wait to catch a number of the acts and I'm super jazzed to be able to photograph several including X Ambassadors, Melissa Etheridge and Collective Soul. Photo galleries will be found on VenturaRocks.com soon after the shows. By the way, I highly recommend taking one of the many free shuttles around town.

The Music Under the Stars series continues on Saturday nights at Olivas Adobe with Four Lads from Liverpool on August 3, and Identity Theft on August 10; unfortunately, all remaining shows are sold out. You really have to plan early to catch these shows the past few years.

Be sure to put the Topa Mountain Music fest "Finding a Cure" Cancer benefit on your calendar. I'm very honored to have been asked to emcee this year's concert with Marc Broussard, Brett Dennen, The Mother Hips, Chris Pierce, Bryan Titus Trio, Tim Curran and more amazing artists. For information about this one taking place at Libbey Bowl in Ojai on Saturday, September 21, go to TopaMountainMusicFest.org.

Quick Notes: Reggae continues on Sunday afternoons in the Treehouse Lounge at Café Fiore as well as at The Star Lounge on Main and every now and then at Discovery; 54 Reasons out of Houston play The Garage on Friday, August 2; Club Fallout's Tech 805 returns to the Hong Kong Inn on Friday, August 2; there's a Humane Society fundraiser at the Ventura Theater on Saturday, August 3, with Astreyas, Cool Arrows, Cruda and DNA; Old Blood (Los Angeles) plays Heavy Wednesday at The Tavern on August 7; Word of Mouth and The Swinging Nixons out of Bakersfield play San Souci on Friday, August 9; Second Sunday Supper at Plan B has Ignition rocking the house on August 11; and Salzer's Records has Pepper performing an acoustic set on Sunday, August 11 (2 pm).

And finally, if you haven't yet tuned in for an episode of The Pam Baumgardner Music Hour, please do so! I play music from artists out of the 805 as well as artists who come here to play, and every now and then an Indie nugget or two I think you would enjoy. The show airs on CAPS Media's KPPQ-LP radio at 104.1 FM on Tuesdays and Fridays at 5 pm, and Sundays at noon. You can also listen in with the MyTuner radio app, or online at CapsMedia.org/radio. In the immortal words of Charles Osgood, "See you on the radio!"

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

Music Calendar

For more events go to VenturaRocks.com

Blue Agave

185 E. Santa Clara
Fridays: Mariachi Band; DJ
Saturdays: DJ

The Blue Room

Ventura Harbor Village
(Next to Comedy Club)
Thursdays: Gypsy Blues Band

Boatyard Pub

Ventura Harbor Village
Monday-Thursday 6 pm, Friday & Saturday 7 pm

Mondays: Milo Sledge
Tuesdays: Jason Ho/Frank Barajas
Thursdays: Bluegrass Jam

Bombay Bar & Grill

143 S. California Street
Thursdays, Friday & Saturdays: DJs
Sunday 2-7: DJs

Café Fiore

66 S. California Street
Wed 7/31: Bryan McCann
Fri 8/2: Instone
Sat 8/3: Rick Whitfield
Sun 8/4: Babylon Rockers

Casa Bella

391 E. Main Street
Thursdays: Danny D.

Cask Alehouse

5952 Telegraph Road
Music 4-6 pm
Sun 8/4: Meg & Alex
Sun 8/11: Grayson Button

The Cave

4435 McGrath Street
5:30 - 8:30 pm
Wed & Saturdays: Varon Thomas
Thurs & Fridays: Warren Takahashi

Copa Cubana

Ventura Harbor Village
Music 7 pm; Sundays 4 pm
Tuesdays: The Jerry McWorter Trio
Wednesdays: Al Macias Jazz Open Mic
Fri 8/2: Nuestro Band
Sat 8/3: Ruben Estrada & Martinez Brothers
Sun 8/4: Brand Ragan Project
Fri 8/9: Miguelito Leon y su Cachimba
Sun 8/11: House Arrest

Crown Plaza

Agua Beachfront Bar
450 E. Harbor Blvd
Music 6-8 pm
Fridays: Brittney & Ben
Dargan's Irish Pub & Restaurant
593 E. Main Street
Sun 8/5: Sunday Drivers (4 pm)

Discovery

1888 Thompson Blvd
Thurs 8/1: The Green, Leilani Wolfgramm
Fri 8/2: Renegades of Rage
Sat 8/3: The Stranger
Sun 8/4: BombayFiya
Fri 8/9: Nearvana
Sat 8/10: Corazon de Mana
Sun 8/11: Sgt. Pepper

Duke's Griddle n Grill

1124 S. Seaward
Wednesdays: Karaoke

El Rey Cantina

294 E. Main Street

Fridays: DJ

Saturdays: DJ

Four Brix Winery

2290 Eastman Avenue
Music 6 - 8:30 pm
Fri 8/2: Déjà vu Too

Garage

1091 Scandia Avenue
Fri 8/2: 54 Reasons, Dr. Infinity, Break the Tides, T.S.R.

Sat 8/3: The Sleeping Sea King, Electric Howlers, Brenna & Sean (The Last Gang)

Gigi's Cocktails

2493 Grand Avenue
(805) 642-2411
Thurs, Fri & Sat: Karaoke

Golden China

760 S. Seaward

(805) 652-0688
Karaoke seven nights a week 9 pm
Tuesdays 7 pm: Open Mic

Grapes and Hops

454 E. Main Street
Wed & Thurs 6 pm; Fri & Sat 8 pm, Sun 4 pm

Sat 8/10: Brandon Ragan Project

Hong Kong Inn

435 E. Thompson Blvd
Fri 8/2: Club Fallout's Tech 805
Sat 8/3: The Crawfish

Sun 8/4: RJ Mischo & His Red Hot Blues Band, Doc Ventura

Keynote Lounge

10245 E. Telephone Road
Tues, Wed and Sun: Karaoke
Thursdays: Open mic night
Fri 8/9: DJ AVG
Sat 8/10: Wax Off

Leashless Brewing

585 E. Thompson Blvd.
Tues: Open Mic, The Listening Room

Limon y Sal

598 E. Main Street

Fridays: DJ
Saturdays: DJ
Sundays: Instone (1-4 pm)

Made West Brewing

1744 Donlon Street
Thurs 6 pm; Sat 4 pm; Sun 3 pm
Thurs 8/1: RJ Bloke

Sat 8/3: The Inside Break

Sun 8/4: RJ Mischo & His Red Hot Blues Band

Thurs 8/8: Will Breman

Sat 8/10: Bill Bloomer

Sun 8/11: 50 Sticks of Dynamite

Majestic Ventura Theater

26 S. Chestnut Street
Sat 8/3: Astreyas, Cool Arrows, Cruda, DNA

Fri 8/9: Como la Flor

Margarita Villa

Ventura Harbor Village

Fri 8/2: Corsican Brothers

Sat 8/3: Sin Chonies

Sun 8/4: Mark Masson

Fri 8/9: Operation 90s

Sat 8/10: Bejammington

Sun 8/11: James Broz

Namba

47 S. Oak Street

Fri 8/9: John Biggs

Oak and Main

419 E. Main Street

Tuesdays: Beers Brothers Open Mic

Thurs 8/8: Dylan Garcia

Fri 8/9: Colette Lovejoy Band

Sat 8/10: Johnny & the Love Handles

O'Leary's

6555 Telephone Road

Wed: Karaoke

Olivas Adobe

4200 Olivas Park Drive

Music Under the Stars series

Sat 8/3: Four Lads from Liverpool

Sat 8/10: Identity Theft

Paddy's

2 W. Main Street

Wednesdays: Karaoke

Fri & Sat: DJs

Plan B Winery

3520 Arundell Circle

Music 4 pm

Sun 8/11: Ignition

Prime

2209 E. Thompson Blvd

Tuesdays: Danny D.

Salzer's Records

5777 Valentine Road

Music 2 pm

Sun 8/11: Pepper (acoustic set)

Sandbox Coffeehouse

204 E. Thompson Blvd

805-641-1025

Thurs 6 pm, Weekends noon

Thursdays Open Mic

Sat 8/3: Eaton Young

Sans Souci

21 S. Chestnut

Sundays: DJ Darko

Mondays: Karaoke w/ Brian Parra

Tuesdays: DJ Nick Dean

Wednesdays: Open mic

Thursdays: DJ Spinobi

Fri 8/9: Word of Mouth, The Swinging Nixons

The Shores Restaurant

1031 Harbor Blvd, Oxnard

Thursdays: Karaoke

The Star Lounge

343 E. Main Street

Sat 8/3: CRV

The Tavern

211 E. Santa Clara Street

(805) 643-3264

Sundays: DJ Steezy Steve

Tuesdays: Karaoke

Thursdays: Get Right DJ

Wed 7/31: Operation Oxnard, Civil Conflict, Las Criaturas

Wed 8/7: Old Blood

Fri 8/9: The Black Stripes

Topa Mountain Winery

821 W. Ojai Avenue, Ojai

Music Saturdays: 5-7; Sundays 4-6

Sat 8/3: Karen Eden

Sun 8/4: Conner Cherland

Sun 8/11: Alec Ledbetter

Ventura County Fair

10 W. Harbor Blvd

Grandstand Stage

Wed 7/31: Styx

Thurs 8/1: Martina McBride

Fri 8/2: Melissa Etheridge

Sat 8/3: The Ohio Players, The Emotions, Evelyn "Champagne" King

Sun 8/4: Banda Carnaval, Luis Coronel, Cuarto de Milla

Mon 8/5: X Ambassadors

Tues 8/6: Tommy James & the Shondells; Brothers Osborne

Wed 8/7: Daughtry

Thurs 8/8: George Thorogood & the Destroyers

Fri 8/9: Collective Soul

Ventura Harbor Village

1583 Spinnaker Drive

Music 1-4 pm

Saturdays: Steel Drums

Sun 8/4: Blown Over

Sun 8/11: Karen Eden & the Bad Apples

Winchester's

632 E. Main Street

(805) 653-7446

Music at 7:00 pm; Sundays at 5 pm

Fri 8/2: Milo Sledge & Co.

Sat 8/3: The Tossers

Sun 8/4: Preston Smith

Fri 8/9: Blues Bullet (unplugged)

Sat 8/10: J2B

Sun 8/11: Acoustic Crossroads

The 805 Bar

Ventura Harbor

Music at 11 am - 1 pm Fri & Saturday

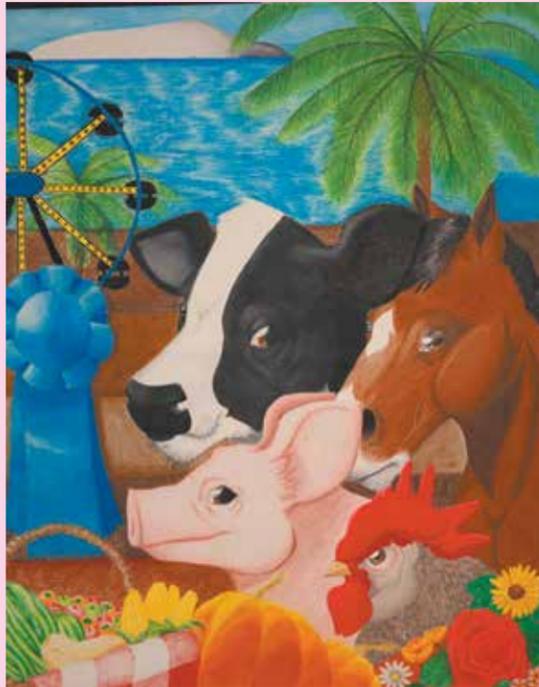
4-7 pm Saturday

Saturdays: Kenny Devoe

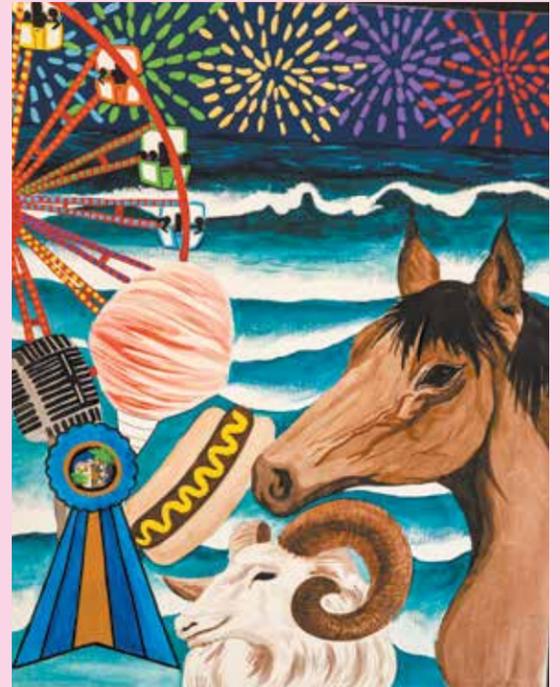
Sundays: Kenny Devoe



1st. Place by **Darianna Vasquez**



2d Place by **Hannah Ellsberry**



3rd Place by **Jorja Garcia**

The winners of the Ventura County Fair poster contest were unveiled in our last issue. These are the winners. Photos by **Bernie Goldstein**.



throughout the plant world. I have a BA in Art from UC Irvine (1975), where I studied ceramics under John Mason. I work in porcelain and hand build my pieces. I am also a

Ventura County Potters' Guild Gallery featured artist **Terry Wilson** Thru August 31, 2019. Meet the artist August 12, 20 and 29th, 2:30 - 6 pm at Ventura Harbor Village. Open Daily 11am-6pm.

Wilson creates beautiful forms from the imprint of nasturtium leaves and more objects from nature. In her own words: "I am an artist in Ventura having worked in a variety of media over the years, usually exploring nature and abstractions drawn from patterns found

silversmith and lapidary artist." Ventura Harbor Village 1567 Spinnaker Drive Suite 105 Ventura (805) 644-6800

Vita Art Center is pleased to present The Drawing Room, A group exhibit featuring 15 contemporary artists for whom drawing is the major focus of their work. Until August 23.

28 West Main St.

www.vitaartcenter.com

Hours: Wednesday thru Saturday 11am - 4 pm



Applications accepted to August 1

The Ventura County Arts Council in partnership with CreativityWorks has launched the Creative Community Thomas Fire Recovery Grant program to provide financial help to artists who endured losses due to the Thomas Fire and debris flow. Applications are online at <http://vcartscouncil.org/creative-community-thomas-fire-recovery-grants/>, and will be accepted through August 1st. Awards will range from \$250 to \$2,500.

"All working artists who reside in Ventura County and whose creative careers were significantly impacted by the Thomas Fire or debris flow are eligible to apply," said Tracy Hudak of CreativityWorks.

The grants, funded by the National Endowment for the Arts and the California Arts Council with additional support from the Carolyn Glasoe Bailey Foundation of Ojai, aim to hasten the recovery of working artists and creatives by investing in their work and connecting them with additional resources, Hudak said. Those who may want to make a tax-deductible contribution to the fund may do so at <https://bit.ly/2LyVMii>.

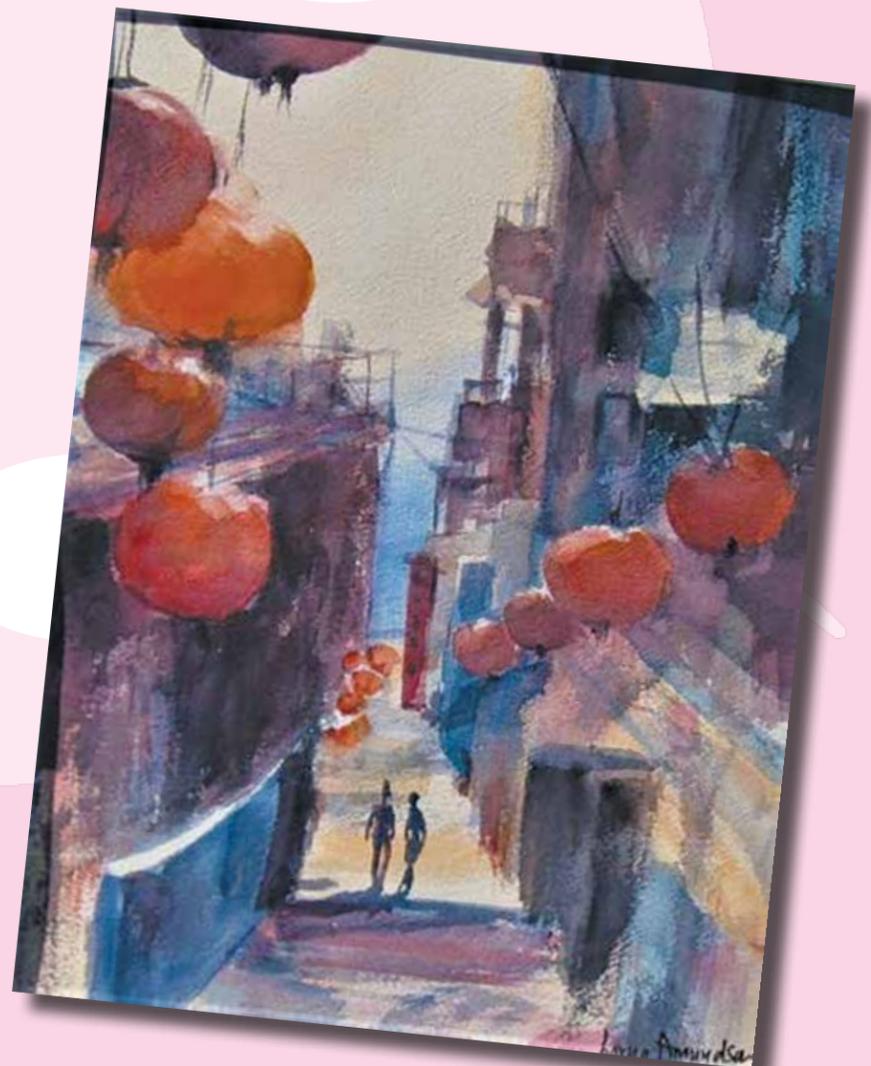
Working artist is defined as an individual working in any artistic discipline or creative industry, including visual, literary, performing, music, folk, media or applied arts traditions,

including those artists who adapted their practice for teaching, nonprofit work, healthcare, government or commercial applications. A creative career is one that actively developed or professionalized an art form through producing, presenting, promoting, or selling work or through teaching an artistic practice at the time of the fire in Dec. of 2017. Significant impact, for grant purposes, may include loss or damage of home or studio space, loss of a body of work or supplies, loss of income or other economic losses, disruption of career, or other impact.

To further assist artists recover, there will be an Arts Response Forum, Sept. 12 from 6 to 8 p.m., at the Carolyn Glasoe Bailey Foundation, 248 S. Montgomery, Unit A, in Ojai. Presented by CreativityWorks and the Long Term Disaster Recovery Group with support from the Arts Council and the Ventura County Community Foundation.

More information on the Making It forums, the grants and grant applications can be found on the Ventura County Arts Council website, <http://vcartscouncil.org/creative-community-thomas-fire-recovery-grants/>.

For nearly 20 years, the Ventura County Arts Council, an independent 501(c)3 nonprofit arts organization, has served Ventura County residents as the local arts agency designated by the Ventura County Board of Supervisors to serve the county's citizens in partnership with the California Arts Council. VCAC advocates for the arts and for increased arts instruction in schools, and fosters community development through the arts.



BAA (Buena Ventura Art Association) at Harbor Village Gallery & Gifts: New BAA Members' Show.

BAA Member Artists present a special exhibit of their work at Harbor Village Gallery & Gifts, located in the Ventura Harbor Village shopping complex. Harbor Village Gallery & Gifts is operated by a co-op of BAA artists, selling original art, artisan jewelry, fine crafts, wearable art and accessories, greeting cards and more. Open daily 11-6.

Member Show Juror: **Gerald Zwiers**.

Exhibiting until September 8, 2019.



Lighter Breeze

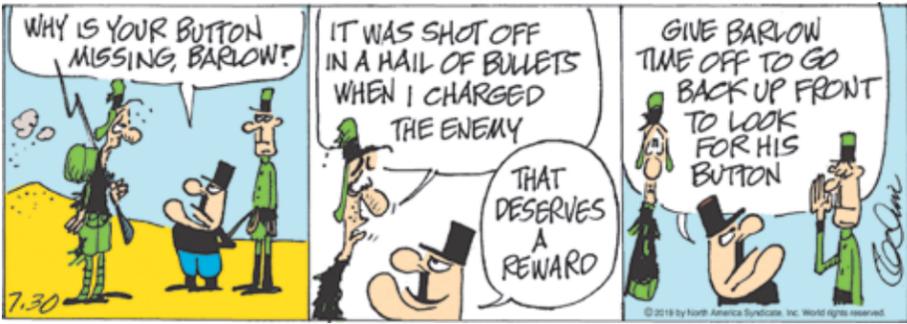
Zits



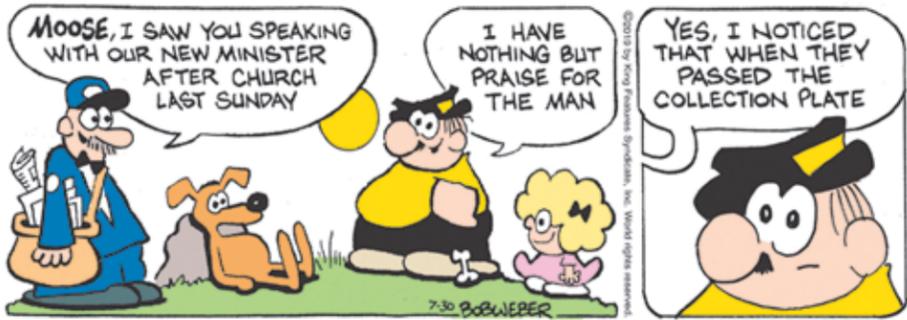
Arctic Circle



Crock



Moose and Molly



Blondie



Sam and Silo



Solutions on page 19

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

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

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!

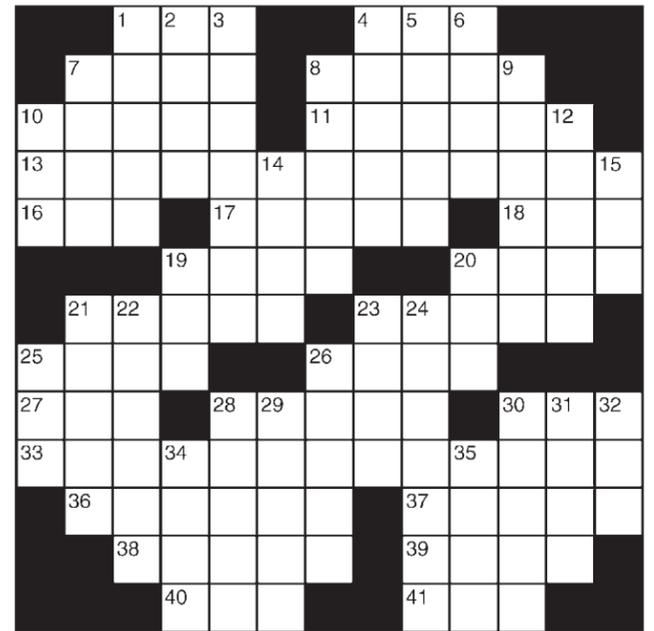
© 2019 King Features Synd., Inc.

Solutions on page 19

King Crossword

ACROSS

- 1 Taxi
- 4 A-E connection
- 7 Showroom sample
- 8 Sag
- 10 Sound portion
- 11 Peter of Peter, Paul and Mary
- 13 Fairy tale footwear
- 16 "— the ramparts ..."
- 17 Frogs' kin
- 18 Also
- 19 Flowerless plant
- 20 Perches
- 21 Worship
- 23 Nothing
- 25 Elbow counterpart
- 26 Hardly brawny
- 27 And so on (Abbr.)
- 28 Liniment targets
- 30 Second person
- 33 Lawn-trimming tools
- 36 Blazing
- 37 Cheer up



- 38 Cobbler's supply
- 39 A rate or tax
- 40 Type squares
- 41 Tit for —
- DOWN**
- 1 Fragrant wood
- 2 Writer Kingsley
- 3 Rocket stage
- 4 Make pigtails
- 5 Military group
- 6 Dutch village
- 7 "Psych" actor
- Hill
- 8 "The Times They Are A-Changin'" singer
- 9 Beautifully imaginative
- 10 Way back when
- 12 Very angry
- 14 Peeved
- 15 "Help!"
- 19 Adversary
- 20 Crafty
- 21 Bone cavities
- 22 Coffee shop
- orders
- 23 New Mexico tribe
- 24 Scrutinize
- 25 Small barrel
- 26 Heaps
- 28 Song of David
- 29 Pinnacles
- 30 Leavening agent
- 31 Table scraps
- 32 Employ
- 34 — gin fizz
- 35 Entreaty

© 2019 King Features Synd., Inc.



LIBRA (September 23 to October 22) Confronting a new challenge to your stated position could work to your advantage by settling all doubts once you're able to present a solid defense backed up by equally solid facts.

ARIES (March 21 to April 19) Technology snafus tax your patience. But before you throw that computer or other hardware into the trash, take a deep breath and call someone knowledgeable for help.

SCORPIO (October 23 to November 21) You enjoy doing nice things for others. But this is a good time to do something nice for yourself as well. You might want to start by planning a super-special getaway weekend.

TAURUS (April 20 to May 20) Don't be too upset if your generosity goes unappreciated. These things happen, and rather than brood over it, move on. A new friend could open up some exciting new possibilities.

SAGITTARIUS (November 22 to December 21) Some changes you feel you need to make might be reasonable and appropriate. But others might lead to new problems. Think things through carefully before you act.

GEMINI (May 21 to June 20) A loved one helps you get through an especially difficult emotional situation. Spend the weekend immersed in the body and soul restorative powers of music and the other arts.

CAPRICORN (December 22 to January 19) Good instincts usually keep the sure-footed Goat on the right path. So, what others might see as stubbornness on your part, in fact reflects your good sense of what is worth supporting.

CANCER (June 21 to July 22) You are pretty much in charge of what you want to do this week. However, it might be a good idea to keep an open mind regarding suggestions from people you know you can trust.

AQUARIUS (January 20 to February 18) A period of introspection could lead to some surprising conclusions -- and also equally surprising changes -- involving a number of your long-held positions on several issues.

LEO (July 23 to August 22) Another chance to shine (something always dear to the Lion's heart) might be resented by others. But you earned it, so enjoy it. The weekend brings news about a family member.

PISCES (February 19 to March 20) The financially practical Pisces might want to take a sensible approach to spending as well as investing. Being prudent now pays off later. A romantic situation moves into another phase.

VIRGO (August 23 to September 22) A suggestion that never took off could become viable again. Dust it off, update it if necessary, and resubmit it. In your personal life, a new relationship takes an "interesting" turn.

BORN THIS WEEK: Your sense of curiosity keeps you continually alert for what's new about people, places and things.

(c) 2019 King Features Synd., Inc.

Showtime

The Lion King

Movie Review by Cindy Summers



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

The Lion King is the new CGI photo-realistic release of the Disney animated classic originally released in 1994. Directed by Jon Favreau, who also did the CGI remake of Disney's Jungle Book, Written by Jeff Nathanson with Pharrell Williams producing a new soundtrack of the original Elton John/Tim Rice songs. The voices are done by many notable stars: Donald Glover as Simba, James Earl Jones as Mufasa, Billy Eichner as Timon, Seth Rogen as Pumbaa, Chiwetel Ejiofor as Scar, and Beyoncé Knowles as Nala.

The story takes place in the African savanna, where Mufasa is the Lion King who regally and responsibly rules the pride lands which he will turn over to his young son Simba when Mufasa's time is done. As a young cub, Simba is taught the ways to rule by his father, and spends his days playing and adventuring with a female cub Nala, the future queen.

All the animals in the pride lands recognize Simba as the future king except Scar, Mufasa's brother who believes he should be king and gathers the hyenas for support in undermining Mufasa's plan to have Simba lead the pride. As a helpless cub, Simba finds himself exiled by Uncle Scar and matures away from the pride under the care and friendship of a warthog Pumbaa

and his pal Timone the meerkat. Nala decides to leave the pride to find help in saving the pride lands from destruction under Scar's rule and stumbles upon Simba. Though conflicted with confusion and guilt, Simba makes the decision to return with Nala to discover the truth and assume his role as king.

Seth Rogen's comedic prowess is perfect in the role of Pumbaa, and a standout in the cast which includes many other notable stars among them John Oliver as Zazu, Keegan-Michael Key as Kamari and Alfre Woodard as Sarabi. I watched the 3D version and often felt immersed in the African jungle with visuals bordering national geographic realism and some scenes seeming so real they may be disturbing for young, sensitive viewers

The filmmakers used motion capture and VR (virtual reality)/AR technologies, an interactive experience of a real-world environment where the objects that reside in the real-world are enhanced by computer-generated perceptual information, with the production team combining VR technology with cameras in order to film the remake in a VR-simulated environment. Even new software had to be developed for the movie to simulate scenes with a shaky-cam look of a handheld camera, a look that tends to be popular in today's live action filming.

The real life visual effects are extraordinary, though the storyline is identical to the original animated version so there is nothing new in this version for those who know the story, but it's a wonderful story of family and friendship that is priceless and timeless.

Rated PG 110m

This 'n' That

Mailbox

Continued from page 4

more homes is an opportunity to design homes for transition away from natural gas that risks explosions, pollutes air, and accelerates the pace of global climate change. Replacing natural gas with electricity in single family homes can reduce a homeowner's carbon footprint as much as 90%! Ventura can make sure that no new homes have the added expense of gas connections. New home construction costs are an average \$6,000 less with no gas connection. There are efficient all-electric options for heating, water heating, and cooking. Operating and other costs for the new all-electric home owner will be \$130 to \$540 less per year with better air quality and zero risk of fires or explosions.

Homes with solar, battery storage, and smart circuit breakers can shed load during peak high-priced hours and assure flexible, economical backup power in a blackout. The city can also require new homes to cut water use in half with tankless on-demand water heaters, rain collection and gray water for the garden and various equipment and strategies promoted by the city's Sustainable Ventura.

We immediately need to ask the County Supervisors to assure that the Ventura County General Plan Update requires zero-emission, all-electric, water conservation design for all new construction. The city doesn't need to wait for a General Plan Update. Santa Rosa and Berkeley just banned gas connections in new home construction. Make Ventura the first city in

the county to accelerate the transition to safe, sustainable, less expensive housing by passing such an ordinance now.

Jan Dietrick

Dear Mr. Brown,

Strong pesticide regulation should be part of the Ventura County 2040 General Plan. There has been little effort at the state or federal level to prohibit the use of pesticides such as chlorpyrifos, which has been proven to cause brain damage in children.

There is no reason to expose farm workers, their families, or the public to these dangerous chemicals. The county should take the lead on this issue, since there is a lack of impetus from state and federal agencies.

Farmers can control pests naturally by using biologically integrated pest control methods. Doing so would ensure the safety of our food supply, as well as ensuring the health and safety of farm workers and their families.

Kristen Kessler

"Know Your Limit"

Continued from page 9

volunteers to take a breathalyzer test to see if they can guess their BAC. Those participating were asked how many drinks they had and whether they believe they are safe to drive. Following the test, officers educate those out drinking on the impacts of alcohol on one's ability to drive, and the consequences of a DUI.

"The goal is to help people understand the effects of alcohol so they can



Presents

WILD & SCENIC FILM FESTIVAL
WHERE ACTIVISM GETS INSPIRED

Saturday, August 17th, 2019

**Award-Winning Short Films
Live Bands, Food Trucks,
Beer & Wine, Raffle,
Games, Family Fun**

**General Admission \$35
Kids 12 & Under \$5**

**★ New This Year! ★
VIP Experience \$125**
Exclusive VIP Lounge Includes:
Beer - Wine - Cocktails
Food - Entertainment - Gifts

PURCHASE YOUR TICKETS TODAY!
venturallandtrust.org/2019_wsff

Festival will be held at the headquarters of VCCU: 2575 Vista Del Mar Drive, Ventura

Local Sponsors

theTradeDesk

Estimate-It.com CATERING

Rabobank

CLIF

peak design

Earthjustice

make smart decisions about how they get home after a night of drinking," said Officer Compean. "It only takes a few drinks to impair, and that's why it is so critical that people know when not to drive."

A person's height, weight, food intake, drug and/or medication use and how much they drink over a time period are all factors that affect BAC. According to the Texas Alcoholic Beverage Commission, it takes two drinks consumed within one hour by a 120-pound woman and four drinks by a 180-pound man to be at the legal limit. One drink is based on 1.5 oz. of liquor (40% alcohol), 12 oz. of beer (4.5% alcohol) or a 5 oz. glass of wine (12% alcohol). The body lowers your BAC at a rate of .015% every hour.

The average cost of a DUI arrest is approximately \$13,500, accounting for vehicle impound fees, fines, attorney fees, auto insurance hikes and other penalties. Please plan ahead and avoid risking a DUI by designating a sober driver.

Funding for the "Know Your Limit" program is provided by a grant from the California Office of Traffic Safety, through the National Highway Traffic Safety Administration.

DON'T LEAVE YOUR DOG IN THE CAR



On a 78° day:
Parked car = 120°

On a 90° day:
Parked car = 160°

IN MINUTES

CALL & BOOK YOUR PRIVATE EVENT!
805-253-7163

Discovery VENTURA

LIVE MUSIC · BOWLING · FOOD & DRINK

8/1: THE GREEN W. LEILANI WOLFGRAMM & BO NAPOLEON

8/2: RENEGADE OF RAGE - TRIBUTE TO RAGE AGAINST THE MACHINE

8/4: JAZZ BRUNCH

8/4: BOMBAFIYA W. JACOB MARQUEZ

8/9: NEARVANA - TRIBUTE TO NIRVANA

8/10: CORAZON DE MANA - TRIBUTE TO MANA

8/11: MEXICAN BRUNCH

8/11: SGT. PEPPER - TRIBUTE TO THE BEATLES

8/17: GONDWANA W. BIPOLARTE



THURSDAY AUGUST 1st



FRIDAY, AUGUST 2nd



FRIDAY, AUGUST 4th



FRIDAY, AUGUST 9th



SATURDAY, AUGUST 10th



SUNDAY, AUGUST 11th

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

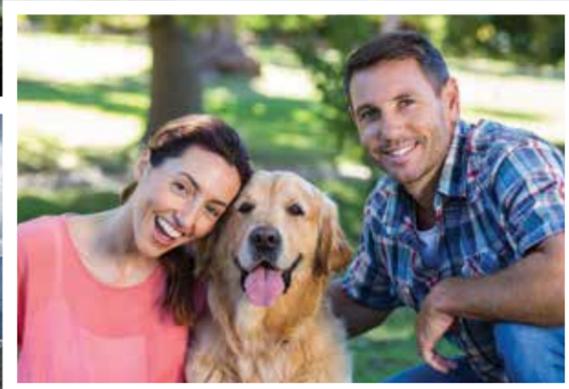


PARKLANDS APARTMENTS

LIVE REFRESHED IN VENTURA'S BRAND NEW LUXURY COMMUNITY

NOW
PRELEASING!
SCHEDULE A
SNEAK PEEK
HARD HAT TOUR
TODAY!

Rooftop Retreat
Fitness & Yoga Studio
Resort Style Pool
Pet Friendly
In Unit Washer Dryer
Central Heat & Air
Direct Access Garages



7 unique floor plans

1 bedroom from \$1,950

2 bedroom from \$2,392

3 bedroom from \$3,015

***Ask about move in specials
– use code BREEZE**



LIVEPARKLANDS.COM | 805.659.5588 | 10896 TELEGRAPH ROAD, VENTURA, CA 93004



Ventura Port District powers into new fiscal year

With the recent approval of a 2019-2020 budget and new leaders on board, the Ventura Port District is moving full steam ahead into the new fiscal year.

Under the leadership of the district's new general manager, Brian Pendleton, appointed on May 1, and with the addition this month of Commissioner Mike Blumenberg, the Ventura Board of Port Commissioners is poised to oversee the completion of several major enterprises in the months ahead.

Topping the list is the Ventura Harbor Village Marina Dock Improvement Project; now in progress, the \$4.6 million project aims to greatly bolster the harbor's commercial fishing industry as one of the largest commercial marinas on the West Coast.

The Ventura Port Commission also awaits the 2020 opening of Portside Ventura Harbor, a coastal 300-unit mixed-use residential development. In addition, the Port District is heading up a painting refresh of Ventura Harbor Village to introduce new sea-inspired hues this fall.

Settling into his new post, Blumenberg said he is excited to serve as a part of Ventura Harbor's bright future.

"The harbor is a great and unique property," said Blumenberg, a Ventura resident with a long professional history in engineering, ocean engineering and project management. "You've got everything at the harbor: commercial

fishing, retail, recreation, restaurants, scenic beauty, and an opportunity to enhance the experience for our residents and visitors alike."

"As a commissioner, I will support the Ventura Port District staff and harbor tenants to be able to take it to the next level," Blumenberg said. "I look forward to assisting the harbor to continue to position itself as a major economic driver for the city."

Raised in Milwaukee, Blumenberg entered the Naval Academy out of high school and served 24 years in uniform. After his naval career, he joined the Northrop Grumman Corporation, ultimately becoming a program manager. Three and a half years ago, he moved his family to Ventura, where he remains at Northrop Grumman – and now in a role that has him working with the Navy again. "It's kind of coming back to my roots," he said.

It was a natural for Blumenberg to offer his services on the Ventura Port Commission, based on his knowledge and experience, his love of the sea and his call to civic duty. "I think it's important that everyone finds a way to serve the community, to make it better," he said.

Blumenberg's four-year term on the Port Commission began on July 1. He joins Chris Stephens, board chairman; Brian Brennan, vice chairman; Everard Ashworth; and Jackie Gardina, who was appointed to the commission in March.

The Ventura Port District, home to the Channel Islands National Park, provides a safe and navigable harbor and a seaside destination that benefits residents, visitors, fishermen and boaters, allowing them to enjoy Ventura Harbor's exceptional facilities, events and services.

For more information, visit VenturaHarbor.com.

Marketplace looks to expand number of Saturdays

The Ventura College Foundation Marketplace, which operates every Saturday and Sunday on the Ventura College campus, is looking to expand the number of Saturday produce and pre-packaged food vendors. The Marketplace attracts between 2,000 and 5,000 visitors each weekend.

"The Marketplace sells all types of fruits and vegetables," says Esmeralda Juarez, Marketplace supervisor. "Some vendors grow their own produce. The Marketplace is so popular because prices are low and the quality is high," says Juarez. "It's an ideal place to shop for families on a

limited income and for people who seeking unique items at bargain prices."

The Marketplace provides a link between Ventura College and the community. Vendors pay a modest fee to rent space. All county non-profit organizations can rent one or more free vendor spaces on Saturdays to set up an information booth or to use the space to sell goods for fundraising purposes. Marketplace proceeds pay for 50 percent of the VC Foundation's budget, including 60 percent of the VC Promise free tuition program and 75 percent of the textbook lending program.

Marketplace hours are Saturday and Sunday from 8:00 a.m. to 3:00 p.m. Admission and general parking are free (premium parking is \$1 on Saturdays and \$5 on Sundays). For more Marketplace and vendor information, go to www.vcgiving.org, and click on the "Marketplace" tab or call 805-289-6062.



O'Connor Pest Control

"Family Owned and Operated Since 1952"

FREE TERMITE INSPECTION
FREE ESTIMATES

Same Day Service M-F
ECO SMART PRODUCTS

805-644-5501

www.oconnorpest.com



KEVIN O'CONNOR, President

"Look for the ANT
on the Door!"