Are We Still in a Drought? - See Page 4

VENTURA BREEZE
Your Hometown Paper
Vol. 16, No. 9 Published Every Other Wednesday Established 2007 January 25 – February 7, 2023

Interview with Brett Reed, Ventura's Fire Marshall

Q. When were you promoted to be Fire Marshal in Ventura?
A. I was selected as the City's Fire Marshal in June of 2022.
Q. What is your experience in fire departments and specifically in Ventura?
A. I began my career in the fire service with the Mammoth Lakes Fire Department in 2006 as a volunteer firefighter, was hired full-time as a firefighter and fire inspector in 2007, and served that community for 13 years. With Mammoth Fire, I gained a tremendous amount of experience in wildland and structure firefighting, as well as fire prevention experience as the only fire inspector. I have a strong background in risk reduction and have completed State Fire Inspector Training and have completed numerous courses through the National Fire Academy for fire inspection principles, fire and arson origin, cause determination, and I am a certified Code Council Inspector and Plans Examiner. Upon leaving Mammoth, I held the ranks of Fire Engineer and Fire Inspector II.

I was hired with Ventura Fire in January 2019 as a Fire Prevention Specialist. My role in that position was to perform inspections for fire protection systems and fire

Continued on page 9

Brett Reed began his career in the fire service with the Mammoth Lakes Fire Department.

Gala Lions Club celebration held at Crowne Plaza. Photos by Patricia Schallert.

Ventura Downtown Lions Club was chartered on April 27, 1923

On Saturday, January 7, the Ventura Downtown Lions Club held their 100th birthday celebration at the Crowne Plaza.

The hundreds attending included Ventura Lions, club members from throughout Southern California and invited guests and dignitaries.

They enjoyed an evening of appetizers, cocktails an outstanding dinner and inspirational speeches.

Ventura Lions president Patrick D. Pothier welcomed all prior to the invocation by Lion Tom Hundley and pledge of allegiance led by Ed Rogoff.

Speakers and awardees included past presidents, district governors, VIP guests and First VP Maya Zumaya who will be the 100th President when she takes office on July 1, 2023.

The keynote speaker was International President Brian Sheehan who got the crowd cheering on their feet with his enthusiastic presentation.

Patrick Pothier stated "It is my great honor as President of the Ventura Downtown Lions to invite you to our 100th Birthday Celebration. Our history is rich in Lionism and in giving back to the community we love."

"Our Club was chartered on April 27,

Continued on page 3

VENTURA BREEZE
Your Hometown Paper
Member, Ventura Chamber of Commerce

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A man walks into a hotel and asks "Do you take children?" The clerk replies "No, only cash or MasterCard."
– Bree Schultz

Local Government News

City of Ventura's Foul Weather Shelter

The City of Ventura has activated its foul weather shelter plan to provide temporary shelter and stay warm packs to Ventura's most vulnerable populations during extreme weather events, such as severe rain, wind or low temperatures.

"Ventura has an active community of local social service providers and nonprofits that support outreach and helping us serve our most vulnerable population," said Housing Services Manager Leona Rollins. "This winter season is already proving to be frigid, so we are extra excited to continue with another year of service."

This plan is a partnership with the River Community Church to provide emergency temporary shelter that offers 20 motel rooms those experiencing homelessness. To date, over 1,800 meals have been provided, 50 stay warm packs distributed, and over 100 people have received shelter through the program.

Priority is given to homeless individuals who are 65 and older or live with chronic health conditions. Shelters will be activated at least 48 hours in advance when temperatures are projected to fall below 45 degrees or if weather projections show more than a quarter inch of rain overnight.

The City is now accepting community donations to create stay warm packs for those unable to secure a motel room during a harsh weather event. Needed donations include rain ponchos, blankets, jackets, hand-warmers, socks, toiletries, soft snacks, tarps, and carrying bags for items.

Community members interested in supporting the effort can:

Bring materials to the River Community Church office, located at 859 E. Santa Clara Street.

Purchase needed items through the Amazon Wishlist. All supplies will be automatically shipped to the proper location.

Send monetary donations by mail. Checks should be labeled "Foul Weather" and mailed to 859 E. Santa Clara Street, Ventura, CA, 93001.

Donate online at www.CityofVentura.ca.gov/FoulWeather

Volunteer on the evenings the shelter is activated. Sign-up online at www.CityofVentura.ca.gov/FoulWeather

The Foul Weather Shelter Plan opened on December 1, 2022 and runs through March 31, 2023.

To learn more about the Foul Weather Shelter Plan, please visit the City's website at www.CityofVentura.ca.gov/FoulWeather or contact Leona Rollins, Housing Services Manager, at lrollins@cityofventura.ca.gov.

City of Ventura declares a local State of Emergency in response to severe storm event

The City of Ventura has proclaimed a local emergency in response to the latest winter storm. The state of emergency declaration allows the City to expedite disaster response and seek emergency funding from the state to aid in recovery. The local state of emergency was ratified by the City Council at its meeting on January 9. It remains in effect for the next 60 days.

The City has received storm-relat-

As I See It by Sheldon Brown

A big idea for the Ventura County Fairgrounds (Seaside Park) is being proposed, that I think is very interesting.

Let's face it, the fairgrounds needs a new image. It has very old Quonset hut buildings that will never be up-dated and deteriorating grounds.

Many don't realize the fairgrounds is not owned by Ventura City but by rather the 31st Agricultural District, the state agency that governs the property.

A development team is proposing a new 7,500-seat stadium for a minor league baseball team as part of its massive $319 million plan to make over the Fairgrounds. I can see it now - the "Ventura Breezers" will open their season in 2028.

The project, which is being proposed by Pacific Sports Group, includes modern convention halls, two parking garages and shops and restaurants. It would still be used to host the Ventura County Fair.

Its location would be appealing for a stadium with the beach views and train station right there and walking distance to downtown. Certainly, worth considering, it seems. What do you think of a Ventura baseball team? When I grew up in LA we had the Hollywood Stars.

Based upon the following Trump fans feel that Trump has been exonerated. This is, of course not true. If I hold up a bank on Thursday and you hold up a bank on Friday that doesn't mean that I am not guilty. Hopefully the DOJ will equally investigate both of these situations and act in a manner appropriate to the severity of the crimes.

Classified documents were discovered at the Washington, D.C., office for President Biden's think tank, the Penn Biden Center for Diplomacy and Global Engagement, in early November as well as at one his homes recently. News broke that another group of classified documents from Biden's time as vice president had been discovered at another location. This lead to Attorney General Merrick Garland appointing a special counsel to investigate the president's handling of such documents.

It's tough to repeat as champs in professional sports (injuries, etc.). Last year's NFL champions, the LA Rams, finished this year with a 4-12 record and the NBA champs Golden State are now 23-23.

The 6-year-old student who shot and injured his teacher at a Virginia elementary school used a 9mm gun legally purchased by his mother. The student had taken the gun from his residence and put it in his backpack before bringing it to Richneck Elementary School in Newport News, Virginia.

In another incident an Indiana man is facing a felony child neglect charge after his toddler son allegedly waved a handgun in the air and pointed the weapon at his own head with his finger on the trigger. Footage of the child playing with a gun in a stairwell was captured by a neighbor's security camera.

The parents of these kids should be prosecuted and held responsible. If the teacher had died who would be responsible for her death? Certainly not a 6-year-old.

A pair of pants being advertised on TV has a hidden phone pocket. What if you needed your phone but couldn't find it?

Mail Box

Folks:

These photos from January 19, 2023 capture the aftermath of debris deposits from heavy rains and surf on Ventura's beach and the continuing erosion of our bike and pedestrian path and the beachfront itself. The surging Ventura River, laden with trees, plants, posts, and housing materials from way up river, empties into its estuary just west of the city, then ocean currents and high waves push it to shore.

The City is practicing a strategy called Managed Retreat, which is a form of adjustment to climate change effects. You are right to assume that there is only so far we can go before we start retreating into the city itself. The restoration aspect of this is very chancy. Rocks, old walls and abandoned infrastructure meant to shore up the coast get washed away. The dunes did stay mostly in place this time.

Robert Chianese, Ph.D.

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

ed reports of flooding, debris in the roadway, retaining wall damage from extremely high surf, and other potentially dangerous conditions on public property and in the public right-of-way.

"By declaring a local state of emergency, the City can expand its efforts to protect public health and the environment. The severe storms caused damage within the City and additional heavy rainfall is ongoing this week," said Acting City Manager Akbar Alikhan.

The Ventura Pier has also sustained damage and will remain closed until repairs can be made. Safety inspections will continue to be performed to ensure public safety before reopening.

During severe storm events, waterfront property owners are encouraged to safely secure docks, gangways, boats, and boating equipment to prevent property damage and harm to others. Waterfront property owners may be liable for all costs and fees the City incurs in the removal or potential demolition of docks.

The City published a designated webpage on January 4, to provide updates at regular increments to showcase the latest emergency information relevant to residents at www.CityofVentura.ca.gov/WeatherAlert.

If you have a critical emergency, please call 911. Stay informed of critical incident updates in your area by registering for VC Alert, Ventura County's Emergency Notification System, at www.VCAlert.org.

St. John's Regional Medical Center delivers superior patient outcomes

Dignity Health—St. John's Regional Medical Center (SJRMC) in Oxnard ranks #1 in California for Coronary Intervention and #2 for Cardiac Care and Cardiology according to a new analysis released by Healthgrades, the leading marketplace connecting doctors and patients. Additionally, SJRMC is one of America's 100 Best Hospitals for Coronary Intervention for nine years in a row (2015-2023) and America's 100 Best for Cardiac Care for four years in a row (2020-2023).

For the State Ranking analysis, Healthgrades evaluated clinical performance for nearly 4,500 hospitals nationwide focusing on 18 key specialties across a mix of chronic, urgent, and surgical specialty areas. SJRMC is the only hospital in Ventura County to be named one of Healthgrades America's 100 Best Hospitals for Coronary Intervention and Cardiac Care in 2023.

"Ranking #1 in California for Coronary Intervention is a direct result of our people recognizing the need for excellence and working together while always having our patients' best interest at heart," said Barry Wolfman, President & CEO of St. John's Regional Medical Center and St. John's Hospital Camarillo. "I am incredibly proud of our excellent physicians, the entire cardiac team and everyone at St. John's."

Hospitals recognized as top-ranked in their state by Healthgrades are providing patients with consistently better-than-expected clinical outcomes. For example, patients treated at hospitals receiving a state ranking for Coronary Intervention have, on average, a 45.5% lower risk of dying than if they were treated in hospitals that were not state ranked for Coronary Intervention.*

"Being ranked #1 in California for Coronary Intervention is a testament to St. John's Regional Medical Center's continued commitment to top-quality care. Hospitals receiving a #1 ranking in their state have a proven track record of delivering superior outcomes for the patients in their community," said Brad Bowman, MD, Chief Medical Officer and Head of Data Science, Healthgrades. "For almost 25 years, our mission has been to provide consumers with clear and accessible information to make more informed healthcare decisions. Patients can feel confident knowing that they have access to #1 ranked care for Coronary Intervention at St. John's Regional Medical Center."

Health helps more than 100 million unique visitors live their strongest and healthiest lives.

Learn more at DignityHealth.org/StJohnsRegional.

Ventura Downtown Lions Club
Continued from page 1

1923, by 51 outstanding local businesses and community leaders. One of them was Fred W Smith who went on to become President of Lions Clubs International for 1947 – 1948, and another was Charles Rea, the then Mayor of Ventura. Another was Erle Stanley Gardner, an attorney who became famous as the author of Perry Mason detective stories. While we're celebrating our 100th Birthday, we can also celebrate that we have never had a repeat President, having 100 Presidents in 100 years. No other club can make that claim."

"Our Club and its members have a rich history of civic service and of service to the community and beyond. There have also been 10 Members who have been the mayor of Ventura, and at least 20 who were city council members. Many have served as public officials on various public boards and commissions, on private boards and nonprofits, and as public officials in a wide variety of capacities. "

"While our history is rich, and our present is just as rich. We are dedicated to providing assistance to individuals and community organizations that are in need and support. These efforts include, but are not limited to, providing camperships for deaf children, free eye exams for those in need, scholarships for local students, Thanksgiving baskets for families that are food insecure, as well as supporting the Salvation Army food pantries. We participate in both community and beach clean-up days and we recognize America's hero's - the Military Veterans and First Responders. We support those suffering from diabetes and the researchers seeking a cure, efforts to help and assist those dealing with mental health issues, and a wide range of other worthy matters."

"While our past and present is exciting, our future looks even brighter. As we celebrate the past 100 Years of Service at this Gala, we also begin to look forward to the next 100 years, and we are excited about what the future holds for us and the rest of the Lions around the world."

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On Vacation

Tim Ruder and Laurie McQuay at the Tikal National Park in northern Guatemala while on a holiday vacation in Belize taking a break to catch up on the local news.

City of Ventura was unable to utilize water from Foster Park.

How the recent heavy rains have affected Ventura's drought situation

by Carol Leish, MA

"Although the rainfall has been beneficial," according to Gina Dorrington, Ventura Water General Manager, "the recent rainstorms do not immediately relieve the years of persistent drought that the City of Ventura has faced. Per the Governor's orders from last summer, the City of Ventura and its customers are still subject to demand reduction actions of Stage 2 of the Water Shortage Event Contingency Plan in addition to the irrigation ban of non-functional turf at Commercial, Industrial and Institutional properties. The emergency regulations will remain in effect until December 20, 2023."

Water sources have been affected since, according to Dorrington, "The City of Ventura is entirely dependent upon 100% local resources. The water supply portfolio includes Lake Casitas, Ventura River, and three groundwater basins. The recent rains have increased surface flows in the Ventura River, have begun to fill up reservoirs, and have been recharging groundwater basin.

"The City of Ventura was unable to utilize water from its Foster Park facilities due to sewage spills on the Ventura River and San Antonio Creek. Communications to the wells currently operating in the park were lost during the storm in addition to other minor equipment damage. As of January 18, 2023, operations at one of the wells has been restored."

"Yes, the City of Ventura is grateful for the recent rainstorms that have helped to alleviate drought conditions," according to Dorrington. "Per the California Drought Monitor, released January 12, 2023, the County of Ventura is currently experiencing Moderate Drought conditions. (https://droughtmonitor.unl.edu/data/pdf/current/current ca trd.pdf) Prior to the recent rainstorms, the County of Ventura, along with most of California, was experiencing severe drought to exceptional drought conditions. The California Drought Monitor notes that it focuses on broad-scale conditions and that local conditions may vary.

"At this time, single family residential properties in the City of Ventura are encouraged to voluntarily reduce water use by 20 %. Stricter measures, including implementing water shortage rates and mandatory outdoor watering restrictions, could go into effect if demand reductions are not achieved through voluntary efforts.

"As a reminder, the City of Ventura will continue to enforce water waste prohibitions, offer water efficiency programs/incentives, and pursue multi-benefit water supply projects, such as the 'State Water Interconnection Project' and the 'Ventura Water Pure Program.' Ventura Water extends its sincere appreciation to Ventura residents for their continued commitment to improved water efficiency as the State of California shifts towards 'making water conservation a California way of life.'"

"Climate is changing," according to Dorrington. "We've experienced a reminder of that change through the increased intensity of storm events that we've been having. Conservative water use will continue to be valuable when we see another period of no rainfall. Thus, it's important that we continue to use water wisely."

City of Ventura

COMMUNITY CLEANUP & RECYCLING DAY

Saturday ▪ February 4, 2023

765 S Seaward Ave - *Corner of S. Seaward Ave. & Alessandro Dr.*

Free Event for City of Ventura Residents Only

Preregistration required. Register here:
www.CityofVentura.ca.gov/ESevents

ACCEPTED:

- ✓ Electronic Waste
- ✓ Documents for Shredding (2 banker box limit)
- ✓ Tires (See drop-off instructions at registration)
- ✓ Trash/Yard Waste
- ✓ Household/ Garage Items

NOT ACCEPTED: Household Hazardous Waste

✗ Paint ✗ Chemicals ✗ Fluorescent Tubes & Bulbs

For more information, visit the registration page or call: 805-652-4525

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ENVIRONMENTAL SUSTAINABILITY
www.cityofventura.ca.gov

In compliance with the Americans with Disabilities Act, special needs can be met by calling 805-652-4525 or through the California Relay Service.

The swearing in of the Board of Directors executive committee was officiated by Breeze publisher Sheldon Brown. Photos by Patricia Schallert.

Olivas Adobe held their installation of docent volunteer board members

On Saturday, January 21, the Olivas Adobe held their annual celebration and installation of docent volunteer board members. Held at the Ventura Marina Park Clubhouse it featured happy hour and a wonderful dinner prepared by the docents. It was a time for fellowship with old friends and plans for the coming year.

The installation and swearing in of the 2023 Board of Directors executive committee was officiated by Breeze publisher Sheldon Brown. Sworn into service by him were returning Mary Thompson - President, returning Bob Sandler - Vice President, Marsha Brumana-Secretary and Glenda Jackson-Treasurer. Officers serve a one-year term.

Sheldon stated "It is now my pleasure to swear in the new board's elected officers."

"Please raise your right hand and repeat after me. I promise to conduct myself with dignity and decorum when representing the Olivas Adobe Historical Interpreters and the City of Ventura. I swear to uphold the By-Laws of the Olivas Adobe Historical Interpreters and to do my job as an elected officer to the best of my ability. "

He concluded by addressing the large crowd "it is now my pleasure to present to you the Olivas Adobe Historical Interpreters elected and installed officers for 2023. Thank you, everyone for attending tonight's Olivas Adobe swearing in ceremony and congratulations to the new board members."

Mary Thompson went on to say "I came to the Olivas for the first time with my 4th grade class from Arnaz Elementary School in Oak View. My sister was married at the Adobe in 1977. I have been a docent for many years and am honored to be your president. I am looking forward to once again serving as president and keeping the history of the Olivas Adobe alive."

The docents and board members perform a most valuable service of not only protecting the historic Olivas Adobe, but also keeping relevant by planning and staffing its many activities year-round. The docents are chiefly responsible for keeping alive the rancho's many seasons of history and celebrate the skills, traditions and heritage that belong to Ventura's many peoples.

The Board of the Olivas Adobe Historic Interpreters oversee the docent operations and ensures that they run smoothly and successfully. Thanks to the OAHI docents, the Olivas Adobe continues its long tradition of hospitality by hosting a full calendar of diverse cultural events for all ages including the very exciting the wonderful Adobe Music Under The Stars.

Zdeblick takes the reins from Gary K. Wilde, who retired after serving as President and CEO.

Community Memorial Health System welcomes new CEO, Mick Zdeblick

Community Memorial Health System's new President & Chief Executive Officer, Mick Zdeblick, officially stepped into his new role Monday, January 9. Zdeblick takes the reins from Gary K. Wilde, who retired after serving as President and CEO of the organization since 2004.

"I look forward to building on Community Memorial's reputation for advancing both the quality and delivery of healthcare in Ventura County," said Zdeblick. "My first few months will involve a lot of listening, learning, and cultivating relationships internally and externally. Then we'll create a strategic plan that addresses the needs of our organization and our community."

Prior to his arrival in Ventura, Zdeblick served as Chief Executive Officer of Asante Rogue Regional Medical Center in Medford, Oregon since 2017. In addition to overseeing the hospital's performance and protecting the system's profitability amidst COVID-19 financial challenges, Zdeblick led Asante's $500 million facility renovation and expansion master plan. He also has served as Chief Operating Officer at El Camino Hospital in Mountain View, California, Vice President of Campus Transformation, and Vice President of Hospital Operations at Rush University Medical Center in Chicago, Illinois.

"Mick comes to Community Memorial with a fantastic track record of success, he has the experience and vision to lead us into a successful future," said outgoing Board of Trustees Chair Richard R. Rush. "His leadership style, proven experience and innovative ideas will be assets as he takes on this role."

After spending much of his career working in healthcare in the East Coast, Midwest, and West Coast, Zdeblick is looking forward to the Southern California experience. "My wife and I love this part of California," said Zdeblick, who enjoys running on the beach and experiencing the local restaurant scene. "We are excited to immerse ourselves in this beautiful community and explore everything the area has to offer."

Community Memorial Health System is a not-for-profit health system comprised of two hospitals (Community Memorial Hospital in Ventura and Ojai Valley Community Hospital in Ojai), a skilled nursing facility, and a network of primary and specialty care clinics that serve communities throughout Ventura County, California. Visit https://www.cmhshealth.org.

Ventura River from the CA 150 Bridge between Oak View and Meiners Oaks. Just below the Ojai Raptor Center. Photo by Michaël Gordon.

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Hasan is sworn in by LAFCO clerk of the board, Richelle Beltran.

Hasan elected to Ventura LAFCO

Mohammed A. Hasan, a prominent community and business leader in Ventura County has been elected to the Ventura County Local Agency Formation Commission. The special districts in Ventura County elected him to be an alternate Commissioner.

The Ventura County LAFCo decides primarily boundary issues of the county, cities, and most special districts. Every county in California has a LAFCo. They implement state law requirements, state and local policies relating to boundary changes, including spheres of influence, incorporations, annexations, and reorganizations. More Information is available at ventura.lafco.ca.gov.

Hasan is well known as a tireless volunteer/leader in the community in the areas of environment, health, art, and youth. He is the founder and instructor of free community classes in Longevity, conversational Spanish, financial independence, and calligraphy. He currently the vice president of the non-profit organization, El Concilio FS, which serves the underserved community of farm workers and those in need of assistance for immigration and citizenship services. All the local newspapers have published an article or two about Hasan's passion for contribution to the community.

Hasan is the owner of a civil and environmental firm in Ventura. He was an engineer with the Ventura Regional Sanitation District, and the utilities superintendent of the City of Oxnard. He earned advanced degrees from the University of Iowa. He is Fellow two national professional societies, and Harris Fellow of the Rotary International. He authored a book on solving drought problems in California.

Hasan is a co-founder of OceanForesters. This Ventura start-up helps economically challenged coastal communities build and manage their own flexible floating fishing reefs. The complete ecosystem on the reefs restores ocean bounty and biodiversity. Hasan also served as the chief engineer and general manager of the bio-energy startup company, PODenergy, where he helped develop theories for the reduction of global carbon dioxide via ocean afforestation.

Hasan is a 48-year resident of Ventura. He and wife JoAnn have two adult daughters, Yasmin and Mishty.

The Bookmark

About Libraries and Friends

by Mary Olson

There has been a date change update to two special events coming up through the Ventura County Library. Program staff from Women's Economic Ventures (WEV) will join the Ventura County Library to lead a Financial Education Webinar titled "How to Navigate your Budget with Confidence and Purpose." This program will take place virtually via Zoom, and will be offered in English on Tuesday, February 28, and in Spanish on Wednesday, March 1.

Previously these events were scheduled for January 17 and 18; we apologize for the inconvenience.

This 75-minute workshop will help you to identify your financial priorities so you can manage your numbers and budget with confidence and purpose. This interactive session will be facilitated by Irene Kelly, WEV's Financial Education and Community Engagement Manager.

The program in English begins at 5:30 pm on Tuesday, February 28. To register, visit bit.ly/VCLWEV17 .

The program in Spanish begins at 5:30 pm on Wednesday, March 1. To register, visit bit.ly/VCLWEV18.

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

Micaela Ellis, teen author, will visit the Hill Road Library on Saturday, March 4th, at 11:00 am to deliver a presentation on her book, **Autism Over The Years**.

In her presentation, Micaela will share her experiences as a young adult navigating autism in today's world. She hopes to expand community perceptions and educate others on some of the challenges that autistic people may face, as well as share the many opportunities for growth that are available to children and young adults like her when their needs are respected, understood, and celebrated. This event is free and open to the public. For additional information, contact Linda Cherry, Hill Road Librarian, 805-677-7180.

Ventura Friends of the Library Bookstore in E.P. Foster Library is open Tuesday through Saturday, 11:00 am to 4:00 pm. AND, we are still able to keep the store open on Sundays, 1:30 to 4:00 pm in February.

We also invite you to visit our online bookstore for local sales https://venturafol-107753.square.site/s/shop. When you make a purchase there, you will receive an email letting you know when your order will be ready for pickup at the bookstore in E.P. Foster.

We also list some books and media for sale on Amazon. We receive donations of a wide variety of books and media and would welcome new volunteers who could research other specialized online selling platforms and help us with us setup and maintenance. Please contact bookstore@venturafriendsofthelibrary.org if you can help us navigate the ever-evolving online environment.

& By Your Side & Miles Ahead

Partnering with you to advance care, today and tomorrow.

For decades, Community Memorial Healthcare has been providing comprehensive, high-quality care to the people of Ventura County. It's a job we are proud to do. But for us, it's not enough. We believe in partnering with our patients — listening, evolving, and delivering more of what you want & need, now and in the future. More help & information. More compassion & commitment. More vision & support. We're continually assessing patient needs and responding with expanded programs, new services, and more ways to connect and navigate your care. So with Community Memorial Healthcare, you can expect more.

Community Memorial HEALTHCARE

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Senior Living

Even brisk walking can help reduce the chances of getting dementia.

Can I prevent dementia?

As you age, you may have concerns about the increased risk of dementia. You may have questions, too. Are there steps I can take to prevent it? Is there anything I can do to reduce my risk? There are currently no approaches that have been proven to effectively treat or prevent Alzheimer's disease and related dementias. However, as with many other diseases, there may be steps you can take to help reduce your risk.

A risk factor is something that may increase the chance of developing a disease. Some risk factors can be controlled while others cannot. For example, a person is not able to control their age, which is the greatest known risk factor for Alzheimer's and related dementias. Another uncontrollable risk factor is a person's genes. Genes are structures in our body's cells that are passed down from a person's birth parents. Changes in genes — even small changes — can cause diseases.

Race and gender are also factors that influence risk. Research shows that African Americans, American Indians, and Alaska Natives have the highest rates of dementia, and that risk factors may differ for women and men. Researchers are investigating what's behind these differences.

However, people do have control over their behavior and lifestyle, which can influence their risk for certain diseases. For example, high blood pressure is a major risk factor for heart disease. Lowering blood pressure with lifestyle changes or medication can help reduce a person's risk for heart disease and heart attack.

To determine which risk factors may prevent a disease or condition, researchers first conduct observational studies to make associations. They then conduct carefully controlled clinical trials.

For example, researchers identified an association between high blood pressure and heart attacks and then completed clinical trials to determine that lowering a person's blood pressure would indeed lower the likelihood of having a heart attack. This is not to say that people who lower their blood pressure definitely won't have a heart attack. But it significantly lowers the chances.

For Alzheimer's and related dementias, no behavior or lifestyle factors have risen to the level of researchers being able to say: This will definitely prevent these diseases. But there are promising avenues.

The number of older Americans is rising, so the number of people with dementia is predicted to increase. However, some studies have shown that incidence rates of dementia — meaning new cases in a population over a certain period of time — have decreased in some locations, including in the United States. Based on observational studies, factors such as healthy lifestyle behaviors and higher levels of education may be contributing to such a decline. But the cause and effect is uncertain, and such factors need to be tested in a clinical trial to prove whether they can prevent dementia.

A review of published research evaluated the evidence from clinical trials on behavior and lifestyle changes to prevent or delay Alzheimer's or age-related cognitive decline. The review found "encouraging but inconclusive" evidence for three types of behavioral changes (called interventions): physical activity, blood pressure control, and cognitive training. The findings mean that interventions in these areas are promising enough that researchers should keep studying them to learn more. Researchers continue to explore these and other interventions to determine whether — and in what amounts or forms — they might prevent dementia.

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Senior Living

"Grandma, besides vegetables try adding seafood and dairy to your diet."

Healthy Meal Planning: Tips for Older Adults

Eating healthfully and having an active lifestyle can support healthy aging.

Simple adjustments can go a long way toward building a healthier eating pattern. Follow these tips to get the most out of foods and beverages while meeting your nutrient needs and reducing the risk of disease:

Enjoy a variety of foods from each food group to help reduce the risk of developing diseases such as high blood pressure, diabetes, and heart disease. Choose foods with little to no added sugar, saturated fats, and sodium.

To get enough protein throughout the day and maintain muscle, try adding seafood, dairy, or fortified soy products along with beans, peas, and lentils to your meals. Learn more about protein and other important nutrients.

Add sliced or chopped fruits and vegetables to meals and snacks. Look for pre-cut varieties if slicing and chopping are a challenge for you.

Try foods fortified with vitamin B12, such as some cereals, or talk to your doctor about taking a B12 supplement. Learn more about key vitamins and minerals.

Reduce sodium intake by seasoning foods with herbs and citrus such as lemon juice.

Drink plenty of water throughout the day to help stay hydrated and aid in the digestion of food and absorption of nutrients. Avoid sugary drinks.

It can be hard for some people to follow through on smart food choices. Read about common roadblocks and how to overcome them and check out the USDA's tips for older adults.

Eating habits can change as we grow older. The USDA has developed Food Patterns to help people understand different ways they can eat healthy. The food patterns include:

Healthy U.S.-Style Eating Pattern: This is based on the types of foods Americans typically consume. The main types of food in this eating pattern include a variety of vegetables, fruits, whole grains, fat-free or low-fat dairy, seafood, poultry, and meat, as well as eggs, nuts, seeds, and soy products. Check out this sample menu to get started.

Healthy Mediterranean-Style Eating Pattern: This one contains more fruits and seafood and less dairy than the Healthy U.S.-Style Eating Pattern.

Healthy Vegetarian Eating Pattern: This pattern contains no meat, poultry, or seafood, but does contain fat-free or low-fat dairy. Compared with the Healthy U.S.-Style Eating Pattern, it contains more soy products, eggs, beans and peas, nuts and seeds, and whole grains.

Visit the USDA Food Patterns webpage for more information on each eating pattern and recommended daily intake amounts for each food group.

Use these tips to plan healthy and delicious meals:

Plan in advance. Meal planning takes the guesswork out of eating and can help ensure you eat a variety of nutritious foods throughout the day.

Find budget-friendly foods. Create a shopping list in advance to help stick to a budget and follow these SNAP-friendly recipes.

Consider preparation time. Some meals can be made in as little as five minutes. If you love cooking, or if you're preparing a meal with or for friends or family, you may want to try something a little more challenging.

Keep calories in mind. The number of calories people need each day varies by individual.

Always discuss your weight and fitness goals with your health care provider before making big changes. Read about calorie goals and healthy food swaps.

Much of the research on flavanols was based on observational studies.

Daily multivitamin may improve cognition in older adults

Alzheimer's disease and related dementias affect more than 46 million people worldwide. Safe and affordable treatments to prevent cognitive decline in older adults are urgently needed. In response to this need, certain dietary supplements have been touted as having protective effects on cognition.

Normal brain function requires various vitamins, minerals, and other nutrients. Deficiencies in these nutrients may increase the risk for cognitive decline and dementia with age. Yet clinical trials of individual nutrients' effects on cognition have yielded mixed results. Prior research suggests that flavanols in particular — compounds found in high levels in unprocessed cocoa — might benefit cognition.

Much of the research on flavanols was based on observational studies, rather than clinical trials. And previously, the effects of a multivitamin on cognition in older adults had been studied only in a few short clinical trials (less than 12 months) and a single longer trial that included older male physicians.

An NIH-funded research team led by Drs. Laura Baker and Mark Espeland at Wake Forest University School of Medicine aimed to fill the gaps in our understanding of these supplements' effects on cognition. They examined more than 2,200 participants, ages 65 and older, who enrolled in the study from August 2016 to August 2017. The participants' average age was 73.

Participants were given a cocoa extract supplement and/or a multivitamin-mineral supplement daily for three years, or an inactive placebo for comparison. They completed a battery of cognitive tests over the phone at the beginning of the study and once a year afterward. The researchers evaluated participants on global cognition (a wide range of cognitive measures), memory, and executive function (attention, planning, and organization). Results appeared in the journal Alzheimer's & Dementia on Sept. 14, 2022.

The team found no difference in global cognition between those who took cocoa extract and those who did not. But participants taking the multivitamin had higher global cognition scores than those who didn't. The improvement was most pronounced in those with a history of cardiovascular disease. Significant improvements with daily multivitamin use were also seen in memory and executive function. Cocoa extract had no effect on either.

The results suggest that a safe and affordable daily multivitamin-mineral supplement might improve cognition in older adults or protect cognitive health with age. Yet the researchers caution that the results, while promising, are still preliminary.

"It's too early to recommend daily multivitamin supplementation to prevent cognitive decline," Baker says. "While these preliminary findings are promising, additional research is needed in a larger and more diverse group of people. Also, we still have work to do to better understand why the multivitamin might benefit cognition in older adults."

— by Brian Doctrow, Ph.D.

This research was supported in part by NIA grant R01-AG050657.

Here's to a new, healthier year

Happy New Year! Looking for a way to stay on top of your health in 2023? Medicare covers many preventive and screening services. These services can help keep you from getting sick, and can help find health problems early when treatment is most likely to work best. Talk to your doctor about which ones might be right for you.

See What's Covered

If you have Original Medicare (Part A and/or Part B), sign in to your secure Medicare account to see a personalized list of current and upcoming preventive services. If you don't already have an account, it's free — and easy — to sign up.

If you're in a Medicare Advantage Plan, contact your plan for a list of covered preventive services. MA Plans must cover all the same preventive services as Original Medicare, and some may offer additional services.

Good news: Now people with Medicare Part D drug coverage will pay nothing out-of-pocket for even more vaccines, including the shingles vaccine, that are recommended by the Advisory Committee on Immunization Practices.

Here's to your health in the new year!

Sincerely,

The Medicare Team

Ventura events

The Ventura Senior Men's Group continues to meet for a social lunch and program at the Poinsettia Pavilion in Ventura on the first and third Tuesday each month. Men of all descriptions are always welcomed to stop in to sample our shenanigans. Lyle Hotzler at 805-341-9820 or Rick Follenweider at 650-520-1098 can supply details.

Wanna Play Bridge? Join us for ACBL sanctioned duplicate bridge games every Tues., Wed., and Thurs. at 12:30. All levels of play and we will guarantee to have a partner for you if you need one. Lessons are available. Contact: Richard 805-850-8011 or Rose 805-659-9223 or buckleyrose357@gmail.com. All Welcome.

January 23 and 30: Livingston's Grief and Bereavement Program is offering a free two-day Bereavement Skills Training Class. The class will provide the participant with information on grief and loss, dispel the myths and misconceptions about grief, and teach key components of companioning someone grieving the death of a loved one. Classes are held on Monday, January 23 and January 30 from 5:00 to 7:00 pm at 400 Rosewood Ave, Suite 102 Camarillo. Space is limited. Registration required. For more information or to register, please call 805-389-6870 or visit lmvna.org/grief.

January 25: The College Area Community Council in Ventura, will be holding a Zoom meeting on Wednesday at 7pm. At this meeting members from the Maple Court development project will be speaking. An invitation and link to the meeting will be sent to everyone on the CACC mailing list. Visit the College Area Community Council website @ https://caccventura.com to learn more, to be added to the mailing list or to access a link to the Zoom meeting."

February 4: Sespe Fly Fishers of Ventura will be conducting our monthly "First Saturday" introductory Fly Rod Casting and Intro to Fly Fishing clinic. There is no charge and all are welcome. Whether you are an experienced fly fisher or a complete novice we want to help you improve your casting and learn to enjoy this great sport. If you don't yet have a fly rod, don't worry, just come and use one of ours. Chumash Park, Petit and Waco, 9:00 to 11:00 am, in East Ventura, off Telephone Rd. For everyone's safety we ask all those attending to please comply with any current recommendations by the Ventura County Health Department. For more information: Casting Program Coordinator Thomas Hall (805) 377-5249 www.sespeflyfishers.org

February 5: Old-Time Country Bluegrass Gospel Music Assoc. Sunday, 2:00 - 4:00, Poinsettia Pavilion 3451 Foothill Rd. Live Music on stage. Jamming in the Canada Room. Free Admission. Free parking Open to the Public. For more information call 805-517-1131 or visit Facebook: OTCBGMA

February 5. Open house tours of the 1892 Dudley Historic House Museum will take place on Sunday, 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) in Ventura.

For information please call (805) 642-3345 or visit the website at dudleyhouse.org

February 25: On Saturday,the Ventura County Handweavers and Spinners Guild (VCHSG) will hold their general meeting from 9:30 a.m. to 10:30 a.m. at Pleasant Valley Senior Center, 1605 Burnley Street, Camarillo. Following the general meeting, a Live Zoom meeting will be held from 10:30 - 12:00 a.m. featuring Josefin Waltin – Swedish spinner. She will discuss her Twist Model for spinning which involves the philosophical as well as physical aspects of spinning yarn.

March 18-19: The U.S. Navy Flight Demonstration Squadron, the Blue Angels, will be joined by the U.S. Air Force Demonstration Squadron, the Thunderbirds, as co-headliners for the 2023 Point Mugu Air Show at Naval Base Ventura County (NBVC), Point Mugu. "We are excited to bring air shows back to Point Mugu," said Robert "Barr" Kimnach III, commanding officer, NBVC. "This family friendly event will offer a historic and unique opportunity to showcase two of our military's top demonstration teams together, the Navy Blue Angels and the Air Force Thunderbirds."

Ojai news and events

Offering neighbors, collectors and the curious a rare opportunity to experience world-class artwork in the spaces where it's made. Studios across the Ojai Valley will open to the public in neighborhood-specific tours on the second Saturday of every month from February through August.

Painters, sculptors, potters, weavers, printmakers, glass artists, jewelers and apparel makers are participating in the Ojai Studio Artists (OSA) Second Saturday program, kicking off on February 11 with eleven artists in and around the Oakview area opening their doors.

Unlike the October tour, a three-day extravaganza in which more than 70 OSA artists open their doors, Second Saturdays offer a more casual and intimate opportunity to see Ojai artists at work. Crowds are smaller and artists are more available to meet and talk.

"Second Saturdays are the best-kept secret of the local arts scene," says Linda Taylor, OSA's president. "There's no way to see everything in the October tour - there's just too much ground to cover. By breaking up the artists into smaller neighborhoods, Second Saturdays gives you a chance to take your time and really appreciate the incredible array of artwork being made here."

The February Oakview lineup includes landscape painter Shahastra Levy, painter of fantastical dreamscapes of the Ojai valley, Carlos Grasso, maker of gorgeous mystical abstractions and famed fashion printmaker Leslie Plimpton.

The March event features 14 artists from the East Side of the Valley, followed in April by a Downtown group, the Arbolada in May, Mira Monte in June, the West End in July and Meiners Oaks in August. Check the OSA website for a full list of participating artists.

Ojai Studio Artists supports community education that promotes art awareness, preparing the next generation of artists, and celebrating the importance of the arts within the region. To date, OSA has given more than $200,000 in art scholarships. It also purchases art books for local libraries, partners with schools in teaching classes and mentoring students, and supports public art projects and other community programs.

For more information and a full list of artists, see the OSA website: www.ojaistudioartists.org.

On Sunday evening, February 5, from 4:00 to 7:00 p.m., Ojai author and naturalist Lanny Kaufer will lead a Full Moon Sunset Nature Hike to vista point above the Ojai Valley where his group can watch the near-simultaneous sunset and moonrise.

Kaufer's group will meet at the trailhead at 3:45 p.m. for a 4:00 p.m. start, then gradually hike about 1.5 miles to the viewing site, experiencing some elevation gain on a well-worn, dirt fire road with uneven footing in places. Along the way they'll stop to meet some valuable edible and medicinal plants, including Black and Purple Sage, Blue Elderberry, Coastal Sagebrush, Horehound, and Toyon. They will also identify Poison Oak.

After witnessing the sunset and moonrise, they'll walk back to the trailhead by remaining daylight, moonlight, and flashlight, returning to the trailhead by 7:00 p.m. Kaufer will have copies of his book, Medicinal Herbs of California,for sale and signing before and after the hike.

Light rain will not cancel. Heavy rain or chance of thunderstorms will cancel the hike. No dogs or smoking, please.

The cost for the hike is $35/person. Senior, student and child discounts are available by request. Paid registrants will receive a confirmation email a few days prior to the event with all necessary info, including what to bring, weather forecast, and directions to the trailhead. Afterwards, they will receive a follow-up email with a list of all plants and wildlife seen. Register now at HerbWalks.com or by calling 805-646-6281.

Brett Reed is Ventura's Fire Marshal
Continued from page 1

code requirements for new construction. I was also responsible for performing plan reviews for permit applications for fire protection systems and new construction. In 2020, I promoted to Fire Prevention Supervisor where I was responsible for supervising our fire inspectors and hazardous materials inspectors. I also oversaw the fire prevention permitting process and plan review processes.

Q. How is one selected to be fire marshal?

A. The selection process for fire marshal is an application and interview process. As with everything, there are many different paths to becoming a Fire Marshal, however, the qualifications and experience needed are similar among differing agencies and cities. Fire Marshals typically start their career as either a Fire Inspector or Firefighter and promote through the ranks in either Fire Operations or Fire Prevention.

Q. What are the duties of fire marshal?

A. It is the Fire Marshal's responsibility, as the Fire Prevention Division Manager, to oversee the community risk reduction programs of the division including the development fire plan review and inspection, hazardous materials enforcement, occupancy inspections, defensible space inspections, fire review for special events, and fire operations support programs. Essentially, any program that addresses fire prevention, the Fire Marshal has a hand in overseeing and related experience is always valuable.

Q. The phrase "The fire Marshall is going to shut you down" is well known. Can you shut down a business and/or music venue?

A. The California Fire Code authorizes the Fire Marshal to take certain steps when it is determined that fire code violations exist. If a facility is overcrowded the fire code states that fire code officials "shall be authorized to cause the event to be stopped until such condition or obstruction is corrected." If a facility, or building is determined to be unsafe as described in the fire code, we are authorized to evacuate the building and take other steps to assure the condition is made safe. Our intent would be to correct unsafe or life-threatening situations and not to shut the business down.

Q. What happens if they refuse to shut down?

A. If a facility refuses to cooperate with the orders of the fire department, we will request assistance from law enforcement to assist in our efforts.

For further information contact the Fire Prevention Division at 805-658-4717. Contact Fire Marshal Brett Reed directly at breed@cityofventura.ca.gov.

The Pet Page

Dedicated to Scamp

■ SPAN Thrift Store is open to the public and looking for donations of adult clothing, household items and tools. SPAN Thrift Store provides $10 spay and neuter clinics for low income households for cats and dogs. Upcoming clinics: Tues, Feb. 7th, Albert H. Soliz Library parking lot, El Rio, 2820 Jourdan St., Oxnard, 93036; Tues., Feb. 14th, Shiells Park parking lot, 649 C St., Fillmore, 93015, and Tues., Feb. 28th, SPAN Thrift Store parking lot, 110 N. Olive St., Ventura. Please call to schedule an appointment (805) 584-3823. www.spanonline.org.

■ Researchers from the University of Helsinki assessed the cognitive abilities of over 1,000 dogs from 13 breeds with ten tests. Border Collies scored at or near the top in social cognition, inhibitory control, and spatial problem-solving ability, while Labrador Retrievers scored near the bottom. While prior research has shown that a dog's breed isn't as predictive of its personality and behavior as many think, the present study suggests that there are noteworthy differences in certain cognitive abilities.

Researchers at the University of Helsinki in Finland put over 1,000 dogs from 13 distinct breeds through a battery of cognitive tests in perhaps the largest laboratory study of canine intelligence ever conducted. Their findings were recently published in the journal Scientific Reports.

Between March 2016 and February 2022, the researcers invited dog owners to bring their one- to eight-year-old pups into a large indoor field to undergo the smartDOG test battery, which was developed by study author Katriina Tiira.

smartDOG features ten separate tests that measure traits like activity level, exploratory behavior, inhibitory control, problem-solving ability, logical reasoning, and short-term memory. In one assessment, which measures social cognition, the owner is instructed to gesture toward a bowl which contains food using different prescribed gestures ranging from emphatic pointing to a simple gaze to see if the dog will understand its caretaker's hints. In another, a test of logical reasoning, the dog is shown two upside down bowls and a treat, then a visual barrier is placed between the dog and the bowls. The human tester then places the treat in one of the bowls, removes the visual barrier, then lifts up the empty bowl. If the dog correctly reasons that the treat is under the other bowl by moving to it, it is given the treat.

Thirteen breeds, all medium to large in size, each with at least 40 individuals, were assessed. Included were the Border Collie, Belgian Malinois, English Cocker Spaniel, German Shepherd, Golden Retriever, Labrador Retriever, and the broad category of "mixed breed," among a few others.

No differences emerged between the breeds in measures of short-term memory and logical reasoning, but differences were found in the categories of social cognition, inhibitory control, and spatial problem-solving ability. At or near the top in all these categories were Border Collies. The medium-sized herding dogs already have a reputation as brainy pooches. Many are capable of learning the names of dozens of objects and can follow detailed commands.

Labrador Retrievers, on the other hand, scored near the bottom of all the breeds in problem-solving ability and inhibitory control. The most popular breed in the U.S., Labradors are lovable, loyal, friendly, and trainable, but not generally considered to be the brightest.

Mixed breed dogs scored near the bottom in social cognition and spatial problem-solving ability, but scored well in inhibitory control, the ability to restrain themselves from performing a behavior that is ineffective but used to be beneficial, effectively testing whether they can alter strategies on-the-fly to attain treats.

There was one glaring limitation to this study of dog intelligence.

"There is a possibility that the differences seen in our study were not based on genetic differences between breeds but rather due to variation in life experiences or training, since these have also been found to influence behavior in cognitive tests," the researchers wrote. The large sample size should have helped to smooth out this variability, however.

While prior research has shown that a dog's breed isn't as predictive of its personality and behavior as many think, the present study suggests that there are noteworthy differences in certain cognitive abilities.

■ An international team decided to investigate the purpose of the dog's tail after studies showed that numerous animals from lizards to squirrels used their tails to pull off impressive maneuvers, such as righting themselves mid-air when falling from trees.

While cats don't need a tail to flip themselves over and land on their feet, they do use their tails for balance and as counterweights to perform extreme hunting moves in the wild, including rapid, tight turns to keep up with their prey.

With dogs more inclined to stay on the ground, scientists were unclear whether the animals' tails helped with agile movements or primarily served as waggable communication devices, and/or to fend off unwanted visitors such as flies.

To learn more, Dr Ardian Jusufi – who studies animal locomotion at the Max Planck Institute for Intelligent Systems in Stuttgart – and his colleagues built a mathematical model that allowed them to check what happens when dogs twist and turn their torsos, and move their legs and tails, when they bound into the air.

Their conclusions appear in a preprint titled: "Tail wags the dog is unsupported by biomechanical modelling of Canidae tails use during terrestrial motion." In the paper, which has not been peer-reviewed, the researchers describe how the modelling showed tail movements made almost no difference to a dog's trajectory when it leapt into the air.

The finding suggests that tails are not as critical for agile movements in dogs as they are for other animals. Moving the tail mid-jump, the researchers found, changed the dog's trajectory by a mere fraction of a degree.

Across the dog family, "It appears the inertial impacts that tail movement has on complex maneuvers such as jumping, have little to no effect," the authors write. "The utilizing of the tail during jumping ... achieves very low amounts of center of mass movement across all species with the largest being under a single degree."

"We believe that this implies that dogs utilize their tails for other means, such as communication and pest control, but not for agility in maneuvers," they add.

Dogs notice when computer animations violate Newton's laws of physics

Dogs seem to understand the basic way objects should behave, and stare for longer if animated balls violate expectations by rolling away for no obvious reason

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Scamp Club

(Scampclub pets are not for adoption.)

Paige Turner is my lucky charm. When a friend gifted her to me a few years back, I named her Paige Turner and told her to get me a publisher for a book I'd been trying to sell for years. Just four months later, I got a deal with McFarland Publishers for "I'm Not Single I Have a Dog: Dating Tales From The Bark Side." Lucky, indeed!

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.

Forever homes wanted

Hi: I'm Rico, a handsome and sweet 5 1/2-year-old Husky in need of a new home as I didn't get along with the other dog in the home. I'm a big boy who is very energetic and needs daily exercise and play time. I'd make a great running buddy as I love to run with the volunteers who take me out. I am strong and tend to pull a bit as I'm so excited to be out and about exploring. I'm a little reactive to other dogs at the kennel, but not bad with neighboring dogs or on walks with other dogs. If you're interested in meeting me, please fill out an online application. Canine Adoption and Rescue League C.A.R.L.

Zsa Zsa is a gorgeous, intelligent 6-year-old blue pit. Her foster dad tells us she is completely house & crate trained, quiet, & cuddly. He has worked with her on both agility and obedience training - both of which she excels at! Zsa Zsa loves people and is all in all an affectionate, attentive girl. Her foster parents have done an incredible job setting her up for success, but we need to find her a permanent home! (A798710)

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.

Body Found in Riverbed

On January 9, at approximately 9:00 pm, a male reporting party called 9-1-1 and spoke to the Ventura Police Department Communications Center. The male said that his female friend, later identified as 35-year-old Christina Lorenzen, was in the Santa Clara Riverbed, yelling for help as flood waters were rising. Ventura Police Communications transferred the call to the Ventura County Fire Department Dispatch Center so that a rescue effort could be launched.

Ventura County Fire Dispatch initiated a swift water rescue effort, using several resources from the Ventura County Fire Department, the Ventura City Fire Department, and the Ventura County Sheriff's Department, including a Search and Rescue team and a helicopter. The rescue resources were unable to locate Lorenzen during their effort. The focus of the search was in the Santa Clara Riverbed in the area of Auto Center Drive and Ventura Road in the City of Ventura.

On January 10, at approximately 6:30 pm, the same caller from the previous evening called the Ventura Police Department Communications Center and indicated that he had found Lorenzen deceased in the riverbed. Ventura Police Department patrol officers responded to the caller's location and located Lorenzen in a small wooden structure in the riverbed. Lorenzen appeared to have drowned while inside that structure. It appeared that Lorenzen was also living inside of the makeshift structure. The Ventura County Medical Examiner's Office was notified, and they responded to conduct their own investigation.

During rain events, flooding often occurs in both the Santa Clara and Ventura Rivers, making the areas unsafe. The Ventura Police and other public safety agencies encourage anyone living in or frequenting these areas to evacuate during foul weather and seek shelter and services. For the upcoming rain event expected to begin on Saturday, January 14, the County of Ventura is opening a temporary shelter at the Ventura County Fairgrounds, located at 10 W. Harbor Blvd. in Ventura. The temporary shelter will be open from Friday, January 13, through Tuesday, January 17. This shelter is open to anyone in need, but primarily focuses on providing temporary shelter for the homeless population of Oxnard and Ventura.

Additional weather information is available through The Ventura County Office of Emergency Services: www.VCEmergency.com. The community can also stay informed of critical incident updates in their area by registering at www.VCAlert.org.

Felony Vandalism

On January 13, at approximately 4:00 am, an alert passerby informed a Ventura Police Patrol Officer that two subjects were vandalizing a wall on Victoria Avenue in between the northbound and southbound lanes of the 101 Freeway. Officers responded to that area and found two subjects standing on an elevated ledge, spray painting graffiti on a wall on the west side of Victoria Avenue in between the northbound and southbound lanes of the 101 Freeway.

As officers were arriving, one suspect fled on foot onto the 101 Freeway. The second subject, later identified as 26-year-old Ventura resident Jacob Summitt, was unable to flee and became stranded on the elevated ledge. Summitt refused to come down from the ledge for several hours as officers attempted to talk him down.

At one point, Summitt threatened to jump off the ledge in an effort hurt himself. A Ventura Police Crisis Negotiations Team Member responded to the scene and attempted to talk with him, but Summitt continued to refuse to come down. At approximately 0819 hours, Summitt indicated that he wanted to come down off the ledge.

The Ventura Fire Department provided a ladder and Summitt climbed down from the ledge. He was arrested for felony vandalism and transported to the Ventura County Jail.

The damage to the wall was estimated to be several thousands of dollars. Traffic was moderately affected on Victoria Avenue during this event.

Fatal Traffic Collision

On January 13, at approximately 7:00 pm, the Ventura Police Department Command Center received a call regarding a single vehicle rollover collision in the 7200 block of Bristol Rd. Upon arrival, the vehicle was located on it's side into a tree and the female driver had been ejected. Lifesaving measures were attempted at the scene, however, the driver had succumbed to her injuries.

Witnesses to the collision said the vehicle was driving erratically at a high rate of speed before losing control while attempting to pass vehicles on the wrong side of the road. The vehicle then struck a tree and wall in the area.

The investigation into this collision is still ongoing and any witnesses are encouraged to contact Traffic Collision Investigator Kyle Halverson at 805-477-3767.

Harbor Patrol Blotter

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

Wednes 1/04
6:17am, observed Weather Service issued a Gale Warning, raised pennants.
8:28am, dispatched to traumatic injury in the Ventura Marina Community. Officers responded with AMR/VFD to a 76 y/o female with a fractured leg. After assessment/treatment, patient transported to local hospital by AMR.
Thursday 1/05
12pm-7:54pm, received reports of docks breaking in the keys, vessels adrift. Officers worked with TowBoat US towing broken docks to the launch ramp and adrift vessels to vacant slips in harbor marinas. Eight damaged docks were eventually towed to the launch ramp for destruction. Ten vessels were towed to slips throughout the harbor and many more vessels moved on their own. A giant, intense West swell, one of the largest in years, coupled with a minus tide exasperating the incoming surges, destroyed older docks without pilings.
10:07pm, dispatched to a broken dock at Seahorse Ave in the keys. Officers responded in Rescue B19, were able to access the dock and secure it with lines.
Friday 1/06
6:00am, received request for assistance with a broken dock gangway in danger of colliding with a vessel at Bayshore finger of the keys. Officers responded in Rescue B19 and were able to secure the broken ramp so it was no longer in danger of damaging vessels in the area.
7:15am, received request for entrance conditions for a 100ft crew boat attempting to exit the harbor. Officers advised that 10-15ft waves were still closing out the entrance and convinced the captain to postpone voyage.
2:33pm, while on patrol in truck, observed Major Engineering dismantling broken docks at the launch ramp from the surge/swell event from yesterday.
Saturday 1/07
8:45am, while on patrol in Rescue B19, officers removed several Hazards to Navigation throughout the harbor, mainly floating pieces of broken docks.
11:03am, dispatched to Ocean Rescue at Bangor Lane, Pierpont Beach. Officers responded in Rescue B19, swimmer in distress was assisted safely to the shore.
1:55pm, received report of a large log adrift in the entrance. Officers responded in the Fireboat and found a pier piling adrift. It was taken en tow to the launch ramp and removed for destruction.
Sunday 1/08
11:16am, received a request for a tow from the skipper of a 40ft trawler in the keys. Arranged a tow for the vessel with TowBoat US.
Monday 1/09
8:55am, dispatched to an Ocean Rescue at the Ventura Pier. Officers responded in the Fireboat, victim was safely assisted to shore.
6:05pm, dispatched to flooding at the Holiday Inn Express/Navigator. Officers responded in truck, assessed drains failing. Barricades placed to close the area.

SEEAG Kicks Off "Bus Bucks" Agricultural Education Fundraising Campaign

Each year, elementary school students travel by bus to take part in Students for Eco-Education and Agriculture's (SEEAG) Farm Lab at Petty Ranch in Saticoy and Allan Hancock College's Demonstration Orchard in Santa Maria to learn about the farm origins of their food. The program is offered free to schools including most of the school bus transportation costs. SEEAG is launching its "Bus Bucks" fundraiser to fully offset school bus expenses so that its field trips are 100% cost-free.

Now through June 30, funds raised will enable thousands of Ventura, Los Angeles and Santa Barbara county students to travel from their schools to one of SEEAG's Farm Lab locations at no cost.

The goal is to raise $20,000. "Transportation is one of the main reasons schools don't go on field trips," says Mary Maranville, founder and CEO of SEEAG. "We give each school $250 per bus, which pays for most if not all of the school's bus costs. If we raise enough funds we can make each bus ride 100% free. We couldn't do this without the generous support from the community."

In 2022, SEEAG educated 2,558 students about local agricultural sciences during 56 field trips to its two Farm Lab locations. Many students who attend are low-income, Title 1 students.

To make a Bus Bucks donation, go to www.seeag.org/busbucks. For more about SEEAG's ag education programs, go to www.seeag.org.

Founded in 2008, Students for Eco-Education and Agriculture (SEEAG) is a nonprofit organization that aims to help young students understand the origins of their food by bridging the gap between agriculture and consumption through its agricultural education programming. SEEAG's "The Farm Lab" program teaches schoolchildren about the origins of their food and the importance of local farmland by providing schools with classroom agricultural education and free field trips to farms. Through this and other SEEAG programs, over 100,000 elementary school students in Central and Southern California have increased their understanding of the food journey. For more information, visit www.seeag.org or email Mary Maranville at mary@seeag.org.

Students asking questions regarding Ventura County agriculture.

Weekly SUDOKU

Answer

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

King Crossword

Answers

Solution time: 22 mins.

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

by Pam Baumgardner
VenturaRocks.com

As of press time, tickets were still available for the Perla Batalla's second concert at the Beatice Wood Center for the Arts on Saturday, February 11 (Friday's show sold out). You can expect selections from Perla's original Mestiza song cycle, her one-woman Frida Kahlo show, the Great American Songbook Spanish language classics, new original work and several selections of Perla's arrangements of Leonard Cohen songs. Ticket information can be found on the venue website at BeaticeWood.com.

Traveling through town on what they're calling "Kick Up Your Boots" tour will be three solo female singer/songwriters, Thea, the Band (San Diego), Micah Justice (Inland Empire), and Katie Leigh (Ventura). They'll make two stops locally, one at the Ojai Valley Brewing on Friday, January 27 and then again at Topa Topa Brewing on Colt Street here in Ventura on Saturday, January 28.

The Ojai Underground hosts the Refugees on Saturday, January 28 featuring a trio of artists including, Cindy Bullens who toured with Elton John and was nominated for two Grammy awards, Deborah Holland from Animal Logic (Stanley Clarke, Stewart Copeland), and Wendy Waldman co-writer of Vanessa Williams' No. 1 hit, "Save the Best for Last." You can get ticket information at OjaiUndergroundExchange.com.

Skull & Roses returns to Ventura in spring over the week of April 19 through 23 at the Ventura County Fairgrounds with Phil Lesh & Friends playing the two final days. Other performers include Melvin Seals & JGB, Dark Star Orchestra, Oteil & Friends, Jerry's Middle Finger, local favorites, Shaky Feelin' and so much more! You can find everything you need from passes to lodging and camping information at the official website SkullAndRoses.com.

And in case you hadn't heard, the Strawberry Festival returns this spring, May 20 – 21, in a new location at the Ventura Fairgrounds. Live music is a big part of this event and this year they will have three stages going all day both days including a battle of the bands contest. The official website hasn't listed any bands yet, but I noticed that Stage #3 is presented by Rock City Studios out of Camarillo with this stage featuring students of all ages and skill levels. I love that!! You can keep in the know at CaStrawberryFestival.org.

Quick Notes: Lucas MacFadden, better known as Cut Chemist (former member of Jurassic 5 and Ozomatli) plays the Ventura Music Hall on Thursday, January 26; catch Dreamland, a celebration of Joni Mitchell featuring Kimberly Ford on Saturday, January 28 at the Grape; Raging Arb and Friends play the Garage on Saturday, January 28; Guy Martin plays The Twist on Saturday, January 28; The Refugees play the Ojai Underground on Saturday, January 28;

Cadillac Zack presents Chris Cain at Cantara Winery on Friday, February 3; French Blues singer/guitarist plays Namba on Saturday, February 4; Katie Skene Band plays the Deer Lodge, on Saturday, February 4; and tickets for Ugly Kid Joe on May 5 at the Ventura Theater have gone on sale.

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, and for updated music listings daily, go to www.VenturaRocks.com.

Music Calendar

For more listings, additional times and genres go to VenturaRocks.com

Boatyard Pub
1583 Spinnaker Dr., Ventura
Wednesdays: Frank Barajas
Thursdays: Jim Friery; Bluegrass Jam
Fri 1/27: Mack and D
Sat 1/28: Guy and Dave
Fri 2/3: Teresa Russell & Stephen Geyer

Cantara Cellars
126 N. Wood Rd., Camarillo
Fri 1/27: Slogan Acoustic
Sat 1/28: The Renegades
Fri 2/3: Chris Cain

The Cave
4435 McGrath St., Ventura
Wed & Thurs: Bobby Apostol
Fri & Sat: Warren Takahashi

Copa Cubana
Ventura Harbor Village
Tuesdays: Blues Tuesdays
Thursdays: Glenn Bennet

Copper Blues
591 Collection Blvd., Oxnard
Fri 1/27: Pull the Trigger
Sat 1/28: Jayden Secor (11 am); Los Amigos (7 pm)

Deer Lodge
2261 Maricopa Hwy., Ojai
Thurs 1/26: David Longstreth
Sun 1/29: Bluegrass Bottom Feeders
Sat 2/4: Katie Skene Band, Scott Hirsch

El Rey Cantina
2302 Ventura Blvd., Camarillo
Sat 1/28: Vinyl Gypsies

Four Brix
2290 Eastman Ave., Ventura
Sun 1/29: Epitome of Dreams
Fri 2/3: Heathers on Fire
Sun 2/5: Theresa Russell & Stephen Geyer

The Garage
1091 Scandia Ave., Ventura
Sat 1/28: Raging Arb and Friends
Sat 2/4: Hurricane Sugar, the Ooo Wee Oos

The Grape
2733 E. Main St., Ventura
Tues: The Gratitude Jazz Jam
Thurs Happy Hour: Tom Etchart & Friends
Fri Happy Hour: Fred Kaplan
Thurs 1/26: Doug MacDonald Trio
Fri 1/27: Plotz!
Sat 1/28: Dreamland – a Celebration of Joni Mitchell
Thurs 2/2: The Art Farmers
Sat 2/4: The Lao Tizer Band

Keynote Lounge
10245 Telephone Rd., Ventura
Thursdays: Open Mic
Fri 1/27: Heathers on Fire

Leashless Brewing
585 E. Thompson Blvd., Ventura
Fri 1/27: Jacob Martinez & the Good Vibes
Sat 1/28: Blues Bullet
Sun 1/29: Boom Duo

Manhattan
5800 Santa Rosa Rd., Camarillo
Wed 1/25: Richard Weiss
Fri 1/27: Tour Support
Sat 1/28: Lisa Ritner
Fri 2/3: Jeanne Tatum Trio
Sat 2/4: Lisa Ritner

Mrs. Olson's
2800 Harbor Blvd., Oxnard
Sun 1/29: Teresa Russell, Stephen Geyer, Coco Roussel & Mama Pat
Sat 2/4: Futura, Boilerman, The Losers, Crucial Thought, Neurotics

Namba Arts
47 S. Oak St., Ventura
Fri 1/27: The Listening Room Redux
Sat 2/4: Franck Goldwasser

Ojai Underground
616 Pearl St., Ojai
Fri 1/27: Lola Quinn w/ Melia Rigsby
Sat 1/28: The Refugees

Onyx Bistro
2390 Las Posas Rd., Camarillo
Fri 1/27: Vinny Berry
Sat 1/28: Fred Kaplan Trio

Orozco's de Ventura
839 E. Front St., Ventura
Saturdays: V.I.P.

Ox and Ocean
2101 Mandalay Beach Rd., Oxnard
Thurs 1/26: Jayden Secor
Fri 1/27: Jayden Secor

Oxnard Performing Arts Center
800 Hobson Way, Oxnard
Sat 1/28: Led Zepagain, Prima Donna Rising
Sat 2/4: Prince Again

Peirano's on the Terrazzo
204 E. Main St., Ventura
Sat 1/28: Mack and D
Sun 1/29: Jayden Secor

The Raven Tavern
1651 S. Victoria Ave., Oxnard
Fri 1/27: On Tap
Sat 1/28: Rewind

San Souci
21 S. Chestnut St., Ventura
Sat 1/28: Char Band

Topa Topa Brewing
4880 Colt St., Ventura
Sat 1/28: Thea the Band, Micah Justic, Katie Leigh
Sun 2/5: The Trivle Omdobble

Topa Topa Brewing
104 E. Thompson Blvd., Ventura
Wed 2/1: Davey Miller Jazz

The Twist on Main
454 E. Main St., Ventura
Thursdays: Davey Miller Trio
Fri 1/27: Brobots
Sat 1/28: Dive Bar Steve (2 pm); Guy Martin (8 pm)
Sun 1/29: Jetlemons (11 am); Shawn Jones (3 pm)

Vaquero y Mar
435 E. Thompson Blvd., Ventura
Sundays: Mariachi
Tuesdays: The Sea Hunter
Wednesdays: Tribal Me
Fridays: Conjunto Zacamandu de Tomas Herrera

Ventura Music Hall
1888 E. Thompson Blvd., Ventura
Thurs 1/26: Cut Chemist
Sat 1/28: MacSabbath, Dead Heat, 45 Grave
Thurs 2/2: The Wood Brothers, Taylor Ashton

The Vine
308 E. Ojai Ave., Ojai
Saturdays: Smitty and Julija and Friends
Fri 1/27: Tom Collins
Fri 2/3: Ray Jaurique

Winchesters
632 E. Main St., Ventura
Music Thurs 5:30; Fri 7 pm; Sat 2 pm; Sun 3 pm
Thurs 1/26: The Pipes
Fri 1/27: Medicine Hat (acoustic)
Sat 1/28: Steve and Sally Williams
Sun 1/29: Delta by the Beach
Thurs 2/2: Milo Sledge
Fri 2/3: LA Jazz Connection
Sat 2/4: Teresa Russell
Sun 2/5: Karen Eden & the Bad Apples
Tues 2/7: Open mic w/ Jenna Rose

1901 Speakeasy
740 S. B St., Oxnard
Thurs 1/26: Mack and D
Fri 1/27: Teresa Russell & Stephen Geyer
Sat 2/4: RJ Mischo

Shawn Jones performed at Namba Performing Arts on Saturday, January 21, 2023.

Ventura Music Scene

Beginning February 2, 2023, the Channel Islands Maritime Museum (CIMM) will be presenting its latest pop-up exhibition featuring the incredible artwork of **Marie McKenzie**.

Ojai-based artist Marie McKenzie places sustainability at the heart of her practice. Using salvaged wood and other earth-friendly materials, McKenzie creates abstract and figurative representations of marine flora and fauna with loving detail.

The Marie McKenzie exhibit will run through May 30, 2023. Entrance to the exhibit is included in the price of admission to CIMM.

Buenaventura Art Association's Plein-air Open Competition is at Studio 99 at Bell Arts Factory, 432 N. Ventura Ave., Ventura, and will run through Feb. 25.

The exhibition will feature original works by local artists–both BAA members and nonmembers–who venture from their studios to stalk inspiration and creativity in the world outdoors. Concurrently, a small solo show will highlight a selection of BAA member **Laura Jespersen**'s acrylic plein-air paintings.

The Studio 99 gallery is open noon-4 p.m. Fridays and Saturdays.

BAA, a grassroots Ventura arts group founded in 1954, also has an outlet at Harbor Village Gallery & Gifts and a display at SpiceTopia, a Main Street retail store.

Normal operating hours at Harbor Village Gallery & Gifts are 11 a.m.-6 p.m. seven days a week. The shop is at 1559 Spinnaker Drive, Suite 106, in Ventura Harbor.

The Ventura Pottery Gallery will host a one-day Valentine ceramic exhibit on Saturday, February 11 from 11am – 5pm. The gallery is located at 1567 Spinnaker Drive, Suite 105 in the Ventura Harbor Village. The exhibit will feature a wide range of handcrafted ceramic pieces from over 40 local potters.

In addition to finding a perfect gift for your Valentine, attendees can register and be entered into a drawing for an elegant, heart wall-hanging donated by gallery artist **Gayle Bentley Swanson**. The drawing will be held on February 11 at 5pm. The winner will be notified and does not need to be present. No purchase required.

More information can be found at http://venturapottersguild.org and you can also visit our online store at www.venturapotteryonline.com.

Ventura Art Scene

Non-Profit Leader of the Year – Elena Brokaw.

Ventura County Leadership Academy announces 2023 honorees

Six outstanding community leaders will be honored for their contributions to our community by the Ventura County Leadership Academy (VCLA) on Thursday, April 27, 2023.

· Business Leader of the Year – Bruce Stenslie, President & CEO, Economic Development Collaborative (EDC)

· Educational Leader of the Year – Dr. Julius O. Sokenu, President, Moorpark College

· Non-Profit Leader of the Year – Elena Brokaw, Executive Director, Museum of Ventura County

· Public Sector Leader of the Year – Scott Whitney, Chief Investigator, Ventura County District Attorney's Office

· Alumna of the Year – Amanda Fagan (Cohort XXIII), Director of Planning and Sustainability, Ventura County Transportation Commission

· Founder's Award – Herbert Gooch, Ph.D., Professor Emeritus, Political Science, California Lutheran University

"Ventura County is a special place, and we are so pleased we get to honor some of the people who make it special," said Bob Harrell, VCLA Board President. " VCLA's mission is to connect and strengthen our community and these honorees certainly do that through their actions and their leadership. They serve our community faithfully."

Information on sponsorship opportunities or congratulatory ads to support the VCLA's Journey to Leadership Awards honorees can be found at www.vcleadership.org or by contacting VCLA Executive Director Pattie Braga at PBraga@vcleadership.org.

The Ventura County Leadership Academy connects and cultivates a diverse network of passionate, capable leaders through an immersion in both critical issues shaping Ventura County and opportunities for personal and professional growth. VCLA's comprehensive program ignites awareness and inspiration, helping cohort members discover their individual pathway toward impacting. Cohort members gain a comprehensive knowledge of the issues in our community and how they connect across geography and agencies.

WITH THE CONTINUED SUPPORT OF OUR ADVERTISERS, DONORS AND READERS, WE CONTINUE TO BRING LOCAL NEWS AND INFORMATION TO VENTURA (NOW IN OUR 14TH YEAR). THE COVID PANDEMIC HAS AFFECTED ALL SMALL BUSINESSES, AND LOCAL NEWSPAPERS HAVE BEEN DEEPLY IMPACTED AS WELL AS THEY ARE SOLELY DEPENDENT ON ADVERTISING REVENUE. WE CONTINUE TO ASK OUR LOYAL READERS TO HELP SUPPORT THE BREEZE. WE LOOK FORWARD TO CONTINUING OUR MISSION OF BRINGING YOU THE INFORMATION IMPACTING VENTURA.

THERE ARE THREE WAYS TO CONTRIBUTE. YOU CAN SEND A CHECK, PAY BY CREDIT CARD OR ON PAYPAL AT https://venturabreeze.com/donate/

YES, I WANT TO SUPPORT THE VENTURA BREEZE.
VENTURA BREEZE, PO BOX 832, VENTURA 93002

CREDIT CARD INFORMATION

NAME_____

CARD NUMBER_____

EXPIRATION DATE_____

CODE ON BACK_____

ZIP CODE_____

ADDRESS NUMBERS ONLY_____

AMOUNT_____

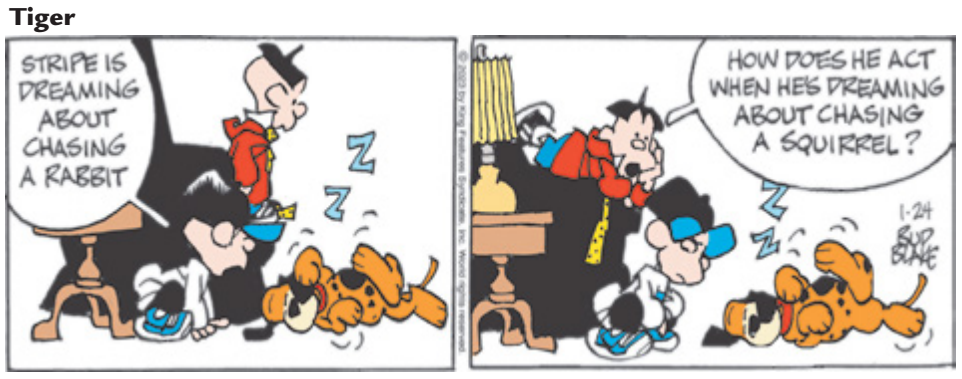
WE GREATLY APPRECIATE OUR LATEST (OR RETURNING) CONTRIBUTORS **ESTHER CORNEJO** AND THOSE WHO CHOOSE TO REMAIN ANONYMOUS.

DO YOU WANT TO BE LISTED AS A DONOR? YES ___ NO____

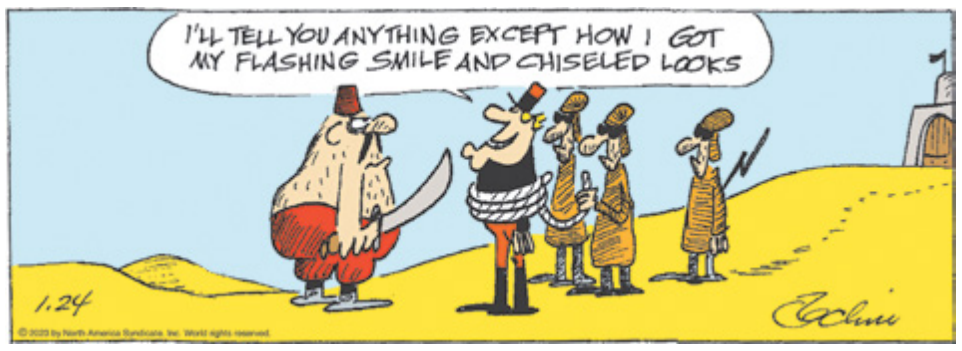
THANK YOU FOR SUPPORTING THE VENTURA BREEZE!

Lighter Breeze

Tiger

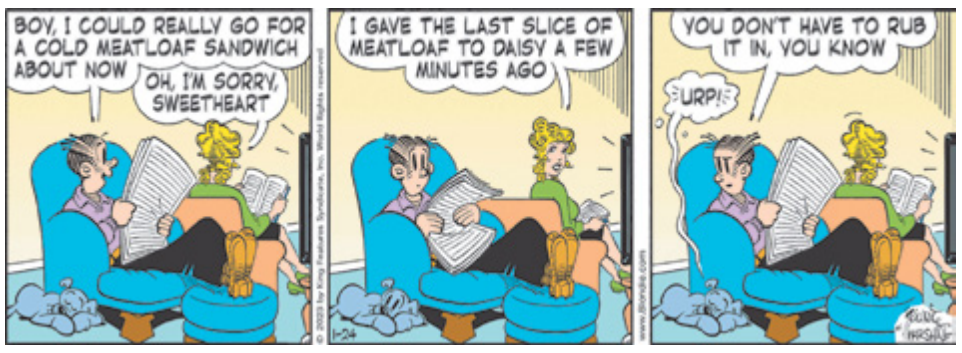


Crock



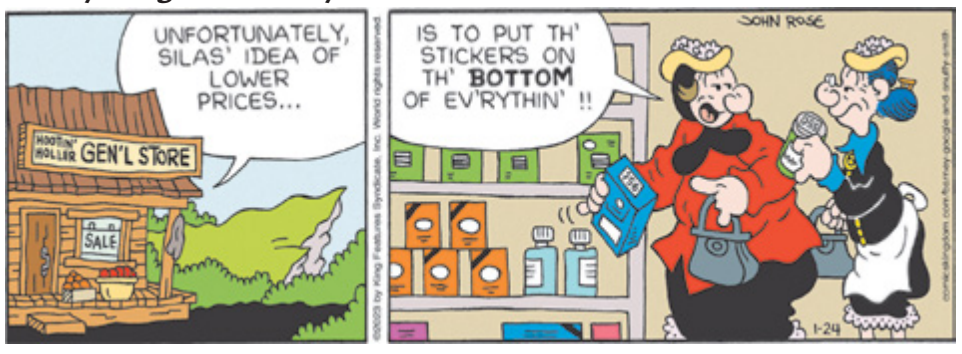
Marvin

Blondie



Hagar the Horrible

Barney Google and Snuffy Smith



Solutions on page 11

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

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

Weekly SUDOKU

by Linda Thistle

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

DIFFICULTY THIS WEEK: ◆◆◆

◆ Moderate ◆◆ Challenging ◆◆◆ HOO BOY!

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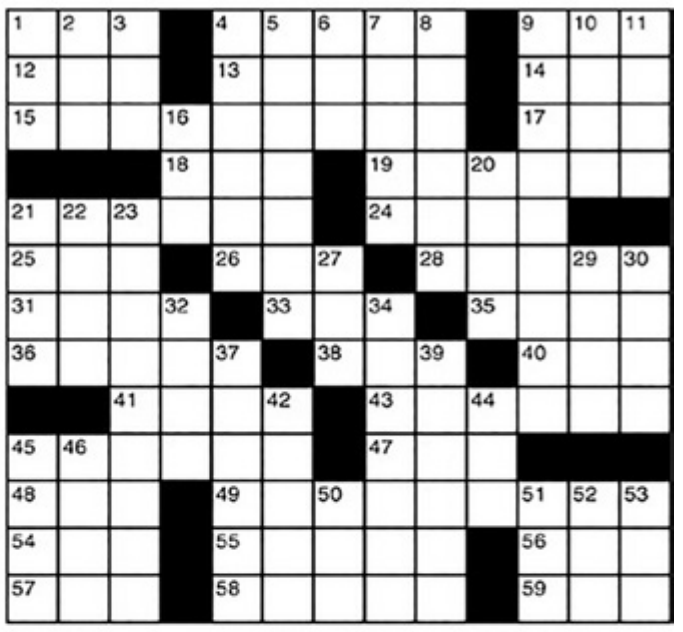
Solutions on page 11

King Crossword



ACROSS

1 Energy
4 Amtrak express
9 Sushi fish
12 Praise in verse
13 VIP on Air Force One
14 Tennis feat
15 Museum piece
17 Train lines (Abbr.)
18 Sprite
19 Holler
21 Word game with dice
24 Horseshoe site
25 Brit. record label
26 Not 'neath
28 Bolivian city
31 Wilson's predecessor
33 Observe
35 Castle
36 Caper
38 Music booster
40 GPS suggestion
41 Skip
43 Telethon array
45 Soft and weak
47 Kanga's kid
48 Use a shovel
49 Land in the Irish Sea
54 Oklahoma city
55 Beethoven's "Fuer — "
56 Kimono sash
57 Unruly group
58 Impudent
59 Tex- — cuisine

DOWN

1 Pledge
2 Wedding words
3 Mal de —
4 Moon mission
5 Brewed beverages
6 JFK info
7 "The Addams Family" butler
8 Houston team
9 Picnic veggie
10 Beige
11 For fear that
16 Small barrel
20 Thy
21 Alpha follower
22 Muscat's land
23 Eloquent person's talent
27 Actor Stephen
29 Memory method
30 Stretches (out)
32 Marathoner's stat
34 Catherine, notably
37 Municipalities
39 "Nuts!
42 Inventor Nikola
44 Gut-punch reaction
45 Wax-coated cheese
46 Rover's pal
50 Fleur-de- —
51 Oft-tattooed word
52 Jurist Fortas
53 Kibosh

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Salome's Stars

ARIES (March 21 to April 19) Shutting people out to avoid distractions, even under a deadline, can cause hurt feelings. Instead, return calls and emails, and explain why you need a zone of privacy for now.

TAURUS (April 20 to May 20) Although your keen Bull's eyes usually can discern what's fact from what's faux, that upcoming decision will need really solid data before you can risk a commitment.

GEMINI (May 21 to June 20) As your confidence grows, you should be able to work toward your goals with more enthusiasm. Open your mind to suggestions. Some of them might even work for you.

CANCER (June 21 to July 22) Reconnecting with someone from your past stirs up that old sense of adventure. But before you do anything else, be sure to get answers to any lingering questions.

LEO (July 23 to August 22) Some people might resent the way you plan to resolve a difficult situation. But your commitment to making tough but fair decisions soon wins you their respect and support.

VIRGO (August 23 to September 22) Mixed signals could be causing that vexing workplace problem. Before you choose to leave the project, ask for a meeting so that you can get things out in the open.

LIBRA (September 23 to October 22) Your good intentions could backfire if you're not careful with other people's feelings. Try using persuasion, not pressure, to get others to see your side of the situation.

SCORPIO (October 23 to November 21) Your dedication to finishing the task at hand is laudable. But be careful not to overdo the midnight oil bit. Take time for relaxation with someone very special.

SAGITTARIUS (November 22 to December 21) Although your intuition will help you make some tough choices in the first half of the month, you'll need more facts to back up your actions later on.

CAPRICORN (December 22 to January 19) All that hard work and research in the workplace finally pays off as you hoped it would. Ignore comments from jealous types who are out to get the Goat riled up.

AQUARIUS (January 20 to February 18) An unfair decision creates unnecessary problems. But avoid anger and move carefully as you work this out. Expect to get support from an unlikely source.

PISCES (February 19 to March 20) A fuzzy financial vista persists until the end of the month, when things begin to clear up. You'll also gain a better perspective on how to handle pesky personal problems.

BORN THIS WEEK: You have a wonderful way of being there for those who need your help in difficult times.

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Show Time

A View from House Seats

A Slice of Life in a Texas Small Town

by Shirley Lorraine

The Elite Theatre Company in Channel Islands opens their 2023 season with two one-act plays, Laundry and Bourbon, and Lone Star, both by James McClure. Billed as comedies, the two are connected only marginally by character references, punctuated by light chuckles.

Laundry and Bourbon takes the audience into the small town of Maynard, Texas where Elizabeth (Lea Roman) and her friend Hattie (Jolyn Johnson) enjoy Bourbon and coke in the afternoon and air their inner dirty laundry while attempting to fold actual laundry. Both married right out of high school, they find that the memories of what was carried them farther than the realities of their lives now. They are later joined by Amy Lee (Maddie Boyd), now a devout Baptist with a husband, Cletis, who runs a successful furniture store. All three are gossipy, biting and banter with bitterness over the state of their current lives. No one really seems happy as the author explores many intricacies that can accompany the slow erosion of relationships and the phenomenon of small town life where everyone seems to know or be involved in everyone else's business.

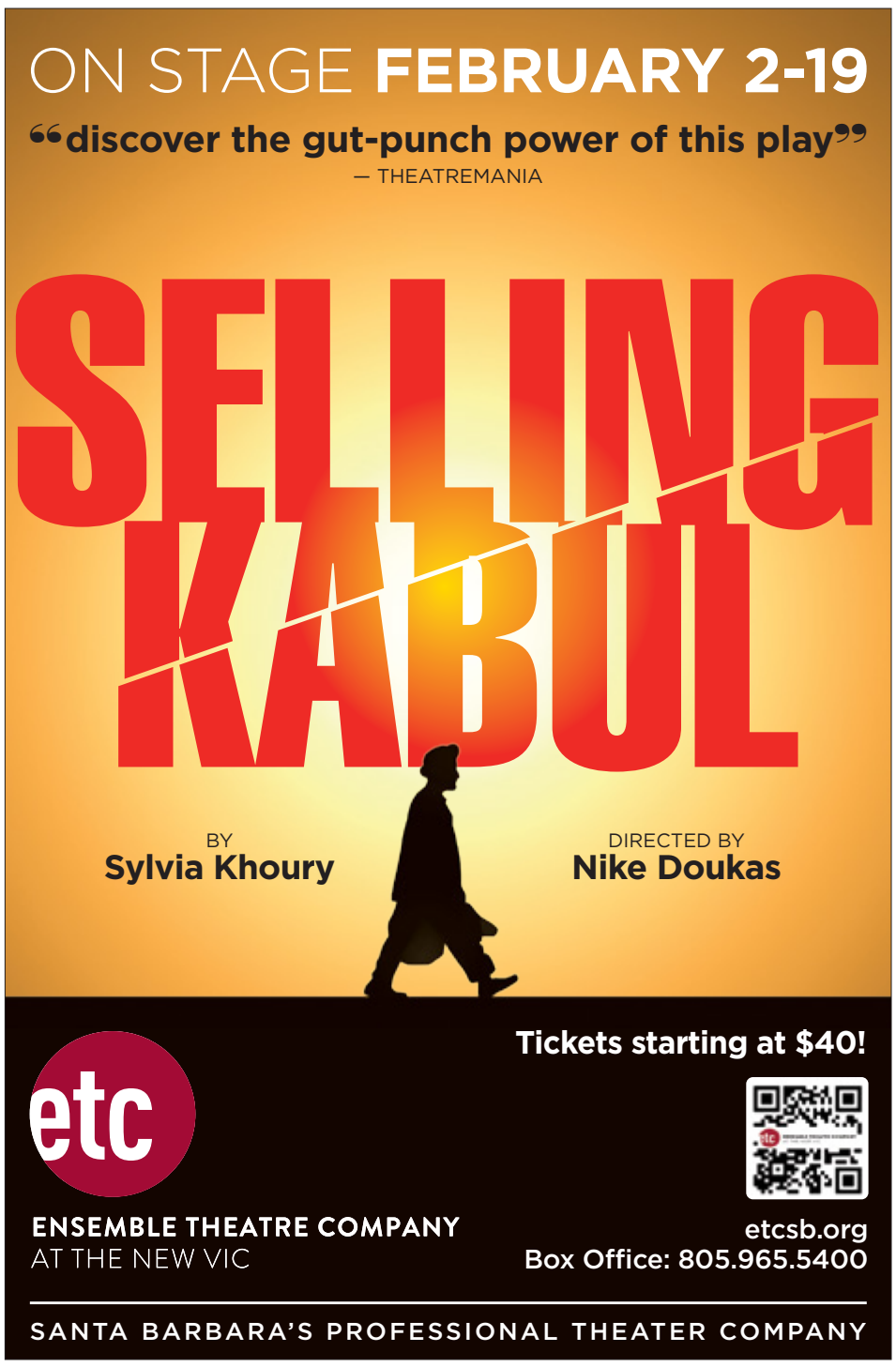
All three give solid performances with a range of sometimes priceless facial expressions. The verbal pace is rapid, twangy and seems to echo bouncing off the stark walls of the minimalist set. As a result, I found many lines absorbed under the weight of those elements and moving on before the audience could catch up. I felt some opportunities for real laughter were lost as the actors hurried on to the next revelation.

The second act, Lone Star, gives the menfolk a place to air their woes. And air they do. Elizabeth's husband, Roy (Scott Blanchard) is a former jock who, having survived the Vietnam war, now is a bitter drunk with PTSD. He is joined out behind Angels, the town bar, by his younger brother, Ray (Patrick T. Rogers) who is seemingly content to stay in the background of his brother's former fame and who provides the balance of reason as Roy storms about. The third character is Cletis (Asher Mitchell), husband to Amy Lee, the only one of the three who appears to have made any progress in his life.

All three actors handle the material to the fullest. Action is fierce, emotions are at their peaks and the actors' commitment to their roles is evident.

Director Kimberly Demmary certainly had her hands full with this accomplished cast and challenging material. All six actors seem to have been given a free hand to emote wildly and loudly, throw things around and generally chew up the stage with their inner angst. The plays were an evening well spent if you find that witnessing the emotional disintegration of others is entertaining.

The Elite's season will continue with a variety of lesser known offerings including works on the South Stage. Now in its 10th year at the current location, and celebrating 29 years of existence, the Elite has grown in scope while retaining its intimate feel. www.TheElite.org.



Streaming Spotlight by Cindy Summers

Devotion

– Paramount +

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

Devotion is the true story of United States Navy Officer Jesse Brown (Jonathan Majors), who was the first African-American aviator to complete the Navy's basic flight training program and also the first African-American naval officer killed in the Korean War at the age of 24. Brown was stationed at Quonset Point Naval Air Station in Rhode Island and in early 1950 Lieutenant Tom Hudner (Glen Powell) transferred to the Fighter Squadron 32 (VF-32) and became Brown's wingman.

The VF-32 had been flying F8F 'Bearcat' fighter planes, but the Navy created a modified F4U-4 Corsair they wanted them to fly in the Korean War. The Corsair was much more powerful than the planes they had been flying, and the pilots were warned by the chief engineer the if they didn't manage the power properly they would easily crash. After learning the basics on the Corsair, the next test would be for them to land the plane on an aircraft carrier, which was difficult due to the Corsair having a longer front making it difficult to see in front of the plane.

After passing their carrier tests, the VF-32 was transferred to the USS Leyte, which deployed to the Mediterranean Sea to deter Soviet aggression. They were granted shore leave in Cannes, France and while off on his own Brown met actress Elizabeth Taylor at the beach, who invited him and his squadron to a casino she would be at later that evening. The other guys were skeptical about Brown's chance meeting the a famous Hollywood star, but saw upon arriving at the casino it was all true and that Elizabeth Taylor had a thing for men in uniform, especially aviators.

Upon returning to the ship the VF-32 was assigned to take out two bridges critical to the enemy's advances. Before they departed, Brown was given an expensive watch by Leyte's black crewmen, who admire him for his work. The squadron left and began its attack, however after destroying the first bridge they took on heavy ground fire so retreated under Hudner's command. Brown felt he could take out the second, so broke formation, flew back and took out the second bridge. Unfortunately, Hudner's report made it appear that Brown didn't follow command and was written up for insubordination.

Even though that wasn't what Hudner intended, Brown explained that everything happens differently for him because he was black. Hudner sought to repair the situation, but had to redirect his focus due to the VF-32 being assigned to give air support to ground troops that were trapped and quickly losing ground. The squadron successfully attacked the enemy troops causing them to retreat and saving the Marines on the ground, however as they set out to return to the ship the sky filled with ground fire striking Brown's plane which began to lose oil.

Brown was forced to drop his ammunition and fuel tanks and crash land his plane in a field. As Hudner circled around, he saw that Brown was somehow stuck in the plane and decided to try to rescue Brown following the same steps to crash his plane. When Hudner got to Brown, his leg was trapped and despite their joint efforts was unable to free Brown's leg. A rescue helicopter arrived just as Brown lost consciousness, and Hudner had no choice but to leave him. Upon returning to the plane the squadron was told a rescue was too dangerous and later were sent to destroy both planes so they wouldn't end up in enemy hands.

For his actions in Korea, Brown was awarded the Distinguished Flying Cross, the Purple Heart Medal, and the Air Medal, and the frigate USS Jesse L. Brown (FF-1089) was named in his honor.
Rated: PG-13 Runtime 2h 19m

Ensemble Theatre Company presents the third show of its 2022-2023 Season!

The suspenseful thriller, Selling Kabul, written by Sylvia Khoury and directed by Nike Doukas Selling Kabul begins previews on Thursday, February 2 at 7:30pm, opens on Saturday, February 4 at 8:00pm and runs through Sunday, February 19, 2023 at The New Vic, 33 W. Victoria Street in Santa Barbara.

An Off-Broadway hit and 2022 Pulitzer Prize finalist for Drama, this nail-biting story of abiding family love centers on an Afghan man, Taroon (Rishan Dhamiia), a former interpreter for the US military, in hiding from the Taliban in his sister Afiya's (Nitya Vidyasager) home in Kabul, Afghanistan. As Taroon restlessly awaits news from the hospital on the birth of his first child, his family races to protect him from dangers lurking outside the apartment walls. Tension mounts as he plans his escape with his wife and infant child

"We're excited to present the California premiere of this riveting and immediate drama, which puts a human face on extraordinary global events," said ETC's Artistic Director Jonathan Fox. "As the plot carefully unfolds with increasing suspense, audience members will find themselves on the edge of their seats. We have assembled an extraordinary cast and creative team to bring this gripping script to life."

Performances are Wednesdays and Thursdays at 7:30pm, Fridays and Saturdays at 8:00pm, and Sundays at 2:00pm; with added performances on Sunday, February 5 at 7:00pm; Tuesday, February 7 at 7:30pm and Saturday, February 11 at 4:00pm.

Ticket prices range from $40 - $84. Single tickets are available through the ETC box office at (805) 965-5400, or online at etcsb.org. Prices subject to change.

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Storm debris scoured from the Santa Clara River, NE of the 101 Freeway on January 10. Much of the debris is invasive, non-native Giant Cane or Arundo donax, shown here. It is a common scourge of our watersheds in southern Ventura County and is a principal target for removal in many riparian restoration projects. Photo by Richard Sweet, Retired REHS.

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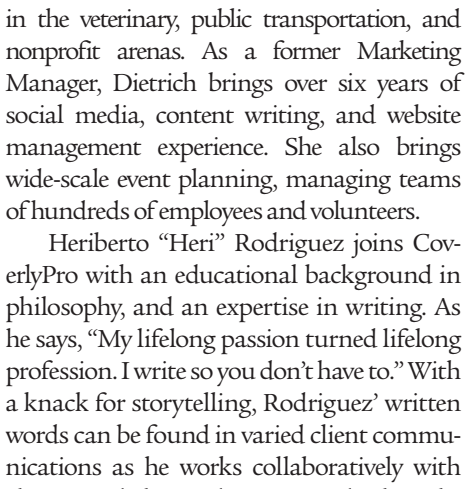
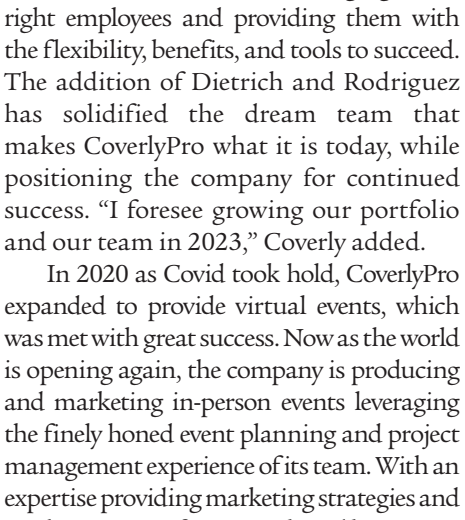


Madison Dietrich



Heriberto Rodriguez

Professional Services adds Social Media Specialist and Communications Specialist

Coverly Professional Services (CoverlyPro) begins 2023 announcing two additions to the full-service marketing and project management firm. Social Media Specialist Madison Dietrich and Communications Specialist Heriberto Rodriguez join the team as the company continues building on its successful growth.

Madison Dietrich has hit the ground running, seamlessly managing clients within weeks of being hired. Dietrich is a thought leader behind several client social media accounts in the veterinary, public transportation, and nonprofit arenas. As a former Marketing Manager, Dietrich brings over six years of social media, content writing, and website management experience. She also brings wide-scale event planning, managing teams of hundreds of employees and volunteers.

Heriberto "Heri" Rodriguez joins CoverlyPro with an educational background in philosophy, and an expertise in writing. As he says, "My lifelong passion turned lifelong profession. I write so you don't have to." With a knack for storytelling, Rodriguez' written words can be found in varied client communications as he works collaboratively with clients and the media to provide thought provoking articles, press releases, web copy, and more that help tell his clients stories. Rodriguez brings a depth of experience having worked with clients such as Alaska Airlines, Original Grain, Sunday Golf, Kore Essentials, and LA Taco.

"As a business owner, I am so thankful for the work and dedication our team has put into CoverlyPro, especially in the last two challenging years. As a group, we are passionate for what we do, and I see this passion directly translating to our client's success," said Lynnette Coverly, CEO of Coverly Professional Services. "We really have a dream team of gifted storytellers, forward-thinking social media experts, and experienced and inventive marketing strategists. Welcoming Madison and Heri to our team was an easy decision given what they each bring in their respective areas of expertise." CEO Lynnette Coverly is often heard saying that she is building the company she has always wanted to work for, which starts with bringing on the right employees and providing them with the flexibility, benefits, and tools to succeed. The addition of Dietrich and Rodriguez has solidified the dream team that makes CoverlyPro what it is today, while positioning the company for continued success. "I foresee growing our portfolio and our team in 2023," Coverly added.

In 2020 as Covid took hold, CoverlyPro expanded to provide virtual events, which was met with great success. Now as the world is opening again, the company is producing and marketing in-person events leveraging the finely honed event planning and project management experience of its team. With an expertise providing marketing strategies and implementation for service-based businesses and nonprofits, the company looks to add to its roster of clients similar to Housing Trust Fund Ventura County, Gold Coast Transit District, the Museum of Ventura County, and Ohana Pet Hospital, among others.

Founded in 2010, CoverlyPro offers full-service turnkey marketing and public relations project management services, from brand development to social media management to copywriting, virtual and in-person event production, graphic design, media placement, website development, and more.

Tree Town

Happy New Year from the Ventura Tree Alliance! May 2023 be a year of enhancing our urban forest! Together let's plant new trees and care for the trees all around Ventura that are stressed from drought and our urban environment. Thank you for your support in 2022!

venturatreealliance.com