

Adopt a pet, page 15!

VENTURA BREEZE

Your Hometown Paper

Vol. 13, No. 9 Published Every Other Wednesday Established 2007 January 29 - February 11, 2020



Facility will provide shelter, social services and mental health counseling.

Bronze sculpture is by Ventura artist Michael O'Kelly. Photos by Bernie Goldstein.

Ventura permanent shelter now a reality

by Shirley Lorraine

At long last, Ventura County's first government-funded and led permanent, year-round homeless shelter is finally ready to open. The ARCH celebrated its grand opening with a ribbon cutting on Monday, January 27. ARCH is an acronym for "All Roads Connect to Housing."

A joint project between the city and county of Ventura, the 55-bed converted county-owned facility will provide shelter, social services and mental health counseling in addition to job assistance, benefits navigation and other educational programs.

The shelter, located at 2323 Knoll Drive in Ventura, will be operated by Orange County based Mercy House who will take and process referrals. Administration and 24/7 staffing will be done by Mercy House. Occupancy is by referral, and each applicant screened for suitability. According to one staffer, enough referrals have already come through to fill the facility from the get-go. No walk-in services are provided. Ventura's facility will accommodate 17 single women and 38 single men. And dogs. And cats.

The Mercy House model is "housing first", which focuses on aiding those in need find stable housing as a primary step toward re-integration into society. Participants will be required to work on a plan to find suitable housing. Case managers will be looking at ways to reduce the barriers between resident's

current situation and permanent housing. However, according to Judy Alexandre, chair of the Ventura Social Services Task Force, finding affordable

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Statue honors Ventura College patron Miriam Schwab

A memorial statue honoring local philanthropist and long-time Ventura College patron Miriam Schwab was unveiled at a ceremony on Saturday, January 25, in the courtyard of the Ventura College's Performing Arts Center.

The large crowd enjoyed music, food and sharing stories about Miriam.

The 12-foot high bronze sculpture is by Ventura artist Michael O'Kelly. It memorializes her love of music and her strong belief in the import role music plays in the community college system. The dancer in the sculpture is holding a violin, an instrument that she played in the Ventura College Orchestra for 15-years. The music stand symbolizes academic learning, while the dancer symbolizes stepping out into the world after students have received their education.

Schwab passed away in 2017 at age 89. In 2018, Ventura College Foundation, which provides financial support to students and programs of Ventura College, received a \$12 million donation from Schwab's estate in 2018. It is the largest gift ever to a community college in Southern California.

Anne Paul King, Executive Director, Ventura College Foundation was the MC for the event. She introduced the speakers that included Dr. Kimberly Hoffmans, President, Ventura College, Dr. Tim Harrison, Dean of Athletics and Fine Arts, and, of course the artist Michael O'Kelly.

The Ventura College Wind Quintet provided wonderful music for the large gathering during and after the unveiling.

O'Kelly has created many pieces of public art, in addition to his prolific privately commissioned work in Ventura

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Murder suspect, 24-year-old Raymond Bolanos remains in jail.

Deadly shooting in Ventura leaves one-man dead - appears gang related

On January 18, a deadly shooting occurred in the public parking structure on Harbor Blvd. and California, resulting in the death of 21-year-old Alejandro Hernandez of Ventura. This is Ventura's first murder in 2020, and police say the

motive appears to be gang related.

At approximately 2:45am, a 911 call was received regarding a shooting victim at the top level of the parking structure. Patrol officers responded and located

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Photos by Michael Gordon.



The Ventura Chamber of Commerce held a ribbon-cutting for Ventura County Property Shoppe on January 22. Located at 1994 Thompson Blvd., Ventura (SW corner of Thompson and Anacapa). 805-856-8283. Photos by Michael Gordon.

Community Events

Audubon events

Feb 1, 8:00 a.m., Restoration Work Day, Hedrick Ranch Nature Area, Leader: Sandy Hedrick (805) 340-0478

Arrive at 8:00 for self-guided birding which usually yields some interesting birds. Restoration work from 9am – noon. Long pants and boots or closed shoes are required. Bring water, gloves & sun protection.

Feb 8, 8:30 a.m., Soule Park, Leader: David Wappler (805) 620-2676 / Adele Fergusson 805-415-4304

Situated in east Ojai, this large park offers grasslands, large deciduous trees and riparian habitat that bring out winter feeding flocks of sparrows, bluebirds, & warblers and year-round habitat for thrashers, woodpeckers, raptors and more. A section of Thatcher Creek that serves as the north border of the park will be enjoyed. Join us for an easy, flat walk around one of our most scenic birding spots.

Feb 11, 7:30 p.m., Ventura Audubon Society Monthly Program at the Poinsettia Pavilion - 3451 Foothill Road, Ventura (Free to the Public): The Salton Sea Update. Speaker: Andrea Jones, Director of Bird Conservation for Audubon California

To learn more about the threats facing the Salton Sea, as well as about efforts that have and are currently being taken to conserve it, come hear Andrea Jones' talk. Andrea will highlight why the Salton Sea is critically important to over 400 species of birds, describe which of those species are most threatened, and explain how Audubon is engaging in new solutions that will benefit both birds and people.

Feb 15, 9 a.m., Ventura Settling Ponds, Leaders: Frank DeMartino / Adele Fergusson (805) 415-4304

Enjoy a morning of mostly waterfowl birding with gulls, terns, ducks, herons, grebes, and even warblers. Spotting scopes are always welcome. Entrance at the corner of Spinnaker Drive and Angler Court off Harbor Blvd.

Feb 22, 8 a.m., Emma Wood State Beach, Leader: Tevin Schmitt (661) 904-1563

At the entrance to Emma Wood State Beach, we will be searching the scrub for sparrows and warblers. We will follow the path that leads through the willow forest (often finding wrentits and other

secretive birds here) and finally across the sand dunes to the Ventura River Estuary. The estuary is always an exciting place to bird, and target birds will include: Snowy, Black-bellied and Semipalmated Plovers, Willet, Whimbrel, Black Turnstone, Red-necked Phalarope and Forster's Tern. There will be a fair amount of walking, so please dress appropriately in layers and comfortable shoes.

Please do not leave valuables in your car, and be sure to lock your vehicle.

Ventura Film Society screenings

The Ventura Film Society has recently announced three screenings, new for 2020:

February 1, the VFS will screen *On the Basis of Sex* (2018) directed by Mimi Leder. The film focuses on the early years of the career of Supreme Court Justice Ruth Bader Ginsburg, and the numerous obstacles she would overcome in her fight for equal rights that eventually changed the way the courts view gender discrimination. The film will be shown at the Museum of Ventura County on Feb. 1, with generous support provided by the League of Women Voters. Doors open 6:30 with a no host bar and a performance by Vision 2020 Suffrage Passion Players before the 7:30 screening.

February 22, the VFS will be adding a third venue to our roster of screening partners with the presentation of *Councilwoman* (2019), directed by Margo Guernsey at Bell Arts Factory at 6pm. This recent award-winning documentary follows Carmen Castillo, a Dominican hotel housekeeper, as she campaigns and wins a seat on the city council of Providence, R.I. She has to manage her day job cleaning hotel rooms while advocating for low-income workers as a rookie politician. This free screening is sponsored by the Santa Barbara and Ventura Colleges of Law. Following the screening, the film's subject, Councilwoman Carmen Castillo will participate in a panel discussion along with Oxnard Councilwoman Carmen Ramirez. Free babysitting and light refreshments are provided.

Tickets for *Marianne and Leonard* and *On the Basis of Sex* are available online through Eventbrite and through

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Community Events

our website at venturafilmsociety.com. Prices are \$12 for General Admission, \$10 for seniors and \$8 for students with valid ID.

The Ventura Film Society believes in the transformative power of film. We are a non-profit organization under the fiscal sponsorship of Bell Arts Factory. Join us as we build a film culture in Ventura County with a curated collection of local, independent and documentary films, presented through imaginative cinematic experiences.

Ventura Film Society
www.venturafilmsociety.com

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 Sickel, LCSW, at 805-389-6870 x452 or ssickel@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 Poinsettia Pavilion, Canada Larga room, 3451 Foothill Road. For more information, contact Laura Lindsay at (805) 836-9100.

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

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

Ventura's ACBL Duplicate Bridge Club offers games for all levels of play. Learn the game, play with your peers, and earn master points while you are having fun. There is a game every day of the week. Check out their website at www.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 Investment Group meet on Mondays for an informal discussion of recent economic events. Topics cover current events that affect stocks, funds, real estate, and interest-bearing investments. The meeting is from 10 - 11:30 a.m. at the Coffee Bean & Tea Leaf at Telephone Road and Main Street. Visitors and potential members are welcomed. There are no dues or requirements to participate, and all levels of experience are welcomed.

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 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

Feb. 2: Old-Time Country Bluegrass Gospel Music Assoc. Sun. 2 – 4 p.m. First Sunday of Every Month Poinsettia Pavilion, 3451 Foothill Rd. Music on stage. Jamming Room Open. Free Admission. Free parking. Open to Public. For more information call 805-517-1131 or visit Facebook: OTCBGMA

Feb. 2: The 1892 Dudley Historic House Museum will be open for docent-led tours from 1 to 4 p.m. Admission is free. The museum is located at the corner of Loma Vista and Ashwood streets (197 N. Ashwood). For information please call (805) 642-3345 or visit the website at www.dudleyhouse.org.

Feb. 2-23: Hill Road Library presents a weekly screening of Black History Month Matinees every Sunday in February. Each screening will begin at 11:30 a.m. The four films highlight different eras and aspects of black history in America. This event is free and open to the public. For additional information, visit our website or contact Linda Cherry, Librarian, at (805) 677-7180. Hill Road Library is located at 1070 S Hill Road. Hours of service are 10 – 6 p.m. Monday through Wednesday, 2 – 6 p.m. Thursday, and 10 – 2 p.m. Friday through Sunday.

Feb. 5: Beach Cities Neighbors and Newcomers (BCNN) is a women's social organization serving Oxnard, Ventura and Port Hueneme. 9:30-11:15 a.m. Coffee, socializing and program. Lyra Quartet, award-winning

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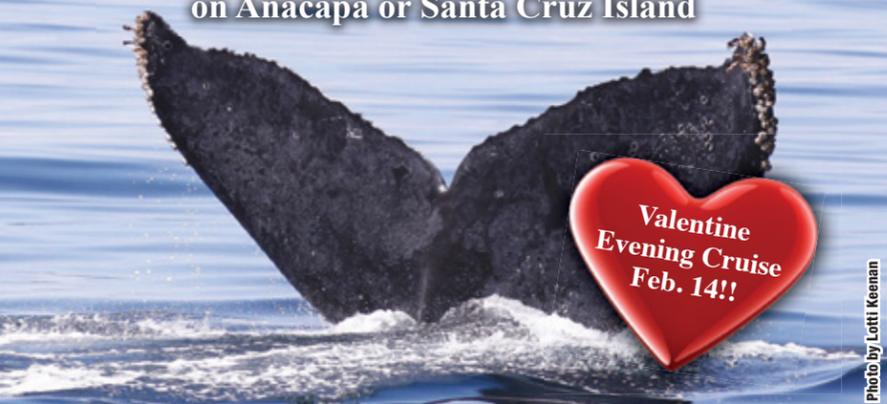
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Photo by Lotti Keenan



VENTURA BREEZE

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Member, Ventura Chamber of Commerce

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

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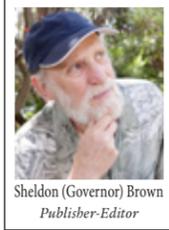


The Ventura Breeze is printed with soy based ink on paper with minimum 40% recycled content.

Each morning I say
to myself: I, not
events, have the
power to make me
happy or unhappy
and I'm going to be
happy today.

– Groucho Marx

Opinion/Editorial



Sheldon (Governor) Brown
Publisher-Editor

■ We have a cover article about the new wonderful homeless facility called the **ARCH**. I attended the ribbon cutting and was impressed with the very large gathering, which included many Ventura city and county dignitaries. It is a joint venture between the city and county. I love the fact that residents can bring their dogs - there is a nice fenced dog area. The facility houses only 55 people, but a suggestion was made to set up tents in the large parking area when it's raining so more people can at least keep dry during bad weather.

Mention was made of council member Neal Andrews who passed away before he could see his dream of a shelter come to fruition. He was constantly trying to provide for the homeless.

I have heard some say, "Why should I work to live inside, and they don't need to?" These are the same people that say, "Get those bums off of our sidewalks and parks." We can't have it both ways. A country like this shouldn't have people sleeping like dogs.

■ I'm certainly sorry to see our first **murder** in Ventura. The alleged murderer was from Santa Paula. Certainly not happy to see gang members coming here, as has been stated.

What I don't understand is that I thought that there was a three-time strike rule that kept people in prison who commit many crimes.

The Ventura County Superior Court records shows that the murder suspect, Raymond Bolanos has prior convictions for carrying a concealed firearm, gang enhancement and a hit and run.

I thought that there was a three-time strike rule that kept people in prison who commit many crimes.

Another suspect, Julian Nunez, was arrested for a parole violation warrant and has prior convictions for carrying a concealed weapon, possession of a

firearm by a felon and battery with serious injury. And a third suspect, Stephanie Sanchez, has a prior conviction for possession of a loaded firearm.

And in another case (see police reports), suspect Flores was arrested for burglary, possession of stolen property, and felon in possession of ammunition. Flores has been convicted of narcotics offenses, theft, forgery, burglary, vehicle theft, possession of a stolen vehicle, assault with a deadly weapon on a peace officer, and felony resisting arrest.

■ **Freelance writers** and newspaper carriers (that might be me) would be exempted from a broad new California labor law that aims to give wage and benefit protections to people who work as independent contractors (the law requires that many workers be treated as employees rather than independent contractors).

The measures face an uphill battle in part because they were introduced by a Republican, Sen. Patricia Bates of Laguna Niguel, in a legislature dominated by Democrats who support the labor law, and because the law's author opposes at least one of the rollbacks.

■ Per the **CAPS Media Center's** article in this issue, the local community radio station KPPQ-LP is celebrating its third birthday. I previously hosted a program on the station, but time would not allow me to continue with it in a manner that I wished. It was great fun, and I recommend you should consider pursuing your own show. On Sunday, February 9, the station they will have an Open House where you can tour the facility and learn more about starting a show (along with saying hi to me).

■ According to a report presented to the **City Council**, the city is expecting a surplus of about \$200,000 in its \$120 million general fund for the 2019-20 fiscal year. This isn't much surplus so the city must balance its budget. The council will have to decide on some combination of spending cuts, revenue increases and money out of reserves before the new fiscal year starts on July 1.

City Manager Alex McIntyre told the council, "Some level of cuts to city spending and services seems likely. The city's ability to raise revenue quickly is limited, and spending from reserves should be a last resort, undertaken only when there's a clear path out of using reserves."

■ The world experienced near-record global temperatures in 2019, federal climate scientists said. The year capped what the scientists said was the warmest decade in modern times.

■ How ironic - a 4-year-old Indiana boy died after he was **accidentally shot** with his father's gun while the two were play wrestling. The child, Tripp Shaw, and his father were playing on a bed. The handgun, which had been concealed on the small of the father's back, fell and discharged one bullet.

■ Just imagine that you have a 16-year daughter who is so amazing that Time magazine named her (**Greta Thunberg**) their "Person of the Year." And then, your **president**, a climate change skeptic who has claimed it is a "hoax," texted it was "so ridiculous" that Time named Thunberg their "Person of the Year." Greta must work on her Anger Management problem, then go to a good old-fashioned movie with a friend. "Chill Greta, Chill!" I think that he is the one that should chill since a 16-year-old can disturb him this much.

Trump also said to cheers from the crowd, "I'm also approving new dishwashers that give you more water so you can actually wash and rinse your dishes without having to do it 10 times - five, six, seven, eight, nine, 10. Anybody have a new dishwasher? I'm sorry for that. I'm sorry for that, it's worthless. They give you so little water. You ever see it? Air comes out. So little water." He claimed that people are forced to take plates out and wash them "the old-fashioned way."

Good grief. Is this really an issue that the President of the United States should be concerned with. Wonder when the last time was that he actually ran a dishwasher?

Mailbox

The Trump impeachment train is running out of stream

The manic cry's for a vote to impeach President Donald Trump in December have morphed into the stem winding speeches of January in a mind numbing impeachment trial in the US Senate. As eloquent as the house team can reach is isn't enough to rise to the level of so called "high crimes." Even if all the Democrat team has alleged was true it is still without the foundation of legal fact to throw out a sitting president. Still, the trial goes on, inching towards its inevitable outcome. The President will be exonerated and the Democrats will charge a cover up. It will be a talking point for the rest of the year. The impeachment has and will fail like a steam engine lacking coal—it will slow and go no where. While the Congress is locked into this sham trial, President Trump is still acting in the best interests of the American People.
Richard Senate

SENIORS SHOULD READ THIS

Dear Editor:

Just got a new twist on old scam. Now the caller asks if I know someone named, and they name one of my grandsons. I never give any info. I know all these calls are scams, especially when they call an old lady. Lucky for me, I'm old, but not dumb.

Please pass this info on to your elderly audience.

Esther Cole

Ventura Breeze

It's my understanding that none of the Republicans will stand up to Trump because they are fearful of losing their House or Senate seat!

I have the solution! All those with gonads or kahunas' should band together and not only convict Trump, But remove him from office! They will save their jobs as there will no longer be a Trump threat, and would also restore the Republican Party to a saner place.

My political savvy friend, Trish Parker, has the perfect winning ticket for the Dems; Biden for President and Obama for Vice-President. Can you imagine the Republicans reaction? They would all be apoplectic! Speechless! Dumbstruck!

Could someone please contact Obama and persuade him to return to DC for just 4 years?

Judith A. Beay, Ventura

Hello Sheldon,

I am just now reading the Wednesday edition and your Editors columns.

Continued on page 5

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



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



Community Events

Marching for Unity

by Amy Brown

In a sea of pink knit hats and creative signs with humorous and pointed political and social messaging, a crowd of approximately 1,500 attended a rally in Plaza Park in Ventura on January 18th and then marched through downtown for Justice For All Ventura County's (JFAVC) 4th annual event, held in conjunction with women's marches nationwide. JFAVC is a non-profit focused on the environment, women's issues, LGBTQ issues, health care, economic equity, immigration, education, and cultural equity.

According to Christine Burke, JFAVC's President and the emcee of the rally, the organization was thrilled with the turnout and successful march. "We hope that people get out and get invigorated about working to make the world a better place. And for us, this is such an important year because the vote is coming up in November, and we're going to be hosting, cohosting and partnering with other organizations throughout the year that are affiliated with topics being discussed on the stage," said Burke.

Most of the attendees seemed united on the importance of exercising the right and power of voting, and passion for equality and environmental issues. "The most important things are rationality, sensibility, reason, and compromise. Absent of that, the most important thing is to get enough people mobilized to vote to make a difference. In this country, there are more people that are progressive or left leaning, but don't seem to get up the nerve to vote," said Jeff Kirby, who participated in the rally and also served as a volunteer marshal guiding marchers on the sidewalk.

There were hundreds of young women, in groups, and with their families at the diverse event. 14-year-old Amelia Beving and 13-year-old Natalie Schermer held signs that read 'Be the Change and Drive an EV' and 'I'm With Her...Mother Earth' and they both expressed specific concerns about the environment and human rights. "I'm worried about the fact that we're close to the point where we can't turn it around. I'm excited to get to the age to get to vote—I know a lot of kids that are already politically in tune," said Schermer. "I feel like now, with the internet and news moving at a fast pace, we are more aware of the problems we face and it kind of scares us, and we want to make a change."

Speakers at the rally included congressional representatives from the House and the Senate and also from the State Assembly, as well as Ventura Mayor Matt Laverre, city council members, and local organizations including the Ventura County Community Foundation and Climate Strike 805—all urging unity and action for social justice.

One key topic shared was that 2020 is the 100 anniversary of the 19th amendment being passed in this country, which allowed women the right to vote. "It took 100 years of fighting for women in this country to get the right to vote," said California Congresswoman Julia Brownley. "When women vote, we win!" Several speakers also celebrated Virginia becoming the 38th state to ratify the Equal Rights Amendment (ERA), which reads, in part: 'Equality of rights under the law shall not be denied or abridged by the United States or by any State on account of sex.'

Planned Parenthood had strong support at the event, with many men and women holding signs in support of the organization and women's right to choose. Maple Umscheid, 14 and her 15 year old sister Jasmine attended with friend Taylor Gonzalez, age 17. They held Planned Parenthood signs and a sign that called for both reproductive rights and LGBTQ rights. Gonzalez shared that she grew up in a conservative household and felt that she had not previously had an outlet to express her views as a woman. "It's really beautiful to see us all coming together here to fight for these important causes."

Mailbox

Continued from page 4

If the strange helicopters were from the "Government", they would have been a shiny black with black tinted windows.

I think the signing of documents in cursive is dying because with the evolution of mankind and his opposable thumbs all that is needed to write a note are two thumbs. (Who said evolution was the Devil's work?)

I don't think we need worry about future generations learning how to communicate in cursive, by the time handwriting becomes a dead art the Robots will do all the communicating.

Writing of Homelessness, we both attended a grand opening of a shelter down near the harbor a couple of years ago. The shelters were made by Tuff Shed. I have noticed for several years a large chunk of deserted land along Harbor Blvd. that looks like it was intended for family dwellings. The land has remained unused and would be a very nice location for a county homeless shelter for hundreds of homeless. But, only if they elected to use the shelter.

The land is about 4.3 miles South/Southeast of our Harbor, on the Eastern side of Harbor Blvd.

Michael Gordon

Note: Michael is a contributing photographer to the Ventura Breeze

VENTURA TOWNEOUSE
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The organization was thrilled with the turnout and successful march. Photos by Richard Lieberman.

Seaside LOVE

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Community Events

Ventura events

Continued from page 3

competition chorus, singing acapella, barbershop style with some doo-wop, spirituals and love songs for Valentine's Day. Knights of Columbus, 36 Figueroa St. Parking via Santa Clara. Free for guests first time. See www.bcnwomenclub.org.

Feb. 8: February, the month of red roses and all things about expressing your love! Join us and our guest speaker Berthena Parrish, M.S., L.M.F.T., as she speaks to us about love. You will have an opportunity to share how you express love and to ask questions. Mark Saturday, February 8th, 2020 at 8:30 am. Meet us at Mimi's in Ventura. Don't forget, on the afternoon of February 8th (4:30) there is a fundraiser benefiting Ribbons of Life. Coach Robin of the Ventura Collage Women's basketball team, will share breast cancer awareness via their 13th annual game at the VC Athletic Event Center. Silent Auction is before the Ventura vs Oxnard game! Come cheer them on!!

Feb. 9: Celebrating our Young Artists! This year, there are seven! An amazing group of outstanding soloists performing at auditions and they are pleased to present seven young soloists to perform with the orchestra. The highly acclaimed local composer, pianist and conductor, Daniel Newman-Lessler, will step onto the podium as guest conductor for the Young Artists concert. Sunday afternoon, at 3p.m. at First United Methodist Church, 1338 Santa Clara Street.

Feb. 18: 20-year-old club "The Model Investment Club of the Channel Islands" meets on the 3rd Tues of the month, 1:45 P.M. People interested in learning more about investment clubs may attend a model club meeting to observe a real stock investment club in action as members review the club portfolio performance, potential buy and sell decisions and stocks that are on the club's watch list. The club does not sell or solicit any products. These events are free. Please contact hostess Arla for directions to the Ventura location and reserve a spot. (805) 987-2000. For further information visit: www.betterinvesting.org/channel.

March 7: Soroptimist International will sponsor the 13th Annual STOP Human Trafficking Community Walk and Speaker Panel at the Museum of Ventura County, 100 E. Main Street. The event starts with a walk down Main Street and followed with a panel of three speakers, two of whom are trafficking survivors. Social service agencies will be on site with additional information. Event is on Saturday from 1- 4 p.m. and free to the public. The five Ventura County Soroptimist International clubs are SI Oxnard, SI Ventura, SI Camarillo, SI The Conejo, and SI Fillmore, launched a "Dream Big" community awareness campaign beginning January-March. The goal is to bring a new and/or renewed awareness about the heinous crime of human trafficking and sexual slavery that happens in cities, including our own, throughout Ventura County. For more information go to www.stop-traffickingventuracounty.org

Ojai news and events

The Ojai Library will present a series of Monday Matinees weekly beginning on Monday, February 10. Each screening will begin at 11:30am, with six total films, concluding on Monday, March 23. Please note that February 17 is excluded, as the library will be closed in observance of Presidents' Day.

Catch up on the excitement of awards season as the library screens the nominees and winners for 2020. See these acclaimed movies again or for the first time, and decide which is the best of the bunch!

Joseph "Joe" Lee Suh will visit the Ojai Library at 4:30pm on Wednesday, February 5, 2020, to present a special talk, "New Year, New Business: Start, Grow, Expand, and Recover with the U.S. Small Business Administration."

Looking to start a new business or to grow, expand, or recover an existing one? As the nation's go-to resource and voice for small businesses, the SBA provides counseling, capital, contracting, and disaster recovery expertise and assistance for the nation's 30 million+ small businesses so they can confidently start, grow, expand, or recover.

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

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

The Ojai Valley Museum kicks off a new monthly event on Sundays. Family Fun Day Sunday will take place on the last Sunday of every month from 1-3pm. Admission is free. Each month the museum will feature a different family friendly theme. All ages are welcomed and encouraged to attend.

Admission is free to Family Fun Day Sunday. The Ojai Valley Museum is located at 130 W. Ojai Ave; 805 640-1390; OjaiValleyMuseum.org.

The Ojai Studio Artists Second Saturday mini-tours starts on February 8 with five open studios in the Meiners Oaks area of the Ojai Valley. Featured this month are Eilam Byle, new member Eric Dubnicka, Andrea Haffner, Vera Long and Elaine Unzicker. Studios will be open from 10am - 3pm. Admission is free, and the studios are all located within a few miles of each other.

A map for the February 8 mini-tour will be available on the website www.OjaiStudioArtists.org by February 1. Any changes or additions to the list of artists will be posted there.

The Ojai Performing Arts Theater Foundation (OPAT) is pleased to announce that four new members have been added to its board. They are: Stuart Crouner, as Secretary of the board; Richard Camp, as Artistic Director; with Michael Addison and Kathleen Kaiser as Board Members. Crouner has been an OPAT producer for several years, Camp has been Artistic Director, Kaiser assisted with marketing, and Addison has directed Shakespeare plays for OPAT in the past.

On Wednesday, February 5, 7PM, Villanova Preparatory School Wildcats boys basketball team will host their Tri-Valley league game against the Santa Clara High School Saints. Proceeds will be donated to the Leukemia Foundation. The idea to create

a fundraiser around the game came from Villanova head basketball coach, Eugene Ayala, whose brother was diagnosed with a rare form of leukemia in June 2019.

Villanova Preparatory School/Clark Gymnasium, 12096 N. Ventura Ave. Ojai. This event is open to the public and will also include dinner, t-shirts, a silent auction, and other items available for purchase.

On January 16, members of the Ojai Women's Fund, an all-volunteer giving collective, gathered to honor ten local non-profit organizations receiving grants totaling \$110,000. Now in its fourth year, the Grants Gala drew a standing-room-only crowd to hear the inspiring stories shared by grant recipients and to celebrate OWF's ongoing success. Grants were given in five categories, Arts, Education, Environment, Health, and Social Services.

Deadly shooting in Ventura

Continued from page 1

one victim suffering from multiple gunshot wounds. The victim was treated by Ventura City Fire and transported to the Ventura County Medical Center where he later succumbed to his injuries.

Police said the crime occurred when one group – standing outside of their red Ford Mustang, was approached by the second group of people in a white sedan. The two groups started fighting when one person inside the vehicle shot at the group outside.

The Mustang fled the scene and ended up in Oxnard where the driver lost control of the vehicle and ran off the road by Victoria Ave. and Nantucket Parkway. CHP and Ventura police detained three of the vehicle's occupants. One person fled the scene and was later apprehended.

The murder suspect, 24-year-old Raymond Bolanos, was arrested and booked into the Ventura County Jail for murder and gang enhancement. A review of the Ventura County Superior Court website shows Bolanos has prior convictions for carrying a concealed firearm, gang enhancement and a hit and run.

Twenty-six-year old Julian Nunez was arrested for a parole violation warrant and has prior convictions for carrying a concealed weapon, possession of a firearm by a felon and battery with serious injury, and twenty-three-year old Stephanie Sanchez was arrested for a misdemeanor warrant. She has a prior conviction for possession of a loaded firearm.

Bolanos and Nuñez appeared in Ventura County Superior Court for an arraignment hearing. Bolanos was charged with murder, attempted murder and being a felon in possession of a firearm. Nuñez is accused of assault with a semi-automatic firearm as well as being a felon in possession of a firearm.

The Ventura County Public Defender's Office was appointed to represent Bolanos, with an attorney from Conflict Defense Associates appointed in Nuñez's case. CDA provides a legal defense for indigent defendants when cases conflict in the public defender's office.

Both men also face allegations related to prior felonies and are accused of committing the alleged crimes for the benefit of a Santa Paula street gang.

Nuñez and Bolanos remain in Ventura County jail. Nuñez's bail was set at \$290,000 and Bolanos' bail was set at \$1.43 million. Both men are due back in court for a continued arraignment hearing on Feb. 20.

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News & Notes



Happy D-Jays at KPPQ training with Lyn Fairly.

CAPS Radio – KPPQ celebrates its third anniversary

KPPQ-LP, CAPS Media Center's local community radio station is celebrating its third birthday. KPPQ-LP has been serving the Ventura community for three years bringing local programming to over 100,000 residents. Our community producers are creating engaging and professional programs. Elizabeth Rodeno and Evan Carpenter built the station from the ground up converting a storage room into a professional production studio. They spent many hours, learning as they went, planning and building the only local community radio station and production facility in town.

Broadcasting 24/7, KPPQ hosts music and interview shows. Mark Levitt's "Pure Rock Show" features hard rock and metal bands and has a nationwide following.

"The Pam Baumgardner Music Hour", hosted by local music celebrity and expert Pam, features Ventura bands and those that come to play in the 805. Listen and learn about the eclectic and talented performers from Ventura County.

"Cool Jazz and Smooth R&B" hosted by Jace Martyn shares a wide variety of Jazz and R&B, cool and smooth, of course. Riley Real's "Straight From The 805" airs rap and then some from artists from the 805 and San Francisco. You will hear dark wave, punk and 60's classic hits on "Soundz". Kevin Wallace's "Ojai Dream" is a musical journey through the decades.

"In the Women's Room", Kathleen Good's long running program features guests who share their experiences as women and address social and health related issue to name but a few. Tune in to "Ventura Vibe!" with Nadine Piche. Nadine gets to meet interesting community and nonprofit organizations that care about and support Ventura in each their own way. She also shares some local treasures. "Teen Centric" hosts poetry by a vast and unique group of students finding their voice. Let's not forget the students from the award winning ECTV. They are producing their own show and podcast. "The Shiver Shows" unique sci fi and horror storytelling will scare the pants off you. "Adventures in Step"

parenting is just that.

Sheldon Brown produced a fascinating community focused show called "The Face of Ventura" and we look forward to his return. There is much more entertaining and informative programming from throughout the world featured each day, 24/7. The schedules and tons of other information about the radio and how you can be part of the audio world – both radio and podcasts. Training classes are held the 4th Wednesday and Thursday or every month.

Sunday, February 9 at the CAPS Media Center will celebrate CAPS Radio-KPPQ's 3-Year Anniversary of delivering outstanding local radio production to Ventura. We will also Open House that night with 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. We also celebrate the Oscars so everyone can play along and guess who the winners will be. Doors open at 4pm. RSVP to events@capsmedia.org.

Become a Member/Producer, learn the tools, explore any subject that interests you and CAPS will broadcast the story on television and stream it online. Who knows? Next year's WAVE award could be yours.

The annual membership fee of only \$40 with raining included. 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.

The Museum of Ventura County making news

The Museum of Ventura County has received a grant through CRG, the California Revealed Grant, to digitize forty volumes of the Ventura County Historical Society Quarterly Journal. The Museum's Research Library and Archives will digitize 40-years of historical writing, spanning 1955 to 1995, to be made available through the California Revealed website and

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on the Museum's Research Library and Archives webpage in the Spring of 2020.

"The Ventura County Historical Society Quarterly Journal is an immensely important local history resource. The Quarterly covers topics from the creation of the county to major disasters to important historical figures and everything in between," says Research Library and Archives Director Deya Terrafranca.

The Museum's Library and Archives is working diligently to increase access to the collections by making its catalogs available online and digitizing historically rich collections.

The Museum's photograph collection of 45,000 images dates from 1862 to the present. It includes photographs of visiting US Presidents McKinley and Theodore Roosevelt. These diverse and consequential stories add to the story of our country's diversity and political landscape.

The Museum announced that it has received funding to rehouse 144 Native American baskets representing tribes such as the Chumash, Pima, Navajo, and Hupa. Native baskets are highly sought after by collectors and one of MVC's most valuable collections. A portion of the collection is currently featured in the exhibit Woven Earth, on display in the Smith Gallery. In addition, the collection is frequently requested for loans, research and exhibition so their preservation is a top priority.

Local philanthropists John and Stephanie Orr donated much of the cost of the new shelving units, with a portion of the cost being covered by funding received from the County of

Ventura. The Museum received the funds after the Museum's Collections Manager Renee Tallent completed a conservation assessment that uncovered several concerning issues with the collection's current housing.

"The Museum could not be more grateful for John and Stephanie Orr's contribution to help safekeep this important and irreplaceable collection. Their support is allowing the Museum to move forward its goal of protecting and caring for the County's history and preserving our Chumash objects is at the core of that mission," says Barbara Barnard Smith Executive Director Elena Brokaw.

Currently on view at the Museum of Ventura County is Woven Earth, displaying a wide range of hand-woven baskets from the Museum's extensive collection that focuses on California's native communities and the traditions involved in making these baskets. Woven Earth is open through February 23, 2020.

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



The VVCB staff is proud to be winners again.

Visit Ventura wins an Adrian gold, four years running

Continuing a four-year streak, the Ventura Visitors & Convention Bureau (VVCB/Visit Ventura) was honored with another prestigious gold award from Hospitality Sales & Marketing Association International (HSMIAI) at the 63rd annual Adrian Awards, the world's largest global travel marketing competition.

At the awards gala, held at New York's Marriott Marquis on January 21st and attended by nearly 1,000 hospitality, travel, and tourism marketing executives, HSMIAI recognized the Ventura Visitors & Convention Bureau for their innovative welcome of the 2019 Amgen Tour of California bicycle race. VVCB painted Ventura's ambigram brand mark in a big way (48-feet long and 17-feet high) on the streets and the roofs of buildings, shouting Ventura's community pride to the skies and thanking North America's biggest professional cycling race for coming to town.

"With the eyes of the world focused on Ventura, we wanted to unleash a joyous visual extravaganza to celebrate America's biggest professional cycling race and draw attention to our special town," said Marlyss Auster, President & CEO of the Ventura Visitors & Convention Bureau. "But, just as important as highlighting Ventura pride, our ambigram (the same viewed backward and forward) brand mark also highlights our town's belief. You see things as you see them. You be you. Everyone is welcome in our town."

This marks the fourth year in a row VVCB has received an Adrian gold. Past winners of this coveted award include such industry giants as Choice Hotels International, Visit California, Hilton Worldwide, Marriott International, and Royal Caribbean International. VVCB's string of wins are a "little engine that could" fairy tale come to life.

"It's a remarkable streak, but for those who know the work of the VVCB it's not surprising," said Ventura Mayor Matt LaVeré (also a huge cycling fan). "Instead of thinking outside the box, they just put aside the box altogether. Our town welcomed the riders and the race in one-of-a-kind fashion. We were all proud to be Venturans."

VVCB's work was judged to be exceptional by expert hospitality, travel, tourism, and media professionals. Judges were asked to evaluate each entry based on its own merit and success in achieving its objectives.

Winning entries are viewable in the

winners' gallery on the Adrian Awards website. Visit www.AdrianAwards.com for more information on the event and competition and to view the Adrian Awards Winners' Gallery.

Visit Ventura is a non-profit organization designed to increase visitor expenditures, tourism revenues, and local employment opportunities through the promotion of Ventura as a travel destination. For travel and accommodation information or a free copy of the Ventura Inspiration Guide, the public can write to the Ventura Visitors Center, 101 S. California Street, Ventura, CA 93001; call (805) 648-2075; visit www.visitventuraca.com; email info@visitventuraca.com. Follow VVCB on Twitter @visitventura or become a Facebook fan at www.facebook.com/visitventura.

The Hospitality Sales and Marketing Association International (HSMIAI) is committed to growing business for hotels and their partners and is the industry's leading advocate for intelligent, sustainable hotel revenue growth. The association provides hotel professionals and their partners with tools, insights, and expertise to fuel sales, inspire marketing, and optimize revenue through programs such as the Marketing Strategy Conference, Adrian Awards, and HSMIAI ROC. Founded in 1927, HSMIAI is a membership organization comprising more than 5,000 members worldwide, with 40 chapters in the Americas Region. Connect with HSMIAI at hsmia.org, HSMIAI Facebook, HSMIAI Twitter, and HSMIAI YouTube.

NAWBO Ventura County hosts "How to be a Socially Conscious Business"

The Ventura County chapter of the National Association of Women Business Owners (NAWBO VC) announces an impactful panel discussion for business owners looking to be more socially aware in how they operate their business. The panelists also promise to provide tips for all of us as consumers on how we can be

more socially conscious in our purchasing decisions.

Join NAWBO Ventura County for "How to be a Socially Conscious Business" on Tuesday, February 11th, 11:30am to 1:00pm at Gold Coast Transit District's Community Room, 1901 Auto Center Drive, Oxnard. Purchase early bird tickets at www.NAWBOVC.org before February 4th for just \$20 NAWBO members | \$25 non-members.

Socially conscious businesses are a growing power for good. These businesses bring their values to life through intentional actions. Business owners can lead with purpose, which can provide new opportunities with a growing class of consumers looking to align their purchasing power with businesses who reflect their values.

With overwhelming need and so many options, where does a business owner start? What steps can be taken to truly be a more socially conscious business? Local socially conscious business experts will share more about this growing trend and provide specific and realistic strategies to incorporate into your business and your life.

The panelists are:

Andrea Chase, Director of Corporate Responsibility and Social Impact, Arbonne International
Catherine Von Burg, Founder, President & CEO, SimpliPhi Power
Dr. Janis Shinkawa, Medical Director, Veterinarian and Partner,

Ohana Pet Hospital
Caleigh Hernandez, Founder & CEO, RoHo

The panel will be moderated by Fulbright Scholar, Professor Maria Ballesteros-Sola, DBA, MBA, LLB, California State University, Channel Islands. This event is supported in part by NAWBO VC Elite sponsor, Ohana Pet Hospital.



Dr. Janis Shinkawa will be a panelist at NAWBO event.

NAWBO Ventura County hosts educational meetings monthly on timely topics vital to the growth and success of women business owners, including female non-profit founders and executives. Breakfast, lunch and/or dinner meetings are typically held the second Tuesday of each month at various locations in Ventura County. Learn more at www.NAWBOVC.org.



Edison has covered up one side of the Ventura mural memorial for Stephen "Steve" Cummings located at Loma Vista and Mills located on a utility box that now had a battery backup. Battery packs are needed for motorists' safety when Edison shuts off power to avoid fires.

Cummings was a community activist and local preservationist who died unexpectedly in 2015. The College Area Community Council raised the funds for the 2016 memorial mural.

City officials have been listening to community concerns and the city and community council are now working together to find a solution.



Senior Living

Pull Out Section



Troupe members of the “Stop Senior Scams (SM) Acting Program” ham it up to help others learn how to protect themselves. Courtesy photo.

Senior troupe to put on show about avoiding senior scams

In collaboration with the Ventura County Adult Abuse Prevention Council (VCAAPC), please join Cypress Place Senior Living in Ventura for a fun, free and educational program on avoiding senior scams.

The Stop Senior Scams (SM) Acting Program uses theater to dramatize senior scams. Members of the troupe, ranging in age from 60 – 97 years-old, write and perform skits based on their own personal experiences. Many of the actors have been scammed, or nearly scammed, themselves. The presentation is a memorable way to equip those who are vulnerable with the knowledge they need to protect themselves.

Using popular songs like the Rolling Stones “You Can’t Always Get What You Want”, “Getting to Know You”, from the Rogers and Hammerstein musical “The King and I”, and Abba’s “Money, Money, Money”, the troupe brings theatricality, laughter and excitement to a commonly frightening and frustrating topic.

The program was founded in 1997 by director Adrienne Omansky, who teaches commercial acting classes for older adults. Her students are trained in commercial and theatrical acting. Many now have agents, and have appeared in hundreds of commercials, movies, videos, television shows, and theatrical productions.

The Stop Senior Scams (SM) Acting Program came out of Omansky’s classes and has been recognized by the U.S. Senate Committee on Aging and the California State Assembly, according to Nancy Cole, an eldercare manager

and board member of VCAAPC. The program also provides a safe venue for seniors to share their own experiences with each other and with the acting troupe after the performance.

A representative from the Ventura County Adult Protective Services office will be on hand to provide information and answer questions. Also on hand during the event will be vendors who provide a variety of services to the senior population. Attendees will be able to ask questions and receive materials from these corporate sponsors.

This not-to-be-missed program takes place on February 20, 2020 from 1:30p.m. to 3:30p.m. at Cypress Place Senior Living in Ventura. Seating is limited so please call to reserve a seat. Cypress Place Senior Living is located at 1200 Cypress Point Lane in Ventura. For more information or to RSVP, please call 805-765-1066.

Cypress Place Senior Living is a premiere senior community in Ventura County. The beautiful senior living campus features an Active Senior Living community and adjacent Assisted Living and Alzheimer’s/Dementia Care community connected by a lushly landscaped courtyard.

To learn more about Cypress Place Senior Living of Ventura, visit their web site at www.cypressplaceseniorliving.com.

The Ventura County Adult Abuse Prevention Council is a not-for-profit service organization dedicated to the prevention of elder and dependent adult abuse. To learn more about VCAAPC please visit their web site at <http://vcaapc.org/>.

Presented by:

Ventura County
 ADULT ABUSE
 PREVENTION
 COUNCIL

STOP SENIOR SCAMS ACTING PROGRAM

A FREE, fun and educational program that dramatizes local senior scams and how to avoid them.

Thursday, FEB 20th, 2020
1:30-3:30 PM

Cypress Place Senior Living
License #565801008
1200 Cypress Point Lane
Ventura, CA 93003

"Seating is Limited"
Please RSVP: 805-765-1066
or email: vcaapc@gmail.com

The Stop Senior Scams Acting Program is a Peer to Peer Education Program recognized by the U.S. Senate Committee on Aging







The Lexington Assisted Living to hold Sweetheart Dance & Social on Valentine’s Day

Executive Director, Eric Terrill, and Director of Business Development, Ronald Agulto of The Lexington Assisted Living in Ventura are very pleased to invite the senior community to an afternoon of dancing and music, with the possibility of romance for those so inclined.

The Valentine’s Day Sweetheart Dance & Social will take place on Friday, February 14, 2020 from 2:00pm until 4:30pm. at The Lexington Assisted Living, located at 5440 Ralston St., Ventura.

Dancing, appetizers and specialty drinks are on tap at this afternoon event for those who attend. Live entertainment will be provided by professional singer/songwriter, recording artist and multi-instrumentalist Bob Bishop. Bishop will be performing a wide variety of R&B, Rock, Classic Rock and Blues.

R.S.V.P. before February 11, 2020 to ragulto@LexingtonLiving.net.

For more information or driving directions please telephone The Lexington at (805) 644-6710. www.LexingtonLiving.net.

Start the New Year on the Right Foot with A Matter of Balance

by Patty Jenkins

The Ventura Parkinson’s Disease Support Group is pleased to invite our Members, Friends and the Public to attend our second meeting of the New Year on February 12, 2020 from 12:30PM to 2:30PM at Ventura City Hall’s Community Meeting Room (#202). We are pleased to have the Ventura County Area Agency on Aging join us with an overview and presentations of their program “A Matter of Balance” and also their Nutrition Program to help us improve the quality of our lives as we face the many challenges of Parkinson’s Disease including aging!

Jannette Jauregui, Public Information Officer for the Ventura County Area Agency on Aging, (VCAAA) will provide us with a quick overview of the many services provided by the VCAAA that can benefit all of us.

Carol Vaughn, Fall Prevention Program Instructor of the VCAAA, will give us an overview of their “A Matter of Balance” classes which are designed for those 60 and older who may be more inactive than active and have poor balance. It is also for those who are at risk for falling, may also have experienced a fall and/or may have developed a fear of falling. The goal of this easy-to-do exercise regimen is to improve balance,

Continued on page 12



Senior Living



“Is this an eye test or have we been invaded from outer space?”

Glaucoma tests

Medicare Part B (Medical Insurance) covers glaucoma tests once every 12 months.

You're at high risk if one or more of these applies to you:

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You have a family history of glaucoma.

You're African American and age 50 or older.

You're Hispanic and age 65 or older.

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To find out how much your test, item, or service will cost, talk to your doctor or health care provider. The specific amount you'll owe may depend on several things, like:

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Whether your doctor accepts assignment

The type of facility

Where you get your test, item, or service

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Protect yourself from Social Security scams

Scammers are pretending to be government employees. Scammers will try to scare you and trick you into giving them your personal information and money. They may threaten you or your family and may demand immediate payment to avoid arrest or other legal action.

Don't be fooled!

If you receive a suspicious call:

1. Hang up!
2. Do not give them money or personal information!
3. Report the scam at OIG.SSA.GOV!

The call or email says there is a problem with your Social Security Number or account.

Someone asking you to pay a fine or debt with retail gift cards, wire transfers, pre-paid debit cards, internet currency, or by mailing cash.

Scammers pretend they're from Social Security or another government

agency. Caller ID or documents sent by email may look official but they are not.

Callers threaten you with arrest or other legal action.

Social Security may call you in some situations but will never:

Threaten you

Suspend your Social Security Number

Demand immediate payment from you

Require payment by cash, gift card, pre-paid debit card, or wire transfer

Ask for gift card numbers over the phone or to wire or mail cash

Protect yourself, friends and family!

If you receive a questionable call, hang up and report it at oig.ssa.gov. Don't be embarrassed to report financial loss or sharing information.

Learn more at oig.ssa.gov/scam

Share this information with others

Maintaining a healthy weight is important

As you grow older, if you continue eating the same types and amounts of food but do not become more active, you will probably gain weight. That's because your metabolism (how your body gets energy from food) can slow with age, and your body composition (amount of fat and muscle) may be different from when you were younger.

The energy your body gets from the nutrients in the food you eat is measured as calories. As a rule of thumb, the more calories you eat, the more active you have to be to maintain your weight. Likewise, the reverse is also true—the more active you are, the more calories you need. As you age, your body might need less food for energy, but it still needs the same amount of nutrients.

Many things can affect your weight, including genetics, age, gender, lifestyle, family habits and culture, sleep, and even where you live and work. Some of these factors can make it hard to lose weight or keep weight off.

But being active and choosing healthy foods has health benefits for everyone—no matter your age or weight. It's important to choose nutrient-dense foods and be active at least 150 minutes per week.

Aim for at least 150 minutes of moderate-intensity aerobic activity each week. You don't have to do that all at once—break it up over the whole week, however you like. If you can't do this much activity right away, try to be as physically active as you

can. Doing something is better than doing nothing at all.

The benefits of exercise aren't just about weight. Regular exercise can make it easier for you to do daily activities, participate in outings, drive, keep up with grandchildren, avoid falls, and stay independent.

You don't have to spend a lot of money joining a gym or hiring a personal trainer. Think about the kinds of physical activities that you enjoy—for example, walking, running, bicycling, gardening, housecleaning, swimming, or dancing. Try to make time to do what you enjoy on most days of the week. And then increase how long you do it, or add another fun activity.

Learn more about exercise and physical activity from NIA's Go4Life, which offers a variety of free, evidence-based resources for older adults in one convenient spot.

For More Information on Maintaining a Healthy Weight:

President's Council on Sports, Fitness & Nutrition

1-240-276-9567

fitness@hhs.gov

www.fitness.gov

U.S. Department of Agriculture

1-202-720-2791

www.usda.gov

National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK)

1-800-860-8747 (toll-free)

1-866-569-1162 (TTY/toll-free)

healthinfo@niddk.nih.gov

www.niddk.nih.gov

National Heart, Lung, and Blood Institute

1-301-592-8573

nhlbiinfo@nhlbi.nih.gov

www.nhlbi.nih.gov



Senior Living



A good handgrip can also help your golf game.

Lower handgrip strength associated with cognitive impairment

Older adults with a weaker handgrip were more likely to be cognitively impaired than those with a stronger grip, according to an NIA-funded study in the Journal of Alzheimer's Disease. The findings suggest that handgrip strength may be a potential low-cost, easy way to help detect cognitive impairment and, in combination with other measures, to identify people who may benefit from early interventions.

A team led by researchers from North Dakota State University looked at data over an eight-year period from almost 14,000 people, age 50 or older, in the NIA-supported Health and Retirement Study. A handheld instrument called a dynamometer was used to assess handgrip strength, and a modified screening tool from the Mini-Mental State Examination was used to measure cognitive function every two years. Of the 13,828 participants who were assessed, 1,309 had some degree of cognitive impairment.

Results showed that each 5-kilogram decrease in handgrip strength – roughly 11 pounds – was linked to 10% greater odds of having any cognitive impairment. For the 264 participants with severe cognitive impairment, the odds of a lower grip strength were 18% greater than for all other participants.

As people age, they lose muscle mass, resulting in a weaker grip. Grip strength also can weaken due to age-related changes in parts of the brain that coordinate movement. These same areas of the brain also correspond to cognition, the researchers note. The neural and motor functions needed for the grip strength test may become compromised when cognitive impairment starts, they explain.

Previous studies investigating the relationship between cognitive function and grip strength have shown mixed results, likely due to smaller numbers of participants and varied assessments across studies making it difficult to combine data. Future research is needed to further explore the connection between grip strength and cognition, for example, investigating any associations with structural changes in the brain.

If validated, grip strength could be an easy test used by doctors to help distinguish cognitive dysfunction from normal age-related decline, the researchers noted. It also may have the potential to be used during clinical trials to gauge the effectiveness of interventions meant to prevent or delay cognitive impairment.

This research was funded in part by NIA grant R01AG044424.



5440 Ralston Street | Ventura, CA 93003
LexingtonLiving.net

Sweetheart Dance and Social

Valentine's Day ~ Feb. 14th

2:00 pm - 4:30 pm

Live Entertainment, Dancing,

Appetizers, Speciality Drinks

RSVP before 2/11/20

(805) 644-6710

or RAgulto@LexingtonLiving.net

RCFE #565801737

VCAAA and AARP partner to offer free tax preparation for Ventura County residents

The Ventura County Area Agency on Aging and the AARP Foundation are partnering to offer tax preparation services to residents of Ventura County. This service is free and available to anyone of low to moderate income and may be especially suited to those 50 and older. Services are available beginning February 3.

To receive services, individuals must

bring all necessary documentation, including applicable Social Security cards, a photo ID, a copy of 2018 tax returns, and 2019 documents showing income from all sources including wages, Social Security, interest, dividends, investments, self-employment and pensions.

For individuals that itemize deductions, please provide total figures for each category of deduction, including medical, charitable contributions, property tax, and mortgage interest. Any individual that received a health insurance statement (Form 1095-A, 1095-B or 1095-C), is asked to also bring the required documentation. Volunteers are unable to prepare returns for married taxpayers who file separate returns, or for taxpayers with rental property income. Volunteers are also unable to prepare out-of-state tax returns.

Continued on page 12

It's Not The Chairs That Rock . . .



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

It's Our Residents That Rock!

At The Palms at Bonaventure we support our resident's desire for a fulfilling, fun, and active lifestyle! Whether it is gardening, painting, hot air balloon rides, or dancing, our residents are always looking for an opportunity to have fun and are never short the chance to try something new and exciting. We invite you to join us for a delicious complimentary meal and 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

VCAA and AARP partner

Continued from page 11

AARP representatives will be available on Mondays and Wednesdays from 12 p.m. – 4 p.m. through April 15 at the VCAA offices located at 646 County Square Drive in Ventura. No appointment is necessary, and participants are not required to be AARP members. This location is accessible to individuals with disabilities.

The AARP Foundation operates the AARP Tax-Aide program under a cooperative agreement with the IRS. To help you complete your tax forms, AARP's trained and IRS-certified volunteers will see personal information that you give them about you and your finances. This information is strictly confidential. We will not share your information with anyone except as necessary to accurately file your tax returns or as otherwise required by law. AARP Foundation Tax-Aide has more than 5,000 locations in neighborhood libraries, malls, banks, community centers and senior centers. There's no fee and no sales pitch for other services and AARP membership is not required.

The Ventura County Area Agency on Aging, an agency of the County of Ventura, is the principal agency in Ventura County charged with the responsibility to promote the development and implementation of a comprehensive coordinated system of care that enables older individuals, people with disabilities, and their caregivers to live in a community-based setting and to advocate for the

needs of those 60 years of age and older in the county, providing leadership and promoting citizen involvement in the planning process as well as in the delivery of services.

Start the New Year on the Right Foot

Continued from page 9

strength, flexibility, and self-confidence. The VCAA Fall Prevention Program strives to assist adults to maintain their independence at home.

Patti Jaeger is a Registered Dietitian with the VCAA Senior Nutrition Program. She will give us information and an overview of their free nutrition counseling services and classes available to Ventura County residents as part of an effort to promote healthy living among older adults. Nutrition counseling services and classes include personalized one-on-one or group settings with a registered dietitian and a focus on healthy eating and variety of other individualized concerns.

The Ventura Parkinson's Disease Support Group welcomes the public along with those who find themselves navigating the challenges of Parkinson's Disease and other neurological conditions. Hand-out resources available at every meeting. We are an independent and volunteer-organized group not affiliated with any other organization or group. For more information and detailed directions to our meetings, please call Patty at 805-766-6070.

This 'n' That

Ventura County Fair announces poster contest for county youth

The Ventura County Fair has announced that the 11th annual Fair poster contest for the 2020 Ventura County Fair is under way. The contest is open to young artists in grades 5 - 12 who reside in Ventura County.

The theme of the 2020 Fair is "A Country Fair with Ocean Air" and will serve as the familiar guideline to the imagery. Artwork can be traditional, whimsical, clever and stylized in any way the artist sees fit. Creativity and artistic license is encouraged.

Artwork may be created in any medium but may not include the use of glitter, metallic paint, or 3 dimensional objects attached to the artwork. Digital entries must be completely original and include no clip art, trademarked or stock images.

Poster designs will be judged on originality, creativity and theme. Entries will be accepted until the entry deadline, Friday, April 3.

Entries can be brought to the Fairgrounds administration office at 10 W. Harbor Blvd. in Ventura.

Office hours are Monday through Friday from 8AM until 5PM. Please note, Fairgrounds administration office is closed weekdays from 12 - 1 pm for lunch and will also be closed on weekends and on Tuesday, March 31.

Rules, deadlines and other information can be found on the Fair website, www.venturacountyfair.org. For more information about the contest call 648-3376 or send an email to info@venturacountyfair.org. (Please add "Poster Contest" to the subject line)

Prizes will be awarded to the top three entries, First prize: \$500, Second Prize: \$250, Third Prize: \$100. All contestants will receive 2 admission tickets for the 2020 Ventura County Fair.

The winning design will be used to advertise the Fair on Fair posters, souvenirs, advertisements and other applications. Second and third place winners will also be used in various applications. All contestants' entries will be displayed in the Youth Expo at the Ventura County Fair.

The Ventura County Fair will begin its annual 12-day run Wednesday, August 5 and continue until Sunday, August 16.

For more information about the Fair, or the poster contest, please call the Ventura County Fairgrounds at 648-3376 or visit www.venturacountyfair.org. Keep up to date when you follow on Facebook, Twitter and Instagram.

This 'n' That

VCTC bus fare and service changes

On Monday, Jan. 20, the Ventura County Transportation Commission (VCTC) increased fares and made minor schedule modifications to its Intercity bus system.

The Commission approved a fare increase in October 2018 to address the rising costs of operation. The decision followed a public outreach process in the summer and fall of the same year. To minimize impact to customers, VCTC adjusted fares in phases, January 2019 and January 2020.

Reduced prices are available to seniors 65 years or older, Medicare, or ADA/Disabled riders. In addition, Ventura County college students can ride buses free with a valid student ID.

"VCTC's Intercity bus service carries over 1,000 people every day to their jobs and schools," said VCTC Executive Director Darren Kettle. "Our goal is that our riders have a safe, reliable, and comfortable trip. It's a hard conversation to have to consider a fare increase but when we posed the question to our riders, they understood that to keep the quality service they have come to expect a small fare increase was worth it. This fare change will allow us to maintain our current level of service to the community while keeping VCTC Intercity Transit financially sound."

Bus schedule changes, which will also go into effect on Jan. 20, include minor timetable modifications to

address traffic congestion and improve on-time performance. In addition, VCTC will be reinstating two weekday shuttle routes that serve CSU Channel Islands. The routes, which connect the University to Camarillo and Oxnard, were previously combined as a single line. For more information, visit goventura.org.

Route 77, formerly known as the East-West Connector, is also getting an update on Jan. 20. The new Cross County Limited provides the same one-seat service between Simi Valley, Moorpark, and West Ventura County. Many college students and faculty use Route 77 to travel between Ventura College and Moorpark College.

The Ventura County Transportation Commission is the regional transportation planning agency committed to keeping Ventura County moving. Program information is available at goventura.org.

Ventura permanent shelter a reality

Continued from page 1

housing in Ventura County is a continuing challenge.

Ventura Mayor Matt LaVere stated, "This shelter is going to change lives." He lauded the years of hard work and commitment that have made this achievement a reality and recognized those who have helped lay groundwork for this project. "This is what happens when communities work together."

Supervisor Steve Bennett added "This shows how our culture and politics have changed over the last 20 years. We are so proud to be the first city in Ventura County to step forward for this project." He urged everyone to continue to support the next phases of the project.

City Manager Alex McIntyre noted that

the "city has made a long-term commitment in this journey toward success."

Members of the San Buenaventura Women's Club made and donated 80 blankets for the facility in December. President Rosemary Wilde and several members were present at the opening, presenting a donation of toiletry items, socks and personal care items for the new residents. Oak View Women's Club and Ojai Women's Club also donated blankets. Donations from many sources piled about five feet high in the entrance, with more to come.

Volunteers are a key component to the success of the program. To explore volunteer opportunities, contact Anabel Garcia, Volunteer Associate at AnabelG@mercyhouse.net or (714) 836-7188 ext.197. Volunteers are needed for all shifts, all days.

How else can you help? Call (714) 836-7188 or go to www.mercyhouse.net – click on programs, shelters, the Arch. There is a link to their Amazon wish list. Purchases can be made and delivered directly to the facility. Of course, monetary donations are always accepted too.

For more information also visit www.cityofventura.ca.gov/homelessefforts.

Miriam Schwab

Continued from page 1

County, Los Angeles and Las Vegas his public art pieces include the timeline ceramic mural located downtown on Main St. The beautiful ceramic mural highlighting Ventura's history for the city's 150th anniversary. The mural by the San Buenaventura Mission, is 50' long by 9.5' high and took him more than a year just to draw.

When asked if creating public art creates additional pressure for him as the artist, versus private commissions, he replied, "Public art is so important, thousands of people see it, but I don't feel any additional

pressure when creating it. I'm confident and know what I can do. I'm just a working artist." Michael O'Kelly sold his first piece of art at age nine while on a family vacation.

"I was really pleased when Miriam Schwab wanted me to do her memorial sculpture for Ventura College, which was part



Michael O'Kelly

of her 12-million-dollar endowment for the college's Performing Arts center" he said.

Schwab was a passionate classical music lover. She played the violin with the Ventura College Symphony Orchestra for over a decade and started the Henry Schwab Violin and Viola Competition, named after her late husband. Eighty-five percent of Schwab's gift goes to the Ventura College Instrumental Music Program including funding for a permanent violin and viola competition, a sustainable year-round symphony orchestra and the creation of the Miriam and Henry Schwab Academy of Music. In addition, fifteen percent of Schwab's gift supports the Ventura College Aquatics Program. An avid swimmer, Schwab could often be seen swimming in the Ventura College pool (and riding her bike daily around town).



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.

Prohibited Person in Possession of a Firearm Arrest

On January 14, at 9:45pm, Ventura Police patrol officers received information that 23-year-old Reymon Young, who was a guest at the hotel, was in possession of a gun. The suspect is prohibited from possessing any firearms. He also had active felony warrants out for his arrest. After several hours, patrol officers were able to make contact with the suspect in the parking lot area of the hotel and arrested him for the outstanding warrants. After the arrest, officers were able to search his room where they found and recovered the firearm. The additional charge of felon in possession of a firearm was added to his arrest.

Burglary, Possession of Stolen Property, and Felon in Possession of Ammo Arrest

On November 30, at approximately 3am, an unknown suspect broke into multiple locked garages and stole a large amount of military-issued property and construction equipment. Ventura Police Patrol identified three separate victims of the burglary.

During the investigation, Ventura Police Department Street Crimes Detectives identified a suspect, 33 year old Santa Paula resident Vicente Flores, as a person involved in the crime. On January 15, SCU served a search warrant at Flores' residence in Santa Paula and located property stolen from the burglaries. Detectives also found ammunition and narcotics during the search. Flores is a convicted felon and is prohibited from possessing ammunition.

A review of the Ventura County Superior Court website shows that Flores has been convicted of narcotics offenses, theft, forgery, burglary, vehicle theft, possession of a stolen vehicle, assault with a deadly weapon on a peace officer, and felony resisting arrest.

Narcotics Arrests

On January 17 at 2pm, Ventura Police Department SCU Narcotics unit was conducting proactive enforcement in the downtown area of Ventura.

Detectives were monitoring the area using various surveillance tools. Investigators identified behavior consistent with potential narcotic sales, recognizing a habitual narcotic offender Whitney Byrd. Investigators contacted Ventura Police patrol units patrolling in the area who conducted an enforcement stop on two subjects. The two subjects were detained and arrested for narcotics-related offenses.

Robert Farrell, 41-year-old Ventura resident, was arrested and booked into Ventura County Jail for possession of narcotics for sales and an outstanding warrant for narcotic sales.

Whitney Byrd, 30-year-old Ventura resident, was arrested for an outstanding warrant for possession of narcotics and booked into Ventura County Jail.

A search of the Ventura County Superior Court shows that Whitney Byrd and Robert Farrell both have numerous prior arrests and convictions for drug-related crimes, including narcotics sales.

Residential Burglary, Possession of a Stolen Vehicle

Sometime between the dates of January 15-19, when the owner of the

residence was not at home, an unknown suspect(s) entered the victim's house and stole property and car keys and then took the victim's car. Ventura Police Patrol responded and placed the vehicle in the stolen vehicle system, and the Lojack system was activated.

On January 20, a Ventura Police Street Crimes Detective found the stolen vehicle utilizing the Lojack system. This detective is also a member of VenCATT. Detectives observed the suspect, 23 year old Jared Russell, enter the car and drive away. A Ventura Police Department K-9 unit assisted SCU and VenCATT in stopping the stolen vehicle and taking Russell into custody. While taking Russell into custody, the detectives located stolen property from the residential burglary as well as illegal narcotics.

Russell was arrested and transported to the Ventura County Jail, where he was booked for burglary, possession of a stolen vehicle, possession of stolen property, possession of methamphetamines, and a felony warrant.

A review of the Ventura County Superior Court website shows that Russell has been convicted of narcotics offenses and domestic violence offenses. Russell also has multiple out of state felony warrants.

Carrying a Loaded Firearm, Prohibited Person in Possession of a Firearm and Ammunition

On January 19 at 7:30pm, the Ventura Police Department Command Center received a call of a suspicious subject loitering near a parked vehicle in the 1200 block of Conway Ave. Officers responded to the call and contacted the subject, later identified as 25-year-old Ventura resident Erik Lopez.

During the investigation, officers learned that Lopez was on probation and conducted a search of his vehicle. As a result of the search, officers found a loaded handgun concealed near the driver's seat, ammunition, body armor and property which belonged to a state law enforcement agency that was possibly stolen. Officers also found a controlled substance and drug paraphernalia.

Lopez was arrested for multiple charges including carrying a loaded firearm, prohibited person in possession of a firearm and ammunition, felon in possession of body armor, possession of a controlled substance and paraphernalia.

A review of the Ventura County Superior Court website shows Lopez has prior convictions for gross vehicular manslaughter while intoxicated, corporal injury to a spouse or cohabitant, false imprisonment, possession of a controlled substance, and disobeying a court order.

Harbor Patrol Blotter

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

1-7 8:10pm, while on patrol, officers observed a vessel with insufficient lights and illegally placed hoop nets. The vessel was contacted and escorted to the District longdock for further inspection. Upon further inspection, it was discovered that the vessel lacked a all-around light, no documentation & expired fishing license. Written warnings were issued to the fishermen for the violations.

1-9 1:08pm, received a dispatch to an unconscious person at the Ventura Marina Community. Officers responded and assisted VFD/AMR with the patient.

VENTURA TOWNEHOUSE

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He who is of calm & happy nature, will hardly feel his age.

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4900 Telegraph Road, Ventura, CA 93003

CA LIC# 565801810

1-10 7:30am, while on patrol, received a request for Harbor Entrance conditions. Large waves were observed, but the entrance is open. The inquirer was advised to use caution and follow the navigation buoys when exiting and entering harbor.

1-11 4:30pm, received a request for a tow from the operator of a disabled sailboat. Officers responded and assisted TowBoat U.S. with the call for assistance.

6:20pm, while on patrol in RescueBoat 19, officers contacted eleven fishing vessels (including kayaks) for illegal placement of hoop nets around the breakwall and to warn of strong winds forecast.

1-13 11:00am, officers in the Fireboat assisting and monitoring the Greek Epiphany Ceremony at VHV D-dock. Several young and old participants recreate the swim for the cross in the water.

2:12pm, received a report of a transient in the men's shower at the Ventura Yacht Club. Officers responded and found a male transient in the shower. The individual advised his brother was a member of the club, but upon investigation it was discovered he wasn't. He was removed and warned of the trespassing.

11:45am, received a report of a motor vessel speeding through the harbor near the yacht club. Officers investigated and found the reported vessel. The violator admitted his violation and was released with a warning for the infraction.

3:00pm, while on patrol in the vehicle, observed severe sand erosion from Surfers Knoll Jetty to the Rivermouth. Also observed a few large rip currents.

1-14 5:00pm, while on patrol, officers observed a diesel sheen near VIM E-dock. Several absorbent pads were in the water adrift. Officers searched the area and interviewed several people but were unable to locate a source or the individual who placed the absorbent pads. Investigation continues for responsible party.

1-15 3:45pm, while on patrol in the

Fireboat, officers observed a Hazard to Navigation near the North-end of the detached breakwall. The owner of the lobster trap, a commercial fisherman was contacted, he will move the hazard.

1-16 8:15pm, dispatched to stabbing victim at Riverhaven refuge. Officers responded, assisted AMR/VPD with the call. The patient refused medical care.

1-18 6:01am, received multiple reports of a water leak with a large amount of water at the entrance to Harbor Cove parking lot. Officers investigated with the assistance of Ventura FD but were unable to secure the leak. Eventually, Ventura City water arrived, secured and repaired the ruptured pipeline.

12:10pm, received report of an injured sea bird near VWM D-dock. Officers responded and found the reported bird. As officers were closing in to capture the injured bird for rescue volunteers, it flew away, apparently not injured.

1-19 2:10pm, received multiple reports of a vessel operating recklessly near Solimar. The reported vessel returned to the harbor and contact was made by multiple agencies near the launch ramp with the operator. Warnings were issued for the violations in the hope the operator/owner can respect the boating public with safer operation of their vessels.

6:55pm, while on patrol in Rescue Boat 19, officers contacted several vessels engaged in hoop netting near the breakwall. Officers issued warnings and had fishermen remove their hoop nets from illegal areas.

1-20 5:15pm, dispatched to a medical, sick person at 1691 Spinnaker Drive from FCC. Officers responded and assisted VFD/AMR with the call. The patient was located and assessed for a hand injury. Patient self-transported to hospital.

11:11pm, received dispatch to an unconscious person at the FourPoints Sheraton. Officers responded and assisted AMR/VFD with a 64-year-old patient who fainted in the lobby. The patient was treated and released at the scene.

Weekly SUDOKU

Answer

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

King Crossword

Answers

Solution time: 27 mins.

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



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 February are: Shiells Park, in the parking lot, located at 649 C St., Fillmore, 93015, on Wednesday, February 12th and a second one on Wednesday, February 19th, at SPAN Thrift Store parking lot 110 N. Olive St. (behind Vons on Main).

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

Poison Pills for Pets

Anyone who takes medication prescribed for someone else puts themselves at risk of illness or even death - and this applies to your pets, too! Although there are many medications used in both animals and people, the effects, doses needed, and other things aren't always the same.

About one-quarter of all phone calls to the ASPCA Animal Poison Control Center (APCC) are about human medications. Your pet can easily ingest dropped pills or may be given harmful human medications by an unknowing owner, resulting in illness, or even death, of your pet.

The APCC provided us with the 10 most common human medication complaints they receive. Here they are, in order based on the number of complaints:

Ibuprofen – Ibuprofen (Advil®, Motrin®) is the most common human medication ingested by pets.

Tramadol – Tramadol (Ultram®) is a pain reliever. Your veterinarian may prescribe it for your pet, but only at a dose that's appropriate for your pet.

Alprazolam – Alprazolam (Xanax®) is prescribed as an anti-anxiety medication and a sleep-aid. Most pets that ingest alprazolam can become sleepy and wobbly.

Adderall® – Adderall® is a combination of four different amphetamines and is used to treat Attention Deficit Hyperactivity Disorder (ADHD) in children.

Zolpidem – Zolpidem (Ambien®) is a sleep-aid for people. Pets commonly eat pills left on the bedside table.

Clonazepam – Clonazepam (Klonopin®) is used as an anticonvulsant and anti-anxiety medication. It is sometimes also prescribed as a sleep-aid. When animals ingest Clonazepam they can become sleep and wobbly.

Acetaminophen – Acetaminophen (Tylenol®) is a very common pain killer found in most households. Cats are extremely sensitive to acetaminophen, but dogs can be affected too.

Naproxen – Naproxen (Aleve®, Naprosyn®) is an over-the-counter pain

reliever. Dogs and cats are very sensitive to naproxen and even small amounts can cause stomach ulcers and kidney failure.

Duloxetine – Duloxetine (Cymbalta®) is prescribed as an antidepressant and anti-anxiety agent. When ingested by pets it can cause agitation, vocalization, tremors and seizures.

Venlafaxine – Venlafaxine (Effexor®) is an antidepressant. For some unknown reason, cats love to eat the capsules. Ingestion can cause agitation, vocalization, tremors and seizures.

As you can tell from this list, a medication that does one thing for people does not necessarily do the same for our pets. And although this may be the list of the medications about which the APCC receives the largest numbers of complaints, remember that any human medication could pose a risk to your pets – not just these 10.

You can keep your pets safe by following simple common-sense guidelines:

Always keep human medications away from pets unless you are specifically instructed by a veterinarian to give the medication

Do not leave pills sitting on counter or any place a pet can get to them

Do not leave pill bottles within reach of pets (You'll be surprised how fast your dog can chew through a pill bottle.)

If you're taking medications out of the bottle and you drop any of it, pick it up immediately so you know your pet won't be able to eat it

Always contact your veterinarian if your pet has ingested any medication not prescribed for them

Never give your medication (or any medications prescribed for a two-legged family member) to your pet without first consulting a veterinarian

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Angel, a precious little terrier, died unexpectedly at the young age of 1 1/2. Angel was a wonderful pup who liked to run and play and then snuggle with his mom and snooze with his head on her chest. He will be sorely missed by his Mom and Dad, Heather Padgett and Bill, siblings Charlie and Jazmine and loving friends Louis, Gill and Cappi.

Scamp Club

(Scampclub pets are not for adoption.)



Hi: My name is Maddie. My hobbies are napping, chasing cats and taking slow walks with lots of sniffing. I was adopted at age 4. I will be 10 this year. I love living in Ventura!

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.



On December 13, 2019, SDF welcomed the final two new SDF-trained search teams of the year to their roster, Chad Arberg & Cory and Alex Wallbrett & Hoss. National Disaster Search Dog Foundation, 6800 Wheeler Canyon Road, Santa Paula (but it seems like Ventura).



The Therapy Dog Program at CMHS has grown to twelve teams and is visiting three times a month, four teams at a time bringing lots of puppy love to patients and staff.

DONATE YOUR UNWANTED CAR, TRUCK, RV OR BOAT TO HELP HOMELESS PETS.
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ALSO \$10 Low/No Income Spay & Neuter Wed., February 19th in SPAN parking lot. Must call for appointment (805) 584-3823

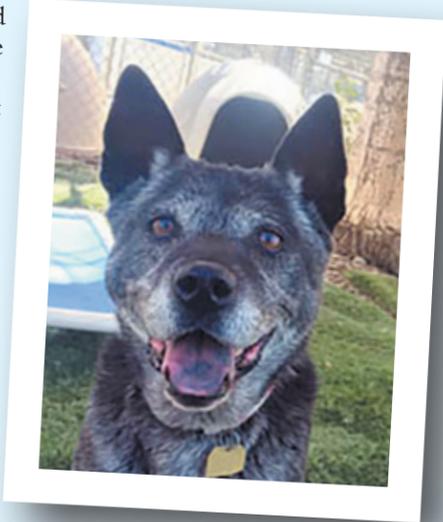


The Pet Page

Forever homes wanted

Hi: I'm Lucy an almost 11-year-old Labrador / Chow X who is an active outdoorsy type of gal who loves to hike, chase balls, ride in the car and just lounge around. I have a great smile, love being around my people getting lots of love and attention. I know basic commands and aim to please.

I was rescued from the Agoura Shelter by a volunteer there (Mary O. who is also my sponsor) because I didn't get along so well with the other dogs in playgroups so I'll need to be your one and only in the home. I'd make a great companion, you'll be happy with just me! Canine Adoption and Rescue League C.A.R.L.



Ms. Meowington got her name by being quite the talker! She does this adorable thing where she'll run back and forth in her kennel when you're walking in the room to try to be as close to you as possible so you'll pay her attention all while she's meowing away. Ventura County Animal Services - Camarillo location - 600 Aviation Drive
Meowington A664916



This 'n' That

Radiant You

by Carol Leish

"Love yourself first, and everything else falls into line. You really have to love yourself to get anything done in this world"—Lucille Ball

Since happiness is essential for you, as women, for your lives, come to Radiant You, which is an upcoming 1-day retreat for women in Ventura. It is being sponsored by Ladies Luncheon, Ventura, which is a monthly women's networking group that has been meeting for over 10 years. By being with other women, you will be able to create a sisterhood within community and to bond to make friendships and relationships with each other. Nurturing the inner and spiritual beauty within you, as women, will radiate within all areas of your lives. "This event will be guiding women to be able to achieve ultimate self-love. This will be able to translate into their health, wealth, and mind," according to founder, Laurie Ann Meyer. "The speakers are choreographed for exactly that reason, in order to share with you."

The day at Radiant You will include: Veronica Clark, who will focus on energy healing and self-love; Dr. Catie Wyman Norris, who will focus on nutrition; and, Jackie Ulmer, who will focus on business strategies. You will be inspired as you learn from these various speakers. You will also enjoy light movement from acupuncturist and yoga instructor, Krystal Pearson.

This special day of Radiant You will include: a continental breakfast; lunch; along with the opportunity to shop from a variety of local vendors. By wearing

your most comfortable clothing, you will be able to enjoy participating in light movement, through yoga and relaxation techniques. By bringing a journal and writing materials, you will be able to write down important things that you will be learning during the day. You will be receiving yoga mats as a gift upon arrival, along with other giveaways.

The Radiant You event is on March 7, 2020, since, March 8, 2020, is International Women's Day, in which, "An equal world is an enabled world." You can celebrate women's achievements. You can raise awareness against bias. And, you can also take action for equality, according to, International Women's Day Charity Partners.

Thus, to be a part of Radiant You for \$97, from 8:30am-2:30pm, at the Poinsettia Pavilion, 3451 Foothill Rd., Ventura. Please register at: www.TheLadiesLuncheon.com/Radiant-You.

Workshops help students access funds for college

To help students overcome the challenge of paying for college, the Ventura County Community College District is holding free Cash 4 College workshops at its four campuses. Workshops will be held on Feb. 8 and Feb. 22. Financial aid staff will assist students in completing applications for the 2020-2021 school year FAFSA and the California Dream Act. The workshops are free and open to the community; people

may attend workshops at any campus or either date. Advanced registration is preferred. For more information or to register, visit VCCCD.edu/cash4college. February 8, 9 a.m. – 1 p.m. Ventura College, Learning Resource Center, 4667 Telegraph Road, Ventura
February 22, 9 a.m. – noon Ventura College East Campus, 957 Faulkner Road, Unit 106, Santa Paula

The Ventura County Community College District is a member of the 115-campus California Community College system, and serves more than 32,000 students annually. The District's three colleges--Moorpark, Oxnard, and Ventura--offer programs in general education for degrees and certificates, transfer to four-year colleges and universities, career technical education, and provide opportunities to engage in co-curricular campus activities. For more information, please visit www.vcccd.edu.

Ventura County Library received national grant from the American Library Association

Ventura County Library was named one of 59 libraries nationwide to receive a \$2,000 Library Census Equity Fund grant from the American Library Association (ALA), which awarded the grants to

bolster library services to hard-to-count communities and help achieve a complete count in the 2020 Census.

"We are thrilled to be selected to receive these ALA grant funds in support of the Census 2020 effort," said Ventura County Library Director Nancy Schram. "Our county libraries will play a key role in the census, and this grant will help us reach more community members with the equipment and information they need to be better informed about Census 2020 and to complete the census survey. Librarians across the county have been working with the Ventura County Complete Count Committee and representatives from the U.S. Census Bureau to plan for Census 2020; and, this grant project will help us to leverage and build upon those partnerships to have even more impact."

Ventura County Library is dedicating grant funds toward computer equipment for the Mobile Library to facilitate participation by people in underserved areas of Ventura County in special Census 2020 Mobile Library events.

"The efforts of Ventura County Library," said ALA President Wanda Brown, "will shine a light on all the library workers across the country who are shouldering efforts to reach and inform their communities—especially vulnerable and hard-to-count populations—about the importance of a full and inclusive count."

The results of the 2020 Census will affect communities across the country. More than \$1.5 trillion in federal funds are allocated each year to state and local governments based on Census data

Continued on page 17



by Pam Baumgardner
VenturaRocks.com

I'm a big fan of shaking it up and seeing new things tried out in our little town, and case in point, you can spend your lunchtime at the EP Foster Library in the Topping Room on Friday, January 31, while listening to Opera Santa Barbara, and it's absolutely free!

Oak and Main's social media post invites you to celebrate One Love in honor of Bob Marley's birthday on Thursday, February 6, when they will host a Bob Marley Day with Kaya Now (Marley tribute band) and LayLow.

I spoke with Josh McNutt of Squashed Grapes to get an update on the new jazz club to be simply named, The Grape, and he told me while they have had several setbacks, they continue to overcome all the barriers they've come across and hope to be open early Summer. Meanwhile you can catch some great jazz at the Winery Ventura several nights a week located at 4746 Market Street.

Quick Notes: now that Monday Night Football is over for the season, Boatyard Pub welcomes back Milo Sledge with his Monday night residency; it's good to see Jade Hendrix playing more shows, she'll be at Topa Topa Brewing on Thompson, Wednesday, January 29; the band, Nein Lives, will debut during open mic night on Thursday, January 30 at Keynote Lounge; find out what the Namba performing arts space is all about during their open house on Thursday, January 30 (4 pm); there should be a packed house for the return of Porcelain Hill at the Sewer on Friday, January 31; you won't want to miss Jen Staves & the Bluzfish at the Winery Ventura on Friday, January 31 (they're also celebrating Nee Sackey's birthday); the Vinyl Gypsies play classic rock on Saturday afternoon at Cantina 31 starting at 2 pm on Saturday, February 1; proving rock is not dead, Ninefinger returns to town with a gig at Red Cove on Saturday, February 1; Concrete Jungle Brewing has a hardcore show on Monday, February 3, kicking off at 5:30 with Born from Pain, Slowbleed and several other bands; in support of their newest release, Widow's Weeds, the Silversun Pickups play the Ventura Theater on Tuesday, February 4; the Mentors with Social Conflict play the Garage, on Friday, February 7; Caught Red Handed plays Cantara Cellars on Saturday, February 8; and Anchor & Bear duo play Peirano's on Saturday, February 8.

Don't forget to check out my little local radio show which actually has the potential for a worldwide audience as it's not only in Ventura at 104.1 FM, but on the internet at CapsMedia.org/radio. The Pam Baumgardner Music Hour airs Tuesdays at 5 with rebroadcasts on Friday at 5 and Sundays at noon and features mostly local music out of the 805. Do you have music you'd like to submit? Drop me an email.

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 1/29: Karen Eden

Fri 1/30: Shorebreak

Bombay Bar & Grill

143 S. California Street
Thursdays, Friday & Saturdays: DJs

Café Fiore

66 S. California Street

Wed 1/29: Big Adventure

Tues 2/4: Bernie Meisinger

Wed 2/5: Bryan McCann

Sat 2/8: Instone

Tues 2/11: Donna Greene

Camarillo Barrelworks

126 Wood Road, Suite 104

Camarillo, CA

Music 7-10 pm

Sat 2/1: Ray Jaurique & the Uptown

Brothers

Sat 2/8: Caught Red Handed

Cantina 31

Limon y Sal

598 E. Main Street

Saturdays: DJ

Sundays 1-4: Instone

Sat 2/1: Vinyl Gypsies (2 pm)

Casa Bella

391 E. Main Street

Thursdays: Danny D.

The Cave

4435 McGrath Street

5:30 - 8:30 pm

Weds & Saturdays: Varon Thomas

Thurs & Fridays: Warren Takahashi

Concrete Jungle Brewing

4561 Market Street

Fri 1/31: How to Live with Robots,

Fall out of Line, Sarah Tonein, Black Star

Mon 2/3: Born from Pain, Slowbleed,

Risk, Union Front, Arcline, Bare

Minimum (5:30 pm)

Copa Cubana

Ventura Harbor Village

Music 7 pm; Sat 11 am; Sundays

3 - 6 pm

Tuesdays: The Jerry McWorter Trio

Sun 2/2: House Arrest

Sun 2/9: Brandon Ragan

Dargan's Irish Pub

593 E. Main Street

Music: 4pm

Sun 2/2: The Sunday Drivers

Discovery

1888 Thompson Blvd

Fri 1/31: The Spazmatics

Sat 2/8: Karla

Duke's Griddle n Grill

1124 S. Seaward

Wednesdays: Karaoke

El Rey Cantina

294 E. Main Street

Fridays & Saturdays: DJ

EP Foster Library

Topping Room

651 E. Main Street

Music: Noon - 1 pm - Free

Fri 1/31: Opera Santa Barbara

Four Brix Winery

2290 Eastman Avenue

Fridays 6 pm; Sundays 1 pm

Fri 1/31: Inna Rude Mood

Sun 2/2: Kyle Swan

Fri 2/7: FIDO

The Garage

1091 Scandia Avenue

Thursdays: Open Mic w/ Spencer

Fri 1/31: Imperfexion, Malice

Thoughts, Big Die, Gigantic

Sat 2/1: Pink Droid, No Biggie, Tyler

Indogo, Heather & Tony

Fri 2/7: The Mentors, Social Conflict

Gigi's Cocktails

2493 Grand Avenue

(805) 642-2411

Thurs, Fri & Sat: Karaoke

Grapes and Hops

454 E. Main Street

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

Sat 2/1: Shawn Jones Trio

Sat 2/8: Déjà vu Too

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

Thurs 1/30: Nein Lives

Fri 1/31: Funkronicity

Leashless Brewing

585 E. Thompson Blvd.

Tues: Open Mic, The Listening

Room

Sat 2/1: Poetic Electric DJ

Fri 2/7: Jacob Marquez

Sat 2/8: Cover Paige Band

Made West Brewing

1744 Donlon Street

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

1 - 7 pm

Thurs 1/30: RJ Bloke

Sun 2/2: Peter Blackwelder

Sun 2/9: RJ Mischo Band

Majestic Ventura Theater

26 S. Chestnut Street

Sat 2/1: Dermot Kennedy

Tues 2/4: Silversun Pickups, Eliza &

the Delusionals

Oak and Main

419 E. Main Street

Tuesdays: Beer Bros. Open Mic

Thurs 1/30: Johnny and the Love

Handles

Thurs 2/6: Kaya Now, Laylow

Fri 2/7: Kings Revenge, the Guitar &

Whiskey Club

Sat 2/8: Shaky Feelin'

O'Leary's

6555 Telephone Road

Wed: Karaoke

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

Peirano's Delicatessen

204 E. Main Street

Music: 6-8, Sundays Noon - 2

Sundays: The Swillys

Sat 2/1: Medicine Hat

Sat 2/8: Anchor & Bear

Prime

2209 E. Thompson Blvd

Tuesdays: Danny D.

Red Cove

1809 E. Main Street

Sat 2/1: Ninefinger

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

Sat 2/1: Andre Flores

Sun 2/2: Michael Ward

Sat 2/8: Cook & Rose

Sun 2/9: Michael Ubaldini

Sans Souci

21 S. Chestnut

Sundays: DJ Darko

Mondays: Karaoke w/ Brian Parra

Tuesdays: DJ Nick Dean

Wednesdays: Open mic

Thursdays: DJ Spinobi

Fri 1/31: Porcelain Hill

The Shores Restaurant

1031 Harbor Blvd, Oxnard

Thursdays: Karaoke

Fri 1/31: Brandon Ragan (solo)

Sat 2/1: Milo Sledge Trio

Sat 2/8: Karen Eden

Sun 2/9: Brandon Ragan Project

The Star Lounge

343 E. Main Street

Thursdays: DJ Terry

Fri 1/31: Greg & the Gallows

Sundry Gallery

433 Main Street, #15

Fri 2/7: Milo Sledge & Co.

The Sushi House

1127 S Seaward Avenue

Music 1 - 3:30 pm

Saturdays: Gary Ballen

The Tavern

211 E. Santa Clara Street

Sundays: DJ

Thursdays: Get Right DJ

Fri 2/7: Wired, Damn Chains

Topa Mountain Winery

821 W. Ojai Avenue, Ojai

Music: 3-5 pm, unless otherwise

noted

Sat 2/1: The Salty Suites

Sun 2/2: Nathan McEuen

Sat 2/8: Other Mother Brother Band

Sun 2/9: Patricia Avis Trio

Topa Topa Brewing

104 E. Thompson Blvd

Music: 6 pm

Wed 1/19: Jade Hendrix

Ventura Beach Club

281 W. Main Street

Fri 2/7: Club805 Techno DJs

Winchester's

632 E. Main Street

(805) 653-7446

Music at 7:00 pm; Sundays at 5 pm

Fri 1/31: Miss Bix & the Nervous

Tics

Sat 2/1: The Tossers

Fri 2/7: Shawn Jones

Sat 2/8: National Cat

Sun 2/9: Acoustic Crossroads w/

Tommy Marsh

The Winery Ventura

4756 Market Street

Thurs - Sat 7-10; Sundays 5-8

Thurs 1/30: Dr. T. & the Blues

Criminals

Fri 1/31: Jen Staves & the Bluzfish

1901 Speakeasy

740 South B Street, Oxnard

Tuesdays and Thursdays: Mark

McKinney

Fri 1/31: Shawn Jones

Sat 2/1: Brian Faith Band

Fri 2/7: Tex Pistols

Sat 2/8: Blue Motel Room



Many people equate ceramics and romance with Patrick Swayze and Demi Moore in the movie *Ghost*, but seriously, no potter we know keeps a pottery wheel next to their bed! So, if you are looking for the true romance of ceramics for this Valentine's Day we suggest you head over to the Ventura County Potters' Guild (VCPG) Gallery in the Ventura Harbor. Over 35 member artists are turning out hearts and other unique gifts. Nothing is more personal than something handmade and the Gallery has hundreds of pieces, reasonably priced, for you to choose the perfect gift for family, friends, and that very special person.

February 8, 9 and 14 the VCPG Gallery will be doing a special Love Local Art exhibit outside the Gallery with hand-building demonstrations between 1 – 4 PM February 8th by Gayle Swanson and February 9th by Christine Watte. The Gallery will join the Harbor festivities on February 14 and will have sweets available while supplies last.

February featured artist Gayle Swanson has been making art her entire life and her love for color has followed her work in acrylics, watercolors, and clay. She is known for her vibrant, ocean-inspired turquoise glazes and bright flora colors of Oregon's forests. We invite you to meet the artist and watch her Valentine demonstration of making heart-shaped jewelry holders, hangings with pockets, and shakers.

The VCPG Gallery is located at 1567 Spinnaker Drive, Suite 105 in Ventura Harbor. The Gallery is open seven days a week from 11-6. For more information visit www.venturapottersguild.org.



I saw your editorial of Jan15-28, 2020 where you talked about gun violence and thought you might be interested in this. In 2013 I made an art piece which I called "Class Picture", Sandy Hook Elementary School.

It's in the Ventura County Art Council show "Decade" (<http://vcartscouncil.org/atrium-gallery/calendars-of-competitive-shows/>). It can be seen at the Ventura County Government Center, Hall of Administration, 800 S. Victoria Ave. until Feb.24 on the 4th floor.

Jim Rinde



Ventura County Outwalkers at the 131st Annual Tournament of Roses Parade. The marchers walked alongside the float titled, "Years of Hope".

Eight women from Ventura County, including two from the local National Association of Women Business Owners Ventura County (NAWBO VC) chapter, joined 100 outwalkers in the 131st Annual Tournament of Roses Parade. The marchers walked alongside the Pasadena Celebrates 2020 float titled, "Years of Hope. Years of Courage," commemorating the 100th year celebration of the 19th amendment granting women the right to vote. The outstanding float with the powerful message took home the coveted Theme Award for most outstanding presentation of the parade's theme, "The Power of Hope."

NAWBO Ventura County members, Dawn Dyer and Brenda Terzian were among the 100 (mostly women) marchers and were joined by Ventura County's Marni Brook, Tiffany Embhoff, Barbara Bellfield, Karen Fraser, Ladeane Taylor, and Riley Wagner.

VCCCD College Libraries launch new web capabilities

Students of Moorpark, Oxnard and Ventura colleges rely on their libraries' websites for their studies, conducting more than 734,245 searches a year. Now students will have streamlined and improved search options. The libraries at Moorpark, Oxnard and Ventura colleges recently launched upgraded web pages on each college's website.

The updated interface connects the VCCCD colleges through one search bar, allowing users to search and request resources from any of the three colleges. The new system is the same type that both the UCs and CSUs currently use and is the culmination of a yearlong state-funded project to provide all California community colleges with a shared library systems solution.

"We have 225,000 print items in our libraries alone," said Peter H. Sezzi, librarian and library department chair, Evelyn & Howard Boroughs Library, Ventura College, "so this was a large undertaking for us. It is more than worth it, as our current and future students will greatly benefit from the enhanced library resources we can provide."

Chancellor Greg Gillespie added, "By investing in the services our colleges offer, we are investing further in students' journeys and providing them with the necessary tools to accomplish their academic goals."

The Ventura County Community College District is a member of the 115-campus California Community College system, and serves more than 32,000 students annually. The District's three colleges--Moorpark, Oxnard, and Ventura--offer programs in general education for degrees and certificates, transfer to four-year colleges and universities, career technical education, and provide opportunities to engage in co-curricular campus activities. For more information, please visit vccd.edu.

Ventura County Library received

Continued from page 15

When residents are missed in the Census, their communities miss out on needed funding for services such as libraries, schools, healthcare, and transportation.

The U.S. Constitution requires a census of all residents every ten years. In the 2020 Census, residents will have the choice to respond online, by phone, or by mail. The U.S. Census Bureau will send mailings to households prior to Census Day, which is April 1, 2020.

For additional information on Ventura County Library and the 2020 Census, contact Nancy Schram, Ventura County Library Director at (805) 256-8535

To help achieve a complete count in the 2020 Census, America's libraries are informing their communities and providing access to the online response option. To learn more, visit ala.org/census and follow the conversation on social media with #CountOnLibraries.



Lighter Breeze

Mother Goose and Grimm



Mutts



Crock



Moose and Molly



Beetle Bailey



Blondie



Solutions on page 13

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

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

Weekly SUDOKU

by Linda Thistle

Place a number in the empty boxes in such a way that each row, across, each column, down and each small 3x3 box square contains all of the numbers from one to nine.

DIFFICULTY THIS WEEK: ♦♦♦

♦ Moderate ♦♦ Challenging ♦♦♦ HOO BOY!

Solutions on page 13

King Crossword

ACROSS

- 1 Venomous viper
- 4 Incense
- 8 Pop
- 12 Ball-bearing item
- 13 Beelzebub's doings
- 14 From square one
- 15 Supreme Court Justice Thurgood —
- 17 Calm before the storm
- 18 Comedian Rivers
- 19 Refuge
- 20 Downright
- 22 Road's shoulder
- 24 Hard to find
- 25 Almond confection
- 29 ' — Got a Secret'
- 30 Left-hand page
- 31 Ostrich's cousin
- 32 Union
- 34 Valhalla VIP
- 35 Loathe
- 36 Loss traction
- 37 Drive away
- 40 'Wozzeck' composer
- 41 Summertime treats
- 42 — Thatcher
- 46 Command-

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

- 6 " — Abner"
- 7 Right angle
- 8 Sandwich sausage
- 9 Burden
- 10 Place to buy 8-Down
- 11 Piercing tools
- 16 Slightly
- 19 Ricelike pasta
- 20 — and proper
- 21 Volcanic spillage
- 22 Cleopatra's boat
- 23 Gaelic
- 25 Vegan's no-no
- 26 Distinguished ancestry
- 27 In the thick of
- 28 Sisters
- 30 Test tube
- 33 Variety of macaque
- 34 Gumbo base
- 36 Music transition
- 37 Ceremony
- 38 Canyon phenomenon
- 39 Lowly worker
- 40 Author Stoker
- 42 Encountered
- 43 " — was saying ..."
- 44 Mess up
- 45 Bill

DOWN

- 1 \$ dispenser
- 2 Vast expense
- 3 Storyteller in court
- 4 Detox center
- 5 Terrible guy?

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LIBRA (September 23 to October 22) A recent family incident can help bring everyone closer, and there's no one who's better at making that happen than you. Accept (indeed, insist on!) help from others to get things off and running.

ARIES (March 21 to April 19) Mixed signals could create problems. Make sure your views are presented clearly, and insist others do the same. Don't let an unanswered question go by without a full explanation.

SCORPIO (October 23 to November 21) Long-held habits are often difficult to break. But the change from how you always did things to how you can do them now can be liberating. So, be flexible and give it a try.

TAURUS (April 20 to May 20) Financial pressures ease, allowing for more budget flexibility. But as the money-wise Bovine will appreciate, thrift still beats out splurging. Expect news from someone special.

SAGITTARIUS (November 22 to December 21) Someone you met in your professional world last year and thought you would never hear from again could make a sudden reappearance in your life, along with an interesting offer.

GEMINI (May 21 to June 20) Getting things done is what you do so well. But be careful not to overtax your energy reserves. Take time out to relax or to do something different to help keep them at optimum levels.

CAPRICORN (December 22 to January 19) Once again, you delight everyone by coming up with a solution for a problem that actually works. On another note, it's not too early to get started on those travel plans.

CANCER (June 21 to July 22) This is a good time to satisfy the Moon Child's growing sense of wanderlust. Choose a really special place to go to, with a very special person to share it all with you.

AQUARIUS (January 20 to February 18) Before you go ahead with finalizing your plans for your new project, check them over to see if you can make some improvements or if you can find ways to cut costs.

LEO (July 23 to August 22) You love being in the spotlight. But be careful it doesn't blind you to the truth behind a seemingly wonderful opportunity. Look closer and you might be sadly surprised at what you find.

PISCES (February 19 to March 20) The Fabulous Fish might have been out of the social swim for too long, and it's time you plunge back in. Reinforce your old friendships and be open to starting new ones.

VIRGO (August 23 to September 22) Isn't it time to take a break from your hectic schedule? Sure it is. And the sooner you do, the sooner you can return fresh and more than ready to take on all those new projects.

BORN THIS WEEK: Your creative talents help bring beauty to the world and the people in it. On their behalf, thank you.

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Showtime

A View from House Seats

Transport's "Bloomsday" captivates

by Shirley Lorraine

Every so often Transport Theatre Company gets back on the boards. Through February 2, they are back, full force. A theater company without a permanent home, their current production of "Bloomsday" by Steven Dietz is playing a limited run on the south stage of the Elite Theater in Oxnard.

Transport, founded in 2006 by Artistic Director Linda Livingston and Producer John Procter, has continually, albeit sporadically in time, mounted superior theatrical experiences. Bloomsday is no exception.

The four-member cast is superb. Chandra Bond and Trent Trachtenberg handle the roles chronicling when and how Caithleen and Robbie first meet. John D. Reinhart and Linda Livingston embody the same characters after 35 years have passed. The ensemble is outstanding as we witness what could have been, perhaps what should have been, and how life ultimately played out for the two.

The background of the play is James Joyce's novel Ulysses. Robbie is visiting Dublin, Ireland, when by chance he is approached by Caithleen, a tour guide who is in need of a "fourteenth" member to even out her tour attendance. The tour covers areas of Joyce's life and adventures, many of which are reflected in his novel. Along the way Robbie and Caithleen find themselves revealing themselves to each other, creating a strong bond. The very Irish Caithleen (speaking in what to my ears is a superb Irish dialect), in the end, cannot be as spontaneous as Robbie would like, and thus they part.

The grown-up Robbie (John D. Reinhart) semi narrates what went before, to the confusion of the younger couple.

Grown-up Caithleen (Linda Livingston) also enters to help her younger self understand why some things happened and how they could have played out differently had choices been made. The premise can be a bit confusing in the beginning, but clarity emerges as the play progresses.

As noted in the program, "Bloomsday celebrates the novel, its author, and the characters' lives". First celebrated in 1954, the commemorative event occurs in Dublin annually on June 16, the day the novel Ulysses takes place in 1904. It is named after the protagonist Leopold Bloom. Considered a literary street festival, participants frequently dress in period attire and readings from Joyce's work are performed. Attendees also walk to pubs and locations noted in the book. It is this that the "tour" in the play mirrors.

The setting is simple. A few seating areas, a few sheer scrim behind which the actors can pass as though transcending time. The venue is intimate so the audience (well, I did, anyway) felt thoroughly involved in the tour as well as the back story.

Quite a bit of humor emerges through the lines, enhanced by the actors' clear understanding of how to play their characters to the fullest. Director Tom Mueller expressed his delight at the actor's abilities to inhabit the roles so completely. Overall, I found it to be a compelling experience.

Bloomsday runs until Feb 2 at the Elite Theater, 2731 Victoria Ave, Oxnard (Channel Islands). Tickets available at www.BrownPaperTickets.com. Runs Fri and Saturday at 8 p.m., Sunday at 2 p.m. All seats \$22. Seating is limited so reservations are recommended.

work the case as long as he follows Howard's guidelines regarding working with the force to solve the case instead of on his own. Lowery learns that the killings are related to a drug cartel leader who had recently broke out of prison in Mexico City and with whom Lowery has a complicated past.

Complicated pasts seem to be Lowery's M.O. as he is also forced to work with an internal agency named AMMO (Advanced Miami Metro Operations) that's headed by his ex-girlfriend Rita (Paola Nunez). Throughout the movie Lowery tries to leave AMMO out of the loop, while Burnett secretly contacts them every time for backup and support.

Lowery eventually comes to the conclusion that Isabel Aretas (Kate del Castillo) is behind his attempted murder and a rash of killings involving local public officials after having broken out of a Mexican prison seeking personal revenge and to avenge the death of her ex-husband. Unfortunately, Captain Howard is targeted by the same man that shot Lowery and kills Howard at his daughters event in front of Lowery, spurring Lowery and Burnett to Mexico to find the killer.

Aretas actually sent her son Zway-Lo (Nicky Jam) to kill the group responsible for her incarceration and her husband's death, requiring Lowery to be the last one killed and the only target left for Zway-Lo when Lowery and Burnett arrive in Mexico. A bloody battle ensues at an abandon palace, leaving Aretas dead and Zway-Lo alive but injured.

The buddy banter between Smith and Lawrence will have you laughing from beginning to end, while the action will have

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you on the edge of your seat, wincing at every painful experience of which there are many as unlike other big actions films, these heroes actually get shot and injured at lot as would be expected but mostly rejected by big film directors. The final scene also points to a plot line for the Fourth installment of the 'Bad Boys' film franchise.

R (for strong bloody violence, language throughout, sexual references and brief drug use)
123 minutes



Sydney Berk plays Eleanor and Melanie Cruz plays her mother Allison in the West Coast premiere of *Never Not Once*. Photo by Veronica Slavin.

Never Not Once at the Rubicon

Rubicon Theatre Company of Ventura begins the new year with the West Coast Premiere of *Never Not Once*, a powerful, compelling and timely new drama by Carey Crim. *Never Not Once* is about the families we choose, and the secrets that can pull them apart. The production is helmed by Brit Katharine Farmer, who has directed acclaimed Rubicon productions of *Gulf View Drive* (Ovation Award, Best Production of a Play, Larger Theatre), *Incognito* (West Coast Premiere), *Heisenberg* with Faline England and Joe Spano, and *South*

Pacific (all Critic's Choices in the L.A. Times).

Please note that *Never Not Once* contains strong language and sexual themes and is recommended for mature audiences.

Never Not Once runs from Wednesday, February 5 through Sunday, February 23, 2020. Performances are Wednesdays at 2 and 7 p.m., Thursdays at 7 p.m., Fridays at 8 p.m., Saturdays at 2 and 8 p.m., and Sundays at 2 p.m. Low-priced previews are available Wednesday, February 5 at 7 p.m., Thursday, February 6 at 7 p.m. and Friday, February 7 at 8 p.m. Opening night is Saturday, February 8 at 7 p.m. with a pre-show party downstairs at Rubicon beginning at 6 p.m. with champagne, hors d'oeuvres and photos, and a post-show gathering with the cast hosted by Water's Edge on the Harbor. Talkbacks are scheduled following all 7:00 p.m. Wednesday performances (except the first preview).

A new Coffeehouse Mixer Night for students is scheduled for the third Thursday of the run (February 20) at 7 p.m. with \$20 tickets for all college students (plus the \$5 handling fee). The price includes complimentary pizza and wings and one free beverage starting downstairs at 6 p.m. A special talkback particularly focused on the perspective of the college-aged characters in the play will follow.

Never Not Once is held at Rubicon Theatre Company, 1006 E. Main Street (the corner of Main and Laurel). Ticket prices range from \$25 to \$59, with special discounts for students, seniors, teachers, Equity, active members of the military and groups of 15 or more. For more information, or to purchase tickets, go to www.rubicontheatre.org or call 805.667.2900.

Movie Review by Cindy Summers

Bad Boys for Life



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

Bad Boys Mike Lowrey (Will Smith) and Marcus Burnett (Martin Lawrence) are back out on the streets of Miami for one last time to settle issues from a past criminal mastermind. Released by Columbia Pictures, Directed Adil El Arbi and Bilal Fallah, Written by Chris Bremner, Peter Craig and Joe Carnahan and Starring Will Smith as Mike Lowrey and Martin Lawrence as Marcus Burnett.

After spending 25 years on the force, Marcus Burnett (Martin Lawrence) makes the decision to retire and spend more time with his family, having just had a new grandson born with his namesake. Having been partners for 20 years, Mike Lowrey (Will Smith) wants to continue working on the force but doesn't want to work without his partner. Burnett stubbornly refuses until Lowrey is shot repeatedly in front of him, giving him no other option but to help Lowrey "just one more time" pursue the shooter after having regained his health.

Due to the fact that Lowrey was the victim in the shooting, Captain Howard (Joe Pantoliano) forbids Lowrey to work on the case, though Lowrey is unstoppable so Captain Howard relents and allows Lowrey to



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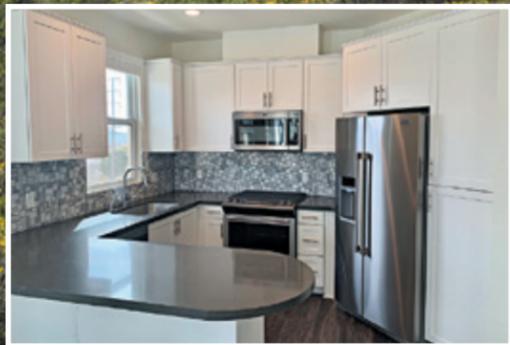
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This 'n' That



Nan Drake installed as chair of EDC.

EDC welcomes 2020 Executive Board Leadership

Nan Drake of E.J. Harrison & Sons was recently installed as 2020 chair of the Economic Development Collaborative's board of directors at the organization's 23rd Annual Meeting. She is joined by newly elected officer Ventura County Supervisor Kelly Long as vice chair and Peter Zierhut of Haas Automation, Inc., who is continuing as secretary/treasurer.

"Nan Drake brings extensive experience and in-depth knowledge of our local business community and economy and the challenges we face.

Nan has served on our board for 10 years and has worked tirelessly to provide opportunities for business growth and workforce development," said Bruce Stenslie, EDC's president and CEO. "We're excited to have Kelly Long join our executive leadership and we appreciate Peter Zierhut's continued oversight as secretary/treasurer."

Drake has served as director of governmental affairs and public relations at E.J. Harrison & Sons for more than 30 years and has been an EDC board member since 2010. In 2019, for the 12th consecutive year, Drake was named as one of the tri-counties' Top 50 Women in Business, by the Pacific Coast Business Times.

Long was elected as Ventura County Supervisor District 3 in 2016. She has over 25 years of combined experience as an entrepreneur, business executive and school board trustee, and held the office of the Pleasant Valley School Board of Trustees from 2012 – 2016. Long has a degree in mechanical engineering from California State University, Long Beach and holds six patents.

Zierhut, an EDC board member since 2012, has served as EDC board chair in 2016 and as secretary/treasurer consecutively since 2017. Zierhut is a senior-level manager at Haas Automation, Inc., one of the world's leading manufacturers of industrial machine tools, where he is responsible for oversight of Haas Automation's motor-sports programs, including sponsorships in NASCAR and Formula 1 racing.

EDC is a private, nonprofit organization that serves as a business-to-government liaison to assist businesses in

Ventura, Santa Barbara and Los Angeles counties by offering programs that enhance the economic vitality of the region. For more information about the EDC Small Business Development Center, loan programs, manufacturing outreach and international trade programs, or other services available to businesses through EDC, contact 805-384-1800 or visit www.edcollaborative.com.

Ventura County Leadership Academy

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Hear testimonials from VCLA graduates on how this program impacted them.

Learn about the application process for Cohort XXVI.

A special thank you to Sharon Cromartie, VCLA Board member and VCLA Cohort XIX for sponsoring this event.

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