

Pass out the Breeze for Halloween!



VENTURA BREEZE

Your Hometown Paper

Vol. 13, No. 2

Published Every Other Wednesday

Established 2007

October 23 – November 5, 2019



Elaine Parenti, Vista Del Mar Hospital Case Manager; Mark Stadler, Crisis Intervention Team and Maya Lazos, Vista Del Mar Hospital Community Liaison debuted 'Stop the Stigma'.

Stop the Stigma of mental health issues

by Carol Leish

"In recognition of World Mental Health Day, October 10, 2019," according to, Maya Lazos, Community Liaison, at, Vista del Mar-Behavioral Health Care Hospital, "we debuted the, 'Stop the Stigma' at the photo booth at the Ventura Chamber of Commerce 'Haunted at the Harbor' Business Expo. The interactive photo booth allows us to have a conversation with the community about issues regarding mental health."

"The 'Stop the Stigma' campaign allows people to post/share it on their social media," according to, Maya. "We will be bringing out this campaign to several different events each month." These events in October include: 1) October 17: A Mental Health Fair, between 11:00am–1:00pm, at Oxnard College; 2) October 22: A Health Fair, between 9:00am–1:00pm, at Ventura College; 3) October 24: Prescreening of a documentary, 'Roll Red Roll,' with a panel discussion, geared to expand awareness of the rape culture, between 6:00-7:00pm at the Museum of Ventura County, in Ventura; and, 4) October 24: A 'Stop the Stigma' photo booth, at the Latino Business Expo., between 4:00-8:00pm, at the Ventura County Fairgrounds.

Maya said that, "Unfortunately, in 2018, there were 95 suicides within

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Wonderful CMH volunteers. In the inset is Trudy Cook, Gary Wilde and Mary Cathcart.

Community Memorial Hospital needs volunteers and honors one

Volunteer Mary Cathcart was awarded Volunteer of the Quarter at the monthly Community Memorial Hospital Auxiliary Board meeting on October 14.

Mary was honored for her dedicated service and most recently began a new service opportunity with the hospital's

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The Guy Martin Band and John Baffa will be at the CD release party.

Local Love at its Best!

Local musicians in partnership with Totally Local VC's Local Love Project to produce a holiday album to help California wildfire survivors. The album will feature top Ventura County musicians coming together to re-imagine classic carols such as "Angels We Have Heard On High" and "Have Yourself A Merry

Little Christmas", "Santa Claus is Coming to Town" and more. Proceeds from the album sales will benefit the Local Love Project a Ventura County based disaster relief non-Profit 501C3.

On Nov. 8, the Local Love Project will host a CD release party and 2nd

Continued on page 19

Ventura
City Council
approves water
plan, huge
increase
anticipated

by Richard Lieberman

At a recent meeting of the Ventura City Council a plan to make sewage plant output to bring wastewater to drinking level standards was approved. The council approved a \$200 million plan to obtain more drinking water for the city and reduce the amount of sewage water released into the Santa Clara River estuary.

The \$200 million plus plan will be used to build a new plant that will take wastewater once slated to be emptied into the estuary and treat it to drinking water standards. After treating the wastewater, it will be injected into the City's underground wells. Once injected the treated water will be mixed with the City's underground wells. The water will then be pumped from the wells and become part of the City's drinking water. The water will be treated by the usual treatment process for drinking water.

Known as "indirect potable reuse" the process is already in use in Los Angeles and Orange counties. Commonly known as "toilet to tap" which refers to using treated wastewater as drinking water without putting it into the ground first. In 2015 a small pilot project was tried in Ventura. The current plan calls for adding direct potable use after 2030.

The council passed the plan unanimously but will still need a variety of new permits based on various environmental groups including Heal the Bay and Wishtoyo foundation.

The two mentioned environmental groups sued the city in 2010 based on the damage treated wastewater was doing to the estuary at the mouth of the Santa Clara River.

"A lot of voices came together on this," former councilman Brian Brennan

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The Latest in Orthopedic Surgery

THUR | NOV 14 | 6:00 P.M. VENTURA



PRESENTED BY:
STEPHAN SWEET, M.D.
Specializing in Orthopedics

Museum of Ventura County
100 E. Main St., Ventura

WED | NOV 20 | 5:30 P.M. VENTURA

Is it Forgetfulness or Dementia? Understanding Memory Loss



MODERATED BY:
JAMES HORNSTEIN, M.D.
CMHS Chair of the Bioethics Committee
Museum of Ventura County
100 East Main St., Ventura

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To learn more about the Community Memorial Health System Speaker Series and to make reservations please visit cmhshealth.org/rsvp or call Brown Paper Tickets 800/838-3006.

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City News



Mayor Matt LaVere, Assistant Fire Chief Matt Brock, Fire Captain Shawn Hughes and Fire Chief David Endaya attended the graduation.

Ventura Fire Captain graduates from prestigious leadership academy

Ventura City Fire Captain Shawn Hughes graduated from the Los Angeles Fire Department Leadership Academy Class 19-03 on October 10. He is the first Ventura Firefighter to graduate from the very prestigious program. He waited patiently for four years to have the opportunity to get a seat! The wait list is long.

The Leadership Academy is an intensive graduate level course providing in depth leadership training. The foundation for the Leadership program was developed at the United States Military Academy at West Point and was adapted to the leadership concerns of the fire service today.

The instructors come from many different agencies and disciplines including the FBI, Homeland Security, USC Football, Command Staff of the LAPD, Command Staff of the LAFD, PhD's, Active Shooter Experts, NFL Football, US Military, and Human and Sex Trafficking National Leaders. This collaboration provides participants with a wide range of leadership topics and challenges facing the 21st Century Leader.

The City of Ventura Fire Department is hiring learn more about career opportunities at www.governmentjobs.com/careers/cityofventura.

about her efforts.
What is Economic Development?

I define Economic Development as the creation of capital, the creation of dollars from which community benefits are realized. Through increases in revenues, or increases to the economic base, quality of life and community gains are achievable. This can more tangibly translate to better streets, more police and fire, more parks to play in and extended services to the community.

What do you do?

Our mission is really to cultivate an environment for economic sustainability and growth. We help provide resources that help businesses plan, make possible, open shop and thrive here in Ventura.

Daily that can take many forms... from helping a business owner understand and go through the process of obtaining a permit for a tenant improvement, to educating a business on how to go about getting a business license or various permits. We work with some of our larger companies in the City to understand their longer-term goals and objectives, so that we can work together on the infrastructure needed to support their plans. The expansion of Community Memorial Hospital in the last few years is a great example of the partnership in action.

What are some best practices to support local businesses that lead to revenue enhancement?

First, connecting with business owners and entrepreneurs is important. The approach can't be "them" and "us," it must be more "we." Meeting at industry events, chamber meetings or downtown associations is important to understand and solve problems. The City of Ventura wants to help businesses thrive and the

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Estelle Bussa explains "what is economic development?"

Q/A with City of Ventura Economic Development Manager Estelle Bussa

Estelle Bussa joined the City of Ventura in May 2018. Her team helps provide resources that help businesses open and grow. She also helps businesses navigate the public agency process while also helping to make that process more collaborative and streamlined. She is a fourth-generation Ventura native, raising her own daughters here in our community. She has a strong background in strategic planning, project management and effective collaboration. We sat down with her to learn more



October 31
through
November 10

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ENRICHING THE HUMAN SPIRIT THROUGH FILM



News & Notes



The club attracts a mix of avid cyclists, newbies, retirees, working folks and social cyclists from all over Ventura County.

Riding and doing good things together

by Mira Reverente

The allure of cycling and fitness brought members of the Channel Islands Bicycle Club together. Over 300-members strong, the club meets for rides every Saturday, usually at the Mission Park in Ventura.

"The length and route of the Saturday rides depend on the members' time and availability," says Margaret Mathews, public relations chair of the non-profit club. "Some would ride further if they're training for long bike rides and races, but it's always fun and social."

The club attracts a mix of avid cyclists, social cyclists, newbies, retirees and working from all over Ventura County. "We like to promote the health aspect of cycling and highlight it as an alternative means of transportation," says Mathews who joined the club about 10 years ago with her husband.

Beyond Saturday rides, the members advocate for safe streets, bike lanes and tirelessly work with government and non-profit agencies to advocate for bike safety.

Every year, on the 3rd weekend of August, the club also partners with the Kiwanis Club of Ventura to produce the Cool Breeze Century, which is going on its 26th year next summer. "It's a really cool event with over 1,000 riders and a few hundred volunteers," says Diane Stein, co-volunteer coordinator of the ride.

For the past five years, Stein has been coordinating the volunteers at the rest stops, ensuring that the rest stops are adequately staffed and riders have everything they need for a smooth and safe ride through Ventura, Ojai, Goleta and the coast.

Says Stein, "It's a good problem to have but we've never had a shortage of volunteers. Both clubs pull their weight and then some. Several members also ride and volunteer or the other way around. It's really a pleasure to put the event together due to this abundance of help."

Proceeds from Cool Breeze go towards a grant program, to help Ventura public schools start bicycle safety programs for 6th grade students. Says Mathews, "We believe that teaching children at a young age to be safe cyclists will hopefully carry over and teach them to be safe drivers."

The giving nature of members propels the club to seek other ways to make a positive impact in the community, such as their recent \$20,000 donation to help construct the San Antonio Bridge from Ventura to Ojai, for both cyclists and pedestrians to enjoy. "I don't believe there was a bridge there before," says Mathews.

Their contributions to the environment are growing by leaps and bounds. The club is the first bicycle organization to adopt a bicycle path. The cleaning of the Emma Wood-Fertig bicycle path can also

be attributed to them.

Through bike rodeos, the club partners with grassroots organization Bike Ventura to teach underserved children safe cycling and basic rules of the road. "It's all over, not just one venue. We go to different venues and schools," says Mathews.

At large bike rides and festivals, members volunteer as bike valets, helping riders safely store their bikes during registration or festivities.

Last year, they partnered with Giant Bikes and Bike Ventura, and distributed bikes to people affected by the Thomas Fire.

The Channel Islands Bicycle Club meets every second Wednesday of the month, starting at 6:30 pm, at the Museum of Ventura County, 100 E. Main St, Ventura.

For more information or to join: www.cibike.org.

Ventura City Council approves water

Continued from page 1

told the council, as he urged the council to approve the project. "I know a lawsuit and a settlement kind of forced this down this road, but a lot of people came together and came up with solutions."

Currently the city releases approximately 7.4 million gallons of treated water per day into the estuary. In 2025 when the plant comes on-line the amount of water distributed to the estuary will dramatically be reduced and should be down to 1.9 million gallons per day. The city further plans to reduce the estuary discharge to less than 500,000 gallons per day by 2030.

Ventura has enough water in normal years, but during drought periods, demand exceeds supply by as much as 30%.

According to a consultant's report, the new treatment plant cost \$190 million to \$206 million to build, including the cost of additional wetlands protection and a pipeline to carry brine into the ocean, but not including the price of the land. Operating the plant will cost an additional \$5.6 million per year from 2025 through 2029 and \$6.7 million per year starting in 2030.

The city is looking into federal grants for about \$20 million of the cost, the rest will come from water bills or other city funds. Susan Rungren, the general manager of the city's water department, said she would return to the council at a future meeting with a funding plan.

"This is a huge project," councilman Jim Friedman said. "It's momentous from a cost standpoint. We need to prepare the ratepayers for what we are looking at. The cost of water is definitely an issue, and if it's an issue now, you ain't seen nothing yet."

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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.



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

**Imagination
is the only
weapon in the
war against
reality.
—Lewis
Carroll**

Opinion/Editorial

■ Congratulations to **Pam Baumgardner** for being elected to the Board of Directors at CAPS Media. You can read all about it in the CAPS article in this issue. Pam, of course, covers music in the Ventura Breeze with her Ventura Music Scene appearing on page 20.

■ California health officials have issued a warning that people **stop vaping** immediately, joining a growing list of health experts advising caution for e-cigarette use following recent reports of severe lung illnesses, and deaths attributed to their use.

■ I love funny information on packaging. The box on a **frozen pizza** that is heated at 400 degrees in the oven states "Caution Product Is Hot". I always wondered if 400 degrees was hot.

And speaking of funny stuff a man faces life in prison after admitting in federal court that he tried to buy ricin for the purpose of poisoning his wife.

What is funny about this? He pleaded guilty to a violation of a federal prohibition on biological weapons. Apparently poisoning your wife is not a crime unless you violate federal law.

■ On the cover we have an article regarding our **water situation**. Soon water will cost so much that I will be taking baths in wine (you can bring the cheese and crackers).

■ Recently there was a fire off the freeway below **Vista Del Mar**. There were several fire engines on Vista Del Mar looking for small fires caused by flying ambers. They put out several so now I understand why they were there. Good job.

■ I don't normally put opinions in my article but feel that these are important enough to have here. They are two emails sent by readers.

To opinions:

In this week's Breeze, 10/9/19, Shirley Lorraine wrote an excellent opinion for the Breeze regarding the lack of manners and foul language displayed in public by mostly young people. You took the opportunity to politicize her comments with what you considered a snarky dig at our

current president. Do we not have enough anger and division in the country? Please tell us, or at least think about, how is what you're doing helping the country?

Mabrie Kidd
Mabrie:

We certainly do have enough anger and division in this country, but it certainly isn't my doing (I don't think I'm that powerful). I don't think criticizing the president of the United States (not a "young people") for saying b____s ____ is a non-constructive attack on our president. Shouldn't young people look at our president for guidance for what is right?

If this doesn't bother American's things are even worse then I thought they were. I think the country is always better served by the press speaking out, that is what a democracy is about.

Sheldon

Once again, I read your opinion article on 19/9. Interesting, but it seems like you cannot resist the need to end with a meaningless, derogatory. This does not serve you, the newspaper, or our community in any way. Report the news, give your opinion if you must in a constructive way.

Dave Cristofar

Dave:

Once again, some readers don't think that I have the right to **express my feelings**. The only thing that I can think of constructive is to get him out of office.

Okay, the good news is I won't comment about Trump in the future but I will use the words of others and Trump supporters can get mad at them. And, as always, I welcome emails explaining why Trump supporters do support him instead of emails just telling me to **shut-up**.

Starting with this.

"I've been dealing with my feelings about Trump's unprecedeted move to expose the Kurdish men, women, and children to ethnic cleaning, just to satisfy his promise to the Turkish and Syrian "strongmen" to gain their support in his next election."

"Let's be clear about some facts. The Kurd's are among the bravest and reliable allies the US has ever had. They were instrumental in our efforts to keep heavy weapons out of the hands of Muslim ex-

tremists in Europe, and in defeating ISIS and the remnants of other extremists who will now regroup and attack US and Allied interests everywhere."

"This decision ranks among the most egregious acts on the part of any U.S. president; ever. I am hearing from brothers in arms who work side by side with the Kurds in Kirkuk and Moselle. There were Kurdish men and women fighting alongside every US combat unit. That is why we entered into a compact with the Kurds to protect their homeland as strongly as we protect our own."

"Trump and his party have shown that there is nothing they will not stoop to in order to curry favor with the sworn enemies of this country. That is the definition of cowardice and collusion."

Tom Baines (he spent a career in military intelligence before becoming an attorney)

■ From a current police report.

"On 10/3/19, Lopez again entered the store and stole a large amount of property and was able to flee before Loss Prevention could detain him."

A review of the Ventura County Superior Court website shows that Lopez has prior convictions for burglary, theft, identity theft, possession of narcotics and domestic violence. I thought "3 strikes" was supposed to prevent this type of behavior.

■ "By labeling Democratic-voting **Jews** as disloyal, the White House is spreading a hateful lie and attacking a powerful and quintessentially American ideal. How shameful."

Lev Golinkin

■ Ventura Mayor Matt LaVere has announced the winners of the 15th annual **Mayor's Arts Awards** and invites the public to attend its reception on Friday, November 15, 2019, from 5:30-8:00 p.m., at the Museum of Ventura County. More about this in our next issue.

Congratulations to:

Artist in the Community - Larissa Strauss

Creative Entrepreneur - Stephanie Hogue

Arts Leader - Denise Sindelar

Arts Educator - Mario Boccali

Emerging Artist - Juan Manuel Cisneros

Mailbox

Sheldon

Love your coverage and commitment to the community!

I agree and regret the loss of Yolanda Bundy as so many other department heads! The cost of employee turnover is significant, but how to measure. Also, any sense of our history

Mike Merewether

Breeze:

Every day I observe dangerous situations on the streets of Ventura. Bicycle riders not observing the traffic laws, riding the wrong way on the street, flying through stop signs and red lights. Night riders without lights or reflectors while wearing dark clothing and some without helmets. It's crazy.

I was twelve years old back in 1953, living in the beach city of Lynn, Massachusetts just north-east of Boston. I worked part-time for my uncle for fifty cents an hour and saved up enough to buy a brand-new bicycle from The Firestone Store for \$ 62.50. The bike was equipped with a battery-operated front light, a push-button horn and a red reflector on the back fender. The salesman sent me directly to the police station to register the bike where I purchased a license

plate good for a year. It costs one dollar. I was presented with a bicycle road safety booklet.

In those days anyone caught breaking the traffic laws were in deep trouble, especially youngsters. An officer would pull you over, confiscate your bike and give you a ticket. This meant that you had to bring one of your parents to the police station to retrieve your bike. The first ticket was just a warning; after that you paid a fine. I never got a ticket!

Stay safe out there. Always use the bike lanes where possible, signal when changing lanes, do not cover your ears and remember, pedestrians have the right-of-way.

Go online for all important California Bicycle laws.

Skateboards; don't get me started.

James Francis Gray

Folks:

We Californians are in for it once these intense winds blow through the dried up mountains and foothills, potentially knocking down high tension power lines and starting fires. Now we begin to see some notice of the need for "Microgrids" that service communities

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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

Free Adult Grief & Bereavement Support Groups

Every Wednesday, from 6:30-8 p.m. Free for anyone who has lost a loved one.

Receive emotional and educational support. Contact griefinfo@lmvna.org

Free Joint Replacement Classes

2nd Monday of the Month (November 11), held from 4-5 p.m. Free informational class that teaches you what to expect pre and post-surgery.

Living With Type 2 and Pre-Diabetes Classes

1st Tuesday of the Month (November 5), from 1-2:30 p.m. Free informational class that teaches you how to manage your life with diabetes.

All held at Livingston Memorial Visiting Nurse Association & Hospice, 1996 Eastman Ave., Ste. 109. Call (805) 642-0239 for more information.

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. The group meets the first and third Wednesday of each month at 7:00 at the Poinsettia Pavilion, Canada Larga room, 3451 Foothill Road. For more information, contact Laura Lindsay at (805) 836-9100.

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

more information.

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

Ventura's ACBL Duplicate Bridge Club offers games for all levels of play.

Learn the game, play with your peers, and earn master points while you are having fun. There is a game every day of the week. Check out their website at www.vcbbridge.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 join in on Wednesday nights for a moderate-paced hike that includes views of Ventura from the cross, a walk out to the end of the pier, and a stroll along the Promenade back to the Museum. Four miles with an 800-foot elevation gain. Meet at 7 p.m. sharp at the fountain across the street from the Mission. Join Facebook page for more information: <https://www.facebook.com/groups/800215670039426/>

The members of the Ventura Investment Group meet on Mondays for an informal discussion of recent economic events. Topics cover current events that affect stocks, funds, real estate, and interest-bearing investments. The meeting is from 10 - 11:30 a.m. at the Coffee Bean & Tea Leaf at Telephone Road and Main Street. Visitors and potential members are welcomed. There

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Brain Injury Center of Ventura County. www.BrainInjuryCenter.org
Support Groups for brain injury/stroke survivors and their family/caregivers. Learn more about brain injury/stroke and available services. Meet others who are facing or have faced

similar challenges. Meet new friends and connections, give and receive support. Ventura - Encounter Church 6950 Ralston St., Bldg. #300 (805) 482-1312. 2nd and 4th Wednesday of every month, 4-5:30 p.m.

Oct. 23: The College Area Community Council will meet on Wednesday at 7 p.m. Tips for deterring burglars, the
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Walk-In's are welcomed!

Open House Wednesday, October 30th from 11 am - 2 pm
 Come for a trick or a treat Thursday, October 31st from 9 am - 5 pm




Community Events

Ventura events

Continued from page 5

2020 census, and the Ventura senior strategic plan will all be discussed. Representatives from Ventura College and the police department will give brief updates. Wright Event Center at 57 Day Rd. Free parking is available adjacent to the Event Center. collegeareacouncil.com/map Call (805) 644-8695 for more information."

Oct. 25: Like to play acoustic music? 4th Friday of each month, 7- 10 p.m. Songmakers.org welcomes instrumentalists, singers, and singer/songwriters at all levels to join in a free song circle at the Bell Arts Factory Community Room, 432 N. Ventura Ave. Listeners welcome! Info: Mike Wittlin, (805) 750-8281.

Oct. 30: The Teen Advisory Group (TAG) of the E.P. Foster Library invites kids and teens of all ages to a free, haunted library experience Horror in the Stacks: Soul Carnival on Wednesday, from 7:30- 9 p.m. 2nd floor of the E.P. Foster Library. Children under the age of 9 years old, must be accompanied by a parent, older sibling, or guardian. For additional information, contact Phillip Yocham, Youth Librarian, at (805) 648-2716.

Nov. 2: On the "First Saturday" of each month the Sespe Flyfishers of Ventura conduct an introductory class on Fly Fishing and Casting the Fly Rod. There is no charge, and all are welcome. Whether you an experienced fly fisher or a complete novice we want to help you learn and enjoy this great sport. If you don't have a fly rod, don't worry, just come and use one of ours. Please join us at Chumash Park, Petit

and Waco, 9- 11a.m., in East Ventura (off Telephone Rd). For more information: Bob Smith (805) 647-3522. www.sespeflyfishers.org

Nov. 16: Holiday Boutique & Back Yard Sale. Handmade items, jewelry and baked goods. Back yard, good household items. Saturday, 9-3 p.m. 8224 Hollister St. Presented by East Ventura Knitting Group.

Dec. 8: A Family Christmas Spectacular! Christmas Celebration of Music and the Arts. Featuring live entertainment, special musical guests, Christmas Cookies and hot chocolate to follow. All ages, 4:30p.m. Community Presbyterian Church 1555 Poli St. Free.

Ojai news and events

Nationally-recognized singer Vivien Mason will visit the Ojai Library at 1pm on Friday, October 25, to deliver a special musical performance. Mason will be accompanied by pianist Jimmy Calire. Mason is a versatile entertainer who has performed at clubs, concerts, festivals, and in film and television. She has toured across the country from San Francisco to New York.

Attorney H. Frederick Seigenfeld of Seige Law will visit the Ojai Library at 6pm on Wednesday, November 6, to present a talk centered around protecting your loved ones, yourself and your assets. The presentation will cover subjects such as advanced healthcare directives, wills and trusts, probate, and more. The talk will include a slide presentation, real life examples, and a

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Community Events

Q&A session.

Dr. Sirena Pellarolo will visit the Ojai Library on Friday, November 8, at 12pm to deliver a presentation entitled "Re-Writing Old Stories:

A Fun-Filled Playshop for Your Emotional Liberation." Do you have stories that play constantly in your mind and keep you frustrated and disempowered? Do you feel victimized by external circumstances and the people who "did it to you"? Are you feeling stuck and confused as to what to do with this pent-up energy?

These events are free and open to the public. For additional information, contact Ron Solórzano, Regional Librarian, at (805) 218-9146.

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

Join Ojai herbalist Lanny Kaufer and special guest author and forager Christopher Nyerges for an Acorn Processing Workshop in Ojai on Saturday, November 2, to learn all aspects of foraging, processing

and preparing acorns. The workshop will begin with a morning plant walk on the Ventura River Preserve followed by an afternoon workshop under a Coast Live Oak tree at Euterpe Farms.

Christopher Nyerges He has written several thousand newspaper and magazine articles in such publications as the Los Angeles Times, Pasadena Star News, Pasadena Weekly, Whole Life Times, Countryside, Mother Earth News, Acres USA, American Survival Guide, and others.

He currently serves as a consultant to the "Naked and Afraid" show on Discovery. Nyerges's web site is www.SchoolofSelf-Reliance.com.

Please note: This workshop will go on rain or shine with the exception of a heavy downpour in the morning and/or a 100% chance of heavy rain that day. No dogs or smoking, please.

The cost of the workshop including all materials is \$75. To register, please visit HerbWalks.com or call 805-646-6281. Registrants will receive a confirmation email with all necessary info prior to the event.

News & Notes



Pam Baumgardner and Kathy Good join CAPS Media Board Of Directors.

Pam and Kathy join an outstanding group of dedicated volunteers

The CAPS Media membership has elected two creative and outstanding volunteers to join the organizations Board of Directors. Pam Baumgardner and Kathy Good join the board for four-year terms.

Pam has been an active member at CAPS Media for the past few years. She created and hosted Ventura Rocks @ CAPS a monthly studio and interview program produced at CAPS and is currently a DJ on CAPS Radio KPPQ 104.1 FM, hosting a weekly program featuring music artists and bands in the community. Pam is also well known in the community as the driving beat behind Ventura Rocks, the main source for what's happening with the vibrant Ventura music culture. She is also a contributing music writer for the Ventura Breeze.

Pam's commitment to CAPS Media is reflected in her candidate statement for the recent election: "I am a lifelong supporter of local broadcasting, TV or Radio. I understand the importance and role of having local broadcasters in a community verses big business syndicated programming. Local media breathes life into a community."

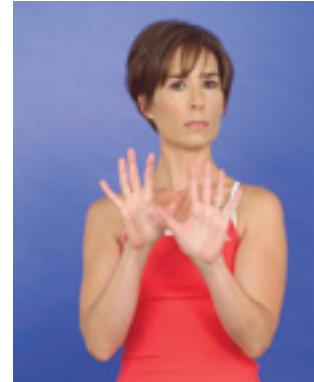
Joining Pam is Kathy Good, a CAPS Media board of directors' veteran,

Kathy has served on the CAPS board since 2015. Her re-election allows her to continue her dedicated support and as board secretary. Kathy's candidate statement says it all. "I am an eleven-year veteran producer/volunteer and four year Board Member, Executive Committee and Board Secretary at CAPS Media and recipient of the 2014 W.A.V.E. Leadership Award. I am inspired to work with the Board to develop stronger community ties and expand our viewership. As an educator I embrace the digital age that allows anyone to share stories that create community connection. I will work to actively recruit producers from our community. As a CAPS Radio KPPQ talk show host/producer of "In The Women's Room," I am committed to freedom of speech as well as providing a platform for women to discuss their issues, their concerns and their art. I am committed to our local treasure: CAPS Media!"

Pam and Kathy join an outstanding group of dedicated volunteers on the board: Cliff Rodrigues (Chairperson), Darryl Dunn (Vice Chairperson), Cathy Peterson, William Schneider, and Michael Velthoen and representatives from four partner organizations,



REAL WORLD SELF DEFENSE AND EMPOWERMENT TRAINING.



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12:00 - 3:30pm

\$75.00 per person

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Our deeply empowering and applicable program focuses on the most relevant and necessary safety and self defense skills, including: awareness and avoidance, verbal boundary setting and assertive communication to help you resolve a conflict or avoid an assault, and effective physical self defense techniques in the event you have no choice but to fight.

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Ojai, CA 93023

(no walk-ins, please)

To learn more or sign up, please visit our website www.rawpowerselfdefense.com
Or contact Meredith Gold (310) 351-8731

Ashley Bautista (City of Ventura), Bill De La Espriella (County of Ventura), Tim Harrison (Ventura College) and Marieanne Quiroz (VUSD).

We are sad to report that our friend and CAPS board member William (Bill-E) Johnson recently passed away. Bill-E was a very active member/producer and supporter of CAPS Media. He will be missed by all of us.

CAPS Media is very pleased to be invited by the Ojai Film Festival to screen The Perfect Firestorm - The Thomas Fire Story on Sunday November 3rd at 1pm and Friday November 8th at 1pm at the Sane Living Center at 316 E Matilija St, Ojai. The film chronicles the extraordinary personal stories of survival and healing during and following the devastating Thomas Fire. The public is encouraged to attend. Details can be found at <https://ojaifilmfestival.com/>.

Fall is a great time to join the growing community of CAPS Media Member/Producers. If you have an interest in community television or radio production, or are just curious, drop by the CAPS Media Center on the first Thursday of the month and learn how to become a member of CAPS and join our community of enthusiastic and engaged Member/Producers. Go to CAPSMedia.org for more information.



I'll have my new book, "GINNY" for sale at The Latino Business Expo on Thursday, October 24, 2019, held at The Ventura County Fairgrounds from 4 p.m. to 8 p.m.

See you there!

jamesfrgray.com

Ginny's bad, she's bold and can be deadly!

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Mr. Bell's performance is sponsored by Julia Campbell & Ben Namba and Ciao Wireless

News & Notes



Housing Authority 2019 Scholarship recipients included Justin Arbaiza, Karen Torre and Daisy Sumaya

Housing Authority Scholarship Program awards ceremony

The Housing Authority City of San Buenaventura (HACSB) Scholarship Program awarded a total of \$9,000 in scholarships at its annual awards ceremony held Sept. 26 at the Museum of Ventura County. The scholarships are awarded to low-income students currently living in HACSB affordable communities and are funded by the HACSB's associated resident services nonprofit, Cocina Sin Fronteras, through its annual Haunted Housing Run/Walk event. Since its inception in 2015, a total of 25 scholarships have been awarded.

The scholarship awards are \$2,000 each for students attending a four-year college/university and \$1,000 each for

students attending community college or technical/vocational school. This year's \$2,000 scholarship recipients include Daisy Sumaya, California State University, Channel Islands; Haley Howard, Ottawa University, Arizona; Karen Torres, California State University, Channel Islands; and Andrew Coronel, University of Southern California. This year's \$1,000 scholarship was awarded to Justin Arbaiza, Ventura College. The recipients' areas of study include engineering, biology and psychology.

Ventura College Vice President for Student Affairs Damien Peña, Ed.D. gave an address and presented the awards. HACSB staff and board members, including board chair John Polanskey and HACSB CEO Denise Wise, were also in attendance. Musical entertainment was provided by Ventura Music Festival and Thousand Oaks Philharmonic young artists Stephen Saw, Esther Kim, Dara Moayer and Vibiana Cardenas.

"We are thrilled to be able to recognize these students for their hard work and to contribute toward their higher education goals. Education creates opportunities, access and choices; it is key to breaking the cycle of poverty," said HACSB CEO Denise Wise. "The Housing Authority Scholarship Program is one example of the many programs HACSB offers housing residents and program participants to help them learn and grow to maximize their potential and improve their quality of life."

This year's Haunted Housing Run/Walk will take place Saturday, Oct. 26, at San Buenaventura State Beach, 901 San Pedro St., Ventura, with 100 percent of

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News & Notes

proceeds going to fund the 2020 Housing Authority Scholarship Program. The Haunted Housing Run/Walk offers both a 5K and 10K with chip timing on a fast, flat oceanfront course along the Ventura Promenade. Races begin promptly at 8 a.m., followed by the free Kids Dash at 9 a.m. Prizes will be awarded for the top three overall male and female finishers in both the 5K and 10K. All 5K/10K race participants receive an event t-shirt, bib and specially designed participation medal; breakfast burritos and donut holes will be served after the race. The family-friendly event will have free face painting, a jolly jump and a photo booth for all to enjoy. Costumes are encouraged with prizes awarded for best adult and best children's costume.

Registration for the 2019 Haunted Housing Run/Walk is open through Oct. 23 and is available online at <https://runsignup.com/Race/CA/Ventura/HauntedHousingRun>.

The Housing Authority of the City Of San Buenaventura (HACSB) is the largest residential landlord in the City of Ventura, currently managing 295 public housing units, 705 nonprofit affordable rental units, and more than 1,500 Section 8 vouchers. The agency is actively working to increase the supply of affordable housing and to improve the quality of life for hundreds more of the low-income residents of the City of Ventura. <http://www.hacityventura.org/>.

E. P. Foster Library November events

Tuesday Nov. 5

3:30 – 5:30 pm

Virtual Reality - Tuesdays @

3:30-5:30 pm on the 2nd Floor.

Explore the virtual world with these different gaming VR platforms: Gear VR, Oculus Go, Oculus Rift, and HTC Vive. All VR Platforms are for ages 13 and up.

Thursday Nov. 7

7:30 – 9:00 pm

Open Mic Night - Free and open to the public!

Open Mic night hosted by Phil Taggart. Enjoy a featured poet, then share your own work with the group. All are welcome to just sit and listen as well.

Tuesday Nov. 12

3:30 – 5:30 pm

Virtual Reality - Tuesdays @

3:30-5:30 pm on the 2nd Floor.

Explore the virtual world with these different gaming VR platforms: Gear VR, Oculus Go, Oculus Rift, and HTC Vive. All VR Platforms are for ages 13 and up.

Tuesday Nov. 12

5:30 - 7:00 pm

Sierra Club Educational Series.

Please join us as we learn about hiking, camping and natural resources in and around Ventura County. Presented by the Ventura Sierra Club. See you in the Topping Room!

Wednesday Nov. 13

4:00 – 6:00 pm

Empowering Ventura County Small Businesses

Presented by Joseph "Joe" Lee Suh. Joe comes to us from the U.S. Small Business Administration (SBA) and is working with the Ventura County Library to explore how the SBA can help your business thrive. Join us for this

introductory seminar and learn more about how you can start, grow, expand, or recover your business with the SBA and Ventura County Library. This event is free and open to the public. Please RSVP at <http://bit.ly/vclEmpower>

Thursday Nov. 14

7:30 – 9:00 pm

Open Mic Night

Free and open to the public! Open Mic night hosted by Phil Taggart. Enjoy a featured poet, then share your own work with the group. All are welcome to just sit and listen as well.

Tuesday Nov. 19

3:30 – 5:30 pm

Virtual Reality - Tuesdays @

3:30-5:30 pm on the 2nd Floor.

Explore the virtual world with these different gaming VR platforms: Gear VR, Oculus Go, Oculus Rift, and HTC Vive. All VR Platforms are for ages 13 and up.

Thursday Nov. 21

7:30 – 9:00 pm

Open Mic Night - Free and open to the public!

Open Mic night hosted by Phil Taggart. Enjoy a featured poet, then share your own work with the group. All are welcome to just sit and listen as well.

Closures This Month

November 11 Veterans Day

November 28 Thanksgiving Day



Unlike other horse rescues, their work doesn't just benefit horses.

The calming effect of horses is good for children

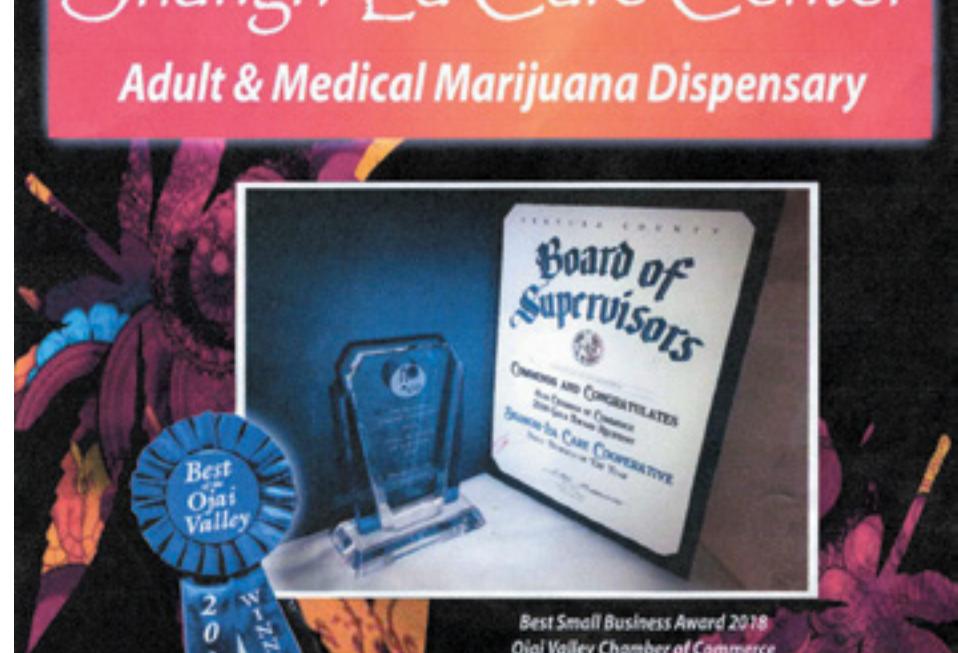
A Lotte Opportunity Foundation is a local nonprofit horse rescue, located in Santa Paula (it seems like Ventura), unlike other horse rescues, their work doesn't just benefit horses. Begun in 2016, with the belief that horses and children do better together, ALOF works to provide riding lessons to children who are from low income families; they have some of the cutest rescue horses, like Finn and Ole, a couple of Fjords, a small but very strong breed, who are lifelong friends, and that can't be separated!

ALOF believes that the calming effect of horses is good for children, where they learn respect and responsibility, how to be firm while being kind, and how to take a tumble but get back up again. Horseback riding can be costly, and has been called "the rich man's sport." buying a horse is expensive enough, but then tack onto that all the equipment needed, maintaining an adequate living space, food and veterinarian bills, most parents can't afford, no matter how much their kid begs for a pony. ALOF seeks to remedy that situation by granting low income kids riding lessons.

ALOF is more than a horse rescue, it is a much needed chance for children as well as horses, taking in horses that are unwanted, and from all walks of life. Some are off-the-track Thoroughbreds,

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horses that made thousands of dollars in the racing industry and tossed aside due to injuries or underperformance. Some are last chance babies, that never got the chance to have a loving home before they found themselves in the lineup headed to a slaughterhouse, others are old ponies that once raced cross country courses for the owner's children, only to be outgrown and passed onto retirement. ALOF welcomes all ages, breeds, sizes and lifestyles as a safe place to land, if these horses can go into the riding program, they will, carefully walking their young charges, the children, around the foothills of Santa Paula. If they are not able to be ridden, they are still teachers. Ole can't be ridden, but spends his days teaching the kids what to do when a horse lets himself out of his house and goes for a slow speed march on the quest for food, they learn, do you run after him begging him to come back or do you offer him a bucket of something even tastier than what he's munching?

ALOF relies heavily on volunteer help to care for the horses and their living environment, and in addition, provides paid riding lessons to members of the public at large to supplement as well as putting on fund-raising events. If you, or someone you know, would like to volunteer at ALOF please contact Claudia Gilman

Volunteers only need to put in a minimum of 6 hours a month. Thank you for your consideration to join a terrific team at CMH.

at trufflehounds@gmail.com. Please Visit ALOF's website at www.alotopportunity.org. ALOF is seeking donations to improve the horse stalls for winter and has set up a GoFundMe account, contributions, great or small, would be greatly appreciated.

Community Memorial Hospital

Continued from page 1

GI Lab and Infusion Center. Mary is often seen at community events, the Ventura swap meet, churches and other events, helping to recruit much needed new volunteers. Her warm personality, bilingual skills, and enthusiasm for the work she does as a volunteer made her the perfect candidate for Volunteer of the Quarter.

Mary stated "Community Memorial Hospital (CMH) is in need of additional volunteers to join their Auxiliary, especially now that the new hospital is open. It is a wonderful feeling to give back to our community. If being a volunteer in one of 15 services at CMH interests you, please pick up an application at the front desk of the hospital."

Volunteers only need to put in a minimum of 6 hours a month. Thank you for your consideration to join a terrific team at CMH.

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The 13th annual Young Readers' StoryFest took place on Saturday, October 13, from 9:00 a.m. to 2:00 p.m., at Ventura Unified School District's Education Service Center, located at 255 W. Stanley Avenue. This free event featured story-telling, book giveaways and plenty of fun celebrating the joy of reading with activities for the whole family, food, the Ventura High marching band and activities to be enjoyed by all attending.

The beautiful weather (the winds stopped) found community leaders reading books throughout the day in each of six story tents presenting different selections at each booth including "Science & The Environment, The Arts and Pets & Animals. The kids attending were also invited to read at the booths.

Every child who visited the event received a free book and books could be purchased by buying one and getting two. Children and families were also to sign-up for library cards at the event by presenting a photo identification plus proof of resident address at the library booth.

The Ventura Breeze was there and regarding the event Kay Giles, Ventura Education Partnership stated to all who attended "Thank you so much for participating in the 13th annual StoryFest! We had a wonderful day and beautiful weather, such a relief after the wind on Thursday and Friday. We appreciate your time and energy, hosting a booth and offering activities for children attending the event."



Winter Wonderland Holiday Luncheon & Holiday Raffles

Presented by Oxnard Altrusa International Club all will enjoy a scrumptious lunch and gifts that are raffled for one and all. Make this your first place to begin the holiday shopping.

There will be 15 themed decorated Christmas Trees and gifts for sale.

There are trees for family's children, men, and women.

Besides the trees there are holiday and seasonal wreaths, 20 gift baskets, 10 gift opportunities stores, and other entities.

All the proceeds go to administer scholarships funds for our Ventura County students including Ventura College.

The Winter Wonderland Holiday luncheon will be held on Saturday, November 2, at Courtyard Marriott of Oxnard, 600 Esplanade Dr. Oxnard, from 11:00 a.m. to 1:30 p.m.

Oxnard Altrusa Club has been servicing Ventura County residents for 55 years. The club is minimal time consuming yet the hearts we have are there when the help is needed.

Please email oxnardaltrusaev1@gmail.com for any questions, reservations and tickets.

Palliative care physician to speak at Ventura High

"Living the Best Mortal Life Possible" is brought to you as a local collaboration by Ventura County Medical Center (VCMC) Palliative Care Team, Ventura County Palliative Partnership & Ventura County Coalition of Compassionate Care

Ira Byock, MD is a leading palliative care physician, author and public advocate for improving care through the end-of-life.

He is Founder and Chief Medical

Officer of the Institute for Human Caring of Providence Health and Services based in Torrance, CA. The institute advances efforts to measure, monitor and improve person-centered care system wide and supports culturally diverse communities in expanding models of care.

Dr. Byock is Professor of Medicine and Community and Family Medicine at the Geisel School of Medicine at Dartmouth. He served as Director of Palliative Medicine at Dartmouth-Hitchcock Medical Center in Lebanon, New Hampshire from 2003 to 2013.

Tuesday, Nov. 19, 6:30 to 8:00 pm at Ventura High School, Auditorium, 2 North Catalina St.

Free and Open to the Public.



Senior Living

Pull Out Section



"Maybe this house is too big for us now!"

Senior News Line

Staying at home as you get older

by Matilda Charles

Aging in place means that we remain in our home as we get older. Many of us want that ... to stay where we're comfortable and things are familiar. With

enough advance planning and a few changes, it's possible, but it means anticipating what our needs will be as we face the challenges of age.

For example, if you know you'll be staying in your home, there are some things you'll need to do in advance, basics like moving the master bedroom to the first floor, making the outside safe with better lighting and adding grab bars in the shower.

What about all the daily tasks you'll no longer be able to handle -- driving and mowing, meals and shopping -- that you'll need to hire others to do.

But what if you want to move first because your current environment isn't what you'll need?

Many of us are moving to aging-in-place communities. They're loaded with amenities to keep us happy and healthy: libraries, grocery stores, buses and rides,

Continued on page 13



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OCTOBER 28, 2019

TIME: 10:00 AM

Crowne Plaza
450 E. Harbor Blvd, Ventura

NOVEMBER 4, 2019

TIME: 10:00 AM

St. John's Regional Medical Center
Conference Room #2
1600 North Rose Ave., Oxnard

NOVEMBER 12, 2019

TIME: 10:00 AM

Camarillo Health Care District
Building H, Magnolia Room
3639 Las Posas Rd., Camarillo

NOVEMBER 18, 2019

TIME: 10:00 AM

La Cabana Restaurant
1259 Harvard Blvd, Santa Paula

Seating will be limited. RSVP to Karen Sauer at 805-479-2675 or karen.sauer@identitymso.com.



A salesperson will be present with information and applications. For accommodation of people with special needs at sales meetings call 1-877-452-5890 (TTY users: 711). 8 a.m. to 8 p.m., 7 days a week. Anthem Blue Cross is the trade name of Blue Cross of California. Independent licensee of the Blue Cross Association. ANTHEM is a registered trademark of Anthem Insurance Companies, Inc. The Blue Cross name and symbol are registered marks of the Blue Cross Association. Blue Shield of California is an independent member of the Blue Shield Association.

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Become an instructor to aid seniors to stay healthy.

Volunteers needed to train as instructors for senior exercise programs

Volunteer leaders are needed for both RSVP Bone Builders and Tai Chi: Moving for Better Balance. No experience is necessary to become an instructor for either program, although the first training step is to attend a class and observe. Interested volunteers will need to attend training dates scheduled in October.

RSVP is an age 55+ volunteer engagement program that oversees the two distinct exercise programs designed for seniors. The program's trained instructors make a difference in the lives of those enrolled in the class, as well as contribute to their own well-being by engaging in a regular exercise program. Both RSVP exercise programs are free and open to the public.

Volunteer positions are available in RSVP's four-city service area of Oxnard, Ventura, Camarillo and Port Hueneme. Call 805-385-8023 to learn more about the training. To see current class locations, go to <http://seniors.oxnardrec.org>.

RSVP is a volunteer recruitment and placement program, helping people 55 and older find volunteer positions that match their interests, talent and available time. Oxnard RSVP has about 550 members and is locally sponsored by the City of Oxnard with grant funding from

the federal Corporation for National and Community Service. To learn more about the benefits of being an RSVP member or for help finding a volunteer position, call 805-385-8019.

Born before 1955 or living with a disability?

by Rick Beavin
California Market President Humana

If you're one of 56 million Americans eligible for Medicare, it's important to understand coverage options when selecting your health plan for 2020. Research can take time, and many people find working with a licensed health insurance agent helpful when deciding between Original Medicare, Medicare Advantage plans, Prescription Drug Plans and Medicare Supplement plans. Answering these five questions can help you make an informed choice during the Medicare Annual Election Period, October 15 to December 7:

Are my doctors, hospitals and specialists in network? Most Medicare Advantage plans offer online tools to help you find doctors and hospitals that are in a plan's network. A licensed agent can also help you look up hospitals and doctors to see if they're in a plan's network and taking new patients and confirm what's in network if you're a seasonal resident.

Which plans will cover my prescription drugs? Original Medicare does not cover most prescription drugs. Many Medicare Advantage plans include prescription drug coverage, or you can sign up for a Part D Prescription Drug Plan separately. A licensed agent can look up the medications you would like covered and help you estimate what the cost of each drug would be on a plan.

Are there new, innovative benefits I should consider? Beyond vision, hearing and dental coverage, if you aim to become healthier, look for fitness program benefits as many Medicare Advantage plans offer a gym membership. If you travel or appreciate technol-

Senior Living

ogy, virtual doctors are helpful services when you can't see a doctor right away. Most Medicare Advantage plans now offer transportation to doctor appointments and the gym.

Will a zero monthly premium plan save me money? Private insurers help keep premiums down through programs like disease and chronic care management, which help people better manage health conditions and, in turn, reduce medical costs. You'll still need to pay your Medicare Part B premium, which covers medical services and preventive care. You might want to use the additional premium dollars you save for out-of-pocket medical costs, such as co-pays.

Do I need to sign up for Medicare Parts A and B if I'm still working? If you or your spouse have health insurance from an employer, you can delay enrolling in Medicare until the employment or the coverage stops. At that point, you're entitled to a special enrollment period of up to eight months to sign up for Medicare without incurring any late penalties.

Resources are available to help you in this process, including licensed sales agents, local seminars, and websites such as medicare.gov and humana.com/Medicare. You can also call 1-800-MEDICARE (1-800-633-4227) (or TTY: 1-877-486-2048) 24 hours a day, seven days a week, or call Humana at 1-800-213-5286 (TTY: 711) 8 a.m. to 8 p.m. local time seven days a week.

As with any major decision, proper research will go a long way toward making the best plan choice for your personal health care needs.

City of Ventura Senior Strateg

! NEEDED

GREENPLAY LLC
The Leading Edge in Parks, Recreation and Open Space Consulting

You can give your input at venturabreeze.com by going to this area.

Senior Strategic Plan

The City Council has allocated Measure O funding to develop a Senior Strategic Plan (SSP) that will allow the

City of Ventura to:
Identify current and emerging senior needs, potential gaps in services, and partnership opportunities
Develop a set of realistic goals for meeting senior needs with strategies and actionable steps for accomplishment

GreenPlay, LLC, a nationally known parks and recreation management consulting firm, has been hired by the City of Ventura to develop the Senior Strategic Plan.

There are still ways to provide input: Complete a Senior Needs Assessment Survey. The survey is available via the City's website and in-person at City Hall, Room 226 and the Ventura Avenue Adult Center, 550 N. Ventura Avenue. The survey is open until Wednesday, October 30.

Contact the Consultant Directly. Share your input on senior services, needs, and priorities directly with the GreenPlay management consultant team through Wednesday, October 30.

Go to venturabreeze.com and go to the Senior Strategic location.

Email: Teresa L. Penbrooke, PhD, MAOM, CPRE CEO and Founder, GreenPlay, LLC

TeresaP@greenplayllc.com

Write a Letter: Drop off your letter at City Hall, Room 226 or at the Ventura Avenue Adult Center, 550 N. Ventura Avenue, and it will be delivered to the GreenPlay management consultant team.

City Council established the Senior Strategic Planning Ad Hoc Committee to support the development of the Senior Strategic Plan and assist in engaging the community in the process. The committee consists of six City of Ventura residents. Their meetings will be held on the following Tuesdays from 1:30-2:30pm in the Santa Cruz Conference Room at City Hall: November 19, December 17, January 21, and February 18. This meeting is open to the public.

How to prevent falls in the home

by Lisa M Cini

Each year in the U.S. one in four people over 65 experiences a fall. It's a common problem and can lead to a loss of independence, hospitalization, lack of confidence, and in some cases death. Avoiding falls in the first place is a vital aspect of living independently. Here's how to prevent accidents in the home



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Senior Living

and make living independently a positive experience.

Assess Your Living Space. A few simple adjustments can mean the difference between falling and living independently safely. Take a minute to answer the following questions:

Is there a phone within easy reach?

Are there rugs on a polished floor surface?

How easy is it to get around your room?

Is clutter posing a hazard?

Do you need better lighting?

Get Safe Flooring. Making your floor as safe as possible is essential for preventing falls.

Invest in anti-slip tiles for bathrooms and kitchens to avoid sliding on water spillages or polished surfaces.

Make sure any rugs have anti-slip fixtures underneath to avoid slipping across the floor.

Consider a contrasting color for steps and rails to make them easier to see.

Since your feet spend so much time on the floor, make sure you have well-fitting shoes and slippers. Avoid flip-flops and flimsy footwear as these easily lead to trips and slips.

Consider the Lighting. Lighting equipped with sensors to come on when movement is detected is very helpful for stairs and bathrooms -or any room, really. Amber colored night lights help you see around the home at night and should be placed in stairs and bathrooms.

Install Handrails to Keep You Steady. Having a handrail in all high-risk places, such as the shower or stair, is another example of an easy adjustment to prevent falls.

Make the Garden Safe. Gardens are full of hazards so make sure your green space is as safe as possible.

Clear moss and old leaves from the paths to minimize the risk of slippery spaces.

When it is icy, make sure you lay some grit and have someone clear your paths.

Avoid too many pots and ornaments as they are easy to trip over.

Install lighting so you can see your way along paths in the dark.

Remember that you don't have to do all the work in the garden or house yourself; you can get help from others to do the heavier jobs, which lessens your risk of falling.

Remove Clutter. Clearing clutter

from steps and floors helps you avoid slips and trips. Don't leave things lying around on the floor where they can cause a hazard.

And avoid trailing wires when using electrical items.

Don't stretch or balance on step ladders to get things on high shelves or awkward places, as it leads to falls.

Make sure you organize your living space so things you use frequently are within easy reach and you don't need to climb on steps.

Avoid carrying too much at one time as this can set you off balance, resulting in a fall.

Join a Pilates / Yoga class or other exercise programs designed to help you avoid falling by maintaining good balance, core strength and posture techniques. Some exercises are chair-based, but most are gentle and set at a pace that the group can follow.

Footwear is important in the prevention of falls.

Give yourself time to adjust when moving from a sitting position. This helps you avoid dizziness from changes in blood pressure.

Taking these few easy steps to make your living space safer will help you avoid falls and stay independent for longer in your home.

Lisa is the author of *The Future is Here: Senior Living Reimagined*, *Hive: The Simple Guide to Multigenerational Living*, and *BOOM: The Baby Boomers Guide to Leveraging Technology*, so that you can Preserve Your Independent Lifestyle & Thrive. *Editor: Once again we have an article on fall prevention because it is so important for seniors.*

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Check regularly for Medicare billing fraud. Review your Medicare claims and Medicare Summary Notices for any services billed to your Medicare Number you don't recognize.

Learn more about how to spot fraud.

Report anything suspicious to Medicare. If you suspect fraud, call 1-800-MEDICARE.

Staying at home as you get older

Continued from page 11
lawn services and maintenance, meals in a dining room if desired, medical facilities, clubs, churches, classes -- and the ability to upgrade to an assisted-living situation should it become necessary.

If you're just now at the thinking stage, consider signing up for AARP's free e-newsletter, *Livable Communities* (www.aarp.org). While it's aimed toward community leaders and residents, it will give you some ideas about things you might want or need.

Look at the National Association of Area Agencies on Aging website (www.n4a.org) and put in your ZIP code to find aging resources near you. Call one or two to get more information. Ask for any to-do lists they have for aging in place.

Aging in place can work, but you need to plan for it.

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This 'n' That



Dr. Pilar Sumalpong, Mark Schumacher, Christine Ray, Jason Meed, Dr. Sevet Johnson and Roberta Griego were featured speakers.

World Mental Health Day there is hope. Suicides are preventable.

by Jill Forman

Every year in Ventura County, nearly 93 people die as a result of suicide. The World Health Organization has designated Suicide Prevention as its theme for 2019. Turning Point Foundation hosted a community townhall with a panel of Ventura County mental health professionals. Their goal was to gather insight and ideas on suicide prevention across Ventura County.

Attendees were a mix of medical and mental health personnel, social workers, family members affected by suicide or attempted suicide, and other involved citizens. Supervisor John Zaragoza, whose life has been impacted by such an event, came by and gave a brief but heartfelt speech.

The panel members were:

Marie Linauro (moderator) – Turning Point Foundation
Roberta Griego – NAMI (National Association for the Mentally Ill)
Dr. Sevet Johnson – Ventura County Behavioral Health
Jason Meek – Turning Point Foundation
Christine Ray – parent and advocate
Mark Schumacher - Turning Point
Dr. Pilar Sumalpong – Vista del Mar

All these dedicated and articulate experts had insights into the problem of suicide and what can be done to prevent it. Here are basic elements that were stated over and over as vital foundations of any programs.

Communication: Don't be afraid to talk about the subject, to admit that it's real and can happen in any family. It is a scary subject; admit that and talk about it anyway. Share stories. The only way to decrease the stigma and shame is to be open about it. With a person in danger, admit that it's an option, let them steer the conversation and talk about it. Be a true friend and listen, validate their viewpoint.

Education: Know the signs when someone is in danger, perhaps increased stressors, and statements of hopelessness, "This is too hard." This education needs to be started in school, at young ages. Know the risk factors, especially with trauma. "An educated community is a healthier one," emphasized one panel member. Professionals as well as community members can come together to learn, to hear where someone in danger can be referred. Major life transition can be a danger point; someone coming out of the military, or jail, or mental health is at risk if they are not helped to merge into "normal" life. Other danger points are death of a spouse or family member, job loss, financial difficulties, health issues, divorce and anything that radically changes someone's life.

Change In Public Attitude: Suicide has to be made a safe and palatable topic. The difficulty is that unless it has occurred in a family or circle, people don't "get it." It needs to be discussed with compassion and empathy, not dismissed as "weak" or "selfish." It is not a shameful act. One panel member told about his mother being so ashamed of her husband's suicide that she moved out of the area so she'd be where nobody knew. What a terrible thing, that she felt she had to cut herself off from everyone she knew. These were the people that could have been supporting her, in a different scenario. The stigma comes from fear that it could happen to someone we know, so we distance ourselves from even the thought of even that possibility.

Accessibility: Help has to be available to all, and affordable. The person in danger needs to be guided to services, to be reassured they are not a failure, that they are doing the best they can. As one panel member said, "Show them they're worth it!"

Interagency collaboration is the key to successful programs. Public Health, schools, Behavioral Health, and law enforcement are all necessary components and need to coordinate their efforts. As the agenda for the meeting said, "With awareness, commitment and action we can save lives. Together."

Housing Trust Fund Ventura County is changing the affordable housing market

Housing Trust Fund Ventura County (HTF Ventura County) is helping to successfully change the landscape of Ventura County's affordable housing market. Its three newest funding projects would not be possible without ongoing community funding support and grants.

Recently, HTF Ventura County was notified by the U.S. Department of the Treasury that it is one of 73 recipients of a Technical Assistance grant. The \$125,000 grant doubles to \$250,000 due to State Proposition 1's fund matching program. "Earlier this year we set a lofty \$5 million fundraising goal by the end of 2019," stated Linda Braunschweiger, CEO of Housing

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Trust Fund Ventura County.

Ventura's Willett Ranch, located at 54 and 55 Willett Street, is part of the new Solana Heights residential community. It will include the new construction of 50 one- and two-bedroom apartments for extremely low income seniors, with 15 apartments designated for permanent supportive housing for homeless households. It is estimated that 75-80 seniors will become residents of Willett Ranch. Construction is set to begin in November.

Ventura's El Portal Building, located at 1238-1288 North Ventura Avenue, is a two-story building constructed in 1929. After falling into disrepair, Triad Properties, a nonprofit corporation associated with the Housing Authority of the City of San Buenaventura purchased the mixed-use

property with plans to reconfigure 33 current living spaces, storage and commercial space into 28 to 30 more suitable apartments for homeless individuals, those with special needs, and very low income adults. HTF Ventura County provided a \$700,000 construction loan to kick-off the project.

HTF Ventura County is the local trusted leader in helping to increase affordable housing options throughout Ventura County by leveraging public-private partnerships to provide low-cost, flexible loans early in the housing development cycle. As of July 2019, HTF Ventura County has invested \$4.7 million through its revolving loan fund, creating 143 affordable apartments and homes for very-low, low- and middle-income employees, transitional age foster youth, veterans, farm workers, and the homeless.

Everyone deserves a home.



Help us raise \$5 million by December 2019 to increase affordable housing options in Ventura County

Housing Trust Fund Ventura County provides funding support, through its revolving loan fund, for the development of affordable housing for very-low to low-income employees, transitional age foster youth, veterans, farm workers, and the homeless. Proposition 1 matching fund program means ... Every \$1 donated equates to \$2 for affordable housing in Ventura County.



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The Pet Page



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■ SPAN Thrift Store is providing \$10 spays and neuters for low income households with cats and dogs.

Two upcoming clinics are:

Thursday, October 31st at SPAN Thrift Store

parking lot, 110 N. Olive St. (behind Vons on Main), and a second at Albert H. Soliz Library - El Rio, 2820 Jourdan St., Oxnard, 93036 on Wednesday, November 6th. Please call to schedule an appointment (805) 584-3823.

■ As the National Weather Service issues its first Red Flag Warning of the season in Ventura and Los Angeles counties, where winds of 50-plus mph are expected to mix this week with single-digit humidity, the Humane Society of Ventura County is sounding the alarm to pet owners of an ongoing reality: Natural disasters can strike at any time, so be sure to have an emergency plan that includes your pets.

The Ventura County Fire Department also is urging people to be ready for a disaster at any time. "Being prepared in advance is greatly preferred," said Mike Des Forges, public information officer for the VCFD, "rather than attempting to make arrangements and gather your belongings after you've been ordered to evacuate."

During the devastating Thomas, Hill and Woolsey fires and floods that ripped through Ventura County in the autumns of 2017 and 2018, the Humane Society of Ventura County opened its doors 24/7 to offer assistance to families with pets evacuated in the unprecedented natural disasters. At those times, the HSVC sheltered hundreds of evacuated animals at its property in Ojai, until their owners could bring them home.

In advance of this year's fire season, the HSVC has increased its capacity for animal intake as well as outfitting its fleet of trucks, vans and stock trailers with equipment and supplies. "It's one of those situations where we plan for the worst but hope for the best," said HSVC Senior Humane Officer Tracy Vail.

The HSVC offers sanctuary for displaced pets as well as temporary crates, kennels, pet food, ID tags and other supplies for those in harm's way. "We will also send out our Equine Rescue Teams to assist with animal evacuations at the owner's request," said HSVC Shelter Director Jolene Hoffman. "Our primary concern is for the safety of people and their pets, so please do not hesitate to take your pets to an animal rescue center in the event of an emergency."

Greg Cooper, director of community outreach for the HSVC, noted the obvious challenge of budgeting for disasters, since they're impossible to predict. Ongoing financial support from the community has been crucial in helping the nonprofit HSVC offset the sudden costs incurred for its services during times of distress, he said.

"We offer disaster relief services free to those who are evacuated because we know it's more important to find safe refuge than to worry about the cost," Cooper said.

For more information on the Humane

Society, including how to help, visit hsvc.org.

■ Here's an evacuation checklist for pet owners, from the Humane Society of Ventura County:

ID your animals: All pets should be microchipped and always have ID tags affixed to their collars with up-to-date contact information.

Involve your neighbors: Plan in advance to have your neighbors assist with the evacuation of your pets in case you are away from home.

Pre-pack: Keep a go-bag for each pet, to include five days of food and water, medications and vet records, leash, collar, ID tags, harness, and photos of you and your pet together. Have available a crate or carrier – labeled with your name and contact information – to transport your animals and keep them safe. Bring litter and a disposable litter pan if you have cats and spare poop bags for your dogs.

Find a shelter: Evacuation centers often don't allow pets, so it's important to know the local animal shelters, rescues and county facilities that will take in pets in the event of an emergency. Find out in advance about each shelter's requirements for taking in animals.

Be in the know: Keep informed of the happenings in your community before, during and after an emergency, through the radio, TV, computer or phone. Be prepared to adapt quickly to new information and news that could affect your personal circumstances.

Reenter slowly: After a disaster, your home and neighborhood may be very different. When you return, it's important to keep a close eye on pets and don't let them roam loose. The break in routine can be disorienting to your pets so be patient during their transition back to normalcy.

■ The American Kennel Club offers tips to keep your dog safe if disaster strikes

WHAT: Emergencies are often unexpected and happen without notice. From fires and floods to hurricanes and earthquakes, the worst can and does happen to dog owners all over the country. Just like you have a plan in place for humans, you also need a disaster plan for your dog:

Have a pre-evacuation plan. During an evacuation, you'll have very little time to decide what to take. The last thing you want to worry about is what your dog will need.

Put together an evacuation checklist. Make sure anyone who watches your dog will know where to find your dog's food, medications, medical records, leash and crate.

Create an easily accessible and waterproof tote with emergency supplies that you can access at home, in the car, or grab-and-go if you need to evacuate.

Remember to fill waterproof containers with a week's supply of food, medications, and drinking water. Include a back-up leash, collar, ID tag, as well as extra food and water bowls. Have a sturdy, safe, and comfortable crate or carrier ready for easy transport.

Have a record of your dog's up to date medical information, especially his microchip. Make sure you have all necessary information written down and ready to go in case of an emergency. This includes

Scamp Club

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Trixie may look like a bad dog in this photo but she is really a very good, loving girl.

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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.

vaccination and medical records, proof of ownership, veterinarian contact information and insurance information.

■ By Hanna Netisingha

With winter's dry air and cold temperatures, it's no wonder everyone—including your furry friends—has dry skin! But unrelated to the weather, dry and itchy skin caused by allergies is a very common chronic problem in animals year-round. Dr. Clarissa Souza, a veterinarian in the dermatology service at the University of Illinois Veterinary Teaching Hospital in Urbana, says pets with allergies come to the hospital every single day.

According to Dr. Souza, the three major causes of allergies are external parasites, food allergies, and environmental allergies. When a pet is seen by the dermatology service at the Veterinary Teaching Hospital, steps are taken to discover the source of the itchiness.

For dogs and cats allergic to ectoparasites, the consistent administration of medications to prevent flea and tick infestations will keep these animals comfortable. If food is the allergy cause, special diets will be recommended in order to avoid flareups.

Food puzzles for cats provide obstacles and encourage natural foraging behavior, according to feline researchers from UC Davis who authored a new study about the puzzles and their impact.

The puzzles can be any object that holds food and requires the cat to figure out how to get it, according to a news release from UC Davis. Food can be hidden inside a ball that has to be rolled to release a treat, or inside cups or stuck in ridges on a stationary mat, requiring the cat to use its paw to fish it out. The puzzles come in all shapes and sizes, the release said.



Carol and Doc Pierce walk some of their dogs at the Humane Society of Ventura County in Ojai. They were evacuated from their Rose Valley home in advance of the Thomas Fire. Photo courtesy of HSVC.

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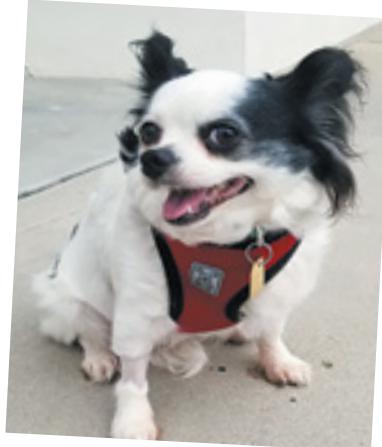


The Pet Page

Forever homes wanted

Hi: I'm Ivy a 5-year-old Papillon mix in need of a new home. I came from a situation of neglect and abuse and left tied up in the backyard. I'll need someone with time and patience in order for me to gain your trust.

I'm great with dogs, bunnies, chickens and cats. I'm good with older children once trust has been established. I'm in a foster home, but what I really want is a forever home. Canine Adoption and Rescue League C.A.R.L.



Handsome and adoptable Winston has patiently waited for his forever family since March. He's a sweet boy if a bit shy and would make a wonderful companion pet. Winston is one of many rabbits at the shelter who would benefit from a loving, indoor home.

Ventura County Animal Services - Camarillo location - 600 Aviation Drive
Winston A706025

This 'n' That

Certified Farmers' Market Association announces holiday hours

The Midtown Ventura Certified Farmers' Market held on Wednesdays at the Pacific View Mall in Ventura will be closed on Christmas Day and New Year's Day. The market is reopening on January 8th, 2020 from 9am to 1pm.

The Thousand Oaks Certified Farmers' Market, located at the Oaks Shopping Center, will close on Thursday, November 28 for the Thanksgiving holiday and will reopen for two additional holiday shopping weeks in its regular spot, December 5th and December 12th, 2019. The Market will reopen on Thursday, January 9, 2020 in its regular east end location on Wilbur Road from 12noon to 5pm.

The Downtown Ventura Certified Farmers' Market will be open all Saturdays in November and December throughout the holiday season at the City Parking Lot on Santa Clara and Palm Streets from 8:30am to 12:00 noon.

For more information, call 805-529-6266, or visit the website at www.vccfm.org.

The Ventura County Certified Farmers' Market Association serves the community of Ventura with two Markets -- Wednesdays at the Pacific View Mall, front west parking lot on Main Street from 9 a.m. to 1 p.m.,

Stop the stigma

Continued from page 1

Ventura County. Thus, Vista Del Mar recognizes the need for additional mental health services that are accessible and provides awareness and education in order to reduce the barriers to care. And, one such barrier can be the stigma associated with seeking treatment."

She mentioned that through various educational opportunities within various community events, some of which are provided by the Ventura Chamber of Commerce, "We, at Vista del Mar, are committed to breaking down barriers to treatment."

For further information regarding services provided through Vista del Mar, which is at 801 Seneca St., Ventura, call: (805) 653-6434. For outpatient services, which are provided at: 801 S. Victoria, Ste. 303 Ventura, call: (805) 653-6434. Also, look at their website www.vistadelmarhospital.com.

If you want the 'Stop the Stigma' campaign at one of your events, contact Maya Lazos, Community Liaison, at either: (805) 794-1009; or, maya.lazos@aurorabehavioral.com. Realize that mental health issues are just as important to address; understand; and, to receive help for, as issues regarding physical health.

THIS SPACE FOR WRITING MESSAGE

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While waiting for the fish to bite (they did) Ed Wehan was on the Rogue River Wild and Scenic area with guide Dave catching salmon and steelhead reading the Ventura Breeze!

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- 3) Spend your Market Match tokens on farm fresh fruits and vegetables at the market.

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

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

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TBCF provides financial and emotional support to families of children with cancer

As the finale to Teddy Bear Cancer Foundation's incredibly successful Gold Ribbon Campaign held in September for National Childhood Cancer Awareness Month, they want to continue to raise awareness for children dealing with cancer by honoring special young heroes in your community who want to share their story about their personal journey with cancer.

Gemma Lombardi, 3, of Port Hueneme is a beautiful girl who was diagnosed at the age of 2 with Acute Lymphoblastic Leukemia. While diagnosed and during treatment, her family was unable to provide a Christmas for little Gemma, as they were in the hospital with her in and out. TBCF was able to provide a Christmas tree and presents for Gemma once she got home from the hospital. Her grandmother was so excited and her parents never expected this.

"Thank you again for everything you did and are doing for Gemma. Gemma will be beyond excited to have toys this Christmas under her tree. Crystal (Gemma's mom), took the tree to their apartment the first night and set it up for the toys. They're quite overwhelmed right now, but you've relieved some of

their stress," said Gemma's Grandma.

Teddy Bear Cancer Foundation (TBCF) is a non-profit organization providing financial and emotional support to families of children with cancer living in Santa Barbara, Ventura, and San Luis Obispo counties. Services are provided to families that have a child diagnosed with cancer up to age 18 and continue until they reach 21 years of age. Gemma and her family received emotional and direct financial support.

For more information teddybearcancerfoundation.org.

Ventura County nonprofit announces dessert fundraiser

Get ready for desserts galore at Step Up Ventura's Decadent Dessert Harvest Fundraiser to be held on Saturday, November 9, 2019 from 7:00 to 9:00 pm at Poinsettia Pavilion, 3451 Foothill. All proceeds from the event will go to benefit the County's most vulnerable homeless population -- children ages 1 - 5.

This inaugural event for the organization will feature donated desserts and beverages from local businesses as well as a DJ, dancing, light hors d'oeuvres, and a silent auction. Ticket prices start at \$25 per person. Platinum Event Sponsors include James and Gunilla DeArkland, Silver Development & Associates, Charlotte & Piewacket, and Concours Motors, who are helping to underwrite the festivities. Businesses interested in sponsor opportunities or donations

This 'n' That



Rosanne Falcone, Dr. Megan Mescher-Cox, Maria Tuason Combs, Dr. Ramsey Ulrich and Dr. David Mescher enjoying Walk with a Doc.

When they say someone "walks the walk" not just "talks the talk" they might have programs like "Walk with a Doc" in mind

by Rosanne Falcone

Doctors -- a profession not known for the abundance of free time in their lives -- generously donates a Saturday every month to gather with people and encourage them to get moving. This program is truly a gift to all who attend.

We met, as we do the first Saturday of the month -- at 9 a.m. at the Ventura Pier boardwalk. It was a glorious day -- typical perfect Ventura! Lead by Dr. Megan Mescher-Cox, the Walk with a Doc team set up tables and provides encouragement along with coffee and water and the most upbeat energy you could imagine. There were as many smiles as there were walkers. Even the pups that brought their owners seemed to be soaking up the happy vibe.

Dr. Megan invited Tai Chi Moving for Better Balance (TCMBB) certified instructors -- Maria Tuason Combs and Rosanne Falcone -- from the Oxnard

R.S.V.P. program to demonstrate the 8-Form Tai Chi we teach free to seniors. Students from our CMH Wellness Center TCMBB class came and participated in the demonstration, offering their stories of how this Tai Chi program has enhanced their lives -- improving overall health, cutting meds and making a daily impact.

There were three doctors here as well as professionals in other moving-for-health-enhancing areas. Every one of them was available to chat with participants. Each one conveyed the feeling that your conversation was really worth their undivided attention.

Amazing way to spend an hour on a glistening Saturday morning.

Thank you, Dr. Megan and amazing Walk with a Doc team. Your time is an ongoing gift to community health. You truly "walk the walk" toward wellness.

should contact Event Coordinator Jennifer Dawes at office@stepupventura.org or (805) 665-3385.

Since 2016, Step Up Ventura, a 501(c)(3) nonprofit organization, has worked tirelessly to change the lives of homeless children by providing therapeutic services and access to childcare

and preschool to help them connect, heal, and learn. The group also helps homeless families become self-sufficient by working to break the cycle of homelessness where it begins.... in early childhood.

For more information, visit www.stepupventura.org

On Oct. 20, at 5:07pm, the Ventura County Fire Communication Center received multiple reports of an explosion in the area of E. Harbor Blvd and Monmouth Way. Ventura City Fire Dept resources were dispatched and the first arriving fire engine company reported an explosion in an underground high voltage electrical vault. SoCal Edison was requested and arrived within minutes to assist with the investigation and the restoration of power to the area. As a result of the incident, power to the area was interrupted for two hours and a section of sidewalk sustained moderate damage.





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.

Suicide Attempt

On Oct.12, at 2:23pm, officers were dispatched to a call of a female possibly threatening to jump off the California St. overpassing at Highway 101. An officer responding to the call saw the victim, later identified as a 61-year-old female, sitting down next to the railing on the south side of the bridge. As the officer was approaching the subject she suddenly stood up and jumped over railing. The victim landed on the right shoulder of the freeway which was approximately 20 feet below.

Upon landing, the victim sustained severe non-life-threatening injuries to her legs. She was not hit by any passing vehicles.

Officers immediately stopped the southbound lanes of the highway and rendered aid until Ventura City Fire personnel arrived on scene. The subject was treated at the scene and later transported to VCMC for treatment of her injuries. She will undergo a mental health evaluation when released.

The southbound lanes of Highway 101 were reopened after approximately 15-20 minutes.

Stolen Vehicle Arrest

On Oct.19, at 2:18pm, Ventura Police officers located what was believed to be a stolen vehicle in the parking lot of the Bayshore Motel. The car was occupied by three subjects and was seen leaving the motel parking lot. As the car drove away, the officers initiated a traffic stop on the vehicle in the area of Dos Caminos Ave. and Central Ave. The driver of the vehicle (Snyder) pulled over, and the was contacted.

During the investigation, it was learned that Snyder was in possession of a shaved key that he used to steal the vehicle. He was also in possession of illegal drugs. One of the passengers in the vehicle (Coke) was a wanted parolee. The other passenger was cleared and was released. David Snyder 9-20-75, Ventura resident, Dustin Coke 7-31-99, Ventura resident.

No one was injured during the incident. Snyder was arrested for felony possession of a stolen vehicle, burglary tools, and possession of narcotics. Coke was arrested for his felony parole violation. The car was returned to the owner.

Harbor Patrol Blotter

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

10-02 12:45pm, received a request for traffic control from the construction company building the "Port-side" docks. Officers responded in Rescue Boat 17 to assist with boating traffic control for the barge transporting the crane.

10-04 3:25pm, received a report of a transient throwing rocks at the Holiday Inn Express. Officers responded but were unable to find the individual described.

10-05 5:20pm, received a report of a whale near the School House Jetty in Pierpont. Officers responded and found what appeared to be a small grey whale. A mammal rescue volunteer was contacted and would investigate.

9:03pm, contacted by a diver who was

threatened by 2 fisherman hoop netting in the sandtrap area. Officers contacted the 2 and advised of the seriousness of such behavior towards the diver. The situation was resolved without incident.

10-08 11:55am, dispatched to a Hazardous Condition, gas leak at the Ventura Water Treatment plant. Officers responded and assisted VFD with the call. A gas leak was discovered but had not ignited.

10-10 8:10am, received a report of a vessel accident between two large commercial vessels. Officers responded and investigated the incident which occurred at the VHV fuel dock. Minor damage to both vessels was observed and reported.

10-11 12:47am, dispatched to a fall victim at VWM C-dock. Officers responded and found a patient with a serious head wound. He was treated and transported to local hospital by American Medical response ambulance.

6:15am, observed a working brush fire in the river bottom near the golf course. VFD and VCFD were fighting the brush fire. East Winds gusting to 30kts.

10-12 3:30am, contacted an individual hoop netting in the swimming area of Harbor Cove. Officers issued warning for the violation; no hoop nets set in the harbor. 10:25pm, while on patrol in Rescue Boat 17 officers observed a flare ignited towards Ventura West Marina. After a search no vessel in distress was located.

10-13 4:05pm, observed a large fishing seiner outbound in the turning basin in violation of 302(b) VHO speed. Officers were able to contact the captain via VHF radio and issue warning and gain compliance.

6:03pm, throughout the day officers observed several different types of recreation throughout the harbor most likely due to the favorable weather experienced all day. Kayakers, small and large fishing vessels, standup paddlers and sailboats even though there was no wind enjoyed the boating day.

8:05pm, while on patrol officers enforced hoop netting regulations around the breakwall for several different violations, including insufficient lights, illegal placement of hoop nets and various safety violations.

10-14 7:58am, dispatched to a medical: chest pain in the parking lot of Plimsol mart. Officers responded and assisted VFD/AMR. The patient was treated and transported to local hospital for further evaluation by AMR ambulance.

10:50pm, while on patrol, officers observed a suspicious person walking with a fishing pole and tackle in the Ventura Marina Community. Officers contacted the individual and issued warning for trespassing and illegal fishing.

Local love at its best

Continued from page 1

Annual Thomas Fire Remembrance Event at the Mason Lodge in downtown Ventura. The event will feature music by many of the musicians that contributed to the album. It will be an evening of music, love and a time for our community to come together in remembrance of the Thomas Fire. Thomas Fire Survivors who are signed up with the Local Love Project or can show proof of loss will be given free admittance into the event.

Tickets and more info at <http://www.totallylocalvc.com/local-love-at-its-best-a-holiday-cd-to-benefit-fire-survivors/>

Contributing artists include, Raging Arb and the Red Heads, Guy Martin Band, Scotty Morris of Big Bad Voodoo Daddy, RJ

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The Ventura We Love

by Jeffrey Russell

It runs between Carpinteria and the Sun,
Breathes ocean air that stuns,
Seafood and Tacos delicious to the tongue,
Ventura's a moon over the mission flung,
Tranquil sky's that drop foggy tears,
Her moon is full of passion that appears,
With many hikes to new frontiers,
Meditate on the Cross it's Hill so near,
The pier jets out for a Pacific view,
As Waves dance on the ocean blue,
Two trees on a hill to set the mood,
Our Harbor to hook your fishy food,
Channel Islands adrift to navigate the day,
A Botanical Garden blooming new bouquets,
With a view to heaven her secret passage-way,
Thank you Ventura your a full Calendar holiday.

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Weekly SUDOKU

Answer

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

King Crossword

Answers

Solution time: 25 mins.





by Pam Baumgardner

VenturaRocks.com

With Halloween falling on a Thursday this year, I'm finding many venues are having their costume parties the weekend before with a few on Halloween; but there are several celebrating Dia de los Muertos the days following, so almost two weeks of spooky fun at hand. Let's start with HallowQueens, this one features bands with female lead singers on Saturday, October 26, at The Garage with The Guitar and Whiskey Club, Fallen Saints, Soup Hat and Sik Sik Sicks. Nasty Nights, the Halloween Edition, lands at the Hong Kong Inn with Idecline, Civil Conflict, Psychotic Barnyard, Bootleg Brigade, Guttural Riot (LA) and Plot (SB); and then the Alpine Camp Band hosts a Halloween Ball at Leashless on that Saturday as well. On Halloween, Copa Cubana has Sound Effect, there's Discovery's Emo Night performed by Class of 05, and there will be DJ's hosting costume parties at Star Lounge, The Tavern, and Bombay's.

Something new for downtown, many venues will be celebrating Dia de los Muertos the days following Halloween. On Saturday afternoon, November 2 from noon to 6 pm, Chestnut will be shut down with lots of festivities for the entire family including strolling entertainment with Mariachi, Hermanos Hererra and Folkloricos. That evening, the Ventura Theater has Columbian group, La Sonora Dinamita (Cumbia music), and 50 Sticks of Dynamite will host Dia de los Muertos party at Grapes and Hops. Everyone is invited to dress to impress, I trust there will be loads of painted faces that day and night.

Quick Notes: Namba's Spooktacular Halloween Variety Show is Friday, October 25; Oak and Main has Trapt on Saturday, October 26 and Tantric on Sunday October 27, advance tickets available on their website and Facebook pages; there will be a special event at Topa Mountain Winery as they host Taste of Ojai on Sunday, October 27, featuring music from the Danny McGaw Band; you can enjoy live Reggae at Bombay's 6-9 pm with Bomba Fiya and Lay Low on Saturday, October 26; Jonathan McEuen is the featured artist for a Music and Art for Youth fundraiser at Namba on Saturday, October 26; a second open mic dubbed "Acoustic Gathering" has landed at Golden China 6-9 pm on Thursdays; Danny D. continues to croon the room with Sinatra tunes Tuesdays at Prime and Casa Bella on Thursdays; Tammy offers Tango Tuesdays with dance lessons at Grapes and Hops; No Motiv celebrates the 25th anniversary of And the Sadness Prevails at Discovery on Friday, November 1 performing along with Out of Trust, Slowtrip and Omega Point; and finally, you'll want to set aside Friday, November 8, for the Local Love project holiday CD release party at the Channel Islands Masonic Lodge (482 E

Santa Clara in Ventura), I'll have more on this special event next issue!

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
All Venues Ventura, unless otherwise noted.

Blue Agave

185 E. Santa Clara

Fridays: Mariachi Band; DJ
Saturdays: DJ

Boatyard Pub

Ventura Harbor Village

Tuesday-Thursday 6 pm, Friday & Saturday 7 pm

Thursdays: Bluegrass Jam

Wed 10/23: Karen Eden

Fri 10/25: Teresa Russell & Stephen Geyer

Sat 10/26: Shorebreak

Tues 10/29: Shorebreak

Wed 10/30: Finnhead Dave

Bombay Bar & Grill

143 S. California Street

Thursdays, Friday & Saturdays: DJs
Sunday 2-7: DJs

Sat 10/26: Bomba Fiya, Lay Low (6-9 pm)

Café Fiore

66 S. California Street

Wed 10/23: Big Adventure

Fri 10/25: Action Down

Sat 10/26: Cosolive

Tues 10/29: Donna Greene

Wed 10/30: Self Righteous Bros.

Cantara Cellars

126 Wood Road, Suite 104 Camarillo, CA

Thursdays: Karaoke

Sat 10/26: Ignition (6-9 pm)

Casa Bella

391 E. Main Street

Thursdays: Danny D.

The Cave

4435 McGrath Street

5:30 – 8:30 pm

Weds & Saturdays: Varon Thomas

Thurs & Fridays: Warren Takahashi

Copa Cubana

Ventura Harbor Village

Music 7 pm; Sundays 4 pm

Tuesdays: The Jerry McWorter Trio

Sun 10/27: Karen Eden & the Bad Apples

Thurs 10/31: Sound Effect

Dargan's Irish Pub & Restaurant

593 E. Main Street

Sun 11/3: Sunday Drivers (4 pm)

Discovery

1888 Thompson Blvd

Fri 10/25: Masters of Puppets

Sat 10/26: DSB

Sun 10/27: Sgt. Pepper (5 pm)

Thurs 10/31: Emo night Class of 05

Fri 11/1: No Motiv, Out of Trust,

Slowtrip, Omega Point

Sat 11/2: Cubensis

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 Friday; 12 – 4

Sunday

Fri 10/25: Karen Eden & Bill Macpherson

Fri 11/1: Johnny & the Love Handles

Sun 11/3: JJ Frank Duo

Garage

1091 Scandia Avenue

Sat 10/26: The Guitar & Whiskey Club, Fallen Saints, Soup Hat, Sik Sik Sicks

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

Thursdays 6 pm: Open Mic

Grapes and Hops

454 E. Main Street

Wed & Thurs 6 pm; Fri & Sat 8 pm, Sun 4 pm

Tuesdays: Tango

Wednesdays: Gypsy Jazz Jam

Fri 10/25: Late Night Union

Sat 10/26: Colette Lovejoy Band

Sun 10/27: Shawn Jones, acoustic (4-7 pm)

Sat 11/2: 50 Sticks of Dynamite

Hong Kong Inn

435 E. Thompson Blvd

10/26: Idecline, Civil Conflict, Psychotic Barnyard, Bootleg Brigade, Guttural Riot, Plot

Keynote Lounge

10245 E. Telephone Road

Tues, Wed and Sun: Karaoke

Thursdays: Open mic night

Fri 10/25: DJ AVG

Sat 10/26: Johnny Hellhole

Leashless Brewing

585 E. Thompson Blvd.

Tues: Open Mic, The Listening Room

Sat 10/26: The Alpine Camp Band

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

Sat 10/26: The Youngsters

Sun 10/27: Milo Sledge Trio

Sat 10/2: Left Hand Lions

Sun 10/3: RJ Mischo

Majestic Ventura Theater

26 S. Chestnut Street

Thurs 10/24: The Distillers

Fri 10/25: Cannibal Corpse

Sat 10/26: The Story So Far, The Frights, Hunny & Just Friends

Margarita Villa

Ventura Harbor Village

Fri & Sat 7 pm; Sun 4-7 pm

Fri 10/25: Misunderstood

Sat 10/26: Brian Faith Band

Sun 10/27: Doc Rogers Band

Sun 11/3: Road Brothers

Namba

47 S. Oak Street

Fri 10/25: Spooktacular

Sat 10/26: Jonathan McEuen

Sat 11/2: Hip Hop Help Showcase

Oak and Main

419 E. Main Street

Tuesdays: Beer Bros. Open Mic

Sat 10/26: Trapt

Sun 10/27: Tantric

O'Leary's

6555 Telephone Road

Wed: Karaoke

Paddy's

2 W. Main Street

Wednesdays: Karaoke

Fri & Sat: DJs

Poinsettia Pavilion

3451 Foothill Road

Fri 10/25: The Ramblers

Ventura Art Scene



Reunion 805, a free benefit honoring Ventura County's disaster survivors, will be held on Sunday, November 17th, from 2 – 5pm in the 500 block alley in downtown Ventura (next to the parking structure). The event will recognize the second anniversary of the Thomas Fire. Funds raised will support the ongoing needs of impacted Ventura County families.

Free highlights include an art show by seven Thomas fire survivors, tribute wall, photo-booth, magician, corn hole, live music and refreshments by local restaurants.

The benefit is hosted by Fox Fine Jewelry. In response to the disasters, Fox Fine Jewelry designed several necklaces depicting the communities affected, Named the "Strong" necklaces, Fox Fine Jewelry gave away over 700 necklaces to those affected.

Says Debbie Fox, co-owner of Fox Fine Jewelry, "Most fire survivors are

still not in their homes. This event recognizes the trauma and the healing, while connecting neighbors and friends, many of whom scattered."

The recently renovated alley will be closed to vehicles. For more information visit: Reunion 805: <http://bit.ly/2nFPGmk>

Art show by Thomas survivors: <http://bit.ly/2mJBp8e>

Seven artists who lost their homes in the Thomas fire will display their artwork in a special show titled "Rising from the Ashes" at Fox Fine Jewelry from November 14th to January 18th, 2020 with an Art Reception on November 16 from 6 – 8 pm.

The art and the event will focus on growth and recovery from the disaster. It will include a tribute wall of personal stories from the artists and others affected by the fires.

The show features **Lois Bloom**, a watercolor painter; **Barbara Brown**, an oil painter; **Gerd Koch**, one of the founders of Studio Channel Islands and life partner **Carole Milton**, two abstract painters; **Shashastra Levy**, an oil pastel turned acrylic painter; **Luisa Bernardi Neher**, an acrylic painter; and **Dawn Reily**, an illustrator.

Special features include a Tribute Wall, refreshments and live music.

Show information: <http://bit.ly/ThomasSurvivorArtists>

You are invited to the annual UU Arts and Crafts Fair Saturday, November 16 and Sunday, November 17 from 9am to 2pm at the Unitarian Universalist Church of Ventura, 5646 Ralston St in Ventura.

Twenty-five artists and artisans will be displaying their beautiful wall art, jewelry, wearables, photography, ceramics, botanical oils, unique home decor, and much more.

Entry is free and open to the public. For more information call Pam at 805/256-0756 or email pimandjam@roadrunner.com.



Robert Wassell is such a regular visitor to the Los Padres National Forest that the squirrels likely know him by sight, if not by name. He's there most weekends to hike and to sketch scenes that he then turns into oil paintings back home in Ventura.

A prolific artist and longtime Buenaventura Art Association member, Wassell will display some of his latest works Oct. 24-Nov. 17 at Buenaventura Gallery.

His show will run concurrently with "Fantasy: Dark & Light," a BAA members' show that, in keeping with the season, will feature characters, places or designs ranging from eerie, weird and spooky to ethereal, dreamy and heroic. The opening reception for both will be 6-9 p.m. Nov. 1, during Ventura's First Friday gallery crawl.

Buenaventura Gallery, in Studio 30 at Bell Arts Factory, 432 N. Ventura Ave., Ventura, is open 11 a.m. to 4 p.m. Thursdays through Sundays. For more about BAA, a 65-year-old nonprofit cooperative, and its programs, visit www.buenaventuragallery.org or call 805-648-1235 during gallery hours.

Nordhoff High School.

For \$25 you will receive a bowl of your choice and a punch card that will lead to the harbor's many eateries that are donating samples of their food. Fundraiser attendees

these charities who work year-round to make life better for families in need and animals.



The inkspots, Ventura County's only printmaking group present their annual group exhibition "underPRESSure" Opening Reception is on November 1st (during the First Friday ArtWalk) at 5:00-8 p.m. at 643 Project Space at 643 Ventura Ave.

In addition to their work in the gallery, the inkspots collaborate on an annual folio or book project.

This year the folio will include a limited-edition print by each artist and will be offered for sale. There will be a free drawing for the inkspots 2019 Folio and this will take place at the Opening Reception at 7:00 p.m.

Gallery will be open each Saturday in November 1:00-4:00 p.m. with a different printmaking demo each Saturday including collagraphs, screenprinting, monoprinting, etching printing and photopolymer printing.

Or by appointment (email: inkspotsventura@hotmail.com)



The Ventura County Potters' Guild is pleased to welcome **James Haggerty** for a historical talk about the Glazes of the Arts and Crafts Movement. Haggerty will discuss important potters from the beginning of the Arts and Crafts Movement including Adelaide Alsop Robineau, Frederick Hurten Rhead and Hugh Cornwall Robertson. Haggerty will also have samples of pottery on display that he will discuss. James and **Linda Haggerty** have moved their studio and gallery to Ventura's Bell Arts Factory. Their will be a brief discussion of lusters, a glaze that Haggerty is known for. Bring your Questions.

The public is always invited. Refreshments. Free Monday October 28, 2019

Doors open at 7 pm

Program begins at 7:30 pm

Ventura County Potters' Guild
The Ventura Avenue Adult Center
550 N. Ventura Avenue, Ventura



The show also includes Art City resident artists **Greg Kailian** and his stunning stained glass 'Fall Leaves', **Joanne Duby**'s marble 'Transition', **Sydelle Foreman**'s calcite heart shaped 'Harvest Bowl', **Nicholas Decker**'s sculptures of honeycomb calcite and alabaster, **Andy Lewis**'s hand carved from Colorado marble life size sculpture 'Fresh', and **Katie Miller**'s acrylic on wood 'Sun Dance'.



will receive tasty treats like clam chowder, Cuban fusion, fudge, and more. A drawing will be held that will include a chance for a trip for two from Island Packers and other items from the Ventura Harbor Village retailers.

Bowls and punch cards are available at the Ventura Potters' Guild Gallery at 1567 Spinnaker Drive Suite 105 at the Harbor on the day of the event, Sunday, November 3 from 11 – 4. Don't be left out, there are only 250 bowls.

This year's Bowl of Thanks sponsors include Ventura County Potters' Guild, Ventura Breeze, Mechanics Bank, Montecito Bank, and the Ventura Port District.

All monies raised will go directly to

The Artists' Union is thrilled to present the art exhibition 'It's Like Fall' at Art City Gallery and Studios! Set among the beautiful stones, sculptures, and onyx lamps of Art City Gallery and Studios, located at 197 Dubber St. The show runs until Nov 24, and is an exhibition of all things autumn - Harvest, Dia De





Lighter Breeze

Mother Goose and Grimm



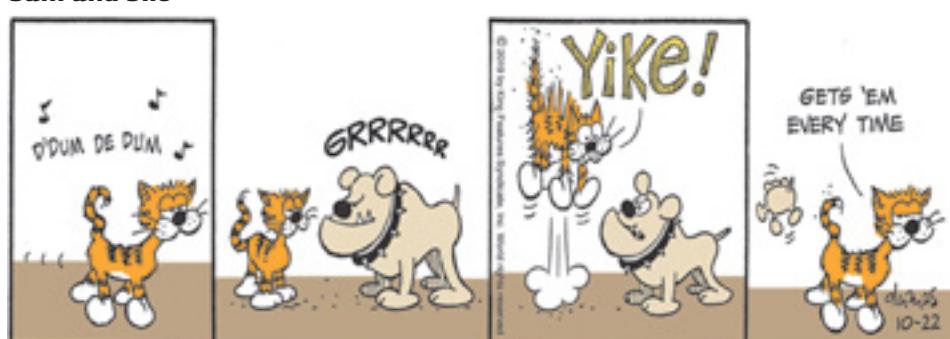
Baby Blues



Shoe



Sam and Silo



Crock

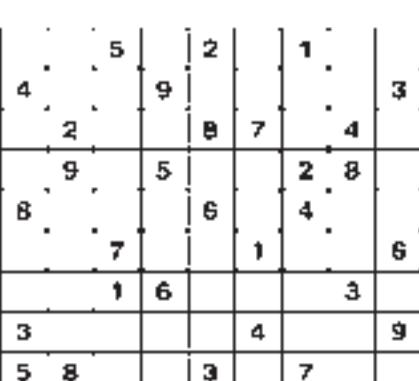


Arctic Circle



Solutions on page 19

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



Weekly SUDOKU

by Linda Thistle

Each week's puzzle is designed to be solved by logic alone. You can use pencil or pen to mark possibilities, but you don't need to write in every number. You can also use a computer or smartphone to solve it online.

DIFFICULTY THIS WEEK: ●

- ◆ Moderate
- ◆◆ Challenging
- ◆◆◆ HOO BOY!

Solutions on page 19

King Crossword

ACROSS

- Lord of the Rings actor (6)
- Spigot (4)
- Jet forth (4)
- Cruising (5)
- Court (4)
- Baseballer's goal (5)
- Locale for a 1920s 'sitting' lad (7)
- Settled down (5)
- Kingdom near Fiji (5)
- Creators (5)
- 'Carmina Burana' composer (7)
- Directory data (Abbr.) (5)
- Humorous utterance (5)
- Temporary gift (5)
- Scot's hat (5)
- Illustrations (5)
- Flower of New Mexico (5)
- 'I - Camera' (5)
- Lingone item (5)
- Physical (5)
- Vivacity, in music (5)
- Genetic letters (5)
- Ogler's look (5)
- Jungle expedition (5)
- Romantic dance (5)
- Send out (5)

DOWN

- To and — (5)
- Writer Angelou (5)
- Wan (5)
- I evergreen type (5)
- Horse-drawn carriage (5)
- Verse (5)
- Leftovers (5)
- To and — (5)
- Writer Angelou (5)
- Eastern potentate (5)
- Drenches (5)
- Standard (5)
- Pavlova or Piquin (5)
- Change (5)
- Central (5)
- Poke (5)
- Blunder (5)
- Beachcomber's find (5)
- Top (5)
- Parisian pal (5)
- Name in (5)

China's history
Calendar quota
Lullaby composer
Smartly dressed
Biblical verb suffix
Antioxins
Iowa city
Dubious
Ark builder
'The Naked Maja' artist
Suitable
Anger
Piglet's mom

Putting off making a commitment early in the week could be a good move. It's best to act when you know you're making an informed decision. Expect more facts to emerge by the week's end.

SCORPIO (October 23 to November 21) A recent act of kindness on your part could take on special meaning this week. Also, look for signs of upcoming changes in both your personal and professional relationships.

SAGITTARIUS (November 22 to December 21) Many of the tougher communication barriers between you and others in the workplace or at home could begin breaking down this week. Expect some surprises to emerge.

CAPRICORN (December 22 to January 19) Your "tough love" attitude toward someone you care for could be misunderstood. Try to be less judgmental and show more consideration in the way you relate to that person.

AQUARIUS (January 20 to February 18) An unexpected workplace challenge could be daunting. But take what you know (and you know more than you realize) and apply it to the problem, and you should see positive results.

PISCES (February 19 to March 20) Recent relationship changes for both single and paired Pisces continue to influence much of your week. Keep your focus on developing the positive aspects as you move along.

BORN THIS WEEK: You set your goals with assurance and influence others to follow suit. You would be an excellent philosopher and teacher.

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ARIES (March 21 to April 19) It might not be wise to pursue goals involving others, unless you can stop impulsively rejecting new ideas. Either open your mind or wait until next week, when this "ornery" mood passes.

TAURUS (April 20 to May 20) It's a good time for the Bovine to be creative and practical for yourself and your surroundings. Shop wisely, not impulsively, and keep your Bull's eye focused on quality, not quantity.

GEMINI (May 21 to June 20) You should feel more confident about moving ahead with plans that had to be delayed by an unexpected turn of events. Also, family matters might need more time than first anticipated.

CANCER (June 21 to July 22) Be considerate of others as you move into a new area in your professional life. Take time to meet people and discuss mutual goals. The more you get to know each other, the better.

LEO (July 23 to August 22) Creating a fuss could get your ideas noticed quickly. But it would be best to present your case, and then wait for a reaction to follow in due course, rather than try to force it to happen.

VIRGO (August 23 to September 22) Unkept promises might cause plans to go awry this week. You can either grumble about people "letting you down" or find a way to make the best of it and move on. The choice is yours.

LIBRA (September 23 to October 22)



Showtime

A View from House Seats

Moorpark's "Mermaid" Enchanting

by Shirley Lorraine

High Street Arts Center in Moorpark has done it again. The company consistently brings high-quality talent to their stage with every production. Now open is the enchanting stage extravaganza *The Little Mermaid*.

This Disney adaptation, based on Hans Christian Anderson's timeless tale, is a lively, colorful, fun romp under the sea with a happy ending. With book by Doug Wright and music by eight-time academy-award winning composer Alan Menken, audiences will exit the theater smiling and singing.

Anderson's morality play directly targets children of all ages – mind your parents, be true to yourself, listen to your friends, beware of unscrupulous figures and weather the struggles of life.

Ariel, the youngest of seven daughters to King Triton, is a free spirit with a golden voice and a penchant to obey her desires rather than her father. She witnesses a shipwreck and is immediately smitten by a handsome sailor who turns out to be a Prince. She decides that what she really wants is to be human.

A typical teenager, however, she rebels against her father's strong and protective hand in order to pursue her dream. Against the advice of her closest friends, Sebastian the Crab and Flounder, a young fish who admires her, Ariel succumbs to the magic of her evil aunt, Ursula. Along the way lessons are learned and misunderstandings are mended.

She discovers the pitfalls of pursuing the unknown as she fights to adapt. However, in true Disney fashion, her dreams are ultimately realized, and everyone lives happily ever after.

This production is outstanding. The cast is superb. They are aided by a spectacular setting designed by Chris Bell, complimentary choreography by Wendy Babb and creative, colorful costuming by Barbara Mazeika and Raquel Karoly. In short, it is a

full package of visual delight. Director Dana Marley-Kolb uses the entire theater and all the actors to excellent advantage.

Ariel is delightfully portrayed by Charlotte Green; whose beautiful voice and graceful movements bring her character most believably to life.

Her sidekick, Flounder, is embodied by young Theo Chambers, who is one to watch. His clear voice, excellent diction and enthusiastic performance made him a stand-out.

The pivotal role of the irascible crab Sebastian is held by the scene-stealing Vincent Perez, who displays comedic acumen, dancing and vocal skills par excellence.

There are almost too many outstanding performances to mention because they are all top-notch. Notable performances are given by David Gilchrist as Grimsby, Cameron Liljervist as Prince Eric, John Gaston as King Triton (who doubled as musical director), Erin Fagundes as seagull Scuttle (a tap-dancing power ball of energy), Noah Terry as Chef Louis and Alison Rosenblum as the evil Ursula the Squid.

The ensemble showcases many skills with numerous actors playing several roles.

Clearly the entire cast is having a blast being under the sea. The audience falls under the spell from the opening notes to the grand conclusion.

If you are looking for a production that will enchant young and seasoned alike, this one is it. The show runs through November 17 and is expected to sell out. Reserve your seats early.

The Little Mermaid

High Street Arts Center,

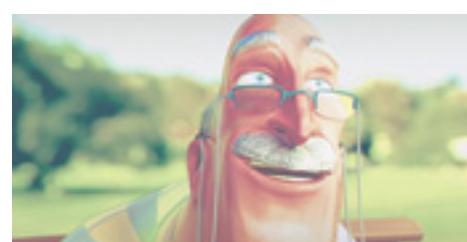
45 E. High Street, Moorpark.

Tickets online at:

www.HighStreetArtsCenter.com.

(805) 529-8700.

Fridays and Saturdays at 8:00 pm, Sundays at 2:00 p.m.



A Day in The Park from Spain to be shown.

Ojai Film Festival Features 81 Films from Around the World

Ojai Film Festival's 20th Anniversary introduces an award for Best Locally Produced Film, alongside 81 film contenders from around the world in competition for top prizes. This year's World Premiere films include:

(t)here
After Parkland, Healing a Community and a Nation
In The Campfire Light
My Daughter Yoshiko
The Vow From Hiroshima
Truth in Recruiting
Nowhere

Screener selected contenders from record breaking submissions of nearly 500 films.

"According to several of our festival Judges, this year's selections are the best

we ever offered," the 20 year running film festival's Founder and Artistic Director Steve Grumette said. "Despite economic and trade sanctions against their country, Iranian filmmakers are flourishing. We have 13 Iranian films in this year's festival, more than from any other country except the U.S.!"

The eclectic batch of films includes narrative features and shorts, animations, and feature and short documentaries. Many indie films premiere at this year's festival. Other selections received honors at other venues.

One award winning animated film *A Day in The Park from Spain*, directed by the up and coming Diego Porral Soldeville depicts a grandfather who reminisces about 'the good old days' while his grandson zones out with his holographic visor. As the grandfather revisits old classics like Facebook and Tinder or waxes nostalgic about relics like the iPhone, he provides some much-needed perspective on our hyperconnected digital society.

In celebration of twenty years in Ojai, the festival added a new category honoring local filmmakers in the Gold Coast Series. The 14 local films in this competition include *Mamma Mia: From Auditions to Opening Night*, a film by Ventura High graduate Ryan King, that follows Ventura High's production of *Mamma Mia*; Camarillo director Miguel Orozco's Oxnard-Set film *Mixteco Boy*; and *God Send*, a thoughtful feature by Ojai director



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Levi Holiman. The Gold Coast's full day of screening runs on Monday, November 4, from 10 am to 10 pm.

Continuing a longstanding tradition of spotlighting environmental films, the festival's series Focus: Earth presents two screenings each of eco-conscious shorts and features throughout the festival. A full day of ecological films, seminars and special events happens on Sunday, November 10. Among the highlights, director Sylvia Rokab screens scenes and answers questions about her film *Love Thy Nature*. The day tops off with *Living in The Future's Past*, narrated and produced by Jeff Bridges, Q&A with director Susan Kucera follows.

The 20th annual Ojai Film Festival also offers Lifetime Achievement Awards for Pat Boone and Eva Marie Saint, the new Sergio Aragones Animation Award presented by Sergio Aragones, Hawk Koch Memoir Debut, Women in Film Legacy Series, Screenwriting Competition & Live Table Read, seminars and speakers, industry insiders, parties, and much more.

For complete schedule of screenings go to ojaiifilmfestival.com.

Big River: The Adventures Of Huckleberry Finn

Rubicon Theatre opens the company's 22nd Season with the Tony Award-winning musical *Big River: The Adventures of Huckleberry Finn*. *Big River* is a rollicking river adventure based on Mark Twain's timeless 1884 novel.

In the story, the irrepressible, rebellious young Huck resists polite society and takes off on a raft with Jim, a

runaway slave. On their journey, Huck and Jim encounter wild extremes of greed, bigotry, kindness and love. Twain's many memorable characters are brought to vivid life – from the Widow Douglas and her stern sister to two uproariously funny con men; from Huck's partner in crime Tom Sawyer and their rowdy gang of pals to the lovely Mary Jane Wilkes and her trusting family. Propelled by a soul-stirring score of country, pop,



Big River is a rollicking river adventure. Photo by Michael Lamont

gospel and bluegrass music created by Roger Miller ("King of the Road"), *Big River* is a theatrical celebration of pure Americana and a powerful and timely coming of age story.

Rubicon's *Big River* is the fulfillment of a long-held dream for husband-and-wife team Kirby and Beverly Ward, both Broadway and West-End veterans. This production marks their third journey on the river. (They serve as Director/Choreographer and Associate Producer/Associate Director, respectively.) Kirby and Beverly have envisioned an environmental revival of the show with ensemble members who sing, play multiple characters and also play instruments. Their vision was to revisit Twain's timely tale with an integrated group of storytellers who have a sense of urgency because of the show's relevance to the present time.



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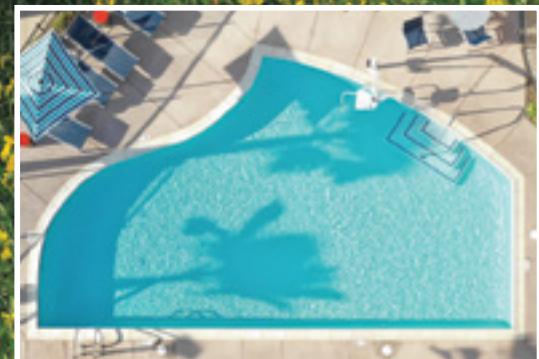


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Ventura Unified seeking applicants for surplus property

The Ventura Unified School District (VUSD) Board of Education is establishing a 7-11 Advisory Committee to advise the District and Board on the development of policies and procedures relating to the sale or lease of surplus property owned by the District. The Board of Education invites all interested community members to apply for membership on this new 7-11 Advisory Committee. Applications are now available and will be accepted until 4:30 pm on November 4, 2019. The application is available online at <https://www.venturausd.org/business/BusinessServices.aspx>, and the District office located at 255 W Stanley Ave.

The new committee will consist of between seven and eleven members who must live in the District and be representative of at least one of the following: the ethnic, age group and socioeconomic composition of the District; the business community, such as store owners, managers or supervisors; landowners or renters, with preference to be given to representatives of neighborhood associations; district employees; parent/guardian of students; persons with expertise in environmental, legal, construction and/or land-use planning, including, but not limited to, knowledge of the zoning and other land-use restrictions of the City and

County of Ventura

Members of the 7-11 Committee can expect to meet two to three times to complete its review and recommendations to the Board of Education, with tentative meetings set for November 19, December 17, 2019, and January 21, 2020. A District selection committee will meet to review applications and make recommendations to the Board of Education soon after the November 4, 2019 deadline.

For more information, view the VUSD Business Services website at <https://www.venturausd.org/business/BusinessServices.aspx> or contact Betsy George, Assistant Superintendent of Business Services (805) 641-5000 ext. 1202 or betsy.george@venturausd.org.

Mailbox

Continued from page 4

with local power without the need for PG&E or SCE supplying power over hundreds of miles of dangerous landscapes. Check out this Newsletter from "Microgrid Knowledge": <https://microgridknowledge.com/>

Robert Chianese

Ventura Breeze

I am writing in response to the Article Pension Funds are under funded by Venturans for Responsible and Efficient Gov't (VREG)

This article is of course another attack on government pensions, and I would like to respond to some of the inaccurate statements that the author made in this article.

He stated that Public Employees can get generous pensions at age 50 to 55. The only public employees that can retire and receive a pension at these ages are safety personnel. You know, those guys and



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gals that risk their lives as policeman or fireman. All other public employees have to wait until the normal retirement age to receive a pension.

He claims that all proposals to modify the public pension system for new employees have been rejected. This is also a misleading statement. Before he left office Governor Brown signed new legislation that modified public pensions and changed the funding so that the employees pay more into the system. There were other significant changes. I suggest that the author of this article read up on the changes to the public pension system.

I have often heard that the public pension system is like a mortgage it is an obligation that is not all due all at once and is paid over time. So this "panic" about the unfunded liability is not the crises that is going to bankrupt the State

or the city of Ventura in the forcible future.

Respectfully
Jim R. Crow

PS: Yes, I am receiving a pension from a governmental agency



Queen Adela Trainor was shocked by what she read in the Ventura Breeze about USA politics.