

Three dogs to adopt, page 11!



# VENTURA BREEZE

Your Hometown Paper

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The Ventura Breeze mourns the loss of one of our family. "Izzy" was the daughter of Ana Baker and stepdaughter of Jaime Baker both part of our wonderful staff. The following was written by her parents.

It is with the greatest sorrow that we announce the passing of Isabella Mercedes Kress, our beloved daughter, sister, granddaughter, niece, cousin, and friend to so many. She is survived by her loving family: her parents Ana, Don, and Jamie; her siblings, Diego, Devin, Jack and Scarlett; grandmothers Carmen and Lucille; as well as many aunts and uncles and an extended family of her dear friends. She was known and loved by so many people from so many different walks of life including sports, music, dance, education, hospitality and her beloved culinary arts. Izzy loved life and lived it to the fullest in her short 22 years here on Earth. She was a truly special person, bright, passionate, fierce, funny, loving, and giving. She was all that a parent, sibling, or friend could ever ask for and more.

She left an indelible mark on the world through her love, loyalty, selflessness, intelligence, honesty, toughness, and incredible work ethic. She strived and succeeded in being among the best at everything she attempted. In grade school she distinguished herself early on as a star student, her talent shining through to high school where she was included in the Ventura High School Wall of Fame, a recognition given to only two or three students per year.

She loved to sing and perform at an early age and in high school she found a home in Company, the Ventura School District's student show choir, ultimately becoming a prominent leader of the ensemble. She also distinguished herself as a member of the Track and Field team. Through her hard-work, loyalty and supportiveness of her teammates, she inspired coaches and teammates alike. Accordingly, she was voted captain of the track and field team during her senior year season.

Leaving home at the age of 18, she began her new life as an adult and absolutely thrived. She attended Cerritos Community College where she was recruited for the track and field throwing team. There, she mastered the shot put, hammer throw, and javelin and was a member of the 2017 CCCAA State



Isabella Mercedes Kress, 1998 - 2020

Champion Falcon team. At the same time, she began to pursue her lifelong dream of becoming a chef and teacher. She enrolled in the Culinary Arts Department, training in classical French cuisine. She graduated in 2019, earning her Associate in Arts Degree with Honors, along with a culinary certificate in professional cooking as well as professional baking and pastry.

Through tremendous hard work and determination, she maintained a perfect 4.0 GPA, along with earning numerous academic and athletic awards. Transferring to California State University Long Beach as an English major, she continued her academic excellence, again maintaining a 4.0 GPA. She even went on to publish two books of poetry during her busy days of studying. As always, she impressed her instructors so much so that she was recommended for and hired as an instructor for the Bellflower School District as a teacher of culinary arts in an after-school program. Combining her deep love of cooking and teaching, she spent her first year with one class, and was about to begin teaching two classes for her second year. Her path almost certainly would have led her back to the Cerritos College of Culinary Arts as a full-time instructor, her "dream job".

Throughout high school and college she also worked, sometimes holding down two part-time jobs in addition to being a

full-time student. Like everything else, she took great pride in her work. Quoting one of her many choir solos, she loved to say, "I give good service but I'm not servile."

She loved all kinds of music and dance, especially salsa dancing. She loved sunflowers and Sinatra, eating, running and traveling. She loved boba and pizza, but could just as easily cook a multi-course Thanksgiving feast for 20. She loved tiny food, and tiny animals. She loved baking and trying and perfecting new recipes. She loved creating cookies and beautiful cakes and cupcakes for friends. She loved the world and the world loved her back. More than anything, she loved the people in her life; her mentors, co-workers, classmates, students, friends and family, each with a huge heart full of caring, empathy, and generosity.

Although she has been taken from this Earthly confine, her spirit now knows no boundaries. She is a child of the universe and will live on in our hearts, forever inspiring us, making us smile and lifting us to higher, better places. Her family takes comfort in the outpouring of love towards her.

In lieu of flowers and to continue her legacy of giving and teaching and to promote academic and creative excellence, a memorial scholarship in Izzy's name is currently being established and in conjunction with Ventura High School. Please contact Heidi House at heidi.house@venturausd.org.



"The Ventura Police Department is committed to the sanctity of life for all persons."

## A message from Chief Schindler

Our Department has received questions from community members looking for information about the safety of our neighborhoods, our Department's training procedures and protocols, and our response to the events taking place across our country.

"The Ventura Police Department is committed to the sanctity of life for all persons. Protecting life is also about standing for those whose voices have been silenced. Throughout history, protesting has helped advocate for change. The Ventura Police will ensure the safety of all, but we also ask that those who choose to protest, do so safely, peacefully, and in a lawful manner. Ventura Police Officers will be out over the next few days ensuring protests are safe while also protecting businesses, property, and residents from violence and those promoting destruction. The safety of our community is our top priority."

Chief Darin Schindler is pleased to present the Ventura Police Department's 2020-2023 Strategic Plan. VPD is rooted in community policing with community partnerships and collaborative problem solving central to our efforts. Policing strategies that worked in the past are not always effective today. Innovation, technological advancements, and fostering

Continued on page 13

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The Ventura Breeze is celebrating 13 years of publishing local news thanks to the support of the Ventura community and our advertisers. The time has come, however, for us to ask our dedicated readers to consider helping us continue publishing during this difficult time. Due to the lack of advertisers (which we understand), we really need your generous support to continue to bring local news to the community. In order to do this, we are starting the Ventura Breeze Honor Roll. The names of Honor Roll donors will be published in the paper unless donors don't want to be shown. As the publisher of this community's favorite newspaper, we appreciate the relationship we have with our readers and we pledge to keep bringing you all the local news and events.

There are a couple of ways to contribute and be a 2020 Honor Roll Donor. You can go to our website [www.venturabreeze.com](http://www.venturabreeze.com), where you will find a **Donate** link at the top of the page and use the PayPal button to make a donation, which allows you to pay by credit card or with your PayPal account. If you would rather pay by check or have the Breeze staff process your donation, you can use the form below and mail in your check or credit card information. You may also contribute by going to [www.gofundme.com/f/support-the-ventura-breeze](http://www.gofundme.com/f/support-the-ventura-breeze).

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## COUNTY OF VENTURA



VENTURA COUNTY  
HEALTH CARE AGENCY

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The County of Ventura has expanded free COVID-19 testing throughout the county for residents who have the slightest suspicion of having COVID-19 or have been exposed to someone with it. You don't need to have health insurance, but may be asked for it if you do.

**Symptoms of COVID-19 can be:**

- Cough or shortness of breath
- OR other symptoms: fever greater than 100.4°F, chills, muscle pain, headache, sore throat, new loss of taste or smell

**Close contact means:**

- Sharing a home
- Being closer than 6 feet for more than 10 minutes without wearing a mask
- Having contact with the bodily fluids (spit, blood) of the sick person through coughing, sneezing, sharing utensils

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COVID-19 testing for all community members. Please register by calling or registering online.

**Online:** [www.lhi.care/covidtesting](http://www.lhi.care/covidtesting) • **Phone:** 1-888-634-1123 • **Hours of Operation:** Monday-Friday 8am - 8pm

**Thousand Oaks Library - Newbury Park Branch** - 2331 Borchard Road, Newbury Park, CA 91320

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**Hours of Operation:** Monday-Friday 10am - 7pm • No appointment or insurance is needed

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7075 Campus Rd., Moorpark, CA 93021

**Ford Dealership**

128 S. Hallock Dr., Santa Paula, CA 93060

**Oxnard College (Weekend Hours: Friday-Tuesday 10am - 7pm)**

4000 S. Rose Ave., Oxnard, CA 93033

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For pre-screening and appointment, call the hotline at **805-652-7660**

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**Las Islas Family Medical Group South**

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**Magnolia Family Medical Center**

2240 E. Gonzales Rd., Oxnard, 93036

Monday-Friday **8:30am - 5pm**

**VENTURA**

**Academic Family Medicine Center**

300 Hillmont Ave., Bldg. 340, Ventura, 93003

Monday-Saturday **9am - 4pm**

**West Ventura Medical Clinic**

133 W. Santa Clara St., Ventura, 93001

Open 7 days/week from **9am - 5pm**

**EAST COUNTY**

**Conejo Valley Family Medical Group**

125 W. Thousand Oaks Blvd., Suite 200

Thousand Oaks, 91360

Open 7 days/week from **9:15am - 4:30pm**

**Sierra Vista Family Medical Clinic**

1227 East Los Angeles Ave., Simi Valley, 93065

Monday-Friday **9am - 5pm** and

Saturday & Sunday **9am - 2pm**

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828 W. Ventura St., Fillmore, 93015

Monday-Friday **9am - 5pm**





# City News

## California Coastal Cleanup Day

Each year, California Coastal Cleanup Day welcomes more than 70,000 volunteers who pick up hundreds of thousands of pounds of trash and recyclables from beaches, lakes, and waterways. The 3rd Saturday of September has been California Coastal Cleanup Day since 1985! The event brings awareness to the marine litter problem and provides a way for community members to become directly involved in caring for their local environment and natural resources.

This marks the 35th annual event, however, due to health and safety orders, the state event organizers, the California Coastal Commission, and local organizers, the Ventura County Coalition for Coastal and Inland Waterways, have made some adjustments. Instead of a organizing a volunteer event, these groups are encouraging the Ventura County community to get out and clean up their local "happy places" every Saturday in September in celebration of the annual event.

This means beach cleanups start at our own front doors. Trash can travel through storm drains, creeks, and rivers to become beach pollution. Consider joining every Saturday in September to help clean the beach by cleaning up in our own neighborhoods and local natural areas. Follow the

Ventura County Coalition for Coastal and Inland Waterways on social media for safety tips and ways to win prizes for photo contest submissions and more!

Learn more at [www.vccoastcleanup.org](http://www.vccoastcleanup.org). Or follow on Facebook @Ventura County Annual Coastal Cleanup Day and Instagram @VCCoastCleanupDay. Ready To Go Solar? Solarize is Back.

Many of us are spending more time at home lately, so it's no surprise that home improvement projects are booming. If you've considered adding home solar or battery systems in the past, now may be the perfect time to take the leap.

CEC's Solarize Ventura County is a program that makes it easier and more affordable for local homeowners to go solar. We use a group purchasing model and pass the savings on so that homeowners can install solar electricity and battery storage systems at a discounted price through a streamlined and hassle-free process. Previous Solarize Ventura County programs have already helped 225 homeowners go solar.

Please join CEC and Ventura County Regional Energy Alliance in celebrating Clean Air Day at our Solarize Webinar on October 7th to learn more.

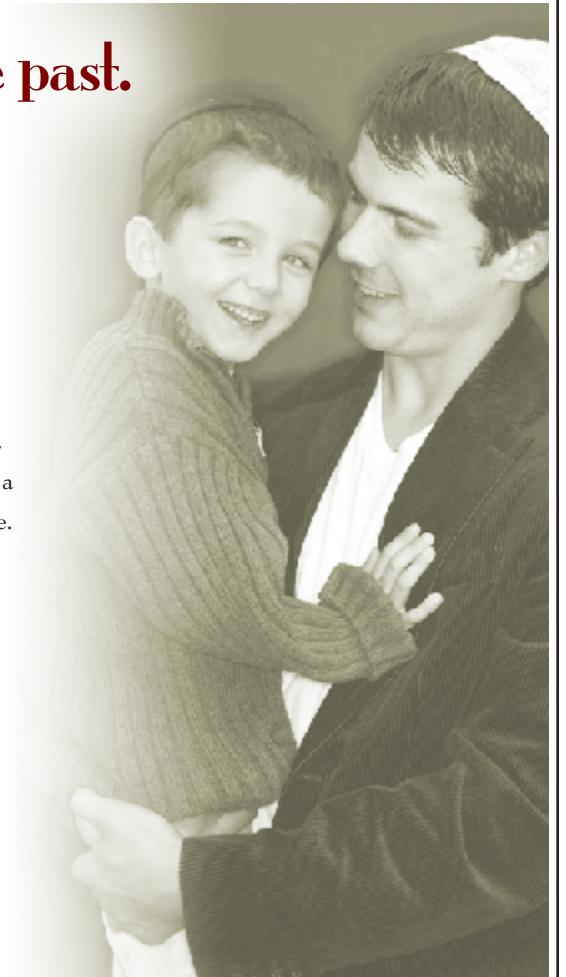
## Happy new year already?

Rosh Hashanah for the year 2020 starts on the evening of Friday, September 18th ending the 2-day celebration at sundown on Sunday, September 20. For *Continued on page 11*

## Remember the past. Rejoice in the celebration that comes.

During the holiest days of the year, reflect on the lessons of the past as a guiding light to a prosperous future. Whether you will be attending services or sharing this occasion at home with loved ones, make this day one that sets the tone for the coming year.

We recognize the joyous holiday of Rosh Hashanah and wish your family the best of luck in the coming year.



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# VENTURA BREEZE

Your Hometown Paper

Member, Ventura Chamber of Commerce

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

PUBLISHER-EDITOR

Sheldon Brown

[publisher@venturabreeze.com](mailto:publisher@venturabreeze.com)

PUBLISHER EMERITUS

Staci Brown

Assistant to the PUBLISHER

Ana Baker

CONTRIBUTING WRITERS

Richard Lieberman · Shirley Lorraine

Sheli Ellsworth · Veronica Johnson

Jill Forman · Pam Baumgardner

Elizabeth Rodeno · Mira Reverente

James Francis Gray · Amy Brown

Carol Leish

CONTRIBUTING PHOTOGRAPHERS

Bernie Goldstein

Richard Lieberman · Michael Gordon

DISTRIBUTION

Jaime Baker · Mary Thompson

Alfred J. Lewis · Richard Lieberman

James Gray

ACCOUNT EXECUTIVES

Breezy Gledhill · Cindy Summers

WEB/ONLINE ADVISOR

Cindy Summers

PRINT PRODUCTION

Alfred J. Lewis/studioNothing

PRINTING

CA Web Print, Inc. (626)281-8989

CONTACT US:

EVENTS & HAPPENINGS

[events@venturabreeze.com](mailto:events@venturabreeze.com)

OPINIONS

[opinions@venturabreeze.com](mailto:opinions@venturabreeze.com)

ARTICLES AND PHOTOS

[editor@venturabreeze.com](mailto:editor@venturabreeze.com)

THE PET PAGE

[scampclub@venturabreeze.com](mailto:scampclub@venturabreeze.com)

ADVERTISING

[advertising@venturabreeze.com](mailto:advertising@venturabreeze.com)

**Ventura Breeze**

PO Box 832

Ventura, CA 93002

Phone 805.653.0791



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Laughter is  
the shortest  
distance  
between two  
people.

– Victor  
Borge

## News & Notes



Memorial services were held on Saturday, September 5 for Izzy at Ventura Harbor Cove Beach, located at the end of Spinnaker Drive. Attendees received a sunflower to place in the water and accompany her as she departs to her final rest at sea.



Nicole Cabell from the 2012 Face Of Ventura series by Johanna Spinks.

## Your MC21 Note - Nicole Cabell

by Susan Scott  
Executive Director

“Nicole Cabell is an American soprano.” So begins her formal bio, but I have a sense Venturans would write it differently – something like: “Nicole Cabell is a ‘hometown hero,’ a local girl from a modest family who took the opera world by storm when she won the prestigious BBC Cardiff Singer of the World Competition in 2005.”

Nicole debuted at The Proms in London the next year (a very big deal) and her career from there would take her to opera houses throughout the world, like Covent Garden, Lyric Opera in Chicago, The Met and more. And – in the midst of this career rocket - she closes the 2008 Ventura Music Festival in a sold-out performance staged at Ventura High School, her alma mater, and follows it with a master class for 500 students the next day. This weekend was a very big deal for Ventura and the town went crazy. They loved Nicole and she loved them.

The appearance became even more mythic when she came down with laryngitis the night before she was to perform. She couldn't sing at rehearsal the next day either

and found her voice only that night when she opened it to sing on stage - a veritable (operatic) cliff-hanger.

Fast forward, I catch up with Nicole in July where her Pandemic experience has her in the middle of a long cross-country move and home remodel. She's relocating from Chicago to Rochester NY to take up her new position as Assistant Professor at the prestigious Eastman School of Music. I congratulate her, and she agrees to participate in Music Connects. She'll think about what music to connect with as she completes the move.

Nicole decides on the song version of Langston Hughes' poem, Kid in the Park, because she thinks it reflects the mood of the deepening cultural awareness in the country. I think it does too and I think you are going to love the video and the music.

## East Ventura Community Council

All the candidates are invited to come speak to the East Ventura Community Council on Thursday, September 17th.

The meeting will be held online via the Zoom application. Go here to view: <https://us02web.zoom.us/j/82081849391?pwd=TMFqSHA2eUFjeFUwZXhSb0tvek9QQT09>

You will first need to download the Zoom app on your desktop or smart phone. You do not need an account. If you miss the meeting, you can always view later on the website [www.eastventura.org](http://www.eastventura.org).

The meeting will start promptly at 7 p.m.

For more information, contact EVCC Chair Marie Lakin at [eastventuracc@gmail.com](mailto:eastventuracc@gmail.com)



It is with deepest regret and great sorrow that on Friday, August 28, Joe Brown, President of Channel Cities Jazz Club, passed away due to complications from surgery. Joe, an active member of CCJC for many years was in charge of their newsletter and served as President of the club for two years. He was a strong, tireless and decisive leader with a big heart who quietly donated resources that were essential in helping to keep doors open through the years. Our hearts go out to Gloria Brown, his wife of 27 years, who serves on the board as secretary. Joe will be missed terribly by all who knew and loved him.

## Oooooops

In our August 26 issue we ran an article “Victims tried to raise public awareness of the plight of their loved ones” by Richard Lieberman. In the article we had a last name that was wrong. Sheila Kamara should have been Sheila Ikeda. Sorry Sheila.





# Social Justice

by M. Scott

## Black Owned Businesses to Be Identified by Yelp

Yelp is launching a new feature allowing black-owned companies to identify themselves. The function will ultimately make it easier for users to find and support black-owned businesses.

Businesses will have the choice to label themselves as black-owned on Yelp. The label will also act as a search attribute, making it easier for users to find black-owned businesses. Yelp has historically depended on review text to generate search results for black-owned businesses, and the company said the new label will make those results more accurate. Yelp said it saw a 25x increase in the frequency of searches for black-owned businesses compared to the same time last year.

The company's philanthropy arm is also donating \$500,000 each to the Equal Justice Initiative and NAACP Legal Defense Fund and employees will have additional mental health days off in June, the company said. The company is also matching and doubling employee donations made to various black-led and black-serving organizations throughout the month of June.

"There can be no going back to 'business as usual' when the protests, tweets and news cycle die down. We all have to do our part to get educated, and we must use our voices, votes and whatever power and platform we have to reject racism in all its forms, until we put an end to this oppression that has plagued our country for centuries," CEO Jeremy Stoppelman wrote.

## McDonalds Sued by Ex-Franchisees

52 Black Ex-Franchisees File \$1 Billion Racial Discrimination Lawsuit Against McDonald's. Fifty-two former McDonald's franchisees who say they faced decades of discrimination at the fast-food chain are suing McDonald's for more than \$1 billion.

The suit was filed in the U.S. District Court for the Northern District of Illinois Tuesday, according to Yahoo. Franchisees say in the complaint that they faced "systematic and covert racial discrimination," with McDonald's denying them the same opportunities as their white counterparts.

The lawsuit also argues McDonald's "systematically steered" Black franchisees to buy locations in Black neighborhoods that tend to have higher insurance and security costs while bringing in less revenue. One franchisee wrote in the complaint that Black franchisees were at such a significant disadvantage that acquiring a McDonald's as a Black franchisee was "financial suicide."

The franchisees say they lost more than 200 McDonald's locations over the past decade because of misconduct by the company. Dozens of other Black franchisees were forced out of the chain over the past two decades. According to the complaint, there are only 186 Black McDonald's franchisees, down from 377 in 1998.

The complaint added the plaintiffs' average annual sales of roughly \$2 million were more than \$700,000 lower than McDonald's national average of \$2.7 million from 2011 to 2016.

"These differences are statistically significant and are the result of Defendants' racial bias and barriers within the McDonald's franchise system," the complaint states.

In a video message to employers and suppliers Tuesday, McDonald's CEO Chris Kempczinski responded to the allegations. "When allegations such as these occur, I want them investigated thoroughly

and objectively," Kempczinski said. "That's been our approach to this situation. Based upon our review, we disagree with the claims in this lawsuit and we intend to strongly defend against it."

In a statement to Business Insider, McDonald's categorically denied the allegations, saying that they "fly in the face of everything we stand for as an organization and as a partner to communities and small business owners around the world." In July, the fast-food chain promised to improve diversity at all levels of its systems, including franchisees and suppliers.

## Netflix CEO Reed Hastings Donates \$120 Million To Historically Black Colleges

Netflix CEO Reed Hastings and wife Patty Quillin committed \$120 million to two historically Black colleges and the United Negro College Fund, making it the biggest individual donation ever to support scholarships at HBCUs in a bid to "reverse generations of inequity" in the U.S.

The donation will enable 200 four-year scholarships over 10 years for students at Spelman and Morehouse Colleges in Atlanta. Along with the UNCF, each institution will receive \$40 million.

The couple said in a statement: "Both of us had the privilege of a great education and we want to help more students - in particular students of color - get the same start in life."

"As the U.S. searches for ways to start addressing the inequities faced by Black people, UNCF, Spelman and Morehouse urge other philanthropists to invest in HBCUs—institutions that improve mobility and create new generations of leaders, increasing justice, equality and opportunity in America," a statement from Spelman read.

Spelman College president, Mary Schmidt Campbell, said of the donation: "It's going to mean that every year we're going to be able to identify 20 high-performing students, high-need students and say to them 'you get to go to college debt-free.'"

Separately, Hastings donated \$1 million to the Centre for Policing Equity earlier this month, in the wake of George Floyd's death.

Hastings and Quillin added in their statement: "HBCUs have a tremendous record, yet are disadvantaged when it comes to giving. Generally, White capital flows to predominantly White institutions, perpetuating capital isolation. We hope this additional \$120 million donation will help more Black students follow their dreams and also encourage more people to support these institutions - helping to reverse generations of inequity in our country."

The philanthropic couple are longtime advocates for education reform, and in 2016 the Netflix co-founder established a \$100 million Hastings Fund to expand "rich and holistic" educational experiences within communities. That fund previously donated \$1.5 million to the UNCF.

HBCU endowments are notably far lower than non HBCUs. Last year, Howard University ranked the highest among HBCUs with an endowment of nearly \$700 million and Spelman ranked second with almost \$400 million, according to website HBCU Money. Harvard's \$39 billion endowment is dramatically higher than the total \$2.1 billion endowment for all HBCUs in 2019.

## Dolly Parton BLM Mural

Tourists are flocking to Nashville to see a new mural of Dolly Parton that celebrates her position on Black Lives Matter.

## VENTURA TOWNEHOUSE

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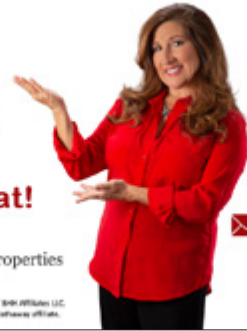
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Mural artist Kim Radford had already decided to paint the mural of the country music icon on the side of a local music club called The 5 Spot, which was made famous for being one of the many filming locations for the TV show "Nashville."

But as she was finishing the mural, Radford saw an article from Billboard in which Parton said she supported the Black Lives Matter movement, saying "Of course Black lives matter. Do we think our little white asses are the only ones that matter?"

Washington, D.C. Mayor Muriel Bowser - Concerned that America is Descending Into a race War

Washington, D.C., Mayor Muriel Bowser said she fears the U.S. is 'descending into a race war' as violence across the country continues and the FBI probes a potential network of domestic terrorists who may be traveling to protests.

"What I'm worried about is this country descending into a race war," Bowser said at a press conference on Monday, adding that an increase in police forces in some cities, like Portland and Seattle, has created more anger among protesters.

"And I'm worried about the continued incitement of violence from leadership who should be focused on bringing our communities together. Our police and peaceful protesters will be safer when we come together as a community and tamp down this Black-versus-white rhetoric," Bowser added.

DC Police Chief Peter Newsham added there was evidence large groups of people were traveling to cities with large

scale protests to provoke more violence and create havoc. Newsham added the FBI is now investigating potential domestic terror groups.

D.C. Metropolitan Police Department has arrested 527 individuals for curfew violations riot-related to burglary and other violations between May 30 and Sunday, according to department data. Of those arrested, 44% were from the District of Columbia, 27% from Maryland, 12% from Virginia, and 4% from other states.

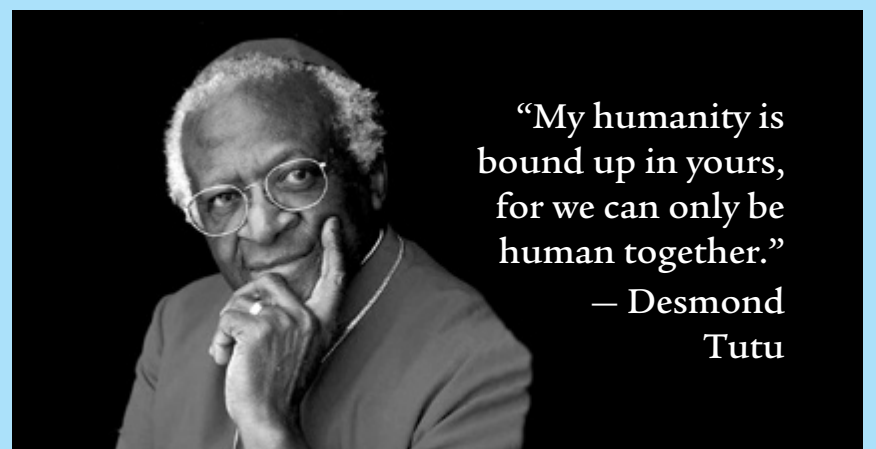
Bowser also criticized prosecutors for being too soft on rioters who were arrested freeing them up to return and create more carnage.

"When we make an arrest for violent protests, we need those violent agitators to be prosecuted. ... There hasn't been a willingness from the US Attorney's Office to prosecute them," she said.

Protests have been occurring in the nation's capital all summer. In June, President Trump had the Secret Service tear gas Black Lives Matter protesters so he could take a photo outside St. John's Episcopal Church. Later the same week, protesters posted their protest signs on the fence the Secret Service installed outside the White House as an extra security measure.

Multiple cities including New York, Los Angeles, and Bloomfield, CT, have also erected large scale Black Lives Matter murals including one outside of Trump Tower, which the president called 'a symbol of hate.'

## Black Voices in History



**"My humanity is bound up in yours, for we can only be human together."**

**— Desmond Tutu**





# The Care You Need Shouldn't Wait



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## News & Notes

### CAPS Media producing voter info for city and county residents

CAPS Media returns with its long running video voter series. Every election season for over a decade caps produces and broadcasts informative videos about state and local propositions, informative videos and our video voter series to inform the public and help get out the vote for the upcoming election. Our video voter 2020 series features ventura city council and ventura unified school board candidates. The individual videos provide viewers and voters the opportunity to hear first-hand from candidates about their concerns, views and plans for the future. CAPS is dedicated to providing the community with as much information as possible so they can make informed choices in the selection of ventura city council and vusd board members. Stay tuned for broadcast information of this landmark program.

For the county, CAPS is producing a series of voter awareness videos to inform the public on the realities and changes of the election process this year. First and foremost is getting out the message that voting by mail is safe. The fact is that Ventura County has been using vote by mail for years – and it has always been safe and secure. The change this year is that every registered voter in the county is receiving a ballot in the mail. In the past only those who requested a mail-in ballot received one. The change is driven in part by the Covid 19 crisis. Vote by mail allows everyone to stay safe at home and still vote. Other changes explained in the CAPS video series include the fact that once they send in their ballot, voters can go to [wheresmyballot.sos.ca.gov](http://wheresmyballot.sos.ca.gov) and track the ballot every step of the way, seeing when it is received and counted in the county election headquarters.

The county campaign also includes videos on key dates: October 2nd – when all ballots are mailed, October 27th – the last day to request a ballot and November 3 – the last day to have ballots postmarked to be counted. Other videos identify the locations for ballot drop boxes throughout the county and in-person voting. All videos are airing on CAPS channel 6, stream online at [capsmedia.org](http://capsmedia.org), county websites and posted on CAPS and county facebook sites and numerous other social media platforms.

In other news, the El Camino High School media program (ECTV) is in full-swing with innovative distance learning utilizing the caps media center. Mentor/instructor/media guru Phil Taggart has devised an extremely clever program for teaching media production to his ECTV students. Sitting in the CAPS conference room, an ECTV student conducts an interview with a guest who is seated in the CAPS Media studio – socially distanced away on the other side of the media center. At the same time the remainder of the ECTV crew can view and interact via zoom from home and deliver the complete projects for broadcast.

Due to the Covid-19 emergency the CAPS Media center is closed to members and the public until January. CAPS member/producers can submit programming via the online portal at [capsmedia.org](http://capsmedia.org) for broadcast and streaming on caps public access television channel 6 and on CAPS radio kppq 104.1fm.

All of us at CAPS Media hope everyone is staying safe and healthy during this challenging time.

### Eric and Janet Baucom recognized

The National Association of Realtors® has selected 10 Realtors®, including Ventura-area Realtors® Eric & Janet Baucom, as finalists for its 2020 Good Neighbor Awards. This award recognizes Realtors® who have donated time, money and passion to enrich the lives of people in their communities through impactful volunteer work.

Cofounders of Project Bicycle Love, the Baucoms have donated 350 bikes and helmets to foster and low-income children and to teenagers who lack a means of transportation to work. Learn more at [magazine.realtor.com/EricJanetBaucom](http://magazine.realtor.com/EricJanetBaucom).

“Despite the challenges presented by COVID-19, Eric & Janet Baucom have continued to help their neighbors in impactful and inspiring ways,” said NAR President Vince Malta, broker at Malta & Co., Inc., in San Francisco, CA. “I am so proud to honor Eric, Janet and all of this year’s Good Neighbor Award finalists for their outstanding volunteer work and for exemplifying everything we strive to be as Realtors® and as engaged, compassionate members of a community.”

In the coming weeks, five winners will be selected by a multi-stage, criteria-based judging process. Winners will receive a \$10,000 grant and national media exposure for their community charity, including a feature in the November/December issue of REALTOR® Magazine. The winners will also be recognized at the virtual REALTORS®

Conference & Expo this November, while five honorable mention selections will receive a \$2,500 grant for their respective nonprofit organizations.

The public is invited to weigh in on the 10 finalists at [realtor.com/goodneighbor](http://realtor.com/goodneighbor) until October 2, as a \$2,500 award will go to the top vote-getter and the second and third place winners will each earn \$1,250. These ‘Web Choice Favorites’ along with the five judged winners will be announced on October 6.

The National Association of Realtors® is America’s largest trade association, representing 1.4 million members involved in all aspects of the residential and commercial real estate industries.

**VISTA del MAR**  
HOSPITAL

### Initiative to spread awareness and to save lives

by Carol Leish

During September’s National Suicide Prevention Month, Vista del Mar Hospital is presenting a countywide initiative to provide awareness and to ultimately save lives.

According to the Center for Disease Control and Prevention (CDC), suicide rates have been rising in nearly every

*Continued on page xxx*





# Senior Living



Besides tasting good cherries could reduce joint pain.

## 6 foods that can help reduce joint pain

From inHealth

Joint pain is a common malady debilitating many people. Millions of Americans suffer from joint pain, and arthritis is the leading cause of disability among adults in the country.

For people who struggle with daily pain in their joints, the search for relief can be constant. The good news is there are some natural and tasty options that may help keep joint pain at bay. Certain foods contain anti-inflammatory components that are beneficial for joint-pain sufferers. Here are six foods that can help relieve inflamed joints.

### Cherries

Studies have shown cherries reduce inflammation due to the anthocyanins that give them their bright red color. If cherries aren't your flavor, other dark berries like blackberries, strawberries, and blueberries also provide similar benefits for your joints.

### Mediterranean Diet

The Mediterranean diet has a wide array of health benefits, and it can help with joint pain as well. Some research has shown the diet can reduce pain in osteoarthritis sufferers. The diet generally consists of fruits and vegetables, unsaturated fats like olive oil, high amounts of fish, and low amounts of red meat. It is believed to have benefits similar to using nonsteroidal, anti-inflammatory drugs.

### Fish

Certain kinds of fish are high in omega-3 fatty acids, which can help reduce inflammation and pain. Good sources of omega-3 are salmon, tuna, trout, mackerel, and herring. Omega-3 can also be found in other foods, including soy, walnuts, pecans, and flaxseed.

### Turmeric

Turmeric may not be a common spice for many people, but adding it to your diet could just be a matter of trying more exotic foods. It is commonly found in curry, as well as other Middle Eastern and South Asian foods. Studies have found the spice can be effective in relieving joint pain. It can be used as a supplement or just consumed in delicious food.

### Healthy Oils

Extra virgin olive oil and other healthy oils have properties that can reduce inflammation and help with joint pain. Oleocanthal, which is found in olive oil, can have similar effects as non-steroidal, anti-inflammatory drugs like ibuprofen or aspirin. Olive oil and other oils also contain omega-3 fatty acids.

According to Greg McCammond, executive chef at Mountain View Rehabilitation and Care Center, diet is an important part of joint pain management. "We use a lot of salmon, blue and blackberries, whole butter, green and herbal teas, tuna, yogurt, green curry and a lot of olive oil," he says. "If you see a sheen on top of the toilet after you go, that's a good sign that you're getting an abundance of lubricating oils."

### Whole Grains

Whole grains can reduce inflammation by lowering the level of a certain protein in the blood. This protein, called CRP, is associated with rheumatoid arthritis, as well as other ailments. A variety of foods are rich in whole grains, including oatmeal, brown rice, quinoa, and other foods. Stick to whole wheat bread, rather than white bread, and pick whole grain cereals.

Living with joint pain can make some



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activities difficult or even impossible. Fortunately, eating right can help reduce this pain. Talk with your doctor about how to treat your joint pain and whether dietary changes can improve your quality of life. Then it's time to eat, drink, and enjoy relaxed joints.



Making your room a calm place can help with sleeping.

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

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

Anh Nguyen, PACC Resource for

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

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

### Don't Self-medicate

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

*Continued on page 9*





## Senior Living



“Perhaps using a smartphone would be a better way to reach the doc?”

### Scheduling a virtual doctor’s appointment

If scheduling a virtual doctor’s appointment sounds great – except for figuring out the technology involved – know that a few key tips can make the process a lot less daunting. First, you’ll need to decide if you want to do so with a mobile phone, tablet or computer. Each option has its own advantages and disadvantages, and with any, you’ll want to do a trial run a few days before your appointment. Here’s the basic 411 on each.

#### 1. Using a smartphone

**Pros:** It’s a mobile device, so you can easily show your doctor a rash, for instance – or take a picture of it and easily send it to your doctor prior to your appointment. In addition, you can “see” your doctor when you’re away from home. Since video and audio components are built in, a mobile phone is pretty simple to use. “You don’t have to worry about the microphone settings because the audio is always on,” explains Matthew Faiman, M.D., medical director of Express Care Online at the Cleveland Clinic.

**Cons:** You’ll need to download an app or two, which can be a little more complicated. You might need to download the Zoom (videoconferencing service) app, the MyChart electronic medical records app or your hospital’s app. In some cases, your doctor’s office will send you an email with a link to download an app that they use for videoconferencing or medical records. Otherwise, you can go to your hospital’s website and click on a link to download the app.

You can also search for the MyChart app or other apps you need in the App

Store (for Apple devices) or Google Play store (for Android devices). If you have an iPhone, you’ll click the Get button to download the app. Depending on your phone’s settings, you may need to log in with your Apple ID to start the download. Afterward, you’ll click the Install button. If you have an Android device, you’ll click on Install, then on the Open button. The first time you use a MyChart app, you’ll be prompted to select your hospital and create an account. Once you have an account, you can use the app to launch a video visit, schedule an appointment and view your medical information.

**How to download the MyChart mobile app (available for both Android and Apple)**

**Other disadvantages:** The smartphone screen is small, so it may be difficult to see your doctor’s face, and your doctor may not be able to share medical images with you. Also, some people have trouble hearing their doctors on a smartphone. That can be even more difficult if you receive a phone call during your visit. (If you have an iPhone, you’ll need to go to Settings and turn on Do Not Disturb.) Some people walk around with their phone, but “it helps if you’re seated and the screen isn’t moving” during appointments, says Susan Bailey, M.D., an allergist and immunologist and president of the American Medical Association. Finally, a smartphone isn’t hands-free; you may need to prop it up during the appointment. Fortunately, there are kickstands for smartphones.

**How to make it work:** You’ll need a 3G (third generation) smartphone or a more recent model, Faiman says.

Consider using your home Wi-Fi instead of cellular data because the connection will be more reliable and less expensive. The internet speed should be at least 5 megabits per second (Mbps). Ask family members to minimize their use of devices during your appointment.

To use an app, your smartphone must meet certain system requirements. For instance, the MyChart app requires iOS 11.0 or later for Apple devices (and 3.0 or later for the Apple watch). Many hospital apps require 5.0 and higher for Android devices.

#### 2. Using a tablet

**Pros:** Like a smartphone, a tablet is mobile, and the video and audio components are built in. The screen and keyboard are larger, though, and you can increase the size of the type. “The iPad was built for telemedicine,” says Paul Testa, M.D., chief medical information officer and assistant professor in the Department of Emergency Medicine at New York University (NYU) Langone Health.

**Cons:** Apps may be challenging to download the first time you try. In addition, it can be difficult to figure out where the camera is on a tablet – and where to look during a visit. If you’re holding a tablet horizontally, the camera is on the left. It’s best to use the device in portrait mode (vertically) so you’re looking straight at the camera.

#### 3. Using a desktop computer or laptop

**Pros:** For some, the familiarity with a desktop computer or laptop outweighs the advantages of using a mobile device for a virtual visit. The screen is large, which affords good views of your doctor and allows him or her to share medical images with you, such as X-rays or ultrasounds. The camera is in the middle of the monitor, so it’s easy to know where to look. In addition, the audio may be better quality than that of a smartphone.

**Cons:** You can’t move a desktop computer to a location with more privacy – and you can’t use it when you’re away from home. In addition, if your computer monitor doesn’t have a built-in web camera, microphone and speakers, you’ll need to purchase them. Also, starting a virtual visit involves multiple steps.

**How to make it work:** For the most reliable connection, your computer should be hardwired to the internet, meaning that it’s connected to your home router via an Ethernet cable. With a wired connection, data is transmitted over cable instead of wireless signals.



### What is the Ventura Council for Seniors?

The Ventura Council for Seniors (VCS), formerly the Ventura Council on Aging, formed in 1975, is designated by the Ventura City Council as the representative organization of all seniors (50 and over) in the City of Ventura. The VCS board is comprised of senior volunteers who reside in the city, along with a non-voting City liaison appointed by the Parks, Recreation, and Community Partnerships Department. This group meets quarterly to consider and gather input on local issues important to seniors. The VCS is responsible for making recommendations on these issues to the Ventura City Council.

#### Meetings

You are invited to participate in the Ventura Council for Seniors board meetings during the member/public communications segment of our agenda. Your concerns are our agenda! Next Meeting: due to the COVID-19 pandemic, meetings have been postponed until further notice.

Contact us at: 805-648-3035. Or visit: [www.cityofventura.ca.gov/vcs](http://www.cityofventura.ca.gov/vcs). Or write to: Ventura Council for Seniors, c/o City of Ventura, 501 Poli St. Room 226, Ventura, CA 93001

### VCAAA assists in many ways

The VCAAA’s Information & Assistance (I&A) team is on the front lines of the Agency, taking all incoming calls and assisting the public with a variety of resources, which include:

- Housing
- Transportation
- Caregiver Support
- Food and Meal Assistance
- Case Management
- Emergency Assistance Referrals

The I&A team is a crucial link for persons aged 60 and over, people with disabilities, and their caregivers. Our staff will refer all callers to the appropriate programs and services in their communities that can help address a variety of situations.

For more information, call 805-477-7300.



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## News & Notes

### Ventura's first hero

by Richard Senate

No marker graces his grave. A school rests over his burial site but the man should be remembered. His name was Ramon "Natcho" Rodriguez. He was the owner of the Rancho Canada de San Miguel, an 8887 acre spread granted to him in 1846 by Mexican Governor Pio Pico. The ranch encompassed much of the Ventura River mouth and valley, vineyards, orchards and cattle ranges made it a prosperous for Ramon, his wife Juana and his three sons. He built a large two-story adobe. He hired Emideo Ortega as his Major Domo, Ranch Foreman. The future looked promising for the rancher. This was a great time for California. The discovery of gold caused men to come from all over to try their luck in the gold field. The price of beef skyrocketed and ranch owners became wealthy. But some of the people who came were not good people and crime flourished.

In 1849 nine British sailors jumped ship and turned to a life of crime. Why dig for gold when they could rob people and take their gold? If they resisted--simply kill them. They rode south leaving a trail of dead in their wake. At San Miguel mission, now being used as an Inn, they robbed the place and killed all thirteen people staying at the old mission, men, women and children. The massacre galvanized the citizens as the gang rode south towards Los Angeles. Poses were formed at ever community to stop the killers. Ramon Rodriguez answered the call and volunteered for a posse at San Buenaventura. They went north and near Summerland, at Ortega Hill, they engages in a long gunfight that ended in the surf. Four of the gang, including the leader were killed. Ramon was badly wounded and died as they returned him to Ventura.

He was given a funeral Mass and buried in the Mission Cemetery. A stone marker once marked the grave of the first Ventura peace officer to fall in the line of duty. Now the Holy Cross school was built on the site. The five surviving English gang members were given a trial in Santa Barbara and sentenced to death. Shot by firing squad on de la Guerra Street. The sacrifice of Ramon "Natcho" Rodriguez should be remembered with a plaque or marker to this brave man. Maybe a statue should be put up to honor him and the others who still rest under the old school next to the Mission Church.

### New census deadline

The City of Ventura is encouraging community members to take the 2020 Census by the new self-reporting deadline of September 30, 2020. To date, more than 72% of Ventura residents have participated in the 2020 Census.

In August and September, Census workers will knock on doors to follow up with houses in lower-response areas and may return multiple times to uncounted homes. Census workers will wear official Census Bureau badges, face coverings, and follow all public health guidelines when visiting homes.

"Now more than ever, we need to ensure that our community is accurately counted in the Census," said Ventura City Manager, Alex D. McIntyre. "The results of this once-a-decade count determine the amount of funding and resources Ventura will receive for the next 10 years. It's important that every household and business is counted so we can secure critical resources for public and social services like education, healthcare, and infrastructure projects."

The Census is a 9-question survey that takes less than 10 minutes to complete. All responses are confidential. Households and businesses are encouraged to respond by mail, or take the 2020 Census online or by phone. The Census is available in 13 languages.

To learn more, visit [www.census.gov](http://www.census.gov) or call (844) 330-2020.

### Back to school at the library

It's back to school and Ventura County Library now offers Brainfuse HelpNow eLearning for all ages and levels.

**Homework Help** – Interact with live tutors in math, science, reading/writing, social studies, PSAT/SAT, ACT, AP and state standardized tests.

**Personalized eLearning Tools** – My File Sharing, My Session Replay, My Tutoring Archive, My Tests Archive, and more!

**24-Hour Writing Lab** – Submit essays and other forms of writing for constructive feedback.

**Adult Learning Center** – Access a library of rich adult learning content (GED) and live, professional assistance in resume/cover letter writing, U.S. citizenship prep, MS Office Essential Skills

Series, and more!

**Foreign Language Lab /Spanish-Speaking Support**

Begin now at <https://landing.brainfuse.com/authenticate.asp?u=-main.venturacounty.ca.brainfuse.com>

Ventura County Library has a Minecraft Server. VCL's server will be a fun opportunity for open and collaborative Minecraft building for youth ages 10-17.

**Do's and don'ts**

*Continued from page 7*

a higher risk of falls. Before reaching for a sleep aid, talk to your doctor about the best way to tackle your sleepless nights.

**Cut Back on Alcohol**

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

**Get Your Snoring Checked**

A major contributor to disrupted sleep and feeling tired during the day is sleep apnea, though many people may not know they have it. Sleep apnea causes

a person to stop breathing for periods as they sleep. If people tell you that your snoring can be heard in other rooms or that you stop breathing at night, talk to your doctor about getting tested for sleep apnea.

**Practice Better Hygiene**

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

**Create a Calming Sleep Environment**

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

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

## Art Scene



Artist Bijan Fan will be on exhibit.

### Arte Forastero Sculpture Exhibit

Continuing through November 30, 2020, the Museum of Ventura County (MVC) and the Ventura Botanical Gardens (VBG) host 14 regional artists in their first collaboration. Sculptures and installation works have been installed in the Botanical Gardens nursery and lower trails and in the Museum's outdoor Plaza along Main Street in Downtown Ventura. This exhibit showcases works by the following artists: Emma Akmakdjian, Gloria Bradley, Kevin Carman, Bijan Fan, Wrona Gall, Sooz Glazebrook, Carlos Grasso, Paul Lindhard, Bob Privitt, Sudad Shahin. Additional works by artists Tanya Kovalesky, Marianne McGrath, Carole Shaw Sutton and Amy Sharp will be installed in mid-September.

This collaboration was initiated by VBG Executive Director Joseph Cahill and MVC Deputy Director Denise Sindelar in recognition that the Gardens and the Museum's outdoor Plaza would provide an excellent venue for the community to safely explore and expe-

rience outdoor art installations. Jurors selecting the exhibiting artists included Christine Beirne, Ojai Studio Artists, Barbara Brown, Board Member VBG, Matthew Furmanski, Professor CSUCI, Michael Pearce, Professor CLU, Peter Tyas, Executive Director Studio Channel Islands and Denise Sindelar, Deputy Director MVC.

The funding to support the art installations was provided by the Bonita C. McFarland Endowment through the Museum of Ventura County. All art sales will 100% benefit the exhibiting artists. Patrons interested in purchasing works may contact Denise Sindelar at [dsindelar@venturamuseum.org](mailto:dsindelar@venturamuseum.org).

During the run of this exhibit MVC members may visit the Gardens free of charge and when the Museums reopen VBG members will receive free admission to both the Ventura Museum and the Santa Paula Agriculture Museum. Members of both organizations are encouraged to support this exciting first collaboration.



A day cooling off at the Ventura beach, 1906 style.





## The Pet Page



**Dedicated to Scamp**

■ SPAN Thrift Store is now open to the public and in need of volunteers to operate day to day. If you are interested or have questions please call (805) 641-1170 to inquire.

In addition, SPAN is back and providing \$10 spays and neuters for low income households with cats and dogs.

The next one is at the Albert H. Soliz Library - El Rio, 2820 Jourdan St., Oxnard, 93036 on Friday, September 11th. Please call to schedule an appointment (805) 584-3823.

■ **Three types of dog foods sold nationwide recalled over high levels of mold by-product by Mallika Kallingal, CNN**

Sunshine Mills has issued a voluntary recall of three dog food products due to high levels of aflatoxin, according to the Food and Drug Administration. Aflatoxin is a naturally occurring mold by-product and can be harmful to pets if consumed in significant quantities.

Family Pet Meaty Cuts beef chicken & cheese flavors premium dog food, Heartland Farms grilled favorites beef chicken & cheese flavor, and Paws Happy Life butcher's choice dog food have been affected by the recall announced Wednesday. The products were distributed in retail stores nationwide.

So far, no illnesses have been reported in association with these products, the FDA says, and other Sunshine Mills pet food products are not affected. The FDA says these products were recalled as a precautionary measure and no adverse health effects related to them have been reported.

"Pets that have consumed any of the recalled products and exhibit symptoms of illness including sluggishness or lethargy combined with a reluctance to eat, vomiting, yellowish tint to the eyes or gums, or diarrhea should be seen by a veterinarian," the FDA statement says.

Retailers have been asked to pull the affected products from their inventory and customers who have purchased the products can return them to the place of purchase for a full refund.

The potential for aflatoxin levels above the acceptable limit in these products was discovered by routine sampling performed by the Louisiana Department of Agriculture and Forestry, the FDA says.

■ Sometimes research provides groundbreaking information that can change our lives. Other times it confirms what we already know, but provides empirical evidence to bolster nagging. A study of pet feeding practices recently published in the British Medical Journals' Vet Record definitely falls into the second category. A survey of 3,673 English-speaking pet owners in five countries (Australia, Canada, New Zealand, the U.S., and the U.K.) found that only 13% of dogs and 32% of cats ate pet food and pet food only.

In the abstract of the paper, they conclude: "As an increased risk of nutrient insufficiency and associated conditions have been attributed to unconventional feeding practices, veterinarians must be aware of pet feeding trends and educate clients about the nutritional needs of companion animals." Which seems like a lot of work to go through to get vets to tell humans to be careful about feeding their pets, but whatever works, I guess.

The Toronto Sun spoke to Sarah Dodd, the lead author of the study, who said that one of the researchers' biggest concerns was people feeding their pets raw food: "We have concerns, particularly for potential microbial contamination (harmful bacteria) and how that can affect not only the pets in the household but also the people." She added that people are suspicious of conventional pet food because it's processed, and they've been warned about the dangers of processed foods to humans.

Pet food, Dodd said, is different: kibbles contain a nutritional balance that can't be duplicated by homemade food alone. And then she said the thing that vets always say: before you make any drastic changes in your pet's diet, consult their vet! Dogs possess an ability that humans can only dream of dog compass.

## Cassie's Cats-Fostering, Love and Forever Homes for Cats and Kittens

by Jill Forman

When Jennifer Thompson was 10 years old, she got her first cat, Cassie. Cassie was loved for 19 years, and now she lives on in Cassie's Cats.

## Scamp Club

*(Scampclub pets are not for adoption.)*



I'm, Mr. T., a 2-year-old ragdoll. I like to eat dog food, chases shadows, body slams with humans and play patty cake with the dog.

## Join Scamp Club

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

Lost pet? Go to [LostCatVenturaCounty.com](http://LostCatVenturaCounty.com) or [LostDogVenturaCounty.com](http://LostDogVenturaCounty.com) - free websites for finding and posting when you've lost or found a cat or dog.

Fast forward a few years to 2006, a friend of Thompson's found an abandoned litter of kittens and brought them to her. "I had no idea what to do! I did a lot of Googling and gave myself a crash course on caring for orphaned

almost 15 years. She has been a teacher and a college counselor. "My whole life has been spent in 'helping' professions and having meaningful work in my life is important. Saving cats and kittens fits right in."



Jennifer with one of her saved kitties.

A diagnosis of breast cancer in 2014 "... was a transformative experience in so many ways and I think it helped give me the courage to create the life I wanted for myself and make changes instead of always playing it safe."

Currently she is building a support base to raise awareness and funds. She uses social media to publicize photos of fosters, fundraisers, and updates.

Including merchandise. "We have all kinds of handmade items in our online shop - toys for cats, note cards featuring original watercolor paintings, cat-themed jewelry, and masks made with whimsical cat print fabrics! My mom has even been helping from afar, sewing dozens of masks for us to use in our fundraisers. We're selling t-shirts and sweatshirts too in a variety of designs on the fundraising site Bonfire.com. The response to all of these fundraisers has been fantastic so far! We are so heartened by the support our community is already showing for our organization."

newborn kittens. I raised those kittens successfully and got all four adopted out." Since then she has fostered almost 50 cats and kittens, 15 so far in 2020.

She incorporated Cassie's Cats in January of this year. It is a nonprofit 501(c)(3) with the mission of finding safe, permanent, loving homes for cats and kittens.

She has an ambitious dream to accomplish this. "Cassie's Cats will be a lounge and adoption center in Ventura. The idea of "cat cafes" is catching on in this country as spaces for people to come relax and hang out with cats. Giving cats a space that is more like a normal home environment helps them relax and allows their real personalities to emerge. This will also allow prospective adopters to get to know the cats and visit with them in a comfortable environment."

Thompson, 49, has lived in Ventura





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# The Pet Page

## Forever homes wanted

Hi: I'm Stella, a sweet almost 9 year old Lab/ Shepherd X who is in search of my forever home. Although I've been with C.A.R.L. for a short time I would much prefer to be in a home of my own. I need a quiet place to keep my owner company. I do



Our sweet Seven loves people! She knows sit, down and shake. Seven lived with and got along with other animals, and we have found her to be friendly with the other dogs in shelter playgroups. Seven was surrendered because her owner is moving onto a boat which doesn't allow pets. She is easy to walk and easy to have in the house. Ventura County Animal Services - Camarillo location - 600 Aviation Drive. Seven A446751

Meet Angus! This handsome boy is a 1-year-old black Lab Retriever who came to the HSVC as a stray in early August. Angus is very friendly and loves to play. He is also really smart! Angus is still a young pup and would benefit from some training. He would do well with an active owner who has lots of time to give him the exercise and attention he needs. Humane Society of Ventura County



## This 'n' That

### Happy new year already?

*Continued from page 3*

the Jewish calendar night begins before day, thus the holiday or festival begins on the sunset of the previous day.

Rosh Hashanah celebrates the Jewish New Year for Jewish Americans. Rosh Hashanah begins on the first day of the seventh month in the Jewish calendar. The Day of Remembrance or the Day of Blowing the Shofar are other names for this holiday. Yom Kippur and Rosh Hashanah are the two most important days of atonement that most practicing Jews will observe in the calendar year.

Why do Jewish holidays start at nighttime? According to the Torah, the story of creation in Genesis says "And it was evening, and it was morning day one", "And it was evening, and it was morning; the second day", thus night comes before day. So, for the Jewish calendar all days begin at nightfall and end the next day at nightfall including holidays.

Days to the start of Rosh Hashanah 2020. Saturday, September 19th is day number 263 of the 2020 calendar year with 12 days until the start of the 2 day celebration/ observance of Rosh Hashanah 2020.

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The City and surrounding areas are still not allowing live music in venues, not even outdoors unless it's one of the drive-in style and you're in a car, or at least next to your car in a parking lot. Concerts in Your Car in the fairgrounds parking lot continue to add shows including Robby Krieger of the Doors, the Dirty Heads and Cypress Hill.

The Canyon at the Oxnard Performing Arts Center (parking lot) seems to be focusing on tribute bands with the exception of a punk show on the 19th. They're calling them Carpool Jam Concerts with tribute bands featuring the music of Metallica, Madonna, Journey, Doors, Billy Idol and more.

(See listings for dates on this page)

#### Q&A with Dan Grimm – EP: Before the Floor

I'm always jazzed to hear local artists have new music they've been working on and have a new CD or EP to share; such is the case with Dan Grimm and his new EP called Before the Floor. As co-owner of Carbonite Sound out of Ojai (along with Jason Mariani), Grimm not only has some amazing resources, and contacts, but yes, talent, and I would be remiss if I didn't mention his dry sense of humor.

*Pam Baumgardner: This is your fourth release after Average Savage, Ventucky and Corvus Crow, correct?*

Dan Grimm: Yes exactly

*How would you say you've grown, or evolved? First with your songwriting, and then with the recording process.*

Dan: Songwriting growth is tough to answer. There are those songs that the universe writes and you are a passenger for, and there is the crafter-grind that turns out songs through effort. The spontaneously written and finished ones are gifted to you and there is little to work on other than whatever innate melody/chord structure, and form skills have been slowly growing. The grinder songs... I guess I can say I'm writing more pointedly for purpose and delivery instead of just for therapy like you do when it's really just for your own mind's maintenance. So at this point, I feel like you could point me at a topic and I could likely make something or several somethings that fit the need and don't completely suck.

Relevant to this collection of songs, though, some are very very old and the growth is the sound in studio and how I work with Dave Palmer, who continues to become more and more a main musical compadre and influence. "Space Black" was a song I liked and I wrote in college in 1999, but it took me this long to find the right composition. This version was a bunch of people in a room getting very weird and nailing something I had never been able to ask for in

words before.

*Tell me about the players on this EP.*

Dave Palmer was the first person I asked to get involved and help produce with me. He heavily influenced the sound and within the industry he's known to be the kind of gifted dude he was for this album and so many songs on the radio like "Feel it Still" by Portugal the Man, De La Soul, Chris Isaak, Cardi B, Bruno Mars, and more than I can even name drop. His heavy foray into movie scores was a major influence on the approach, as well. Very importantly, I also asked him to assemble the other players. His piano and synth, which are largely live, always move the song but he's never pushy with his own parts. He had decades of songs to choose from in my library and while I knew Before the Floor had to be on this one, he had us drop two additional songs to ensure the guys had a fun day in studio, (which we did).

Matt Chamberlain was my main target for drums. He's really hard to get and luckily just loves Dave, because I was repeatedly told only A-list cats can hope to see him show up for sessions. He's on Bob Dylan's new album Rough and Rowdy Ways that is garnering so much attention, and he's been the go-to guy for Pearl Jam, John Mayer, David Bowie, Bruce Springsteen, The Who, Stevie Nicks, and the list literally goes on and on.

From the iconic snap on "Can't All be Loves Songs" to the absolute genius on "Space Black Night," he was everything I had hoped for and more. Jokingly, Palmer suggested he never repeat patterns on the lengthy Space Black Night cut, he said "I can probably do that, let's try." He then proceeded to nail it for two consecutive takes, which completely blew my mind, and one of those takes is the cut we are releasing.

Tim Young is probably most famous for having his own Queer Eye makeover as the shaggy guitar player in the Late Show band with James Cordon. He's also been Beck's live guitar player, and worked with Lady Gaga, Cher, Sting, Alisha Keys, Kermit the Frog, and many more. The solo on "Before the Floor" was played on his cigarette case amp, which is literally electronics installed into a single pack of cigarettes. The tone he got out of it is really cool and I had never seen one used before that.

Jonny Flaughter is a very bad man on bass. He's got a very groovy pocket, and he can be busy without being pushy or disappear in the ether while supporting the song with a really nice low tonecraft. I dug his work with Ryan Adams and he's also sort of the anthropomorphic representation of New Jersey. My truck door might still be holding a grudge

from the after-recording celebration, but I'm already plotting to get him in on a bunch of recordings in the future and I stay in touch with him regularly because he's a lovely guy on top of how talented he is on bass.

Jesse Siebenberg is a long-time friend and collaborator who plays most instruments better than most folks who just play one thing. He played steel guitar on "Can't All Be Love Songs" just as he did for Lukas Nelson and Lady Gaga for the movie A Star is Born with Bradley Cooper. He is also the current lead man of Supertramp and son of Supertramp's drummer Bob Siebenberg, as well as nephew of Thin Lizzy's guitar player Scott Gorham.

*I'm loving "They Can't All be Love Songs," I played it on the latest episode of The Pam Baumgardner Music Hour on KPPQ-LP. You must be super proud! Tell me the back story on this one.*

Dan: This one was written in my most productive period as a writer when I was writing for the band milEs and living completely nocturnally in Los Angeles. The verses are extremely literal and true, but the inspiration came from the fact that the band's singer and other writer basically only wrote love songs. The rest of the band wanted me to break that pattern, so I wrote a song about not just writing love songs... that I guess wasn't really a departure from love songs, but it was an inside joke topically.

Jesse wasn't supposed to play on the EP, but he came by for a listen and liked "Can't All Be Love Songs" so much he wanted to sit in with the band. His lap steel parts on the solo sections were played live with Tim's amp side by side, so they both had to nail the synchronized guitarmony parts without making any mistakes, as we could not edit the guitars separately.

This song and the whole album were live tracked, so everyone played as a live performance band instead of layer by layer. That has always felt more like music to me as I know and enjoy it, but it's becoming the exception in the modern industry. We had a really good time recording all these songs and the day went by way too fast. Usually a day in the studio means late into night, but in this case, we took 2-3 takes per song... cut a few solos over again, added another layer of Dave in some select spots, and then went wine tasting by late afternoon. It was nuts.

*Too funny!! I would have loved to be a fly on the wall for that session! So where do you find your inspiration to write songs. Is there a typical way for you? And are you always writing, or does it come and go throughout your life?*

Dan: The plan is to always be in the midst of writing songs, though sometimes I don't get whole songs so much as a line, or verse, or something that ends up being a bridge in a separate song later, or just a concept for a song or album. Inspiration comes from all over the place... the only time I've ever had writer's block is when I've locked myself in a room to focus on writing songs for too long and actually robbed myself of outside stimulus. I try to have lots of processes to keep out of ruts. I do have a go-to strategy to drive inspiration though, I frequently switch

dominant hands for long periods of time to rewire my brain. Thank god for computers because I've found my handwriting awful both left and right handed.

*During these pandemic times, how are you planning to get the word out on your EP? All the usual outlets?*

It will be on [www.carbonitesound.com](http://www.carbonitesound.com) and that's probably it. Artists are getting robbed blind by basically every service except maybe the non-streaming form of apple music and band camp, so I want to control all my material completely. I already can't make a living off of album sales, so I'm not motivated to try to stay in the public eye and play the exposure game. For consumers streaming is great, but it's been more damaging than Napster in my opinion.

DanGrimm.ninja

Facebook.com/DanGrimmBand

Instagram.com/carbonitesound/

Facebook.com/carbonitesound

Twitter: @dansgrimm

And finally, here's the "op-ed" portion of my column: I don't want to get all Footloose on the City, but what a lot of people could use right now is live music to soothe our nerves. Outdoors, social distancing, no slam-dancing, in fact, how about no dancing at all, and all the while wearing a face mask when not sitting, eating or sipping on a beverage? I'm not asking for special favors, but the venues are already set up and serving outdoors, so why not let us patrons enjoy some jazz, folk, or blues? I know all the musicians in the area would love to work again. End of op-ed.

Do you have any music-related news or upcoming shows (online or live) you want help publicizing? Please send all information short or long to [Pam@VenturaRocks.com](mailto:Pam@VenturaRocks.com), and for updated music listings daily, go to [www.VenturaRocks.com](http://www.VenturaRocks.com).

## Music Calendar

For more up-to-the-date listings go to [VenturaRocks.com](http://VenturaRocks.com)

All Venues Ventura, unless otherwise noted.

#### The Canyon at Oxnard PACC Oxnard Performing Arts Center Parking Lot

##### Drive in style concerts

Fri 9/11: Generation Idol

Sat 9/12: The Long Run

Fri 9/18: Masters of Puppets

Sat 9/19: Pulley, Stalag 13, Bad Samaritans, Sidekick

Sat 9/26: DSB

Fri 10/2: Blonde Ambition

#### Concerts in Your Car

#### Ventura County Fairgrounds 10 W. Harbor Blvd.

#### RUBICON Stage Productions

9/7 - 9/9: Music of the Knights

Thurs 9/10: Metalachi

Sun 9/13: Regulo Caro

Thurs 9/17: Robby Krieger of the Doors

Fri 9/18: Foreverland

Thurs 9/24: Gordon Goodwin's Little Phat Band

Fri 9/25: Cypress Hill

Sat 9/26: Dirty Heads

Sat 10/24: Oingo Boingo (former members)

#### Concerts in the Park

#### Arroyo Vista Community Park Moorpark, CA

Sun 9/13: The Trip



# 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.

## Furnishing Narcotics Arrest

On August 26, at approximately 5:00 pm, patrol officers responded to Macy's department store reference a subject overdosing on Fentanyl. Ventura City Fire personnel responded and were able to revive the overdosed victim by administering Narcan (naloxone HCl), which is used for the treatment of an opioid emergency.

During the investigation, officers learned the overdose victim was told he bought Heroin but was actually sold Fentanyl. He used too much of the narcotic and quickly overdosed. Fentanyl is a synthetic opioid that is 80-100 times stronger than morphine.

Fentanyl is often added to other drugs to increase their potency. Many users believe that they are purchasing Heroin and do not know that they are buying Fentanyl – which often results in overdose deaths.

On August 28, members of the Ventura Police Department Narcotics SCU unit completed the investigation into narcotics sales of Fentanyl, resulting in an overdose. Detectives using investigative tools were able to identify, detain, and arrest suspect 58 year old Ventura resident Robbin Parks for furnishing narcotics.

A search of the Ventura County Superior Courts shows that Parks has prior convictions for possession of a controlled substance and possession for sales of a controlled substance.

## Theft of Bike and Warrant Arrest

Over the past month, there have been approximately 45 bikes stolen throughout the city of Ventura. On September 2 at 6:00 pm, the Ventura Police Department Patrol Task Force and the Street Crimes Unit conducted a crime suppression theft sting at two Ventura locations. The units left bicycles unattended in shopping areas while officers surveilled the bikes.

In the 4700 block of Telephone Rd, Cody Brown approached one of the bikes and then took it and began riding away. Officers stopped Brown and took him into custody. Brown also had several outstanding warrants for his arrest. Brown was arrested and subsequently booked at the Ventura County Jail.

A review of the Ventura County Superior Court website shows that Brown has been arrested for drunk in public, under the influence of a controlled substance, petty theft, and resisting arrest.

The Ventura Police Department would like to remind everyone not to leave their bikes unattended, even for a short time, without locking them. Please register your bicycles online through the Ventura Police Department website under the tab for Services.

## Arson

In the evening hours of September 2, Ventura Police communications center received multiple reports of fires along the Ventura Avenue corridor as well as the Olive Street both north and south of Main street. Ventura City Fire Department responded with patrol officers and quickly extinguished the fires.

Detectives with the Ventura Police Major Crimes unit were able to identify the suspect, 35 year old vagrant Hugo Santiago, from video surveillance located in the area of one of the fires.

Detectives found Santiago and detained him without incident. Detectives

were able to link Santiago with 4 different intentional fires set on September 2. Santiago was booked at the Ventura County Jail for Arson.

A review of the Ventura County Superior Court website shows that Santiago has previous arrests for being under the influence of a controlled substance, possession of a controlled substance and driving without a license.

## Hot Prowl Residential Burglaries / Sexual Assaults: Arrest and Update

On April 21, 2016, at approximately 5:00 am, the Ventura Police Patrol Officers responded to 6600 Block of Webster St. in reference to a female victim reporting that an unidentified male made entry into her residence sliding glass door, sexually assaulted the victim, and fled when the victim awoke. The suspect was wearing gloves, dark clothes and had a ski mask.

On May 7, 2016, at 5:00 am, the Ventura Police Patrol Officers responded to 600 block Atlanta Ln. in reference to a female victim reporting that an unidentified male was peeping through her bedroom window. The suspect was wearing all dark clothing and wearing a ski mask.

On June 11, 2016, at approximately 5:30 am, the Ventura Police Patrol Officers responded to 1500 block of Echidna Ln. in reference to a female victim reporting that an unidentified male made entry into her residence through a sliding glass door, groped the victim's buttocks, and fled when the victim awoke and screamed. The suspect was wearing gloves, dark clothes and had a ski mask.

On August 8, 2016, at approximately 5:30 am, the Ventura Police Patrol Officers responded to 700 block of Hill St. in reference to a female victim reporting that an unidentified male made entry into her residence through a sliding glass door left open for a cat, sexually assaulted the victim, and fled when the victim awoke and screamed. The suspect was wearing gloves, dark clothes and had a ski mask.

## A message from Chief Schindler

*Continued from page 1*

a culture of open dialogue with our community is vital to our success moving forward.

"As your Police Chief, I am proud to lead and serve alongside our courageous and compassionate Ventura Police team," said Chief Schindler. "Comprised of sworn officers, professional staff, and volunteers, there are more than 225 members of our team committed to serving you with the highest standards of performance, utilizing the best policing practices.

"The Ventura Police Department and its employees, professional staff and sworn alike, are committed to being responsive to community concerns, reducing crime, and maintaining safe neighborhoods for all residents," said Chief Schindler. "I am grateful for the opportunity to continue developing relationships with our Ventura residents, business owners, and local students while working with our community to problem solve and enhance the quality of life in our city."

Read our complete Strategic Plan in English and Spanish here: <https://www.cityofventura.ca.gov/1053/Performance-Measures>

If you'd like to reach out directly, please email [policechief@venturapd.org](mailto:policechief@venturapd.org). As a community we are stronger when we stand together.

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## November 3, 2020 is Election Day

Oct 5 - Official ballot mailed out



Oct 7 - Ballot Drop Boxes open to receive ballots

Oct 15 - If you have not received ballot in the mail, call the VC Elections Division: 805-654-2664

Oct 20 - Mail your ballot to arrive by Nov 3

Nov 3 - last postmarked date for ballot to be counted

## WAYS TO VOTE



USPS Mail



Ballot Drop Box



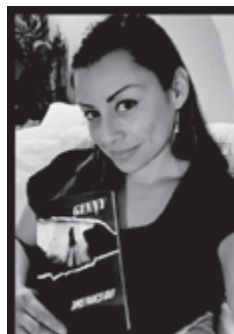
Vote Center

Sign up to track your ballot at:

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[www.lwvventura.org](http://www.lwvventura.org)



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## Weekly SUDOKU

Answer

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

## King Crossword

Answers

Solution time: 21 mins.

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









# Showtime

**Streaming Spotlight**  
by **Cindy Summers**

## Critical Thinking

Amazon Prime



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

Critical Thinking is based on the true story where in 1998 five Latin and Black students from Miami Jackson High School in Miami, Florida overcame the challenging situations in their under-served community and at home, eventually winning the National Chess Championships under the guidance of their teacher Mario Martinez (John Leguizamo) with his “never give up on them” attitude.

Most of the students in Mr. Martinez’s Critical Thinking class came there due to troubles in other areas at school, with Principal Kestel (Rachel Bay Jones) using it as more of a detention situation. When students come to the class, Mr. Martinez gives them two choices, do nothing or play chess, joking that he looks forward to the day a student would actually choose chess.

While having his students’ attention, Mr. Martinez tried to instill better choices and values that would help them to achieve success outside their circumstances. The neighborhood was so rough that a student

who was walking home from school and didn’t speak English accidentally bumped into a Black girl causing her to drop her portable CD player, which she did not take well and began yelling at him. Andre Lamar (Ramses Jimenez) drove up to the situation asking her if there was a problem, to which she said this guys my problem and then without even pausing shot the teen in the head saying “there’s no problem no more”.

Mr. Martinez taught them positional chess, tried to get them to focus on the artistry of the game, and taught them that “in the game material advantage was not everything” through examples of classic chess games from unconventional chess masters such as the Opera Game authored by Paul Morphy.

Later Marcel Martinez (Jeffrey Batista) ended up enrolling at Miami Jackson High from Cuba sharing his book of original moves in exchange for being schooled in traditional positional chess. Marcel was so skilled he could play 4 matches simultaneously against the team with his back turned and win every match. He became the ringer for the team after Ito’s exit due to pressures from losing his auto repair job and falling in with Andre Lamar.

The team was fortunate enough to be gifted some cross-country tickets to the national competition sponsored by the airline to attend the National Chess Championships in Southern California. Mr. Martinez had these parting words as they left to compete, “You already got the knowledge and

*Continued on page 16*

### Initiative to spread awareness

*Continued from page 6*

state. In California 4,491 died by suicide in 2018, including 94 people in Ventura County alone. This reflects a total of 84,137 years of potential life lost before age 65. On a national level, suicide is the second leading cause of death for youth ages 10-24.

“The effects of the Coronavirus pandemic have been far-reaching and fatal. In addition to the physical health concerns, there are emotional, mental, and behavioral health stains,” according to Jenifer Nyhuis, Vista del Mar’s Chief Executive Officer. “We are constantly reminded of these challenges, such as: job loss; increased depression related to isolation; increased anxiety due to uncertainty and fear; economic challenges; food insecurity; child care needs; and, social challenges. We are also aware of the decrease in common coping outlets for social gatherings (gyms; churches; temples; spas; and, parks).” She continued by saying, “I am confident that nearly every person’s mental health has been brought into question, if only momentarily. The pandemic has only further exacerbated the suicide crisis. Thus, this is a time to come together to collaborate as a community in order to create lasting change.”

Therefore, Vista del Mar Hospital is collaborating with the Jason Foundation and community partners to provide free suicide prevention training online via Zoom. The one-hour training includes facts and figures about this silent epidemic, compelling survey results, warning signs such as out-of-character behavior, risk factors for suicidal ideation, resources, and the social media campaign: #1WONTBE-SILENT. Community partners include: The City of Ventura; Coalition for Family

Harmony; NAMI (National Alliance for Mental Illness), Ventura County; Mission FISH; Genesis Programs, Inc.; News Talk 1590 KVTA; QPR For Suicide Prevention; Ventura Downtown Lion’s Club; Ventura County Behavioral Health; Ventura County CIT; and, Women of the Moose. Vista del Mar has three scheduled trainings open to the public, as well as trainings by appointment.

“During this unprecedented time of uncertainty, suicide prevention is more important than ever,” according to, Kiran Sahot, Sr. Behavioral Health Manager with Ventura County Behavior Health. “We encourage the community to become trained in asking the difficult questions surrounding thoughts of suicide, and being able to recognize the signs of anxiety and depression.”

Resources on a list that is provided by Vista del Mar include resources in the areas of: crisis stabilization; outpatient services; chemical dependence; veteran services; LGBTQ+ services and support; and, other education and support. With help/support, situations can and will improve.

If in a dire situation, please call either: the Ventura County Crisis Intervention Unit at: 856-998-223; or, the Suicide Prevention Lifeline at: 800-273-8255.

To find more available resources and/or information from Vista del Mar, go to their website at: [www.vistadelmarhospital.com](http://www.vistadelmarhospital.com). “Realize that you’re not alone,” according to, Maya Lazos, community liaison at Vista del Mar. “There is help and there are free resources out there.”

For questions or to schedule a training by appointment, contact Lazos at: (805) 794-1009; or, [maya.lazos@auro-rorabehavioral.com](mailto:maya.lazos@auro-rorabehavioral.com)

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 Dan Long  
 Dan Osborn  
 Deborah Beattie

Debra Baile  
 Debora Schreiber  
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 Donald Rodrigues  
 Donna Miller  
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 Ed Terpening  
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 Fancy Pantz Face & Body Art  
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 Gene and Nell Elerding  
 Helga and Egmont von Websky  
 I A Vinas  
 Iris Ruddy  
 Jack&Shirley Ramer  
 Jackey Swan  
 James Francis Gray  
 James McPhie  
 Jean M Bennett-Sheaks  
 Jean Nussman  
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 Jerry Gonzalez  
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 Jim & Mary Harrison  
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 John Hankins  
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 Sandy Powell  
 Sharon McKinney  
 Sharon Rishel  
 Siri Weber Feeney  
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Stephen Ehret  
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 Suz Montgomery  
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 Timothy Wawrzeniak  
 Tina Figurski  
 Ventura Parkinson's Support Group  
 Victoria & Elizabeth Ammons  
 Victoria Usher  
 Warren & Gail Paap  
 Yolanda Soto

### Critical Thinking

*Continued from page 15*

the moves and the strategy, now it's just about that thing, that intangible that's part of you that you bring to the game".

Marcel had to play the guy who had never lost a game, and when his opponent asked him to come into the bathroom to convince him for a draw, Marcel said no needing a whole point not a half a point for the team to win. When they returned, Marcel realized that his opponent's clock had not been stopped and he had run down to only 2 minutes, while Marcel still had over 4 minutes left on his clock. Instead of taking advantage of the opportunity, Marcel let his clock wind down to match his opponent be a good sportsman, then played the game and won.

This film highlights the challenges of minorities in under-served communities, but provides inspiration with it's message that "it doesn't matter how rich or poor you are, what Ivy League school you may go or may not go to, what prison you hopefully never step foot in because chess is the great equalizer".

117 minutes



## The NEW Continuing Care Center at Ojai Valley Community Hospital

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Terminal care



The New Continuing Care Center

Community Memorial Health System

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