

See page 16 for Ventura Music Scene!

VENTURA BREEZE

Your Hometown Paper

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Harald Wulff and Abra Flores.

Ventura College welcomes new board members

Ventura College Foundation Board of Directors has added two new board members: Harald Wulff and Abra Flores.

Wulff is a retired chemical industry executive. He served on the management board of Henkel KGaA headquartered in Dusseldorf, Germany. As the business was spun off into a self-standing entity called Cognis GmbH, he served as CEO of the new company, and became chairman of the board after it was sold to Goldman Sachs and Permira.

"Industry needs young people with technical skills and young people need well-paying, challenging jobs," says Wulff. "I hope to see Ventura College expand its STEM and STEAM programs, particularly in vocational training."

Flores retired in 2018 after a decades-long career as the resident costume designer at Ventura College. She initiated and developed costume design and makeup programs at the college where she currently teaches classes in these subjects part-time.

As a child, Flores was in and out of the foster care system. She understands how difficult learning can be. It was a simple \$50 scholarship, given by her undergraduate university, which made a huge impact on her education. That small grant created a feeling that success was possible, and that her dreams had validity. Flores instituted and funded a scholarship program at Ventura College known as the "Excellence in Volunteering in Costume Design." It is awarded each year to performing arts students who show excellence in production work.

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Ventura dignitaries were on hand to pick up the bus. The donated vehicle features a mobility lift.

Gold Coast Transit District (GCTD) donates a bus

Gold Coast Transit District (GCTD) has donated a paratransit vehicle to the City of Ventura homeless shelter, operated by Mercy House, to facilitate mobility options for its residents.

The District retired a few cut-away-style vehicles that had reached the end of their fleet service life. They kept a few vehicles to refurbish and donate.

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Don't give your credit card information to someone pretending to be your grandchild.

Be careful of phone scammers trying to get your information and your money

Residents are advised that phone scammers have been targeting residents impersonating Ventura Police Employees. The scammers are using a device that makes it appear to the victim that the phone call is coming from the Ventura Police business line of 805-339-4400. The scammer is telling residents that they have an out of county warrant and need to pay a fee or face arrest. Please be advised that the Ventura Police Department does not request personal information over the phone and would not solicit this type of information.

The community is urged to be vigilant and aware of these scams to avoid falling victim. Never follow directions from someone on the phone that requests personal information or money. If you believe you have been the victim of a scam in which you have suffered financial loss, contact the Ventura Police Department at 805-339-4400. If you have not suffered financial loss and you have not provided

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Ribbon cutting held for Family Justice Center. Photo by Michael Gordon.

The Ventura County Family Justice Center is a welcoming community

A Ventura Chamber of Commerce ribbon cutting was held for the Ventura County Family Justice Center, located at 3170 Loma Vista Rd. in Ventura. All too often, those facing violence or abuse suffer in silence as fear, confusion and lack of access discourage them from getting much-needed help and support.

Ventura County FJC simplifies this

overwhelming process by providing a caring, safe environment where victims and their families can access the comprehensive resources they need to recover, heal and break the cycle of violence. All Ventura County FJC services are offered free of charge.

The mission of the Center is to

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I don't ever want to move from the Ventura Townehouse! We have lived here for four years and we LOVE it here!
- Jan Christmann

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City News



Ventura residents are invited to make a fresh, clean start in their homes.

Tidying up for the new year

The City of Ventura's Environmental Sustainability Division is hosting the first Community Cleanup & Recycling Event of the year on January 25th at 765 S Seaward Ave (corner of Seaward and Alessandro.) Ventura residents are invited to make a fresh, clean start in their homes by dropping off unwanted items at the event from 9 a.m. to noon. Accepted items include but are not limited to household items such as furniture and appliances, yard waste, and electronics. The only items that will not be accepted at the event are household hazardous wastes such as paint, fluorescent lights, and batteries. Goodwill Industries will also have a truck available to accept items in good

condition, if attendees wish to donate.

These quarterly events are held as part of the franchise agreement with E.J. Harrison & Sons. During last year's events, the City collected over 130 tons of waste, over 55% of which was recycled. These events are an important service that help residents properly dispose of hard-to-manage items that may otherwise become a household safety issue or wind up in the public right-of-way.

Residents are highly encouraged to register for the event online at <https://ccrejanuary2020.eventbrite.com>.

Additionally, on the same date and time, the Environmental Sustainability will also be hosting a free Shred Event to help ensure the safe destruction and

recycling of sensitive documents. The Shred Event will be held at the City Maintenance Yard Parking lot at 336 Sanjon Road in Ventura on January 25th from 9 a.m. to noon. There is a limit of 5 file-type boxes per vehicle and is open to City of Ventura residents only. Residents should register for this event online at <https://shredeventjanuary2020.eventbrite.com>.

Business waste is not accepted at either event. Residents are required to show proof of residency such as a Photo I.D. or a utility bill.

On January 20 we celebrate the life of Martin Luther King, Jr.

Martin Luther King, Jr. was one of the main leaders of the American civil rights movement. A Baptist minister by training, King became a civil rights activist early in his career, leading the Montgomery Bus Boycott. His efforts led to the 1963 March on Washington, where King delivered his "I Have a Dream" speech, raising public consciousness of the civil rights movement and establishing King as one of the greatest orators in American history.

In 1964, he became the youngest person to receive the Nobel Peace Prize for his efforts to end segregation and racial discrimination through civil disobedience and other non-violent means.

Martin Luther King, Jr. Day is a United States federal holiday marking the birthday of Martin Luther King, Jr. It is observed on the third Monday of January each year, which is around the time of King's birthday, January 15.

King was assassinated on April 4, 1968, in Memphis, Tennessee. He was posthumously awarded the Presidential Medal of Freedom by President Jimmy Carter in 1977. Martin Luther King Day was established as a national holiday in the United States in 1986. In 2004, King was posthumously awarded a Congressional Gold Medal.

A national hero and a civil-rights figure King summoned together a number of black leaders in 1957 and laid the groundwork for the organization now known as the Southern Christian Leadership Conference (SCLC). King was elected its president, and he soon began helping other communities organize their own protests against discrimination.

Family Justice Center

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support and improve the lives of those impacted by family violence and trauma. Together, as a team of more than 35 agencies and 120 volunteers dedicated to a shared, vital cause, they help to reduce trauma, eliminate repeat victimization, mitigate future risks and make a lasting, positive difference in countless lives. Through their welcoming community and comprehensive, holistic services that focus on the whole person, Ventura County FJC empowers and supports survivors of all ages and their families.

Their collaborative approach creates a safe space where the use of strength-based practices are used to end abuse and exploitation, pursue justice, and create pathways to hope.

Be careful of phone scammers

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any personal information by phone, please report the call to the Federal Trade Commission at 1-877-FTC-HELP or visit ftc.gov/ complaint.

The community is also advised to be aware of additional phone scams that have impacted residents:

IRS Scam: The scammer says money is owed and must be paid immediately by phone.

Edison/Gas Scam: The scammer says money is owed and if not paid immediately the service will be turned off.

Jury Duty Scam: The scammer says money is owed for not showing up to jury duty and if not paid jail time will occur.

Social Security/Medicare Scam: The scammer says they are an officer with the social security office or with Medicare. They say your account has been hacked and then they proceed to ask for personal information.

"Can You Hear Me" Scam: Scammers are calling victims hoping to get them to say the word "yes" during the conversation that's being recorded. The scammer will later use the recording of the victim saying yes to authorize unwanted charges on the victim's utility or credit card account.

Text Message Phishing Scam: Scammers are using a new texting scam and spoofing banks' phone numbers and sending text messages to customers. A spoofed phone number hides the actual number the text is coming from and displays a number from a trusted source, like your bank. The text claims that your debit card has been used to make a purchase and if you do not recognize the transaction, you need to call their fraud prevention helpline. A phone number is provided for you to call. Because the incoming text looks like it's from your bank, people are falling for this. If you do call the number provided in the text, the fraudster will answer the phone. They will then ask you to confirm your sensitive banking details. This would allow the scammer to steal money from your account.

Grandparent Scam: A scammer poses as a grandchild and claims to be in jail and in need of money for bail. These imposters claim they are in another state or out of the country and need money wired to help bail them out of jail.

Ventura College welcomes

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"I'd like to do more outreach to high schoolers about the college's theatre department and the available funding and resources through the foundation and the VC Promise paid tuition program," says Flores. "The more we can help students access educational funding, the better chances for success in their career path."

"Harald and Abra bring different skills and experiences to the board," says Rob van Nieuwburg, Ventura College Foundation board chair. "What unites them is their love of learning and their desire to share the value of education to our students. We look forward to their contributions and insight."

Established in 1983, the Ventura College Foundation provides financial support to the students and the programs of Ventura College to facilitate student success and grow the impact and legacy of Ventura College as a vital community asset. The Foundation also hosts the Ventura College Foundation Marketplace; an outdoor shopping experience held every weekend on the Ventura College campus east parking lot. For more information, contact Julie Harvey at (805) 289-6502 or jharvey@vcccd.edu or visit www.VenturaCollegeFoundation.org.



Free Admission on
Martin Luther King Day!

Bring your family and friends to enjoy the Gardens. Dogs are welcome to come too!

JOIN US
Monday,
January 20th

HOURS
9am-5pm

Plant sponsorships will also be available if you'd like to contribute to the growth of the Gardens. To date, your generous contributions have allowed us to plant nearly 5000 plants. Help us continue to add to the collection and increase the beauty of the Gardens!

SUPPORT THE VENTURA BOTANICAL GARDENS,
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567 S. Poli St. | 232.3113 | VenturaBotanicalGardens.com



Community Events

To engage the Ventura County community in advocating equal rights for all

The Justice for All VC's March, "Speak Up, Act & Vote for What Unites Us" is a sister event to the national Women's March planned across the U.S. that same day. With our county, country and planet in peril, they are gathering to activate voters and to send a message to our legislators at the start of one of the most important times in human history. 2020 Justice for All March in Ventura Saturday, January 18, 10:00am to 1pm
 Plaza Park, 651 E. Thompson Blvd. 10:00 – 11:00am Scheduled speakers: Congresswoman Julia Brownley, Lucky Altman Lynch and student leaders from the March for Our Lives movement and Climate 805
 11:00 – 12:00 noon March throughout Downtown Ventura
 12:00 – 1:00pm Congregate and visit booth expo at Plaza Park

The mission of Justice For All Ventura County is to motivate, educate, connect and mobilize people to actively engage in their government and future in support of social justice. JFAVC is a non-profit (501c3) focused on the environment, women's issues, LGBTQ issues, health care, economic equity, immigration, education, and cultural equity.

E. P. Foster Library events

Tuesday Feb 4 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 Feb 6 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.

Monday Feb 10 7:00 – 10 pm

Ukulele Jam - Join folks of all ages and experience levels to jam out on your ukulele! Beginners welcome, every 2nd and 4th Monday.

Tuesday Feb 11 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 Feb 13 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 Feb 18 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 Feb 18 7:00 – 9:00 pm

California Native Plant Society

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

Thursday Feb 20 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.

Monday Feb 24 7:00 – 10 pm

Ukulele Jam - Join folks of all ages and experience levels to jam out on your ukulele! Beginners welcome, every 2nd and 4th Monday.

Tuesday Feb 25 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 Feb 27 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 February 17 – Presidents' Day.

Ventura events

by Ana Baker

Livingston Camarillo Hospice is pleased to announce a new 10-week closed-ended grief support group program, Understanding Your Grief, written by author, educator and grief counselor, Alan D. Wolfelt, PhD. Wednesdays 6 - 7:30 p.m. February 5th through to April 8th. Fridays 10-11:30 a.m. February 7th through to April 10th. Ongoing Support Groups are also offered at Camarillo Hospice. Free of charge and held at 400 Rosewood Avenue, Suite 102, Camarillo. To register for a support group, please contact Stacia Sickie, LCSW, at 805-389-6870 x452 or ssickle@lmvna.org.

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. Meetings held at Livingston Memorial Visiting Nurse Association. Contact griefinfo@lmvna.org or 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 7p.m. at the Pointsettia Pavilion, Canada Larga room, 3451 Foothill Road. For more information, contact Laura Lindsay at (805) 836-9100.

Ventura Pointsettia Dance Club Monday nights 7:30 - 9:45 p.m. Pointsettia Pavilion. Ballroom, swing, Latin and line dancing. \$10 members, \$12 non-members. Free dance lessons 6:45 - 7:15 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

Know what you believe and why it is true.

JOSH MCDOWELL Live, share and defend your faith.

Saturday, Jan. 25
9 AM - 12:30 PM
Discover the Evidence
Award-winning author and international speaker, Josh McDowell, invites you to 'Discover the Evidence' of an ancient and authentic copy of The Torah. Don't miss this unique opportunity to satisfy your mind and soul about the reliability of the Bible. Discover the Evidence and watch your doubts fade as the rock-solid facts unfold.

Sunday, Jan. 26
5 PM - 6:30 PM
Relationships that Transform & The 7A's
Relationships that Transform
Josh unveils the need for parents to develop authentic relationships with their children and demonstrates the importance of showing unfailing love and truth to them.
The 7A's: Seven Principles for Building Loving Relationships
Josh shares 7 practical principles essential for developing healthy and long-lasting relationships with your kids.

Sunday, Jan. 26
11:30 AM - 12:30 PM
Ventura Jubilee Fellowship Church
Join us Sunday morning for fun, fellowship, and Josh's personal testimony.

Ventura Jubilee Fellowship Church
2226 Goodyear Ave., Ventura
805-535-4325

Visit venturajubileefellowship.org for your **FREE Tickets**

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peers, and earn master points while you are having fun. There is a game every day of the week. Check out their website at www.vcbridge.org

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

Cross Town Hikers 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 In-

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

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. Encounter

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VENTURA BREEZE

Your Hometown Paper

Member, Ventura Chamber of Commerce

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

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My dad believes
in reincarnation,
so in his will he
left everything
to himself.

– Barry
Goldsmith

Opinion/Editorial



Sheldon (Governor) Brown
Publisher-Editor

Ventura is third in annual per pupil spending (\$10,967). Fillmore number one at \$12,146.

Number eight in owner-occupied homes (46%).

Number five in average monthly apartment rent (\$1,823). TO is number one.

Number one in miles of bike lanes. Not a desired number but has the highest homeless count. Just a little above Oxnard.

Also, not a desired number one - has **highest crime rates** per 1,000 population. Oxnard is number two.

Happy to say (because Ventura's enjoy the venue) that Oxnard's City Manager Alexander Nguyen has announced the **Oxnard Performing Arts Center** Corporation (PACC) has concluded negotiations with the City of Oxnard to keep part of the facility open through March 1.

Negotiations are also being finalized between Oxnard and nonprofit OPACC for long-term management and the possible new operator of the center, Sterling Venue Ventures. Sterling Venue is the owner of multiple entertainment venues including The Canyon in Agoura Hills and Libbey Bowl in Ojai. The main 1,600-seat auditorium is closed right now.

A retiree, 71-year-old Carl Butz, has canceled an around-the-world trip to save California's oldest weekly newspaper, the Mountain Messenger, which was set to shut down when its publisher/editor, Don Russell, 70, retires this month. The paper began in 1853 as a twice-per-month publication. Carl is taking over the Mountain Messenger, which is based out of his hometown of Downieville and covers two rural counties northeast of Sacramento.

Mailbox

Breeze:

I've heard it said that the electorate deserve the leader they elect. But, I don't accept that statement anymore. I know a lot of people voted for The Trumper, but I don't believe that all were deserving of what we got.

I'm convinced he had his first temper tantrum at age two, and no one told him such behavior was unacceptable. He's been feeding that ego and lack of personal responsibility ever since, and, unfortunately, for the people of the United States of America, he's been manipulating, the office of the Presidency, for his entire term.

Now he wants a war to assure his re-election. He cares nothing for the damage he does to our own military, nor the collateral deaths of innocent civilians.

He is an abomination, and should be removed from office, after a trial by the Senate. I'm sure not all Senators are in favor of keeping him in office now.

But, he will be gone. At a point, not too far distant, he will be gone.

Colene Hertse

Trump supporters:

We welcome your opinions regarding Trump. What are you waiting for?

If any retiree's wants to cancel their vacation and take over the **Ventura Breeze** maybe it is time for me to take up skydiving and relax.

The low-flying **helicopters** that have been flying over Ventura are not a government conspiracy, as I'm sure some think (like contrails). It is Southern California Edison inspecting its equipment. During the last few months Edison crews have inspected more than 30,500 lines, poles, transformers, cross-arms, insulators and other equipment.

I feel so lucky. I was in my car and heard an ad for a product that I wanted to purchase. But in order to get the super deal, I had to call within 10 minutes. Unfortunately, it took me an hour to get home. When I did get home, they still let me spend my money and buy it. Isn't life wonderful?

Between mandatory lessons being dropped from Common Core in 2010 and the continued advancement (if this is what this really is) of technology, **cursive** writing being used in our day-to-day lives is dying. Apparently, the signing of checks will be a thing of the past. As will most human contact.

A bill proposed by Assemblywoman Angela McKnight, D-Hudson New Jersey, is hoping to guarantee students still learn how to write and read in cursive by requiring that schools add it back to the elementary school curriculum.

McKnight stated there is research that supports that learning cursive can help children across the board with their "cognitive, motor and literacy skills, and may help students with learning disabilities like dyslexia read and write with greater ease." She said cursive is practical, calling it "a vital skill children will need for the rest of their lives."

By not acting on it, the Supreme Court has agreed that unless cities have a place for the **homeless** to live they must allow them to sleep on city property (don't worry, not on your property), which I certainly agree with.

From an article in the LA Times: "In any case we're heartened the message has been sent that homelessness is not a crime

and that solutions to the problem must be found that do not violate the rights and most basic needs of the homeless. We hope the Boise decision will move the conversation and the planning away from enforcing ordinances to getting more shelter and housing online quickly."

The Ventura shelter is having a grand-opening on January 23, from 11am-2:30pm. 2323 Knoll Dr.

Before entering the realm of politics, who do you think said this? I won't give any hints.

"In order to get elected, President Obama will start a war with Iran."

"A 22-year-old man faces several charges after police say an assault-style rifle he had possession of went off in the back seat of a car, killing the driver. Loved ones are mourning the loss of Annalysa McMillan, who was shot and killed five days after she turned 19. Police say McMillan was driving her car Tuesday afternoon in Marion, Indiana, when she was shot in the back. She later died from her injuries."

Hopefully this year the government will underwrite research (it is in the works) on **firearm violence**. If approved, it would set aside \$25 million for the National Institute of Health and the Center for Disease Control and Prevention to fund research on safer gun ownership, violence and suicide prevention.

Regardless of how one feels about gun ownership we cannot continue to have so many gun deaths - the majority of which are committed by people who know each other. The constitution "may" guarantee gun ownership, but it doesn't guarantee people killing each other with guns for no good reason. Some understanding of gun killings might help prevent so many senseless killings. They must stop.

Even though it is for the entire county, you might want to read the Draft Environmental Impact Report (general plan) available and submit any thoughts/concerns that you have about its recommendations that might impact our region. You can view it at <https://vc2040.org>.

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

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Community Events

Ventura events

Continued from page 3

Church 6950 Ralston St., Bldg. #300 (805) 482-1312 2nd and 4th Wednesday of every month, 4-5:30 p.m.

Men are you retired and routine-tired? Ventura Retired Men suggest you visit a Social Lunch Meeting on the first or third Tuesday each month at the Poinsettia Pavilion. Stop in, say hello, have a sip at the bar if you like, they will buy you lunch, and you can sample the hospitality as they go through activities and hear the speaker of the day. Bob Likins can tell you more at 805-587-1233.

Are you a stamp collector? The Ventura County Philatelic Society meet on the first and third Mondays each month at 7:30 p.m. at the Church of the Foothills, 6279 Foothill Rd. Admission and parking are free. Come for a great evening. Contact: Bill Garner / (805) 320-1601 or sockonthenose@gmail.com

Jan. 16: Marlyss Auster, President and CEO of the Ventura Visitors and Convention Bureau Board will be the featured speaker at the next meeting of the East Ventura Community Council. Ms. Auster will explain the bureau's tourism efforts and how they help generate revenue for our city. The Council will also hear from Stephen Peck, President of US VETS, part of the team developing veterans' housing next to the State Veterans' Home on Telephone Road, as part of the outreach effort to inform the community about plans for this development. Connect Church, 346 N. Kimball Rd. For more information, contact Marie Lakin, Chairperson: EastVenturacc@gmail.com

Jan. 16: The regular monthly meeting of Assistance League of Ventura County will be conducted on Thursday, at the Chapter House, 913 East Santa Clara Street in Ventura. The meeting begins at 10 a.m. Assistance League is "Transforming Lives, Strengthening Community" through several philanthropic programs: B.U.F.F.Y. Bear, Operation School Bell®, Girls Club/Teen Club, and Assistance League School for young children with learning delays. The Bargain Box Thrift Shop helps fund these programs. assistanceleagueventura.org, like us on Facebook, Instagram, or email alvconline@hotmail.com. Telephone: 805-643-2458 (Monday - Thursday, 8-2 p.m.)

Jan. 19: The Ventura and Santa Barbara County chapter of the National Association of Watch and

Clock Collectors (NAWCC) will meet Sunday, in the Campus Student Center of Ventura College, 4667 Telegraph Road. The meeting starts at noon and at 11a.m. there will be an informal workshop where a topic on clocks or watches will be demonstrated and discussed. There will be a mart where items will be for sale followed by lunch and an informational meeting and a program at 1p.m. The program this month will be a presentation on Restoration of an Elisha Hotchkiss Clock by David Spong. Monthly meetings are held on the 3rd Sunday of each month at the Ventura College location. More information about chapter 190 can be found at www.nawcc-ch190.com.

Jan. 24: (4th Friday of each month), 7- 10 p.m. Like to play acoustic music? 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.

Jan. 25: Saturday, Financial Hangover from the Holidays? Start the New Year off right! 12:30 - 4:00 pm. Debtors Anonymous Workshop will discuss how to thrive financially all year long. Suggested Donation: \$20. No one turned away for lack of funds. Bell Arts Center, 432 N. Ventura Ave. For more information TEXT Rie: 805-798-3567.

Jan. 25: Ghosts of the California Missions. Richard Senate will talk on the ghosts of the Missions and the investigation of La Purisima and tour of the Mission San Buenaventura. Fee: \$6/person. Saturday 7-9 p.m. located at the Bank of Books 748 E. Main St. (805) 643-3154

Feb. 1: On the "First Saturday" of each month the Sespe Flyfishers of Ventura conduct an introductory class on Fly Fishing and Casting the Fly Rod. charge and all are welcome. Whether you are an experienced fly fisher or a complete novice If you don't have a fly rod, just come and use one of ours. Chumash Park, Petit and Waco, 9 - 11a.m. For more information: Bob Smith (805) 647-3522 www.sespeflyfishers.org

Feb. 1, 2: On Saturday, Ventura Friends of the Library will hold a Book Sale at the Topping Room at E.P. Foster Library, 651 E. Main St. Members admitted 9 - 10 a.m. Open for all 10 - 3 p.m. On Sunday, February 2, book sale will be open to all 12 - 3 p.m. Books individually priced. This sale will

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feature vintage books. Watercolors and photos by Susan and Hank Stoutz will also be for sale. Framed watercolors up to \$150.00. Unframed watercolors and photos \$5.00 to \$40.00.

Feb. 8: Come enjoy an inspirational evening featuring Steve Perren, Baritone, and Patricia Lathrop-McPherson, Soprano, as they perform Broadway hits at Step Up Ventura's Inspirational Broadway Concert. The concert will be held on Saturday, at 7 p.m. Accompanied by pianist Miriam Arichea at St. Paul's Episcopal Church, Kahler Hall, 3290 Loma Vista Road. All proceeds from the event will benefit Ventura County's most vulnerable homeless population -- children ages 0 - 5. Tickets are \$20 per person in advance through Eventbrite and \$25 at the door. Sponsorship opportunities are available by contacting Event Coordinator Corrine Thomas at (805) 824-0600 or via office@stepupventura.org.

Feb. 12: The Ventura County Camera Club will hold meeting on Wednesday, at 6:30 p.m. at the Poinsettia Pavilion, 3451 Foothill Rd. The first part of the meeting will be an instructional on fine art photography followed by the showing of member images. Myrna Cambianca noted Ojai fine art photographer will critique member's prints and digital images. Anyone with an interest in photography is welcome and admission is free. Only members may submit images for critique. for more information about the club and examples of member's work WWW.VenturaCountyCameraClub.com

Dolphins: Discover the True Story That Inspired the Book. This is a presentation for young readers and their families.

Attendees will explore a new Channel Islands National Park website to learn more about the Lone Woman of San Nicolas Island, the Native American woman whose life inspired Scott O'Dell to write the award-winning novel. Visit the site at www.nps.gov/islandofthebluedolphins.

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

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

On Saturday evening, February 8, from 3:30 to 6:30 p.m., Ojai native plant educator Lanny Kaufer will lead a plant identification Full Moon Sunset Herb Walk to a vista point above the Ojai Valley where the group can watch the moon rise at 5:15 p.m. and the sun set at 5:25 p.m. Following the walk, participants are invited to enjoy an optional "after-party" at Ojai Valley Brewery and Azu Restaurant where brewmaster Jeremy Haffner crafts beers with the same local native plants they just visited.

After completing online registration, those participating will receive an email with instructions to meet at the Park-and-Ride lot in downtown Ojai between 3:00 and 3:30 p.m. and carpool to the trailhead to minimize the crowded parking situation there.

From there all attendees are invited to join Lanny and his wife Rondia at 6:45 p.m. across the street at Azu Restaurant and Ojai Valley Brewery.

Register now at HerbWalks.com by calling 805-646-6281. Registrants will receive a confirmation email with all necessary info a few days prior. No dogs or smoking, please.

Leslie Marcus, of Ojai, will show her work throughout January at Poppies Art and Gifts. A reception with the artist will take place Jan. 17 from 5-7 p.m. at 323 E. Matilija Street, Ojai.

Continued on page 15

Correction



To correct these dogs that were in the last issue they are Certified Therapy Dogs, not Service Dogs. A Service Dog is trained toward specific symptoms of one individual to aid that one person. Certified Therapy Dogs are highly trained and have to be recertified every year, as do their handlers.

Ojai news and events

Opera Santa Barbara will return to the Ojai Library to present a Free Noontime Opera Concert on Thursday, January 30, 2020. The concert will begin at 12pm in the main room of the library and will last approximately 45 minutes.

On Saturday, February 1, from 1 to 2 pm, retired Park Ranger Carol Peterson will visit the Ojai Library to deliver a special talk entitled Island of the Blue



Community Events



CAPS Member/Producers and staff are vying for top honors in multiple categories.

CAPS Media Oscar Party and open house

Join us on Sunday, February 9 at the CAPS Media Center for a Special Event: Oscar Party, Open House and Anniversary Celebration celebrating CAPS Radio KPPQ's 3-Year Anniversary of delivering outstanding local radio production to Ventura.

The Open House provides an opportunity for the public to take a tour of the CAPS Media Center, meet the CAPS Crew and learn more about becoming a Member/Producer. The evening is also an Oscar party so everyone can play along and guess who the winners will be. And it's time to share the KPPQ birthday cake celebrating three years of amazing radio programming in

Ventura. The evening's festivities begin at 4pm (Oscars start at 5p).

Speaking of awards, the finalists for the highly prized 2020 Alliance for Community Media WAVE Awards (Western Alliance Video Excellence) have been announced and CAPS Member/Producers and staff are vying for top honors in multiple categories. The awards are presented by the Alliance for Community Media, a national network of affiliate TV and Radio stations and Public Access advocates whose mission is to promote free speech and greater civic engagement through Community Media.

This year, as they have done in year's past, the talented El Camino High

School students continue to have a strong showing with three nominations for ECTV: "Why Should We Vote" in the Youth Public Service category, "Gracie & Michael" in the Youth Talk Show category and "Gayel, Shamsia & Jab" in the Youth Arts & Entertainment Performance category. Plus Member/Producer Lea Welles is up for an award with her "Travel Today with Lea - Danish Days" in the Community Events category.

CAPS staff members are finalists in the professional sector for "Central Ventura County, Firesafe Council" directed and edited by Jamie Cawelti in the Professional Community Event category, "Thomas Fire Stories - Vista Del Mar & Hawaiian Village" edited by Jorge Godinez in the Professional Community Issues category and "Thomas Fire Stories - Chiefs Quiararte, Weisenberg & Leake" also edited by Jorge Godinez is in the Professional Magazine Show category. "The Perfect Firestorm" is a finalist in the Professional Documentary category. The creation of the feature film was a team effort by CAPS staff producers Evan Carpenter, Patrick Davidson, Donald McConnell, Elizabeth Rodeno and Gary Roll and editors Aaron Cortez, Jorge Godinez and Gary Roll.

The New Year is a great time to join CAPS Media, where Member/Producers can explore any subject that interests them and CAPS will broadcast the story on television and stream it online. Who knows? Next year's WAVE award could be yours.

CAPS Media is Ventura's public access television and radio center that fulfills a fundamental right guaranteed by the First Amendment. As a free society, the public has the right to have personal opinions published in the newspaper and on the airwaves.

CAPS Media provides Member/Producers the vehicle to express themselves on the television, radio and online. Some people refer to CAPS Media as Ventura's electronic soapbox.

The highly professional and extremely friendly CAPS Media staff train members how to master the use of cameras and editing equipment to produce their own story. Video production services are provided for an annual membership fee of only \$40. CAPS Radio requires an additional annual fee of \$50 for DJs. Go to capsmedia.org/events to learn how to register for upcoming classes and become a Member/Producer.

Causes of tingling, burning hands and feet explored at a free CMHS Seminar

Do you have tingling, prickling, burning, numbness or muscle weakness in your hands and feet? If so, peripheral neuropathy might be to blame. This condition affects an estimated 20 million Americans, with symptoms that can last from days to years and may worsen over time.

Peripheral neuropathy and how to alleviate the discomfort it brings will be the focus of a free seminar at 6 p.m. on Wednesday, Jan. 29, in Ventura. The seminar is hosted by Community Memorial Health System which kicks off its 2020 Speaker Series with this event.

The guest speaker will be Dr. Neda Heidari, who specializes in neurology and

neurophysiology. Dr. Heidari received her medical degree from Tehran University of Medical Sciences and completed residency training at the University of Nebraska Medical Center, and fellowship training at USC University Hospital. Dr. Heidari is a member of the American Academy of Neurology and is an active member of the Community Memorial Hospital medical staff.

The seminar will begin at 6 p.m. at the Museum of Ventura County, 100 E. Main St. Registration is free but reservations are required. For reservations, visit www.cmhshealth.org/rsvp or call Brown Paper Tickets at 800-838-3006.

Community Memorial Health System is a not-for-profit health system, which is comprised of Community Memorial Hospital, Ojai Valley Community Hospital, the Centers for Family Health, and various outpatient centers serving communities located within Ventura County.

Read a book save a dog's life

Local writer Paulette Mahurin feels very lucky. Stricken with Lyme Disease after moving to Ojai in 1997, she took to writing. Battling chronic fatigue and an array of other symptoms, there wasn't much else she could do to occupy her time. Prior to a tick bite, she worked as a Nurse Practitioner (NP) in the Antelope Valley Hospital Emergency Room.

Writing, she explained, saved her from depression. She took writing classes. In one class with Deb Norton, a storyline came to her. That was the seed from which grew her first novel, *The Persecution of Mildred Dunlap*. To the amazement of this amateur writer, the book went on to be an international best-seller on Amazon.

More books came forth. Eight to be exact. Several making their way to Amazon best-seller lists. Feeling blessed and extremely lucky from the outpouring of support from readers when her third novel, *The Seven Year Dress*, hit number 1 in literary fiction/historical fiction in the United Kingdom and Australia, along with ranking in the top ten in the United States, she decided that she wanted to do more to help with her ongoing dog rescue work. The decision came easy.

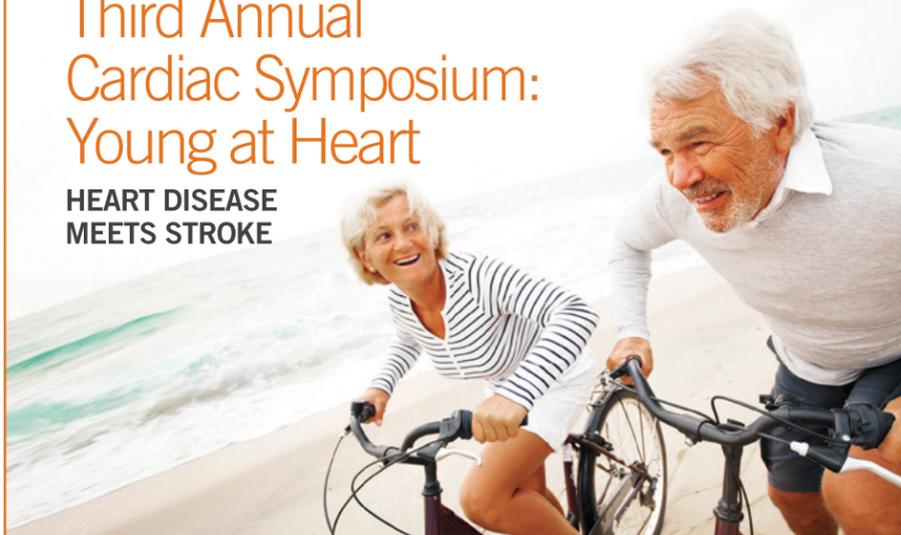
The profits from her books would go to help rescue dogs from kill shelters. She had donated profits from her first novel to Santa Paula Animal Rescue Center, the first and only no-kill shelter in Ventura County at the time. Next, from her second book, *His Name Was Ben*, she had donated profits to the Canine Adoption and Rescue League. She then branched out to network with multiple rescue groups to help rescue dogs from kill shelters in Southern California. She has contributed to rescuing 2,380 dogs from kill shelters.

Yes, Mahurin feels lucky. Now with regained health and enjoying volunteer work, she continues to write and work along with her husband to help free more dogs from shelters. Featured on her blog site, <http://thepersecutionofmildreddunlap.wordpress.com/> are the before and after photos of all the dogs she's helped along with information on her eight novels.

Not only is Mahurin known for her work with dog rescue, but for the topics she addresses in her novels. Her latest novel, *The Old Gilt Clock*, (released December 2019) tackles Willem Arondeus' brave fight against the Nazi occupation of the Netherlands during World War II. All of Mahurin's books can be found on Amazon at: <https://www.amazon.com/s?k=Paulette+Mahurin>.

Third Annual Cardiac Symposium: Young at Heart

HEART DISEASE MEETS STROKE



Saturday, February 8, 2020
10 a.m. to 2 p.m.

Location: St. John's Conference Center and Healing Garden
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News & Notes

Residency at the Ventura Veterans Home Part 2 of 2

by Carol Leish

“The Veterans home has been here in Ventura for 10 years,” according to, Julian Bond, Administrator. “It is a residential care facility for the elderly, which provides medical care; a licensed clinical social worker; has an activities department; offers rehabilitative services; and, offers physical therapy. All of this helps to maintain and improve the quality of life for the veterans who live here.”



Mack E.

Mack E., who has lived at the veteran’s home for 2 1/2 years, was in the U.S. Army. He said, “We were attached to the Air Force, which was basically the 20th Bomber Command and the 22nd Air Depo Group. We were a truck company, that was attached to the Air Force through World War II, which was stationed in India, near Calcutta.” He was in the Army for four years.

“I heard someone talking about the various veteran’s homes here in California, while still living in Springville, in Central California,” according to, Mack. “Since it was after my wife had passed away, even though my daughter was helping me out a lot, I did some research by looking it up on the Internet.”

“The activities that I enjoy,” according to, Mack, “include doing chair exercises, and exercising in the gym every day. I also like the various trips that we take, which has included going to the Reagan Library and to the Getty Museum. The food is very good here, too.”



Jim C.

Jim C., who has also lived at the veteran’s home for 2 1/2 years, was in the U.S. Army from 1969-1971. He served 15 months in Germany.

According to Jim: ‘Living here, at the Ventura Veteran’s Home, was a very good move for me, since I had been living in the Los Angeles area. I like the city of Ventura. I had gotten involved with a church right away. I also enjoy

going to the libraries here.”

“The activities that I enjoy,” according to, Jim, “include, flower arrangement, and use of the keyboard.”



Jerry B.

Jerry B., who has lived at the veteran’s home for 1 year, was in the Navy for 21 years (1962-1979). He was stationed primarily in San Diego, after having started off his career in Virginia.

Since he had asked his son, who lives here in Ventura, about the veteran’s home, he decided to stop in to tour and to get an application. He said that, “I decided to come here, especially after my wife died in March, 2018.

Jerry said, “I enjoy playing Botchy Ball twice a week and playing Shuffle Board twice a day. I also enjoy doing puzzles. Also, as the president of the Allied Council, I’m able to interface between the residents and the administration here in order to improve/maintain things for our quality care that we receive.”

City Council member, Jim Friedman said, “I am honored that Ventura’s only Veteran’s home is located in the district that I represent (District 5).” It’s a beautiful facility providing a wonderful array of amenities for the veterans that live there. I am very thankful for the service that these men and women have provided to our country.”

10900 Telephone Rd., Ventura 93004
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Happenings at our museums

The Museum of Ventura County and the City of Ventura are collaborating to celebrate the 40th Anniversary of the Albinger Archaeological Museum and 3,500 years of cultural diversity at the archaeological site with “Dig Into History!” This three-day celebration will include special exhibits, activities for all ages, educational opportunities and much more to celebrate the cultures that have existed in Ventura County.

Join us at the Albinger Archaeological Museum Friday, January 24, 2020 – Sunday, January 26, 2020 from 11AM–4PM as we dig through the layers of the past with music, dance, crafts, and storytelling to honor the diversity of the cultures who have lived here and left their mark on history. This event is free to attend and open to the public.

Albinger Archaeological Museum,
113 E. Main St.

Join us at the Museum of Ventura

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This beautiful long exposure of Ventura Pier at sunset was the 2019 People's Choice winner in the “Beach Life” category in the Ventura City photo contest (this also appears on the cover of MY VENTURA). Photo by Brallan Perez Favala.

County on Saturday, January 25, 2020 from 2–4:30PM for an afternoon about modernist design, fine arts and crafts, and the creative individuals who made a lasting impact in design history. Admission is free for members, \$5 for nonmembers.

First, Guest Curators Eric Huff, Jordan Downs and Steve Aldana will participate in an insightful conversation with the Museum’s Chief Curator Anna Bermudez about their collaboration on the California Cool: Mid-century Modernism on the Central Coast exhibit.

Following the discussion, Laura Ackerman-Shaw will share recollections about her parents’ personal and professional lives that intertwined during their 64-year marriage. Through their combined complementary talents and temperaments, the Ackermans forged a prolific partnership that produced a wide range of timeless designs including ceramics, mosaics, tapestries, woodcarvings, and hardware, an unusual cross-disciplinary approach for designer-craftsmen.

Rounding out the afternoon is a documentary screening of In Tandem: The Life and Work of Jerry and Evelyn Ackerman. Filmmakers Katie Nartonis and Margaret Halkin debuted their film

at Palm Springs Modernism Week. The film features extensive interviews with Jerry Ackerman and a rich roster of noted California design experts including internationally known designer Jonathan Adler. Their story is, at its heart, a love story, and it chronicles the legacy of two now legendary mid-century designer-craftsmen who were able to build a flourishing 50-year career.

Museum of Ventura County

100 E. Main St.

Cost: Free for Members, \$5 for Non members

The Museum of Ventura County celebrates, preserves and interprets the art, history and culture of Ventura County, the California Channel Islands and the surrounding region through its collections, exhibitions, events, educational programs, publications and its research library, and serves as a gathering place for the community. The Museum has two locations. The main museum is located at 100 East Main Street, Ventura, CA 93001 and is open Tuesday - Sunday 11 a.m. - 5 p.m., 805-653-0323. The Agriculture Museum is located at 926 Railroad Avenue, Santa Paula, CA 93060 and is open Wednesday - Sunday 10 a.m. - 4 p.m., 805-525-3100. For more information, visit venturamuseum.org.



News & Notes



Exactly what he needed, a smiling woman with a harp.

Music therapy in death

by Jill Forman

The dying man was restless. His wife soothed him with gentle touch and words. “Thank you,” she said, “for giving me such a great life. I love you so much.”

Harold and Dorothy had been together for 45 years and been on voyages of all kinds: travelling, raising a family, exploring varied spiritual paths. She would stay by his side while he undertook his final journey.

Livingston Hospice came to help with a hospital bed in their living room, visiting nurses and assistants, and other services as needed. Streams of visitors came, from the Unitarian Universalist Church, from drum circles and musical groups, from mental health and homeless organizations. Harold had been involved in all of those and more, and enjoyed having his friends around him.

On this particular day, he was restive. Not in pain, he indicated. Livingston had just what he needed,

a smiling woman with a harp. Lori Sunshine (her real name,) a Board Certified Music Therapist, came to play for him and Dorothy. And for a visiting friend, who was lucky enough to be there and witness this.

With very few words to start, Sunshine started to play. Peaceful comforting melodies. Harold started to relax almost immediately, Dorothy took a deep breath and some of the stress left her face. The friend was in tears.

As she blended tunes, Lori talked in a low, soothing voice, asking about music choices but generally gauging the mood and changes as she played. Molly Corbett, Livingston’s Director of Development, praised Lori’s skill “...she can read what the patient needs.”

The purpose of Hospice is to help with pain management and comfort care, but also “...to make the time enjoyable,” Corbett added. Music Therapy has been proven to decrease anxiety, promote relaxation, and help sleep. Family and friends are able to connect with the client through music and the emotional connection it carries.

Mandy Furlong, RN, Livingston’s Director of Hospice Care Services, pointed out that often clients are “...so lonely and isolated at the end of life.” Social workers and nurses identify clients who might benefit from Music Therapy. “Someone could just put on a CD,” she said, “but it’s not at all the same.” Music therapy is not reimbursed by insurance, and the hospice relies on the generosity of its donors to provide this service.

Sunshine agrees. “Music is a tool, the therapist is part of the process, assessing where the patient is in the journey, the family situation. Music can soothe the soul; it has a deep benefit and helps bring peace and acceptance.” She considers herself part of the therapeutic team, with music connecting to the cosmos in a spiritual way.”

Sunshine plays piano, drums, guitar, harp, and she sings also. To become a professional, she completed university degree and an internship, then took boards to be certified. “I am not an entertainer.” She feels that all therapists, of any specialty, need both the education and “...a heart in the right place.”

Community invited to VUSD Information Night

The Ventura Unified School District (VUSD), under the direction of Superintendent Dr. Roger Rice, has announced that most of the VUSD schools will have Schools of Choice lottery spots available for the 2020-2021 school year. VUSD is also increasing the number of interdistrict transfer spots open to residents in surrounding communities. The public is invited to attend the VUSD Information Night on Thursday, January 16, 2020, from 5:30-8 pm at Buena High School, located at 5670 Telegraph Rd. to learn more about these opportunities, speak with representatives from all VUSD schools, and service departments.

“Since my arrival over nine months ago, we have been working as a team to identify obstacles that our families face that can be resolved with policy and procedural changes. We identified a need for our more lottery spots

for Schools of Choice and have made adjustments to ensure we are offering spots at every school that does not require a placement process,” stated Superintendent Roger Rice.

The number of lottery spots for each school will be determined based on enrollment numbers. Some schools may have 5-10 spots; others may have over 100. City of Ventura residents are eligible to submit for these lottery spots from January 17-31, 2020. The application will be available online at www.venturausd.org on January 17. El Camino High School, Pacific High School, and Homestead (home school option) will not be participating in Schools of Choice as they have placement processes that must be followed.

“We realize that the Ventura Unified School District is a District of Choice for others in Ventura County. To assist our neighbors and to do everything we can to continue to provide excellent educational services during a time of declining enrollment, VUSD will be offering more spots for the 20-21 school year for interdistrict transfers,” stated Assistant Superintendent of Educational Services, Dr. Danielle Cortes. “We are dedicated to

ensuring that all students who would like to be educated in the Ventura Unified School District have that opportunity.”

All interdistrict transfer applications will be considered once the Schools of Choice lottery is complete, and all intradistrict transfer requests have been processed. Every effort will be made in the 2020-2021 school year to make spots available to all who apply to the Ventura Unified School District.

Families are invited to attend the Ventura Unified School District Information Night to learn more about both initiatives, as well as, meet with representatives from all 26 schools, and many service departments including Transportation, Food & Nutrition, Special Education, Career and Innovation, and Technology Services. The night will begin with a session at 5:30 pm in the auditorium. This presentation will cover Schools of Choice, transferring, and enrollment. The session will repeat at 6:30 pm. School and service department representatives will be available from 6-8 pm in the gym and cafeteria to answer questions.



Congratulations to Spelling Bee winners.

To provide a safe and supervised after-school education

PEAK & ASES are after-school partnerships that include the City of Ventura Department of Parks & Recreation, Ventura Unified School District and Ventura Police Activities League (PAL). PEAK was formed in 2002 to develop and implement an inclusive after-school program for elementary and middle school children serving 630 kids per year. ASES programs began in schools in the fall of 2011. To enroll, please contact your school principal for site-specific guidelines.

To provide a safe and supervised after-school education, enrichment and recreation programs for students. After-school is a partnership including the City of Ventura, the Ventura Unified School District and the Ventura Police Activities League.

Goals

Keep kids safe

Improve academic achievement

Give students choices and provide opportunities

Provide recreational, cultural and enrichment activities

Improve social development and self-esteem

Provide leadership and character development opportunities

The Annual PEAK/ASES Afterschool Program Spelling Bee program is one of many enrichment activities sponsored by the Ventura Police Community Foundation.

Students came from Montalvo, Portola,

Elmhurst, Lincoln, Sheridan Way, EP Foster and Westpark.

Congratulations to Spelling Bee winners:

1st- Zoey Batten- Montalvo

2nd- Nick Feltner- Lincoln

3rd- Leah Mayoral - Sheridan Way

Judges included past Board Member Suzannah Underwood and Detective Misti Henderson. Emcee was Dave Daniels from KHAY.

For more information about either program please contact Mario Robinson, Youth Programs Supervisor, at 805-654-7807 or by email, Jamie Gill, After-School Programs Coordinator, at 805-658-4748 or by email or Anita Diaz, Westpark Coordinator at 805-648-1895 or by email.

DUI Checkpoint nets 2 arrests

Ventura Police Department arrested 1 driver for 23152 (a) CVC (DUI Impaired Alcohol). A total of 1,174 vehicles passed through the checkpoint and 543 vehicles were screened. It should also be noted that 1 drug arrest for 11377 (a) HS was made, along with 1 23222 (a) CVC Possession of an Open Container of alcohol in a motor vehicle and 1 23222 (b)

(1) CVC Open Container of Marijuana.

The checkpoint was located in the 4200 block of E. Main St. between the hours of 8:30 p.m. and 1:45 a.m. In addition, 9 drivers were cited for operating a vehicle unlicensed or with a suspended/revoked license and 2 vehicles were towed.

DUI Checkpoints are placed in locations based on collision statistics and frequency of DUI arrests. Last year the Ventura Police Department investigated several DUI collisions that killed and/or injured people.

Drivers caught driving impaired and charged with DUI can expect the impact of a DUI arrest to be approximately \$13,500. This includes fines, fees, DUI classes, license suspension and other expenses not to mention possible jail time.

The Ventura Police Department reminds drivers that “DUI Doesn’t Just Mean Booze.” Prescription drugs, particularly those with a driving or operating machinery warning on the label, can impair and result in a DUI. Marijuana can also be impairing, especially in combination with alcohol or other drugs.

The Ventura Police Department will be conducting another DUI/Driver’s License Checkpoint and/or DUI Saturation Patrol on an ongoing commitment to take suspected impaired drivers off our streets and highways, ultimately lowering the risk for deaths and injuries.

Gold Coast Transit District donates bus

Continued from page 1

Ventura City worked through a few details of owning one and gladly accepted the gift.

The donated vehicle features a mobility lift that serves riders with mobility devices, such as wheelchairs, scooters and walkers. It is also environmentally friendly, as it is powered by compressed natural gas (CNG).

James Brook, the Orange County Programs Director of Emergency Services for Mercy House picked up the vehicle. He was joined by City of Ventura Councilmember and GCTD Board Chair, Cheryl Heitmann, Ventura City Manager Alex McIntyre, and Deputy City Manager Barry Fisher.



Senior Living

Pull Out Section



“Starting tomorrow we are both cutting back on eating burgers.”

What you should be eating

The Dietary Guidelines describes three USDA Food Patterns, each of which includes slight variations in amounts recommended from different food groups. For example, people 50 or older following the Healthy U.S.-Style Eating Pattern choose foods every day from the following:

- Vegetables—2 to 3 cups
- Fruits—1½ to 2 cups
- Grains—5 to 8 ounces
- Dairy—3 cups (fat-free or low-fat)
- Protein foods—5 to 6½ ounces
- Oils—5 to 7 teaspoons

Does this mean you have to measure or weigh everything you eat? Not really. Some people find it helps to measure things carefully at first, but once you get used to your new eating plan, strict measuring probably won't be necessary. But, what exactly is a serving? And is that different from a portion?

A “serving size” is a standard amount of a food, such as a cup or an ounce. Serving sizes can help you when choosing foods and when comparing like items

while shopping, but they are not recommendations for how much of a certain food to eat.

The term “portion” means how much of a food you are served or how much you eat. A portion size can vary from meal to meal. For example, at home you may serve yourself two small pancakes in one portion, but at a restaurant, you may get a large stack of pancakes as one portion. A portion size may also be bigger than a serving size. For example, the serving size on the Nutrition Facts label for your favorite cereal may be 1 cup, but you may pour yourself 1½ cups in a bowl.

Portion size can be a problem when eating out. To keep your portion sizes under control, try ordering one or two small appetizers instead of a large entrée. Or, you could share an entrée with a friend, or eat just half and ask for a take-out container for the rest. Put the leftovers in the fridge as soon as possible. Then enjoy them the next day for lunch or dinner.

Better cardiovascular health may reduce risk of dementia

People with better cardiovascular health at age 50 may be less likely than those with poor cardiovascular health to develop dementia later in life. The findings, published in BMJ, suggest that middle-aged adults may be able to reduce their risk of dementia by controlling high blood pressure and cholesterol and avoiding other

risk factors for heart disease and stroke.

Because previous studies suggested a link between cardiovascular risk factors and cognitive decline, researchers at INSERM in Paris and at University College London examined cardiovascular risk factors 25 years before a diagnosis of dementia in Britain's Whitehall II study, supported in part by NIA.

At the beginning of the study, the 7,899 participants did not have cardiovascular disease or dementia. The researchers used the American Heart Association's Life Simple 7 measures to categorize each participant's cardiovascular health at age 50 as poor, intermediate or optimal. The measures included smoking, diet, physical activity, body mass index, blood sugar level, cholesterol and blood pressure.



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By examining health records, the researchers found that 347 participants developed dementia over the 25-year study period. Individuals with optimal and intermediate cardiovascular health were less likely to develop dementia than those with poor cardiovascular health, the researchers found.

The same researchers also examined magnetic resonance images of the brain from 708 participants in the Whitehall II study. Compared with those with poor cardiovascular health at age 50, those with intermediate and optimal cardiovascular health scores had larger brain volume 20 years later. This finding suggests that those with poor cardiovascular health at midlife may be more likely to have reduced brain volume in their later years. In people with dementia, especially from Alzheimer's, the volume of brain tissue shrinks.

These results are important because they suggest that even small improvements in cardiovascular health at midlife could not only reduce heart disease but also benefit cognitive health many years later. More research is needed to identify how heart-related risk factors before and after age 50 may increase the chance of developing dementia and what the ideal interventions would be in middle age or later life.

This research was funded in part by NIA grants R01AG056477 and R01AG034454.

Road Scholar

Jill Swaim visits the Hill Road Library on Thursday, February 6, at 4:30pm to deliver a presentation entitled Road Scholar: Adventures in Lifelong Learning. Do you love to travel? Do you enjoy learning new things, exploring interesting places, and meeting people who share a love of adventure? Join in for a lively discussion of the many programs offered by Road Scholar, a not-for-profit organization whose mission is to inspire adults to learn, discover, and travel.

Road Scholar is the world's largest—and America's first—educational travel organization for adults, offering nearly 5,500 affordable programs each year in about 150 countries worldwide. These programs offer a chance to expand your mind while being in the company of other people who believe learning is one of the best parts of life.

This event is free and open to the public. For additional information, contact Linda Cherry, Librarian, at (805) 677-7180. The Hill Road Library is located at 1070 S. Hill Road in Ventura. Hours of service are 10am to 6pm Monday through Wednesday, 2pm to 6pm Thursday, and 10am to 2pm Friday through Sunday.



Senior Living



Not the best way to get good sleep.

Do's and don'ts for getting some solid shut-eye

From The Lexington Assisted Living blog

Getting some shut-eye can be one of the best parts of the day, but as you age, it can become more difficult to do so. Older adults can have a more difficult time getting to sleep, whether it is due to medications, stress, or other factors.

Anh Nguyen, PACC Resource for Ensign Services, says many elderly people suffer from insomnia and are sleepy during the day. "Excessive tiredness is not only frustrating, but it can lead to difficulty driving and performing other daily activities," she says. "It is important for people suffering from sleep problems to talk to their doctor about changes that can help them sleep better."

Although sleep troubles are common among the elderly, you don't have to chalk it up to getting older. Some lifestyle changes can make a big difference in getting a good night's sleep. Here are a few things you can do—or not do—to make your sleep more sound.

Don't Self-medicate

If you are having trouble sleeping at night, it is important to talk to your doctor before you head to the pharmacy and grab some over-the-counter sleep aids. A recent poll found that 46 percent of older adults have trouble falling asleep one night or more each week, but most of them did not talk to their doctor about the problem. Of those polled, 14 percent said they regularly take a medication or supplement to help them sleep. However, sleep aids are not meant to be used long-term and can cause problems

for elderly individuals. Older people can experience confusion, constipation, and a higher risk of falls. Before reaching for a sleep aid, talk to your doctor about the best way to tackle your sleepless nights.

Cut Back on Alcohol

People who have trouble sleeping may use alcohol to help them fall asleep. While alcohol can make a person fall asleep faster, it can also have some unintended consequences that lead to a lower quality of sleep. Alcohol can cause a person to wake up frequently at night and earlier in the morning, both of which may make a person tired during the day.

Get Your Snoring Checked

A major contributor to disrupted sleep and feeling tired during the day is sleep apnea, though many people may not know they have it. Sleep apnea causes a person to stop breathing for periods as they sleep. If people tell you that your snoring can be heard in other rooms or that you stop breathing at night, talk to your doctor about getting tested for sleep apnea.

Practice Better Hygiene

One tip that is often recommended for better sleep is something called "sleep hygiene." Sleep hygiene includes all the activities you do during the day that affect how well you sleep at night. Good sleep hygiene practices include establishing a regular bedtime, staying away from caffeine within a few hours of bedtime, and starting a pre-bed ritual. It also helps to take a short afternoon nap

and exercise regularly.

Create a Calming Sleep Environment

Make your bed and your bedroom a restful sanctuary. Keep it cool, dark, and quiet, and try using blackout curtains and earplugs to tune out the noise and light. Make your room a calm place, without bright and loud electronics. Keep a book by your bedside rather than a screen.

If going to sleep is difficult for you, you are not alone. Many older adults have a hard time falling asleep for a variety of reasons. Give these tips a try, and be sure to talk to your doctor about any underlying problems that could be contributing to your sleep issues.

Family activities for fun and good health

Being physically active with your family is a great way to stay healthy and make exercise fun. And being physically active can be more fun when you're with someone you love.

Whether you play team sports with the entire family or take brisk walks with your spouse, child, or grandchild, you'll be rewarded with improved health and time spent together.

Grandparents and grandchildren playing basketball together and smiling

Family gatherings are the perfect time for team sports and outdoor activities.

Choose teams for softball, basketball, or kickball.

Sign up for family tournaments to play tennis, bowling, or volleyball.

Go biking, jogging, or hiking at a nearby park.

If you live near water, try sailing, canoeing, or rafting.

Family members can make great exercise buddies.

Take yoga or water aerobics classes.

Ping pong is fun for a twosome or a foursome.

Our pets are family, too! Brisk walks with a canine buddy are healthy for both of you.

Be Active with Your Grandchildren!

Build a healthy lifestyle that includes your grandchildren. Start being active together when your grandchildren are young. Pretty soon, it will be a regular part of your life and theirs! Go4Life has activity ideas for children of all ages:

Infants and Toddlers

Take them for walks in the stroller and rides on your bike. Don't forget your helmets.

Play games that get your bodies

moving—Wheels on the Bus, Pretend We're Animals, and Hide-and-Seek.

Sign up for baby yoga or exercise classes.

Try baby-friendly swimming classes.

School-Aged Children

Walk to the park and push their swing.

Jump rope together.

Build a fort—indoors or out.

Play catch, kickball, basketball, or soccer.

Go swimming or biking together.

Play a video fitness game together and see who wins!

Teens and Young Adults

Participate in activities that interest them. Try hiking, skating, or tennis.

Go golfing or swimming. Invite them to join you in physical activities that require two people, such as tennis or ping pong.

Ask them to help you in the garden or with heavy-duty household chores.

NIA's 2020 vision: Continued advancements in aging research!

by Dr. Richard Hodes

Office of the Director (OD)

Ready for a new year of tackling the many opportunities and challenges in research on aging related biology, diseases and wellness? NIA is off to another monumental start: Our FY2020 budget indicates continued congressional support for our work that is enabling unprecedented advances, including efforts to combat Alzheimer's disease and related dementias (AD/ADRD). Specifically, this year's budget includes a 3.3 percent increase in NIA's general appropriation plus an additional \$350 million designated for AD/ADRD, bringing NIA's total budget to \$3.5 billion and the NIH-wide spending target for AD/ADRD to \$2.818 billion.

With these increases, NIA remains, budget-wise, the fourth largest of the 27 NIH Institutes and Centers, and the largest public funder of AD/ADRD research in the U.S.

To sustain the momentum, it is



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Senior Living

absolutely essential to increase the number and diversity of participants in AD/ADRD clinical trials. NIA's substantial recruitment and retention efforts are designed to enhance efforts in this area nationwide.

We are also strengthening our support for research to help those living with AD/ADRD and their caregivers. Our work this year will include hosting the National Research Summit on Care, Services, and Supports for Persons with Dementia and Their Caregivers in Bethesda March 24 and 25. Of note, the draft findings of the Agency for Healthcare Research and Quality Evidence-based Practice Center Program systematic evidence review on AD/ADRD care/caregiving interventions will be released for public comment during this meeting. Although this reflects only the first step of a two-part study, it will provide initial indications about which interventions are showing promise for wider dissemination and implementation.

On other research fronts, NIA recently hosted an intriguing Geroscience Summit and is exploring additional ways to keep this evolving scientific field moving forward while broadening interest among stakeholder communities. We are building on recent research success in healthy aging, including non-drug interventions for diseases and conditions affecting older people, falls prevention and supporting the health needs of diverse populations of older adults.

NIA is also continuing our emphasis on and making gains in data- and resource-sharing to fortify the research community and amplify the impact of public spending. We look forward to updates on new and existing data resources including the Healthy Cognitive Aging Project, multiple Initiatives and Resources from the Division of Neuroscience, the Health, Aging and Body Composition study, the AgingResearchBiobank, a broad range of Data Resources for Behavioral and Social Research on Aging, the CALERIE Research Network, the Longevity Consortium, the Longevity Genomics Project and others. In addition, our Research Center Collaborative Network remains an important catalyst for interdisciplinary, collaborative aging research nationwide.

These are just some of many examples of the research NIA is supporting toward the ultimate and overarching goal of the right treatments for the right people at the right times to help maintain health and independence as we age.

Assessing changes in memory and function

by National Institute on Aging

If you do not see an aging friend or relative often, changes in his or her health may seem dramatic. In contrast, the primary caregiver might not notice such changes or realize that more help, medical treatment, or supervision is needed. Or, the primary caregiver might not want to accept the fact that the health of his or her spouse or parent is failing. Sometimes a geriatric care manager or other professional is the first to notice changes.

For families dealing with Alzheimer's disease or another dementia, it can be easier to cover for the person—doing things for him or her, filling in information in conversations, and so on—than to acknowledge what is happening.

As a caregiver, you can provide support by helping an aging friend or relative get the care they need.

A few good questions to help you start the conversation with the primary caregiver are:

If you thought there might be a change in Aunt Joan's condition, whose opinion would you seek?

I didn't notice Dad repeating himself so much the last time I was here. Do you remember when it started?

Forgetfulness: Normal or not? infographic icon. Click through for full text.

Read and share this infographic to learn whether forgetfulness is a normal part of aging.

Some changes may not be what you think. Occasional forgetfulness does not necessarily indicate dementia. Before you raise the issue of what needs to be done, talk to your parent and the primary caregiver about your concerns.

Try not to sound critical when you raise the subject. Instead, mention your particular worry, for example, "Mom, it looks like you don't have much food in the house—are you having trouble getting to the store?" and explain why you are asking. Listen to what the primary caregiver says about the situation and whether he or she believes there are problems.

Discuss what you think could be done. For example, you could ask:

Would you like me to arrange to have

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groceries delivered on a regular basis?
Do we need to get a second opinion about the diagnosis?
Can you follow the medication schedule?
Would you like some help with housework?
Try to follow your suggestions with practical help, and give specific examples of what you can do. For example, you might arrange to have a personal or home health aide come in once a week. You might schedule doctors' appointments or arrange for transportation.
In some cases, you may have to be forceful, especially if you feel that the situation is unhealthy or unsafe. Do not leave a frail adult at risk. If you have to act against the wishes of your parent or the primary caregiver, be direct and explain what you are going to do. Discuss your plan, and say why you are taking action.

Annual "Wellness" visits

If you've had Medicare Part B (Medical Insurance) for longer than 12 months, you can get a yearly "Wellness" visit once every 12 months to develop or update a personalized prevention plan. Your provider may also perform a cognitive impairment assessment.

Your costs in Original Medicare
You pay nothing for this visit if your doctor or other qualified health care provider accepts assignment.

The Part B deductible doesn't apply. However, you may have to pay coinsurance, and the Part B deductible may apply if:

Your doctor or other health care provider performs additional tests or
Continued on page 12

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Understanding Dementia Seminar

Thursday, January 23rd • 5:00 – 7:00 p.m.

You're invited to join us at The Palms at Bonaventure for our Understanding Dementia Seminar. Join us as Dr. William Rajala from Assisted Home Hospice gives a presentation on dementia to learn techniques and tools to better understand how you are feeling when you have a loved one with dementia. Delicious chef-prepared refreshments will be provided. While you're here, we invite you to take a personal tour of our beautiful community so you can meet our wonderful residents and caring staff. It's the best way to experience our gracious lifestyle.

For more information, please call 805-647-0616



Senior Living



“Read some more to us grandpa.”

Reading tutors for adults needed

Ventura County Library READ Adult Literacy Program is now recruiting adult volunteer tutors who would like to help other adults in Ventura County improve their reading and writing skills. No teaching experience is required and the training is free. The next five-week tutor

training series will be starting in February in Ventura and Simi Valley.

The READ program trains adult volunteers to provide free one-to-one reading instruction for adults in need of basic literacy skills. Instruction in basic literacy includes the development of

phonetic reading skills combined with communication skills. Ventura County Library is encouraging residents to take this opportunity to volunteer as a tutor or encourage someone you know to take advantage of the free program.

After completion of the five-week training, tutors will meet with their adult learners at one of the assigned tutoring sites. Tutoring is scheduled by the availability of the tutors and the learners.

Illiteracy is an issue that can be debilitating in so many ways for adults who never received the proper instruction. Adults who are unable to read have a much more difficult time with many daily activities that others may take for granted, along with a clear disadvantage in today's competitive job market.

For more information about how you can support literacy and make a difference in someone's life, call (805) 677-7160.

Annual “Wellness” visits

Continued from page 11

services during the same visit.

These additional tests or services aren't covered under the preventive benefits.

What it is

The cognitive impairment assessment is performed to look for signs of Alzheimer's disease or dementia.

The personalized prevention plan is designed to help prevent disease and disability based on your current health and risk factors. Your provider will ask you to fill out a questionnaire, called a “Health Risk Assessment,” as part of this visit. Answering these questions can help you and your provider develop a personalized prevention plan to help you stay healthy and get the most out of your visit. It can also include:

A review of your medical and family history.

Developing or updating a list of current providers and prescriptions. Height, weight, blood pressure, and other routine measurements.

Detection of any cognitive impairment.

Personalized health advice.

A list of risk factors and treatment options for you.

A screening schedule (like a checklist) for appropriate preventive services. Get details about coverage for screenings, shots, and other preventive services. Advance care planning

This 'n' That

Critical need for blood and platelet donors after the holidays

The American Red Cross currently has a critical need for blood donors of all blood types – especially type

O – and platelet donors to make an appointment now to give and help replenish the blood supply after the holiday weeks. Right now, the Red Cross has less than a three-day supply of type O blood.

During the weeks of Christmas and New Year's, about 500 fewer blood drives were hosted by volunteer sponsor groups than required to meet patient needs. Many groups postpone blood drives during the winter holidays when travel and holiday ac-

tivities may make it challenging for many donors to give.

“Lifesaving medical treatments and emergencies never take a holiday,” said Paul Sullivan, senior vice president, Red Cross Biomedical Services. “Declines in donations can affect patient care. That's why the Red Cross is encouraging eligible donors to make an appointment to give now and help those sidelined by illness and trauma.”

Donors are urged to make an appointment to give now using the Red Cross Blood Donor App, visiting RedCrossBlood.org, calling 1-800-RED CROSS (1-800-733-2767) or enabling the Blood Donor Skill on any Alexa Echo device.

As a special thank-you, those who come to give blood or platelets until Jan. 19, 2020, will automatically be entered for a chance to experience the Super Bowl live. The Red Cross and NFL have teamed up to offer one winner two tickets to Super Bowl LIV, entry to the official NFL Tailgate, tickets to Super Bowl Experience at the Miami Beach Convention Center, round-trip airfare to Miami, three-night hotel accommodations at The Alexander® - All Suite Oceanfront Resort (Jan. 31 to Feb. 3), and a \$500 gift card for expenses.* Additional details are available at RedCrossBlood.org/SuperBowl.

“The Red Cross appreciates the NFL's support during this crucial time of year when every donation – and every donor – matters. We hope this may inspire some to make regular blood and platelet donation one of their New Year's resolutions,” said Sullivan.

Upcoming Ventura blood donation opportunities:

1/21/2020: 8 a.m. - 2:30 p.m.,
Ventura County Government
Center

Hall of Administration Building,
800 Victoria Ave

1/21/2020: 11:30 a.m. - 5:30 p.m.,
Knights of Columbus,
36 S. Figueroa St.

1/28/2020: 10 a.m. - 4 p.m.,
Ventura College,
4667 Telegraph Road

Blood and platelet donors can save time at their next donation by using RapidPass® to complete their pre-donation reading and health history questionnaire online, on the day of their donation, before arriving at the blood drive. To get started, follow the instructions at RedCrossBlood.org/RapidPass or use the Blood Donor App.

A walk in Ventura

A poem by Shakti Dutt

Walking under the big bright ball
where little black ants march like soldiers
making their way through the burnt
maple leaves
yellow, red and green.

The swift wind takes away all my worries
fills my lungs with joy
The freshness clears my mind giving me
chills,
leaving behind a smile.

Hummingbirds sing and fly around in a
hurry
the palm leaves whisper,
the sound of the city life surrounds my
ears
I listen more with my closed eyes.

Looking up
the sun is going to sleep
leaving the clouds pink
The crows are talking
time to get back to the trees,
their home.

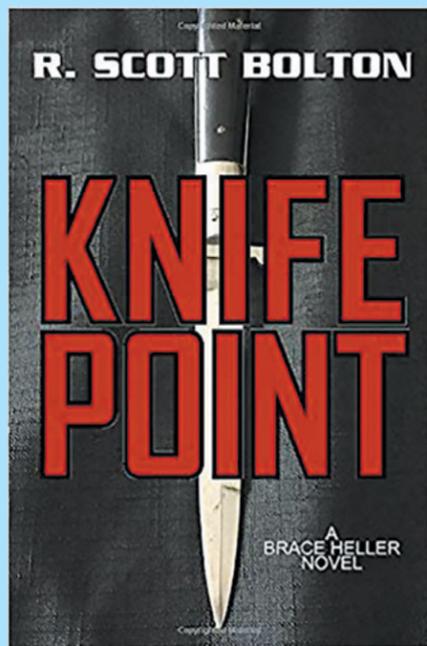
Looking back at the beauty of Ventura
My home
A loving home.

Built next to the mysterious ocean
It opened its arms to me, to my family

The friendly faces,
the despondent faces,
their eyes telling a story greater than my
own beliefs.

My heart is in Ventura.

R. Scott Bolton's latest novel is Knife Point



The writing career of Venturan R. Scott Bolton got off to a solid start thanks to Mrs. Molitz, his fifth-grade teacher, who encouraged his continuing series of Godzilla stories. Since then, he has written film and screen reviews and dozens of short stories, screenplays and novels. He was also a main contributor of reviews for the annual Ballantine Books publication, “Video Movie Guide,” edited by Mick Martin & Marsha Porter and is the founder/publisher/editor of Rough Edge, an online hard rock/heavy metal magazine (located on the web at www.roughedge.com).

Bitten by the radio bug in 2002, R. Scott Bolton appeared on KVTA radio as the co-host of the Burt Rosen Show and as Scott

the Video Guy on The Tom Spence Show. Soon after, he created the Internet radio show Rough Edge Radio, which he has co-hosted since 2004, as well as the Backseat Mogul Show (2006) and the Friday Shot Day Show (2006), all of which currently air on RoughEdgeFM.com

Bolton lives in Ventura with his wife Shelley, his son Josh and their beloved dogs, Leo, Zoey and Pretzel. He loves hearing from readers (and listeners of RoughEdgeFM) and encourages them to write him at rsbolt@rscottbolton.com.

For more information, please check out www.rscottbolton.com.



Police Reports

by Cindy Summers

Police reports are provided to us by the Ventura Police Department and are not the opinions of the Ventura Breeze. All suspects mentioned are assumed to be innocent until proven guilty in a court of law.

Narcotics Operation and Arrests

On January 2, from 9:00am - 2:00pm, Ventura Police Department SCU Narcotics and PTF units conducted an operation in the downtown area of Ventura. The operation's primary objective was to combat narcotics sales in the downtown area parks.

Detectives and PTF Officers monitored the parks for several hours, using various surveillance tools. As a result, three subjects were arrested for narcotics-related offenses.

Karl Muniz, 56 year old Ventura resident, was arrested and cited and released for possession of narcotics.

Jack Crosby, 36 year old Ventura resident, was arrested and cited and released for possession of narcotics.

Lydia Corona, 51 year old Ventura resident, was arrested and booked into Ventura County Jail for possession of Methamphetamine for sale.

A search of the Ventura County Superior Court shows that Karl Muniz and Lydia Corona all have numerous prior arrests and convictions for drug-related crimes. Karl Muniz has numerous arrests for property related crimes.

Commercial Burglary and Vandalism Arrest

On December 25 at 2am, the owner of Gracies' Deals discovered the store had been broken into, items had been stolen and the store had been vandalized. The owner contacted the Ventura Police Department.

Ventura Police Street Crimes Detectives began investigating and using surveillance video were able to tentatively identify 25 year old Moroni Peters as the subject who had entered the store. Peters was in custody at the Ventura County Jail on an unrelated auto theft case out of Oxnard. On January 6, Detectives spoke to Peters, who admitted to entering the store, stealing merchandise, starting a warming fire, and spray-painting the walls. Detectives arrested Peters for commercial burglary and vandalism.

According to Peters, he came here from Orange County and is currently homeless. A review of the Ventura County Superior Court website shows that Peters has prior convictions for prowling, petty theft, possession of a concealed knife, possession of drug paraphernalia, and previous arrests for possession of a stolen vehicle and narcotics-related offenses.

Vehicle Pursuit with Arrest

On January 7, detectives with the Ventura County PROS unit were patrolling the area of the 2100 Block of East Thompson Blvd looking for wanted PROS offenders. The PROS unit is responsible for monitoring known offenders on county probation. The detectives observed a vehicle in the parking lot of a motel, and a check of the license plate revealed the car was recently reported stolen. The driver of the vehicle, 27 year old Christopher Mejia, then drove out of the motel parking lot.

Detectives followed and attempted to stop the vehicle; however, Mejia fled and began driving erratically. Detectives followed and initiated a pursuit. Mejia drove at high rates of speed and attempted to lose the detectives by driving through alleyways. While trying to escape, Mejia pulled into a parking lot

and was trapped. Additional patrol units, Street Crimes Detectives, and a K-9 Unit assisted in taking Mejia into custody without any further danger to the public.

Mejia was arrested for Felony Evading, Possession of a Stolen Vehicle, and Addict Driving a Vehicle. No one was injured during the pursuit.

A review of the Ventura County Superior Court website shows that Mejia has prior convictions for providing false information to a police officer and a narcotics-related offense.

Harbor Patrol Blotter

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

12-25 2:22pm, dispatched to an assault at River Haven. Officers responded and staged near the incident until Ventura PD arrived to clear the scene, no medical. 9:07pm, received a report of several downed trees on Spinnaker Drive near the Harbor Village. Officers responded and discovered debris, kayaks, lifejackets, and downed light poles and trees at VIM parking lot. After further investigation, significant damage was observed to the Dreamer Rentals docks and rental equipment. It was determined by speaking with the NWS and a witness that a tornado had torn through the area causing the damage.

11:30pm, Ventura Port District general and Maintenance managers assessing damage with the Harbormaster. Spinnaker Drive was closed with barricades so light poles, trees and other various debris could be cleared.

12-26 7:00am, officers assessing damage from last nights weather event: tornado. The entry awning to Andre's was discovered a few hundred yards away on a fishing vessel. Many other minor damages were observed throughout the South Basin.

9:56pm, dispatched to a fall victim at Ventura Marina Community. Officers responded and assisted VFD/AMR with the call. Patient transported to local hospital for further evaluation.

12-27 2:08pm, received a report of a vessel sinking in VIM. Officers responded and assisted VIM maintenance with dewatering the vessel.

1-1 3:10pm, received a report of two inexperienced surfers on belly-board type surfboards paddling out at the Ventura Pier. Officers responded in the Fireboat and assisted State Parks Lifeguards with assisting the pair safely to shore.

4:30pm, while on patrol in FireBoat, officers observed several containers of Hydraulic fluid on a dock near one of the commercial vessels in VHV. The owner of the vessel was contacted and required to clean up mess and to not store dangerous materials on docks in the future. Absorbent pads were placed.

1-2 7:23am, while on patrol officers observed beach erosion from the Surfers Knoll Jetty to the Santa Clara Rivermouth. Safety contacts were made to inform beach walkers of the dangerous berms & drop-offs and the out flow from the estuary.

1-3 7:15am, while on patrol in the vehicle, observed severe erosion at Surfers Knoll all the way to the Santa Clara Rivermouth. A 5-6ft berm is 50 yards for the lot.

1-5 10:05am, observed that the National Weather Service posted a Small Craft Advisory through Monday

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Due to the Martin Luther King Jr. Day Holiday

Martin Luther King Jr.'s birthday will be celebrated on Monday, January 20. We will have regularly scheduled trash and recyclables or green waste collection the week of January 19-25 in the Cities of Ventura and Ojai.



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afternoon. Officers raised the SCA banner.

5:48pm, while on patrol in the vehicle, officers were contacted by an individual who lost their keys at Harbor Cove. Officers illuminated the area with spotlights and the lost keys were found near the lifeguard tower at Harbor Cove.

8:20pm, received a report of a lost or stolen kayak near VHV C-dock.

8:28pm, received a report of a found kayak near VHV C-dock.

1-6 3:20am, dispatched to a fire at 1101 Spinnaker Drive. Officers responded and assisted VFD/VPD with the call. A group of transients were being interviewed about the incident. A small dumpster fire was located and extinguished.

10:15am, received a report of a suspicious RV parked at VIM. Officers investigated and found two vagrants in the vehicle. Several attempts to start the vehicle were unsuccessful and AAA refused to tow the vehicle. It was left in the Ventura Isle Marina lot until it can be repaired or towed.

in the Ventura Breeze and are invited to read at the award ceremony April 14th 7:00 PM, 1605 Burnley St. in Camarillo.

Adults 18 years and older: first prize is \$100, second prize is \$75, and third prize is \$50. Youth ages 13 - 17: first prize is \$50, second prize is \$35, and third prize is \$25. Youth ages 12 and under: first prize is \$35, second prize is \$25, and third prize is \$15. The contest is open to poets worldwide and club membership is not required. Go to <http://venturacountywriters.com/poetry-contest/>. Call Rhonda Noda 805-300-0837 with questions.

Free ESL tutor training

Laubach Literacy of Ventura County is offering a free ESL tutor training workshop on Saturday, February 1, from 9am to 4pm at 1500 Palma Dr.

Various methods and materials will be demonstrated and taught during the workshop enabling the new tutor to begin right away. Neither prior teaching experience nor knowledge of a foreign language is necessary. Open a world to an adult non-fluent English speaker with the gift of learning how to read, write and speak English. New tutors are always needed. To register for the workshop and for more information, please call 805-385-9584.

Laubach is an all-volunteer non-profit organization teaching English as a Second Language to adults 18 and over. www.laubachventura.org

Is poetry your passion?

The Ventura County Writers Club is accepting submissions for their 19th annual poetry contest until February 28, 2020 11:59 PM PST. Cash prizes for winning poems. Winning poems are eligible for publication by the VCWC Press,

Weekly SUDOKU

Answer

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

King Crossword

Answers

Solution time: 25 mins.

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



The Pet Page



Dedicated to Scamp

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

Two upcoming clinics in January are: Shiells Park, in the parking lot, located at 649 C St., Fillmore, 93015, on Wednesday, January 22nd and a second one on Wednesday, January 29th, at SPAN Thrift Store parking lot 110 N. Olive St. (behind Vons on Main).

Please call to schedule an appointment (805) 584-3823.

■ The American Kennel Club announced two new dog breeds: the barbet and dogo Argentino

By Leah Asmelash, CNN

This decade is off to a paws-itive start, with the recognition of two new dog breeds by the American Kennel Club.

The AKC, the world's largest purebred dog registry, announced Tuesday that the Barbet and Dogo Argentino are joining the list of its recognized breeds.

The Barbet (pronounced "bar-BAY") is a water dog from France and joins the "sporting" group, according to the AKC. It's a smart and friendly dog with, most importantly, a soft, curly coat perfect for maximum petting and snuggling.

"The Barbet is loyal and loves to be near its owners," wrote the AKC online.

The Dogo Argentino is a slightly different vibe. A hunting dog developed in Argentina, hence its name, the dog was originally developed to hunt large animals such as boars and mountain lions, according to the AKC. It's classified in the "working" group.

"Dogos are confident, courageous, loyal and affectionate with their family," the AKC says of the breed.

But, the organization warns, they aren't for the new dog owner because of their "strong guarding instincts" and territorial tendencies. Described as "powerful and athletic," the breed is perfect for the exercise-holics among us, as they require lots of daily exercise and interaction with people.

They also require a bit of maintenance -- their short, white coat needs a weekly brushing, the AKC says.

For a breed to be recognized by the AKC, there must be a minimum of 300 to 400 dogs from the breed in at least 20 states, the group writes. There must also be an established breed club, consisting of owners and breeders, behind the dog. The dog breed can then be eligible to compete in the Miscellaneous Class, where dogs typically spend upwards of three years. From there, the breed can get recognized officially, which means it's eligible to participate in AKC events and affiliated clubs.

With the addition of the Barbet and Dogo Argentino, the AKC has 195 recognized breeds.

■ Many of the 45 presidents of the United States have been animal lovers, with pet choices far beyond the ordinary run of cats and dogs. Some were given

exotic pets by foreign dignitaries, with President John Quincy Adams keeping an alligator in a bathtub.

President Martin van Buren fought Congress to keep two tiger cubs.

Other presidents have bought farmyard animals to live on the grounds of 1600 Pennsylvania Avenue: Woodrow Wilson had a flock of sheep, and JFK's daughter had a pony.

Many of the residents of 1600 Pennsylvania Avenue have been animal lovers, with the hallowed presidential tradition of keeping a pet in the White House stretching back to its very first occupant, John Adams.

The most popular pet by some way is a dog, owned by 30 of the 45 presidents.

Some have even gone on to be famous in their own right -- Barack Obama's dog Bo was a frequent star of White House photo ops.

But some presidents have brought somewhat more exotic pets with them to the White House, with Theodore Roosevelt and Calvin Coolidge owning a large menagerie during their times.

■ Among the thousands of firefighters battling the catastrophic Australia bushfires, there have been four-legged furry heroes employed with a job of their own.

Dogs are being employed to rescue koalas during the fires, and with the flames expected to continue on for months, they're only just getting started. It is estimated that a billion animals have been destroyed.

Ryan Tate and his pup Taylor searched for koalas injured in the bush fires. 4-year-old Taylor, has rescued eight koalas since September, according to Tate.

Like most detector dogs, Taylor uses her snout to sniff out koala fur. In perfect conditions, she is able to locate the koalas wherever they may be because their smell drops down from trees.

On days with difficult conditions, such as high winds, Taylor searches for koala poop to identify where they have been, and human experts can then come in and scan the appropriate trees.

Koalas are vital to Australian wildlife, but are right now on their way to becoming extinct.

Our very own (even though officially in Santa Paula) The National Disaster Search Dog Foundation said in a statement that search dogs can sniff out scents most humans can't detect, making their noses "a critical, life-saving tool to help the koala population survive." The Foundation trains search dogs for every possible condition and disaster.

■ About 23% of Americans polled by the Consumer Technology Association said they planned to purchase pet-related technology as a holiday gift, according to an October report, and the number of pet tech products shipped during the fourth quarter of last year was expected to be 60% higher than in the fourth quarter of 2018. Products include automatic food or water dispensers, automatic pet doors, and pet monitoring systems.

Scamp Club

(Scampclub pets are not for adoption.)



Hi: my name is Pico (short for Picoso) I am a Basset/Terrier mix who was adopted from a dog shelter in Thousand Oaks when I was 6 weeks old. My pup Mom takes real good care of me. I love other dogs and I am very friendly. I can do tricks for a treat and love to cuddle.

Join Scamp Club

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

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



Barbet (left) and Dogo Argentino (right) are now recognized dog breeds.

SPAN Thrift Store

SPAY/NEUTER ANIMAL NETWORK

We are an all volunteer, nonprofit organization

Volunteers Needed!

More Spays - Less Strays
Donations Always Appreciated!

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

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

\$10 Low/No Income Spay & Neuter

January, Wed., 22nd
Shiells Park parking lot.
649 C Street, Fillmore, CA 93015
Must call for appointment
(805) 584-3823

ALSO \$10 Low/No Income Spay & Neuter

January, Wed., 29th
in SPAN parking lot.
Must call for appointment
(805) 584-3823



Certified "Therapy" Dogs Herbie, Livi, Jock and Mickey at CMHS making patients feel wonderful.



The Pet Page

Forever homes wanted

Hi: I'm Momo a sweet 2 year old Terrier X found as a stray with Scotty. Scotty's found his forever home, but I'm still waiting for mine. I'm in a foster home for the holidays and the foster thinks I may have been around cats before. There are also two dogs in the foster home who I bonded with almost immediately. Canine Adoption and Rescue League C.A.R.L.



Adoptable Triscuit is in search of a new family for the new year. This sweet and curious bunny is one of dozens of rabbits who arrived at the shelter during the holidays. Triscuit loves attention and being petted. He is eager for a safe and loving indoor home. To meet Triscuit and learn more about house rabbit care, please visit Ventura County Animal Services at 600 Aviation Drive in Camarillo and ask for ID #A747945.



THIS SPACE FOR WRITING MESSAGE

MANUFACTURED BY LONGSHAW CARD CO., LOS ANGELES, CALIF.

Steve Roth, a local science teacher at Balboa Middle School reading the Breeze to an elephant at the Elephant Jungle Sanctuary in Chiang Mai, Thailand where they rescue and ethically educate travelers on these awesome animals. The elephant will never forget reading the Breeze.

POST CARD

GOING ON VACATION? BE SURE TO TAKE THE VENTURA BREEZE WITH YOU AND SEND US A PHOTO WITH A LITTLE INFORMATION ABOUT YOUR TRIP AND EMAIL TO EDITOR@VENTURABREEZE.COM

This 'n' That



Just in time for 2020 whale watching at its best.

Island Packers Winter Whale Watching Cruises at Ventura Harbor Village

With Winter in full swing, visitors to Ventura Harbor Village can board an Island Packers whale watching vessel and travel from Ventura Harbor through the Southern California waters off Santa Barbara Channel, known for its marine mammal diversity, to see breathtaking mammals that cavort in waters off of the Channel Islands.

The 3-3.5 hour half day cruise, a sure bet to spend time with family or friends and can be awe-inspiring, with the possibility of seeing more than 28 species of marine mammals along with

the migrating Gray, Fin and Humpback whales, seals, sea lions and large pods of dolphins identified within the waters of the Channel Islands National Marine Sanctuary of Southern California.

Whale Watching Excursions, now through April 15, 2020 marks the official start of the gray whale migration. Departure times are listed daily on the Island Packers website.

For more information about the Winter Whale Watching program, visit www.islandpackers.com or email Islands Packers at info@islandpackers.com.

From 6-foot dinghies to 88-foot commercial fishing seiner boats, scores of pleasure boats call Ventura Harbor home. Ventura Harbor Village marina is one of the top offloading squid harbors on the Pacific Coast and in the nation and Ventura Harbor Village marina is home to some of the largest fishery companies. Ventura Harbor has two yacht clubs and two boat yards.

For visitor information, contact Ventura Harbor Village at 805-477-0470, online at www.VenturaHarborVillage.com. Ventura Harbor Village is located at 1583 Spinnaker Drive in Ventura.

Joe's obsessive-compulsive disorder. On a Greek beach overlooking sparkling water, Shirley encounters a vastly different lifestyle complemented by romantic spice. The experience opens a window to her long-lost identity.

The one-woman show stars Anna Kotula, who worked with director Steve Grumette to combine the depth of a seminal female character with a humorous self-deprecating housewife. Anna produced the show with Richard Sven Shelgren, and incorporated set design by Bianca Rice.

Ojai news and events

Continued from page 5

Marcus will show her collection of hand-painted 55-in. scarves, which can be used as shawls or body wraps. In addition, she will display oil on canvas paintings. Her motifs feature flowers, hearts and sensual women.

Mrs. Shirley Bradshaw feels stuck in the same old house with the same boring husband. When she accepts an invitation to join a friend in Greece, she discovers somebody she forgot about: her true self, Shirley Valentine. The Ojai Art Center Theater's 2020 season takes off with this life-affirming production, January 24 through February 16.

From Tony award-winning playwright Willy Russell (Educating Rita and Blood Brothers), Shirley Valentine inspires every woman who ever found herself frustrated with her life. Shirley contends with her own empty-nester syndrome, coupled with her husband

Mailbox

Continued from page 4

Price caps would slash research companies' revenues and dissuade them from funding future drug development projects.

Close to 90 % of experimental medications fail in clinical trials. It can cost over \$2 billion and take more than a decade of research to bring a new medicine to market.

The resulting medical breakthroughs save millions of lives. In the United States, cancer death rates have declined 26 percent since the early 1990s. Almost three-quarters of these survival gains are attributable to new treatments. HIV-related deaths have decreased by almost 90 percent since the introduction of antiretroviral therapy "cocktails" in 1996.

Price controls in the United States would derail research into new treatments. In the long run, forfeiting these treatments would cost the government far more than it'd save.

Drew Johnson



by Pam Baumgardner
VenturaRocks.com

Congratulations to Made West Brewing as they celebrate their four-year anniversary this month, and you know there is no better way to pack the house (other than with their excellent suds) than with live music. On Saturday, January 25, from 11 am to 9 pm they'll have Sam Kulchin, Brother Earl, Lauren Hall, Peter Blackwelder and Ben Schneid (formerly of Foxtraxx); then on Sunday, January 26, 1 pm to 7 pm, it's Fire Mist, Milo Sledge Trio and Jade Hendrix.

The Winery Ventura is bringing Blues promoter out of LA, Cadillac Zack, with their first show on Friday, January 17, featuring blues guitar legend, Chris Cain.

50 Sticks of Dynamite is back with new music and a gig at Bombay's; be sure to get in early to catch their sets from 6-9 pm on Saturday, January 18.

Namba welcomes new executive director, Lorenzo Destefano; Lorenzo is the founder of the Ventura Film Society. There will be an open house meet and greet on Thursday, January 30 from 4-7 pm when you can learn more about Lorenzo's vision for Namba. Meanwhile this month there are a couple of interesting shows to check out including Dirty Cello out of San Francisco with their blues/bluegrass unique blend of American music on Saturday, January 18; a Celebration of Joni Mitchell featuring Kimberly Ford falls on the following Saturday, January 25. Oh! And what sounds like lots of fun will be a "Grease! Sing-along" on Friday, January 24.

Quick Notes: Golden China's open mic has moved to the Hong Kong Inn on Tuesdays 6-10 pm (drums and backline provided); Discovery has the English Beat Friday, January 17, and Ozomatli on Saturday, January 18; Leashless Brewing hosts a Singer/Songwriter showcase on Sunday, January 19; there will be a memorial fundraiser for Kanyon Morales on Sunday, January 19, at Oak and Main with the Question, Rising Son, After the Smoke, True Zion, the Ghetto Lions and more; Paradise Pantry's debut Cabaret Series with Chris Pierce on Sunday, January 19, has sold out; Isla Vista Jazz Trio plays Grapes and Hops on Friday, January 24; Club Fall takes over the Ventura Beach Club with dark electronic music on Friday, January 24; get your punk rock fill with Agent Orange at Discovery on Saturday, January 25; and there will be live music at the Ventura Harbor Comedy Club on Sunday afternoon, January 26, with Teresa James and the Rhythm Tramps.

Two final notes of interest: first, Motown Live at the Rubicon was simply fabulous, now I'm looking forward to the Platters performing this June! And just so you know, there is not a bad seat in the house. And finally, a big congratulations to Big Bad Voodoo Daddy on their 3000th show this month! They continue to make Ventura proud!!

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

Mondays: Milo Sledge

Thursdays: Jim Friery, Bluegrass Jam

Wed 1/15: Finnhead Dave

Fri 1/17: Frank Barajas

Sat 1/18: Jon Gindick

Tues 1/21: Frank Barajas

Fri 1/24: Teresa Russell & Stephen Geyer

Sat 1/25: Epitome of Dreams

Tues 1/28: Shorebreak

Bombay Bar & Grill

143 S. California Street

Thursdays, Friday & Saturdays: DJs

Sat 1/18: 50 Sticks of Dynamite (6-9 pm)

Camarillo Barrelworks

126 Wood Road, Suite 104

Camarillo, CA

Music 6-9 pm

Sat 1/18: Midlife Crisis

Sat 1/25: Karen Eden

Cantina 31

Limon y Sal

598 E. Main Street

Saturdays: DJ

Sundays 1-4: Instone

Mon 1/27: Mariachi Band

The Cave

4435 McGrath Street

5:30 - 8:30 pm

Weds & Saturdays: Varon Thomas

Thurs & Fridays: Warren Takahashi

Concrete Jungle Brewing

4561 Market Street

Sat 1/18: Andrew, Julien & Scott;

Mashugana

Sat 1/25: Mic Bless, Mongrel, Jeffy Obvious,

Arco the Artist

Copa Cubana

Ventura Harbor Village

Music 7 pm; Sat 11 am; Sundays 4 pm

Tuesdays: The Jerry McWorter Trio

Dargan's Irish Pub

593 E. Main Street

Music: 4pm

Sun 1/19: The Sunday Drivers

Discovery

1888 Thompson Blvd

Fri 1/17: The English Beat

Sat 1/18: Ozomatli

Fri 1/24: Shwayze

Sat 1/25: Agent Orange, The Bastards

El Rey Cantina

294 E. Main Street

Fridays & Saturdays: DJ

Four Brix Winery

2290 Eastman Avenue

Music 6 pm

Fri 1/17: Charlie Baker

Fri 1/24: Heather's on Fire

The Garage

1091 Scandia Avenue

Thursdays: Open Mic w/ Spencer

Sat 1/18: Apparition Coast, 30&3, Andy

Wray

Fri 1/24: Malice Thoughts, Total Massacre,

CFTC, Stay Dead

Grapes and Hops

454 E. Main Street

Wed 6-9, Fri & Sat 8 pm, Sun 4 pm

Fri 1/17: Shawn Jones Trio

Sat 1/18: Diane Miller Band

Sun 1/19: Mark Masson

Fri 1/24: The Isla Vista Jazz Trio

The Hong Kong Inn

435 E. Thompson Blvd

Tuesdays: Open mic (6-10 pm)

Keynote Lounge

10245 E. Telephone Road

Tues, Wed and Sun: Karaoke

Thursdays: Open mic night

Fri 1/17: DJ AVG

Sat 1/18: Studebaker Hawk

Fri 1/24: Whiskey Business

Sat 1/25: Magnificent Bastards

Leashless Brewing

585 E. Thompson Blvd.

Tues: Open Mic, The Listening Room

Thur 1/16: Robert Quindaro

Fri 1/17: Kyle Smith

Sat 1/18: Mark Masson & Friends

Sun 1/19: Singer/Songwriter Showcase (2

pm)

Fri 1/24: Kevin Tate

Sat 1/25: Shawn Jones

Made West Brewing

1744 Donlon Street

Thurs 6 pm; Sat 11 am - 9 pm; Sun 1 - 7 pm

Thurs 1/16: Will Breman

Sat 1/25: Sam Kulchin, Brother Earl,

Lauren Hall, Peter Blackwelder, Ben

Schneid

Sun 1/26: Fire Mists, Milo Sledge Trio, Jade

Hendrix

Majestic Ventura Theater

26 S. Chestnut Street

Sun 1/19: Eric Johnson

Namba

47 S. Oak Street

Sat 1/18: Dirty Cello

Fri 1/24: Grease! Sing-along

Sat 1/25: Celebration of Joni Mitchell

featuring Kimberly Ford

Oak and Main

419 E. Main Street

Tuesdays: Beer Bros. Open Mic

Fri 1/17: In the End

Sat 1/18: DJ Kuya Ray

Sun 1/19: The Question, Rising Son, After

the Smoke, True Zion, The Ghetto Lions

Wed 1/22: Warren Takahashi

Sat 1/25: Arise Roots

Orozco's de Ventura

839 E. Front Street

Fri & Sat 5 pm: Victor and Artis

Paddy's

2 W. Main Street

Wednesdays: Karaoke

Fri & Sat: DJs

Paradise Pantry

222 E. Main Street

Sun 1/19: Chris Pierce

Peirano's Delicatessen

204 E. Main Street

Music: 6-8, Sundays Noon - 2

Sat 1/18: The Brambles

Sun 1/19: Jon Gindick

Sat 1/25: Tommy & Paddy Marsh

Sun 1/26: The Swillys

Plan B Winery

3520 Arundell Circle

Sun 1/26: California Dreamin' unplugged

(3 pm)

Poinsettia Pavilion

3451 Foothill Road

Mon 1/20: Dick Parent Band

Saloon

456 E. Main Street

Fridays: Disco Soul Club w/ DJ Cid

Hernandez

Sandbox Coffeehouse

204 E. Thompson Blvd

805-641-1025

Thurs 6 pm, Weekends noon

Thursdays Open Mic

Sun 1/26: Arbour Season

Sans Souci

21 S. Chestnut

Sundays: DJ Darko

Mondays: Karaoke w/ Brian Parra

Tuesdays: DJ Nick Dean

Wednesdays: Open mic

Thursdays: DJ Spinobi

Fri 1/17: DJ Pistolero

Sat 1/18: The Brutalist

Fri 1/24: Black Star

Sat 1/25: Blown Over

The Shores Restaurant

1031 Harbor Blvd, Oxnard

Thursdays: Karaoke

Fri 1/17: Brian Faith Band w/ Big Bro Ernie

Joseph

Sat 1/18: Pull the Trigger

Fri 1/24: Ray Ray and the Posse

Sat 1/25: Alan Wright Band

The Star Lounge

343 E. Main Street

Thursdays: DJ Terry

Fri 1/17: 805 Allstarz

Fri 1/24: Reign

Sat 1/25: Brandon Ragan Project

The Sushi House

1127 S Seaward Avenue

Music 1 - 3:30 pm

Saturdays: Gary Ballen

The Tavern

211 E. Santa Clara Street

Thurs 1/16: Pinnr, Lunar Hand, Thank

You Come Again, Martini Drive

Fri 1/17: The Black Stripes

Wed 1/22: Combat Shock, Goat Rhythm,

Sweet Reaper, Death Wish Dogs

Topa Mountain Winery

821 W. Ojai Avenue, Ojai

Music: 3-5 pm, unless otherwise noted

Sat 1/18: Shawn Jones

Sun 1/19: Rusty Tinder

Sat 1/25: Cindy & the Lucky Ducks

Sun 1/26: Teresa Russell

Topa Topa Brewing

104 E. Thompson Blvd

Wed 1/15: Queentide (6 pm)

Ventura Beach Club

281 W. Main Street

Fri 1/24: Club Fallout Electronic Music

Ventura Harbor Comedy Club

1559 Spinnaker Drive

Sun 1/26: Teresa James & the Rhythm

Tramps (3 pm)

Ventura Harbor Village

1583 Spinnaker Drive

Music Noon - 3 pm

Sat 1/18: Jon Stanger

Sun 1/19: The Cocoknots

Winchester's

632 E. Main Street

(805) 653-7446

Music at 7:00 pm; Sundays at 5 pm

Fri 1/17: Andy D. & Ray J.

Sat 1/18: Teresa Russell & Jerry Breiner

Sun 1/19: The Swilly's

Fri 1/24: Frank Barajas

Sat 1/25: James Broz

Sun 1/26: Hot Cuppa Three

The Winery Ventura

4756 Market Street

Thurs - Sat 7-10; Sundays 5-8

Wed 1/15: Jazz Jam hosted by Hans Ottsen

Thurs 1/16: Jay Smith Group

Fri 1/17: Chris Cain

Sat 1/18: Skip Spiro's Little Big Band (2-5);

Phoenix Big Band (7-10 pm)

Sun 1/19: Vermont

Wed 1/22: Brian Charette



In May of 1999, the City Council established the Municipal Art Acquisition Program to document the history of visual art in Ventura through the annual purchase of important works of art created by area artists. The collection provides increased access to art of the highest quality and of distinctive merit through its display in the public areas of City Hall and other municipal buildings.

Ventura Pier and the Holiday Inn, 1989, collage and acrylic is by award winning Ojai artist **Gayel Childress** who works in diverse media and is known for her innovative use of color and her energetic flair for experimentation.

Theresa Payden is an avid animal lover.

Fox Fine Jewelry presents California Colors, an art show with Theresa Paden and Lisa Mahony from January 18 to March 8, with an Art Reception on January 18 from 6 – 8 pm.

Theresa Payden's paintings depict animals of all kinds, from bears and wolves to buffalo and birds. One of the most striking things about Theresa's work is her use of vivid complementary colors. After earning her BFA in the 80s, she created logos and designs for the NFL as a Senior Art Director before turning her focus to fine art. She hopes her art helps connect people to the animals she portrays.

Lisa Mahony paints plein air since it combines art and the outdoors, two of her favorite things. After graduating from UC Santa Cruz in the late 80s, she was an assistant editor for National Geographic Television before deciding to focus on fine art. She prefers to paint a series of focused art. Her current challenge is a 30-minute painting daily.

Show information: <https://www.foxfinejewelry.com/pages/jan-2020>

The art of the Ventura Breeze staff



Bill Green



Alfred J. Lewis



Ana Baker

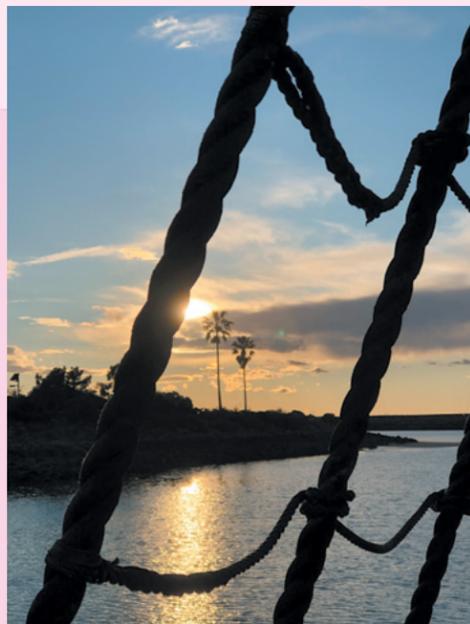


Jaime Baker

For more of Jaime Baker's art check out www.etsy.com/shop/WayOuttaLine for items on sale. Also open for commissions at tygertailzz2@aol.com.



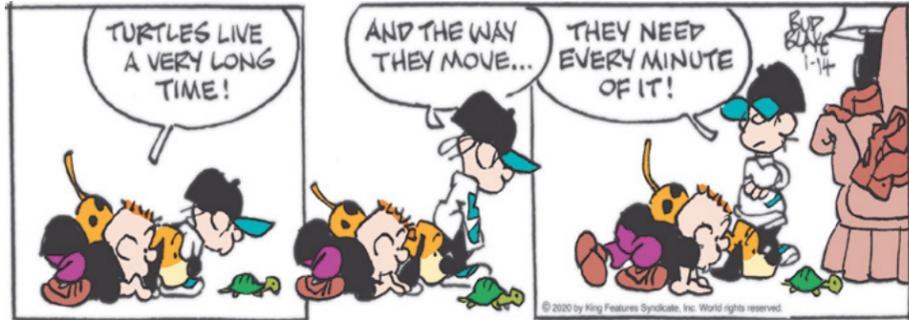
Sheli Ellsworth



Denna (Breezy) Gledhill

Lighter Breeze

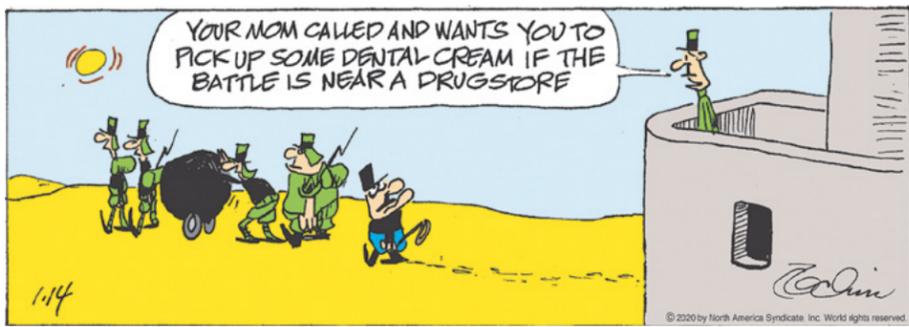
Tiger



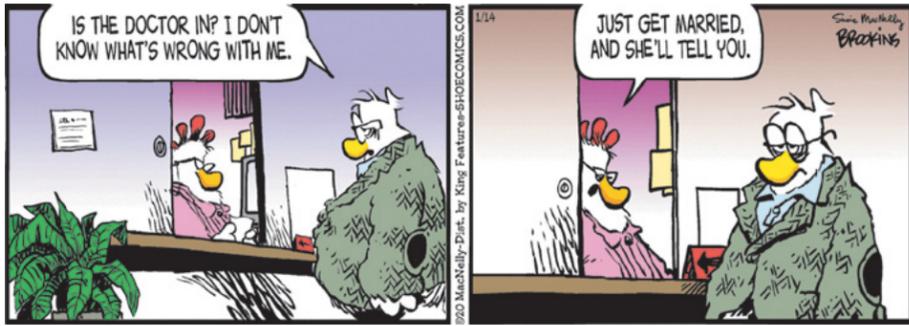
Baby Blues



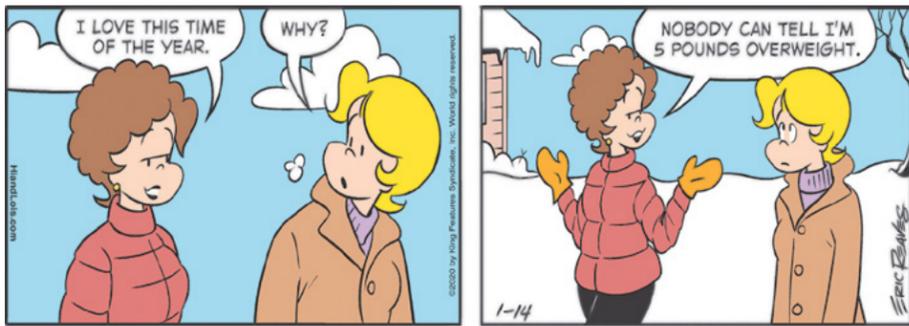
Crock



Shoe



Hi and Lois



Blondie



Solutions on page 13

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

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

Weekly SUDOKU

by Linda Thistle

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

DIFFICULTY THIS WEEK: ◆

◆ Moderate ◆◆ Challenging
◆◆◆ HOO BOY!

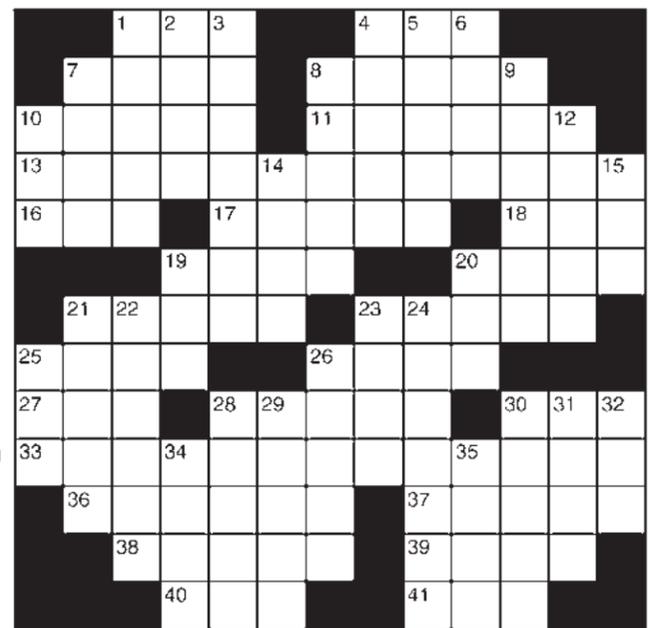
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Solutions on page 13

King Crossword

ACROSS

- 1 Possesses
- 4 Cribbage scorer
- 7 Ringlet
- 8 Preclude
- 10 "M*A*S*H" setting
- 11 Scents
- 13 Kitchen pair
- 16 — and outs
- 17 "The — Show With Jon Stewart"
- 18 Whopper
- 19 Citi Field team
- 20 Marching musicmakers
- 21 Topper for Miss USA
- 23 Rushmore or Rainier
- 25 Responsibility
- 26 Cried
- 27 Lawyers' org.
- 28 Memorable mission
- 30 Shooter ammo
- 33 13-Across, e.g.
- 36 African desert wind
- 37 Ointment
- 38 Military subdivision
- 39 Unattractive
- 40 Mauna —
- 41 More, to Manuel



- 41 sleeve
- 10 Japanese pond carp
- 12 Epithet for Simon Templar (with "The")
- 14 Information
- 15 Scarlet
- 19 Spring month
- 20 On the other hand
- 21 Big brass
- 22 Slanted, as lettering
- 23 Viral Web
- 24 One skilled in playing dead
- 25 "— Kapital"
- 26 Goes up a few degrees
- 28 Worship
- 29 Parkinson's treatment
- 30 Doctor's orders?
- 31 Jealousy
- 32 Iron or Bronze
- 34 Out of control
- 35 Long story

DOWN

- 1 Throws hard
- 2 Neighborhood
- 3 — : spoken :: libel : written
- 4 Danger
- 5 Black wood
- 6 Ready for action
- 7 Quarter, e.g.
- 8 CSA president
- 9 Overcoat

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about the past.

LIBRA (September 23 to October 22) A personal relationship could face added stress because of a situation involving someone close to both of you. Be supportive and, above all, try to avoid playing the blame game.

SCORPIO (October 23 to November 21) You might well find some lingering uncertainties about a decision. If so, take that as a warning that you might not be ready to make that move yet. More study would be in order.

SAGITTARIUS (November 22 to December 21) Music is a dominant theme for Sagittarians right now, and it should remind you to make a greater effort to restore some much-needed harmony in that very special relationship.

CAPRICORN (December 22 to January 19) Although family matters might demand much of the Sea Goat's attention this week, you'll want to try to make time to handle those all-important workplace situations as well.

AQUARIUS (January 20 to February 18) A recurring unresolved issue might need to be revisited before you can move forward. Consider asking someone familiar with the situation to act as an impartial counselor.

PISCES (February 19 to March 20) Ignore pressure to make a decision. Keeping your options open is still the wisest course, at least until you're sure you've learned all you need to know about the matter at hand.

BORN THIS WEEK: You're capable of great loyalty to those around you, which is one reason you can count on devotion from friends and family.

ARIES (March 21 to April 19) That lower-than-acceptable performance you're getting from others in your group might be the result of miscommunication. If so, correct it before serious problems arise later on.

TAURUS (April 20 to May 20) An unexpected situation could call for a change of plans. If so, you might feel that this is unfair. But it's best to make the needed adjustments now. There'll be time later for re-scheduling.

GEMINI (May 21 to June 20) The new year brings opportunities you might want to look into. Some might be more interesting than others. But take time to look at all of them before you make any decisions.

CANCER (June 21 to July 22) It's a good idea to be careful about expenses until you've worked out that pesky financial problem. You might find it advisable to get some solid advice on how to proceed.

LEO (July 23 to August 22) Romance looms large over the Leonine aspect. Single Lions looking for love should find Cupid very cooperative. Paired Cats can expect a renewed closeness in their relationships.

VIRGO (August 23 to September 22) Making contact with a former colleague might not be high on your list of priorities. But it could pay off personally as well as professionally. Avoid bringing up any negatives

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Showtime

A View from House Seats

Classic comedy commences at Conejo

by Shirley Lorraine

You Can't Take It with You, a comedy penned by George S. Kaufman and Moss Hart, premiered to acclaim in 1936. It won a Pulitzer Prize for Drama in 1937 and went on to become immortalized in film in 1938 (with some plot alterations), winning an Oscar for Best Picture.

Conejo Players in Thousand Oaks opened its 2020 season with its rendition of this classic comedy featuring an abundance of energy, laughter and sterling performances. Director Alan Wasserman has assembled a cast fully up to the challenge to keep the audience engaged and in stitches for the entire performance.

The story has many facets. It is a social commentary on how two very different social strata view life, happiness and government, and it is a love story embracing the beauty of eccentricities and the ability to adapt.

We are introduced to the Sycamore family along with extended family including "adopted" characters. While they each have their singularities, they somehow function quite well as a unit, to the surprise of others.

Without giving away the pearls of how each family member came to their talents per se, suffice it to say that it somehow all makes sense in the bigger picture.

Ronna Jones portrays Penny Sycamore, a writer and painter of sorts. Her husband Paul, played by Jim Miller, matches her "whatever happens" attitude with aplomb. The patriarch, Grandpa, (Donn Robinson) steers the family with a steady hand and sharp mind.

The two Sycamore daughters, Alice and Essie, are opposites. Alice (Timorah Brown) is the sensible one, holding down a full-time job and falling in love with the vice-president of her company, the

owner's son Tony Kirby (Carl Garcia). Sycamore sister Essie (Briana Bauer) is in lifelong training to become a ballet dancer, which she practices nonstop. She and her husband, Ed, (Alex Carrasco) live in the family home where Ed enjoys using his printing press and making music.

Also gracing the home are a Mr. de Pinna (Jim Diderrich) who fashions fireworks in the basement. The cook Rheba (Carla Ames) is practically a member of the family as is her boyfriend Donald (Daniel Krause) who is on permanent "relief".

Gabriel Vega is a Russian dance coach Boris Kolenkhov, a frequent dinner guest. Vivian Latham takes a hilarious comic turn as actress Gay Wellington, who has clearly had one or two too many martinis.

When the boss and his wife, Mr. & Mrs. Kirby (Robert Craig and Cindy Lopez) arrive on the scene on the wrong night, son Tony admits he told them the wrong night on purpose, in order to be sure the two families were their true selves. Predictable chaos ensued.

The evening provided an escalating deluge of laughs as the families collided. Superior comedic timing was employed by all as the pace rose. At times one didn't know where to focus. There was a lot going on.

The show is a lot of fun and gives a much-needed opportunity for laughter. Enjoy the quirky characters in all their glory.

You Can't Take It with You runs through February 1 at Conejo Players Theatre, 351 S Moorpark Rd, Thousand Oaks. Friday and Saturday shows are at 8 p.m., Sundays at 2 p.m. There will be one Thursday night, Jan. 16 at 8 p.m. Contact www.ConejoPlayers.org or (805) 495-3715 for tickets.

due to the German's cutting the phone lines upon their retreat from the front.

Schofield and Blake set off across no man's land toward the German front and find that the Germans had retreated as reported and deserted their position as well as destroying all of their guns and weapons. They witness an aerial dog fight outside an old farmhouse and a German plane end up crashing almost on top of them. Wanting to be good Samaritans, they pull the German pilot from the plane, but the pilot turns on them, stabbing Blake in the stomach.

Unfortunately, Blake dies almost immediately from his wounds, and Schofield is left to continue the mission on his own to warn the troops. Schofield spends his day dodges sniper bullets and eventually ends up in the bombed-out area near the river that he had been told to find. Discovered by German soldiers, Schofield escapes by jumping into the raging river and eventually finds the 2nd Battalion, but not before the first wave is launched.

Schofield eventually makes it to the front-line command post and delivers the message to Colonel Mackenzie, who calls off the attack. That having been accomplished, Schofield then finds Blake's brother Joseph to share the unfortunate news of his brother's passing. In the end, we find Schofield too had reasons to

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continue, finding a peaceful spot under a tree to cherish photos of his own wife and two daughters back home.

The film's design of long shots holds the viewer in the moment and emotion of this perilous journey, though the deeper story itself seems to remain mostly hidden behind the very dramatic and realistic war situations.

R (for violence, some disturbing images, and language)
110 minutes



Lorenzo DeStefano has joined Namba.

Namba Performing Arts Space names new executive director

The Namba Performing Arts Space is very pleased to announce that it has chosen Lorenzo DeStefano as its new Executive Director, effective January 1, 2020.

DeStefano, a Ventura-based writer/director/producer for Film, Theater, and the Performing Arts, founded the highly regarded and still-thriving Ventura Film Society in 2008 (www.venturafilmsociety.com).

He was the recipient of the 2012 Mayor's Arts Award for Arts Leader in recognition of his contributions to the cultural life of Ventura. He is mindful of the challenges and rewards of providing quality programming in the Performing Arts, Theater, Music & Entertainment.

"I'm really pleased to be joining this arts organization founded by Ben Namba & Julia Campbell Namba and applaud the work they and their dedicated Board and Volunteers have done during the past five years to add to the cultural landscape here in Ventura. I appreciate this show of confidence and look forward to continuing NAMBA'S relationships with current users of the facility. My focus will also be to encourage, strategize and implement positive collaborative efforts that will deepen and enrich the organization's profile as a key resource for this community."

Please join Namba Open House on Thursday January 30th from 4-7pm to meet Lorenzo and the Board, Staff and Supporters of this unique cultural resource in Downtown Ventura.

47 S. Oak St., Downtown Ventura,
805 628 9250 / www.nambaarts.com
Lorenzo DeStefano 805 641-3845
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Ventura's first city hall.

Movie Review by Cindy Summers

1917



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

Set during the First World War, two young British soldiers, Schofield and Blake, are sent on a seemingly impossible mission to cross the German front and deliver a message in 24 hours to prevent 1600 troops from walking into a German trap, including Blake's own brother. Released by Universal Pictures, Directed and Written by Sam Mendes and Starring George MacKay as Lance Corporal Schofield and Dean-Charles Chapman as Lance Corporal Blake

In April 1917, two young British soldiers, Schofield (George MacKay) and Blake (Dean-Charles Chapman) are tasked to deliver a message to the 2nd Battalion to call off their planned attack on German troops. The Devonshire Regiment of 1600 soldiers, including Blake's brother Joseph, were unknowingly walking into a trap and high command had no way to communicate with them



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This 'n' That



Councilmember Christy Weir led a group of interested individuals on a tour.

King Tides Project comes to Ventura

by Richard Lieberman

Saturday, January 10, saw the Kings Tide Project come to Ventura for a public meeting and tour of extreme tide events occurring January 10, and 11th. A crowd gathered at the Promenade to get a tour of the damage that has been done from sea level rise and the potential for more damage as ocean levels rise.

The Kings Tide Project is a research project run in conjunction between CSUCI and the Surfrider Foundation that focuses on King Tide events and its impact on ocean waves and its impact on the coast. King Tides bring tidal events that alter the size and duration of waves which bring flooding to our coast.

Ventura Councilmember Christy Weir led a group of interested individuals on a tour that stretched from surfers point to the river.

“Really happy to see the turnout as the public becomes aware of this” said Weir. The city council has an important role to play and will take action to include the concerns of the project and the public. “I think it is helpful to the city council that we are all working with the same information, the reality of what we are facing.” She added.

As ocean levels rise cities must take steps to mitigate the damage and take steps to prevent major infrastructure problems.

The Kings Tide project also asks the public to photograph and observe the waves and tide on morning walks along the beach and send them to the project’s website. Surfers are also asked to fill out a small form and answer some questions about the duration, size and quality of the waves.

“When we do our general plan, update we’re going to have a chapter on coastal resiliency.” She added. “It getting to the point where we have to deal with it, its an emergency.”

Taking steps to moderate the potential effects will be expensive and the city can’t do this without help from the state and federal governments. “we are working on coastal conservancy grants and also there are some federal FEMA grants.” she said.

Remember to take some photos of the waves and any erosion you might see and help this project by sending any photos or comments to the King Tides Project at <https://www.coastal.ca.gov>.

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Our Ventura TV recently surpassed 1000 productions

Become a guest on Our Ventura TV

Our Ventura TV is an award-winning, weekly talk-show television series broadcast on Ventura Cable channel 6 TV and also published on OurVentura.com, as well as on social media networks. For over ten years the programs have featured stories from nonprofits, community advocates, leaders, artists and organizations who contribute in some way to the Ventura County community. In fact, anyone who contributes to the theme of “People doing good things in Ventura County” is welcome to be

interviewed as a guest.

The show’s executive producer, George Alger stated, “In the past decade we’ve posted over 1000 segments online and broadcast programs on Ventura cable channel 6.”

The show director, Michelle Hoover, said, “We have a fantastic crew who are all about keeping things running efficiently.” The weekly cable TV series is sponsored by Nonprofit Fire, Skyworks Marketing and GWC Productions.

Additionally, the production team also creates video and TV productions for commercial messages and businesses in the community.

Our team of television hosts help guests share their stories. Our Ventura TV Host, Sandra Siepak, stated, “It’s an honor to present discussions about all kinds of people doing good things in Ventura County on our program.”

Our Ventura TV shows are broadcast on Ventura Cable channel 6 on Sundays at 2:00 pm, Tuesdays at 9:00 pm and Saturdays at noon, as well as additional floating times. Every week there is a new show and each program is broadcast 5 times per week.

For more information and to become a guest on Our Ventura TV, just visit OurVentura.com and click “Contact.”