



VENTURA BREEZE

Your Hometown Paper

Vol. 14, No. 5 Published Every Other Wednesday Established 2007 December 2 - December 15, 2020



UCAS is designed to deliver consistent, high-quality chest compressions.

VFD awarded \$218,000 in grant funding

The Ventura City Fire Department (VFD) was awarded \$218,000 in grant funding to purchase 12 automatic chest compression devices through the Federal Emergency Management Agency (FEMA) Assistance to Firefighters Grant (AFG).

The device, known as the Lund University Cardiac Arrest System (LUCAS), is designed to deliver consistent, high-quality chest compressions, even under difficult conditions, to provide life-saving support for extended periods of time.

"The Lucas chest compression system helps first responders do what they do best - save lives," said Firefighter Paramedic Kyle Tong, lead trainer on the new devices. "As firefighters, we want to help cardiac arrest victims as quickly as possible because every second counts. With these new automated devices, we're able to deliver consistent care, increase the chance of patient survival, and reduce injuries that can occur during transport."

In July 2020, Ventura City Fire started using three LUCAS devices, which helped more than 32 cardiac arrest victims in less than four months. The unit is lightweight, comes in a backpack, and can be applied quickly to a patient, interrupting manual compressions for less than 10 seconds.

As a part of the federal grant, the
Continued on page 12

Navy veteran Frank Doyle is close to the heart of Alicia Doyle, his daughter, who serves on the Kid Gloves Boxing Foundation board of directors. He earned his Master's Degree in engineering on the G.I. Bill, was considered a brilliant rocket scientist.



A fundraiser that will benefit Veterans and active duty military personnel

The Kid Gloves Boxing Foundation, a 501c3 nonprofit organization, is presenting the First Annual Operation Get Fit, a fundraiser that will benefit Veterans and active duty military personnel.

Veterans can benefit emotionally as well as physically from a no-contact, boxing-style fitness regimen that helps release stress, according to Alicia Doyle, a Ventura resident and Two-Time Golden Gloves Champion who trained at Kid Gloves Boxing in the late 1990s when only a few hundred women were competing in this male dominated sport.

"This cause is close to my heart," said Doyle, whose father, Frank Doyle, was a Navy veteran who passed away on September 21 at the age of 84. Her father, who earned his Master's Degree in engineering on the G.I. Bill, was considered a brilliant rocket scientist who reaped many accomplishments - most notably approving the launch of the Cassini Satellite that studied Saturn and its moons.

"Our main objective with this effort is to get Veterans into the gym to release stress, frustration and anger, which helps diminish Post Traumatic Stress Disorder," said Doyle, who serves on the Kid Gloves Boxing Foundation board of directors.

Veterans with PTSD are more likely

than typical Americans to die of causes including suicide, according to Robert Ortiz, a Marine Veteran and founder of the Kid Gloves Boxing Foundation, which is the umbrella nonprofit organization for the Vet2Vet Veteran Education & Training Fitness Center in Simi Valley.

"Exercise in the form of a boxing workout can play an important role in helping Veterans with PTSD to recover and regain confidence," Ortiz said. "It also has the added benefit of addressing many of the mental and physical health problems commonly associated with chronic PTSD, including cardiovascular disease and depression."

Vet2Vet - Ortiz's nonprofit peer networking group for Veterans, armed force members and families - also provides advocacy and support for Veterans by helping them apply for benefits they deserve.

"This helps Veterans avoid homelessness," Ortiz said. "This fundraiser is not just about getting fit, but helping Veterans obtain the benefits they deserve because many of them don't know the process of applying."

In an effort to help these individuals, donations in the amount of \$250 are being collected for Operation Get Fit.

Continued on page 3



"Why did I drive when I was drunk?"

Ventura Police Department awarded \$220,000 grant

The Ventura Police Department (VPD) was awarded a \$220,000 grant from the California Office of Traffic Safety (OTS) for a one-year enforcement and education program with an emphasis on safe travel. This grant will assist in VPD's efforts to reduce deaths and injuries on Ventura roads.

"This grant funding allows us to educate and enhance the safety of residents behind the wheel, on our sidewalks, and in our bike lanes," said Ventura Police Sergeant, Michael Brown. "Through education and behavior changes, we hope to create an environment that is safe and equitable for all road users in our community."

The grant will fund a variety of traffic safety programs, including:

Patrol with an emphasis on alcohol and drug-impaired driving prevention.

Patrol with an emphasis on awareness and education of California's hands-free cell phone law.

Patrol with an emphasis on education of traffic rights for bicyclists and pedestrians.

Patrol with an emphasis on awareness and education of primary causes of crashes: excess speed, failure to yield, failure to stop at stop signs/signals, improper turning/lane changes.

Community education presentations on traffic safety issues such as distracted driving, DUI, speed, bicycle and pedestrian safety.

Continued on page 12

VENTURA TOWNEHOUSE

CALIFORNIA'S CROWN JEWEL IN RETIREMENT LIVING

Ocean & Mountain Views • Over 12 Lushly Landscaped Acres
Spacious Suites and Garden Villas

Anytime Dining in our Sun-Drenched/Full Service Dining Room • Full Kitchens
Delicious Home Cooking by Pro Chefs & 5-Star Pastry Chef • Live Music & Events
Weekly Excursions • All Day Transportation • Pets Welcomed

Call Now for a Visit! 805.642.3263

www.venturatownehouse.com • 4900 Telegraph Road, Ventura, CA 93003



People are so friendly at the Ventura Townehouse. The service is good and I love my apartment!
- Lois Argend

Get More Fun & Amenities for your Money!
CA LIC# 565801810



News & Notes



Santa gave the reindeers the day off.

SEASON'S greetings from Ventura Harbor

Ventura Harbor tops the list of magical, coastal destinations you'll want to visit with your loved ones this holiday season. Not only are the seaside views stunning, but also there is an array of safe activities and SEASONAL experiences the whole family will enjoy.

Dine along the waterfront on scenic covered patios and enjoy quality cuisine offerings from around the world. Meander the vibrant Ventura Harbor Village with unique shops and find one-of-a-kind art from Ventura's local creatives. Take an electric boat across the calm waters of the marina and try to spot a barking sea lion. Cozy up to watch the sunset on one of three sprawling Ventura Harbor beaches.

The already picturesque harbor will shine even brighter with its' display of ocean-inspired holiday decorations decking the halls from Thanksgiving to New Year's. See sparkling blue, aqua, and green beachy hues, spiraling sea pearls, whimsical colorful trees, bountiful wreaths, and other dazzling décor that bounces off the marina waters. After a fresh seafood dinner

or a warm cup of handcrafted clam chowder, dusk is the prime time to stroll through Ventura Harbor Village's twinkling courtyards.

Spoil yourself with sweet treats, like chocolates, baked goods, and pastries - all hand-made from scratch daily! When the sugar rush hits, zoom around the Village to take care of shopping for everyone on your gift list. From creative socks, hats, soaps, mermaid merch, and winter sweaters, to gift certificates for dive lessons, handmade pottery, and escape room experiences - there is a little bit of everything for every personality. Tis' the season pamper yourself and loved ones with a modern nail studio, hair salon, hair extension services, as well as message therapy.

Once you step foot in Ventura Harbor Village, the illuminated outdoor attraction will bring so much joy that you will not want to leave.

Celebrate the SEASON seaside at Ventura Harbor! For more information Visit VenturaHarborVillage.com and follow along on social media @ [venturaharbor!](https://twitter.com/venturaharbor)

The Bookmark

About Libraries and Friends

by Jill Forman

Bad news first; let's get it out of the way. Due to the pandemic level rising again to Purple, computer access at the libraries has been temporarily suspended. The computers were in great demand, per Karen Cruze of Adult Services, especially the ones at Foster and Hill Road. They will be available again as soon as it is safe.

Online event: On December 8 at 6:00 p.m., the library is hosting an author event with Amy Alessio, who writes popular mysteries. From the library: "Enjoy time traveling to holidays past in this humorous, nostalgic look at favorite holiday desserts from past decades. From yule

logs to ribbon candies and gingerbread, learn what was popular from cookbook collector and mystery author Amy Alessio. All participants will get an emailed set of recipes to enjoy. Alessio is an award-winning librarian with a black belt in karate. Her fiction includes the Alana O'Neill mysteries with vintage recipes."

One of the most creative adaptations the library made was the revamping of the web site, to help the community isolated by the pandemic. Barbara Eales, Web Librarian, says "The pandemic really brought our online outreach to a new level... Leadership asked for recommendations on who would need to telework to keep as many services available online as possible.

To my knowledge, the web changes were initially inspired by the Children's Team members who are also Web Team folks (Phillip Yocham, Sharon Dykstra, and Sienna Sydlaske)

who did the lion's share of the content changes on the Youth section pages."

"Besides emphasizing our eLibrary, cloudLibrary, and online catalog, it gave us the opportunity to take programming online. And the Youth Services team, led by Molly Krill, stepped up to work with the Web Team...delivering "Storytimes" online on Facebook Live and YouTube.

March and April were incredibly busy as we went from just a few of us on social media to well over 15 people with their hands in some online capacity. Consistency, technological ease, and adapting to the online format were the initial challenges.

"We have teams and sub-teams... worked together to quickly get up-to-speed. The group is a collaborative effort of the Children's and Web, about 20 people."

The teams switched the homepage to "Your Library at Home" with many new pages, especially in the Youth section, expanding to Zoom events for adults as well.

Eales has high praise for staff Mayra Benitez-Tadillo and Sherry Leal-Ryan, who helped create the "Recursos en Espanol" page with their translation skills.

The members of these teams are "...passionate library staff working in various positions in the library, most all directly with the public. In addition to all their normal library tasks, they have taken on the extra work of keeping the web pages current, accurate, and easy-to-use. This is a big extra job!"

The Web Team's vision is: "Maintain our online presence in support of the library's mission - striving for usability, accessibility, consistency, and accuracy."

In these ever-changing times, we at the Ventura library and the Friends are here to serve the community.

Visit Ventura Creates "Shop Ventura, Save Ventura"

The hard truth? Recent forecasts predict one in six Ventura retailers, and one out of two Ventura restaurants, won't make it through the pandemic. But forecasts aren't written in stone. And difficulties can be overcome. Ventura knows this firsthand. After the Thomas Fire in December of 2017, locals helped locals literally emerge from the ashes.

Now the COVID pandemic presents a longer-term challenge to overcome.

Visit Ventura created "Shop Ventura, Save Ventura" to do exactly that.

"As COVID continues to stretch on, so many businesses are fighting for survival," says Visit Ventura President Marlyss Auster. "'We've always worked to support our community and do the next right thing. So we asked ourselves, 'What can we do to turn the pessimistic forecasts around?' And so, the birth of 'Shop Ventura, Save Ventura.'"

It's a straightforward name for a straightforward cause. Via social media, newsletters, posters in storefront windows, and good old fashioned (and effective) word of mouth, Visit Ventura is asking locals to shop at Ventura stores when they can. To eat at Ventura restaurants, or get take out, when they can. To use their own hard-earned dollars to help their hard-working local businesses.

"According to Totally Local Ventura County, for every \$100 someone spends at a local retail business, an average of \$68 returns to the local economy, versus \$43 if they spend at, say, a national chain," says Auster. "If everyone shifts their spending just 10%

toward local, it can make a huge difference."

For the Holidays, Visit Ventura is adding a creative twist to help local businesses through the pandemic. Now in its fifth year, Visit Ventura's successful Elf Giveaway program will also give local businesses a financial shot in the arm. The program, which features a real Elf (why not believe?), offers Visit Ventura's social media followers the chance to win prizes (each prize comes in twos; one for you, one for a friend) from local businesses every day through December and right up to Christmas. Prizes range from small to large, leading up to a five Grand Prizes given away just before Christmas Day. This year's Grand Prizes include a trip for two to the Channel Islands, a guided kayak tour on Santa Cruz Island, a longboard hand shaped by the legendary Steve Walden of Walden Surfboards, and a hotel stay (for two) at the Ventura Beach Marriott and the Crowne Plaza Ventura Beach.

The machinations of the program aren't as important as the effect. Visit Ventura has some 200,000 followers; the Elf Giveaway brings local businesses center stage. In years past, among other boosts, Ventura businesses have gained an average of 200 followers by participating in the program.

"In any year, Visit Ventura's Elf Giveaway has always been a great way for smaller Ventura businesses to boost their business in a competitive shopping season," says Auster. "And the Elf also gives everyone a boost of joy. Now, with COVID, both those boosts are critical."

Chanukah

Every year Jewish people around the world celebrate the holiday of Chanukah, the Festival of Lights. Chanukah begins on the 25th day of the Hebrew month of Kislev, but the starting date on the western calendar varies from year to year. This year it started on sundown on Dec.10 and ends on Dec.18.

In the land of Judea there was a mean (boo) Syrian king, Antiochus. The king ordered the Jewish people to reject their God, their religion, their customs and their beliefs and to worship the Greek gods. There were some who did as they were told, but many refused. One who refused was Judah Maccabee(hooray).

Judah and his four brothers formed an army and after 3 years of fighting, the Maccabees were finally successful in driving the Syrians out of Israel and reclaimed the Temple in Jerusalem.

When Judah and his followers finished cleaning the temple, they wished to light the eternal light, known as the Ner Tamid, which is present in every Jewish house of worship. Only a tiny jug of oil was found with only enough for a single day. The oil lamp was filled and lit. Then a miracle occurred as the tiny amount of oil stayed lit not for one day, but for 8 days.

Jews celebrate Chanukah to mark the victory over the Syrians and the rededication of the Jerusalem Temple. The Festival of the Lights, Chanukah, lasts for eight days to commemorate this miracle of the oil. The menorah candles are lit to celebrate the 8 days that the oil stayed lit.

The spellings of Chanukah has caused some confusion. Part of the reason for this confusion may be due to the fact there is no exact English translation of the Hebrew word for Chanukah. So to help clear up some of the confusion here are just a few of the different spellings one might encounter. They all celebrate the holiday.

Chanukah, Chanukkah, Hanuka, Hanukah, Hannukah, Hanukkah. In the United States it is most common to use the spelling Chanukah.



News & Notes



Alex Uvari records an instructional video in the classroom with students.

CAPS serving Ventura

The CAPS crew are lending media support to the Ventura Unified School District as they prepare to reopen various schools following the county and state guidelines. Along with Ventura Unified's Superintendent Dr. Rice, Marianne Quiroz, students and faculty, we are producing a series of videos to walk parent's through what to expect and how to help keep their children safe. These videos include instruction on what to bring to school, how to ride the bus and follow sanitizing protocols.

With some VUSD students returning to the classroom, CAPS is hosting the remarkably talented ECTV students in the award-winning El Camino High School communications program. The ECTV crew has returned to the CAPS Media Center once a week, with all appropriate COVID protocols in place, to continue their media education studies and production of a variety of programs of interest to everyone. Episodes of three series, ECTV, Creative Community and Puntos de Interes they produce are already on the air. Guests include Arcelia Martinez sharing her Esperanza project that focuses on mental health issues and Latinas, Raquel Baker from Cal State Channel Islands, Carmen Ramirez who shares her experience of the Chicano Moratorium. They all air on Ch. 15, stream on the CAPS Media website and are broadcast on KPPQ.

CAPS crews continue to record the County's COVID-19 updates, edit and distribute the valuable information in English and Spanish. The updates are available to view on the County website at ventura.org and on capsmedia.org. CAPS crews are also producing a set of videos for the Ventura County Medical Center and the Ventura County Fire Department and the Elections Division.

For the City of Ventura, CAPS is supporting community outreach with the Environmental Sustainability, City Master Plan outreach and Parks and Recreation and the Ventura Police Departments with several video series. We are currently in production on a second set of docent directed tours of the Olivas Adobe. This 2nd series captures the essence of the annual Candlelight Tour of the historic setting just in time for the holiday season. Due to COVID restrictions the popular tours are not open to the public. The first season of Heart of Ventura County introduces Don Raymundo and Dona Teodora Olivas who built the first adobe on Rancho San Miguel in the 1840's. Subsequent episodes follow the many families who called the Adobe

their home. All can be viewed on channel 15, on the CAPS website and on the City of Ventura's Parks and Recreation webpage.

KPPQ, CAPS' radio station is on the air 24 hours a day. Local music, musicians and up-to-the-minute music news are featured on Pam Baumgardner's Music Hour. You can listen to deep cuts of rock and roll featured on nationally known Pure Rock Show with Mark Levitt. Double K shares his love of oldies music every week making some of us feel very old. Producers Kathleen Good, Nadine Piche and Mary LaBrie continue their shows featuring important and influential guests from Ventura County and beyond. The schedule can be found on the radio page of the CAPS Media website. Check out the new podcast page to listen to past shows on demand.

Due to the COVID-19 emergency the CAPS Media Center is closed to Members and the public until further notice. CAPS Member/Producers can submit programming via the online portal at 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.

A fundraiser that will benefit Veterans

Continued from page 1
Each tax-deductible \$250 donation will include the following:

- A gym bag filled with boxing gloves, hand wraps, towel, water bottle, and other necessities needed to work out
- Gym fees waived for the first month, with subsequent months discounted at \$80 per month (reduced from \$139 per month)
- Training with professional boxing coaches, including Robert Ortiz, a Marine veteran and founder of the Kid Gloves Boxing Foundation; and certified coaches with Rock Steady Boxing, which empowers people with Parkinson's disease to fight back through a non-contact, boxing-style fitness regimen and emotional support
- Advocacy and support for Veterans who need assistance with obtaining military benefits

Donations can be made via check, Venmo or credit card. For more information, contact Robert Ortiz at 805-206-9403 or scrappum@gmail.com; or Alicia Doyle at 818-817-1421; alicia@aliciadoyle.com.

Having second thoughts about where you made your PREARRANGEMENTS?



– WE HONOR –
PREARRANGEMENTS
made at any other funeral home.

If you're concerned about changes at the funeral home where you've made prearrangements, *we have good news...we'll honor them.*

If you would like information regarding transferring your prearrangements to our firm, or any other way we can help, please call us.



JOSEPH P. REARDON
FUNERAL HOME & CREMATION SERVICE

757 E. Main St. • Ventura, CA 93001
805-643-8623

FD#883



BOYKO & REARDON
TELEGRAPH ROAD MORTUARY & CREMATION

15 Teloma Dr. • Ventura, CA 93003
805-765-4137

FD#2390

ReardonFuneral.com

©adfinity®



HOURS:
11AM - 6PM
DAILY
CLOSED
TUESDAYS

309 E MAIN ST
VENTURA, CA
805-667-8299

JELLYFISH VENTURA VINTAGE BOUTIQUE

brings you new coastal décor intertwined with vintage treasures for your home and office.

We also showcase the extraordinary works of local artists.

We have great unique gift ideas for everyone ...including you!

Come share the holiday season with us.



SEA You Soon!
www.JellyfishVentura.com



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

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 · John Murchison

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

OPINIONS

opinions@venturabreeze.com

ARTICLES AND PHOTOS

editor@venturabreeze.com

THE PET PAGE

scampclub@venturabreeze.com

ADVERTISING

advertising@venturabreeze.com

Ventura Breeze

PO Box 832

Ventura, CA 93002

Phone 805.653.0791

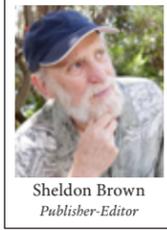


The Ventura Breeze is printed with soy based ink on paper with minimum 40% recycled content.

Economics and politics are the governing powers of life today, and that's why everything is screwy.

— Joseph Campbell

Opinion/Editorial



Sheldon Brown
Publisher-Editor

■ The Ventura City Council has delayed adopting the ordinance allowing commercial **cannabis businesses** in Ventura due to concerns about the proximity of such establishments to residences, libraries, parks and schools. The council also delayed adopting a resolution that would have established the maximum number of cannabis businesses in the city.

The resolution would have established 1,000-foot buffer zones from the businesses to so-called “sensitive uses” such as schools and daycare and youth centers.

Even though City staff recommended the council takes action at its meeting, the Council didn't rule because it wants another 1,000-foot buffer zone between the businesses to parks with playgrounds. The council also wants the 1,000-foot buffer zone from the businesses to schools to include Ventura College. I hope that they can agree on a final ordinance soon.

■ Ventura County Public Health Officer Dr. Robert Levin stated that an **outdoor dining ban** is not coming to Ventura County as they are now in LA County, which allows for only restaurant takeout and delivery for three weeks. “We do not currently have plans to do that,” Levin said. “It's not clear that outdoor dining is contributing to the COVID numbers here in Ventura County. We are watching that but we don't have evidence at this time to support that.” I certainly hope closures aren't mandated as it would be the end for many mom and pop restaurants in Ventura who have been struggling to just keep open.

■ Voters in **Oregon** have made it the first state to decriminalize possession of small amounts of street drugs such as cocaine, heroin and amphetamine. The initiative allows people arrested for possessing small amounts of drugs to avoid possible jail time by paying a \$100 fine and attending an addiction recovery program funded by revenue

from legalized marijuana. I think this is a great start, and because Oregon is the first state to do this it will be used as a litmus test for other states to evaluate its effectiveness. I do not believe users of small amounts of illegal drugs should be jailed.

■ A Superior Court judge has ordered Los Angeles to approve a **577-unit residential project** planned in South LA stating its previous decision rejecting the project violated state housing law. Further stating that the decision was too vague and would not comply with the state Housing Accountability Act which bars cities from rejecting residential projects that comply with planning and zoning rules unless there is an unavoidable threat to public health and safety. I mention this because even though there might be opposition to some developments in Ventura, the city cannot stop projects being built only because they are not supported by the community if they comply with current zoning for the property.

■ **Mail-in ballots** have proven to work very well in California as it has in the five states that have used only mail in voting. California should continue to use this system in future elections making it much easier to vote, especially for the very elderly and handicapped. There are plenty of protections against fraudulent voting. And even though Trump and some Republicans feel that it doesn't work, look at all of the Republicans that were voted for in California and other states. It certainly doesn't favor one party over the other.

■ The Third Amendment to the United States Constitution places restrictions on the quartering of **soldiers** in private homes without the owner's consent, forbidding the practice in peacetime. The amendment is a response to the Quartering Acts passed by the British parliament during the buildup to the American Revolutionary War, which had allowed the British Army to lodge soldiers in private residences. Therefore, if soldiers show up at your house demanding to stay, you don't

need to let them.

■ At the center of our galaxy there is a supermassive black hole called **Sagittarius A** that could suck us in. It has a mass roughly 4 million times that of our sun. And, it turns out, scientists have discovered that we're 2,000 light-years closer to Sagittarius A* than we thought. I don't think we need to worry quite yet.

■ Representing the Trump campaign in its efforts to prevent Pennsylvania from certifying President-elect Joe Biden's victory in that state (it failed), former New York City Mayor Rudy Giuliani appeared in federal court for the first time in 30 years. It was a disaster for Giuliani. He struggled to articulate what exactly was the basis of Trump's legal claims. He came across as an old over the hill comedian with really bad material and not a qualified attorney.

President Trump claimed that President-elect Joe Biden must prove that the votes he received in the presidential election were not “illegally obtained” in order to enter the White House -- the latest sign that Trump is not giving up his efforts to challenge the result.

Trump tweeted that Biden can only enter the White House as president if he can prove that his “ridiculous 80,000,000 votes were not fraudulently or illegally obtained. When you see what happened in Detroit, Atlanta, Philadelphia & Milwaukee, massive voter fraud, he's got a big unsolvable problem!”

“We have to turn the election over, because there's no doubt we have all the evidence, we have all the affidavits, we have everything,” he said, providing no evidence of his various allegations. “All we need is to have some judge listen to it properly without having a political opinion or having another kind of a problem, because we have everything and, by the way, the evidence is pouring in now as we speak.”

Recently Trump took reporters' questions for the first time since November 3 and said, “If the media were honest and big tech was fair this wouldn't even be a contest and I would have won by a tremendous amount. And I did win by a tremendous amount, but it hasn't been reported yet.”

Former New Jersey Gov. Chris Christie had harsh words for President Trump's legal team as it pursues its increasingly quixotic quest to overturn the November election. “Quite frankly, the conduct of the president's legal team has been a national embarrassment,” Christie said on ABC's “This Week.”

The Trump administration advanced its plans to cut federal regulation protections for birds despite criticisms from scientists and former federal officials that the move will likely be severely detrimental to the U.S. bird population.

Trump's push to overturn the election results suffered another in a series of defeats (this time in Wisconsin). Officials in the state's most populous county announced that a recount had added to President-elect Joe Biden's lead. The Trump campaign (donors) paid the Wisconsin Elections Commission a fee of \$3 million to proceed with recounts in Milwaukee and Dane counties. They didn't get their money's worth.

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

Mailbox

Breeze

Just wanted to say thank you for publishing my letter (regarding metastatic breast cancer). I'm hoping the right people will see it and make it happen next October!!

Marissa Holzer

Ventura Breeze

When watching expert speakers on TV you can tell how intelligent they are by how many books are shown behind them. The fewer the number of books the less intelligent they are. Unless, of course they hire Rent A Book to bring bookshelves full of books to their office or home for the shoot.
Larry Master, Ojai

Hello Sheldon:

I noted the police report on the police involved shooting at Harbor and Seaward earlier this month. The Ventura P D has released a detailed video of the shooting. The video takes the viewer directly in front of the arresting officer who had to shoot the perp after the perp began shooting at the officer.

You may begin receiving hate message or mail because you printed the report, to those you can send them this YouTube link, Ventura Police stop armed Man.

This type of public transparency should be offered to all cities across the US, but

for some it will do no good.

Bravo Ventura Police Department.

Michael Gordon

Michael:

Can't hate the messenger, we only reported it, didn't make it up.

Editor:

I didn't write this (got from CNN) but I think it is important to read.

Although the Aragon family is still healing after a COVID-19 outbreak, they took the time to make a public service announcement warning against large family gatherings. It's tradition for many families to gather during Thanksgiving and throughout the holiday season. But with the coronavirus global pandemic, those gatherings could turn Thanksgiving dinner into a superspreader event.

The Aragon family is now living with the consequences of a large family gathering November 1; 15 members of the Arlington, Texas-based Aragon family have since tested positive for the coronavirus. All of the 12 people who were at the get-together tested positive for COVID-19, Alexa Aragon said — four lived at the house and eight were visiting. She said those family members then infected another three, bringing the total to 15.
Diane Brown



News & Notes



This year, CAN-tree comes to you!

Food Share launches 9th Annual Can-Tree Food Drive-A little differently

Food Share of Ventura County has launched CAN-tree Drive, its popular, annual, festive food & fund drive. The event, now in its ninth year, features hundreds of “trees” built from collected food cans, and usually takes place at Figueroa Plaza in downtown Ventura. This year, CAN-tree comes to you! Individuals, families and local businesses are being asked to build their tree at their home or business location.

There are three ways to get involved and still have a great time - just a little differently:

Collect & Build - Host a canned food drive and collect cans to use for your tree. Each CAN-tree will require approx. 600-800 cans. Build the tree at your location and send us a photo. Then, we'll come pick up the cans for donation!

Buy & Build - Send Food Share the donation to purchase the cans. The cans may be picked up or will be delivered to your location for your office/family/team to build your tree.

Sponsor a Tree - Food Share will build a tree for you at our warehouse with your company name/logo and include a photo of it on our website and social media.

Thirteen different awards in various categories will be handed out, including a new category - the People's Choice award - in which the community will be able to vote on their favorite tree via Facebook. Four of the largest trees, a staggering 15 feet each and containing thousands of donated cans, will be on display as part of the Holidays in Your Car event at the Ventura County Fairgrounds from November 22 - January 2, 2021.

Commenting on the changes to CAN-tree in light of the pandemic, Jennifer Caldwell, Food Share's Chief Development Officer, said, "We look forward to our annual CAN-tree event every year. It's a critical source of food donations for the forthcoming year. For obvious reasons our 9th Annual CAN-tree Food Drive will be a little different this year but with all the same fun!"

To register visit: foodshare.com/cantree or Download Food Share's new app, available for free in the App Store and Google Play and hit the Events tab!

Even in normal circumstances, an estimated 1 in 6 people in Ventura County experiences food insecurity, meaning that they are without reliable access to a sufficient quantity of affordable, nutritious food.

Since the onset of the COVID-19 pandemic, Food Share of Ventura County has seen an unprecedented rise in need in addition to the 75,000 people the organization already serves on a monthly basis. Food

Share now estimates the number is closer to 150,000.

Follow Food Share on Facebook, Twitter, Instagram and YouTube and tag posts #WeFeedVC

Food Share is a member of Feeding America, the nation's largest hunger-relief organization, as well as the California Association of Food Banks.

Audubon featuring David L. Sherer

Florida Scrub-Jays are non-migratory, cooperatively breeding birds endemic to fire-maintained Florida scrub habitat. Lifetime reproductive success is highest among individuals breeding in habitat that has burned within the last 10 years. However, such habitat is scarce and competition for it as breeding space is likely intense.

David L. Sherer holds a BS in Wildlife and Fisheries Science, Conservation Biology from Tennessee Tech University and an MS in Biology from the University of Central Florida. David investigated how an individual's behavioral phenotype and the quality of habitat in which they were raised influenced exploratory behavior on a landscape consisting of habitat in various fire-history stages.

This program is an outgrowth of his master's thesis: Variation in Prospecting Behavior and Drivers of Post-Fire Habitat Preference Among Juvenile Florida Scrub-Jays.

At 7:00 PM via Zoom . (Please visit website www.venturaaudubon.org for meeting link)

California based bike and business service launched

Ventura resident and bicycle enthusiast, John Darling, has launched a fledgling website called Bike Rack Locations (www.bikeracklocations.com) which will assist the growing bicycle riding population find bike-friendly businesses.

His website's goal is to help cyclists all across America locate firms that have bike racks on or very near their property. Darling stated, "People who ride bikes like to patronize businesses where they can easily lock up their bikes without having to look for a tree, signpost, cart rack, or other spaces to use to secure their bikes. With the growing number of bike riders, having a convenient bike rack at your business is as essential as having a parking lot."

Right now, bicycle riding is at an all time high due to the COVID-19 pandemic, which is spurring people to find new, safer, ways to get their exercise and to get around town.

According to Bicycling Magazine, the pandemic driven demand for bicycles has created a shortage of new bicycles that will last through all of next year and possibly into 2022 <https://www.bicycling.com/news/a34587945/coronavirus-bike-shortage>.

All business can list their company on bikeracklocations.com for a flat fee of \$25.00 per year, bike, bike related businesses get a discounted rate of \$15.00 per year, while libraries and nonprofit organizations can have their locations listed for free.

VENTURA TOWNEHOUSE

CALIFORNIA'S CROWN JEWEL IN RETIREMENT LIVING



Live your life & forget your age!

805.642.3263 | www.venturatownehouse.com

4900 Telegraph Road, Ventura, CA 93003 CA LIC# 565801810

805 Gift Emporium

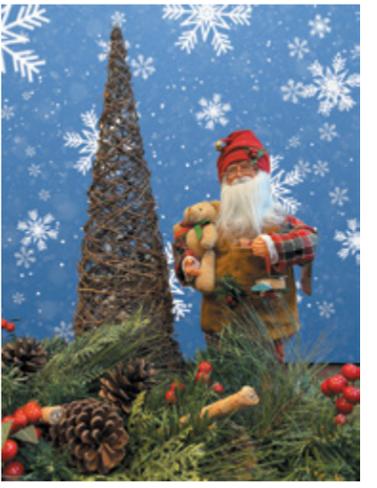
805 Emporium

Keep Ventura Merry
Shop Local!

NEW Holiday Hours
Through December 23

Weds 1 pm - 6 pm
Thur - Sat 11 am - 5:30 pm

(805) 658-0805 Individual Shopping Available Call (805) 340-4393
2500 Channel Drive, Ventura, Ca 93003





SPARK OF LOVE

NOW THROUGH DECEMBER 24TH

Help us keep this holiday tradition alive and well,
Give to the Spark of Love Toy Drive!

Spark of Love

Please donate a new, unwrapped toy or sports equipment here, or visit our drive-through event at Pacific View Mall on Saturday, December 12th from 9-11AM. We will have special surprises, just in time for the holidays. Masks required!

SPONSORS

AERA

at&t

BANK OF SIERRA

CALIFORNIA

Channel Islands Debris

Your Ventura County Lawyer

FIRE DEPARTMENTS
- VENTURA COUNTY

FOUR POINTS
BY SHERATON VENTURA HARBOR

Montecito
Bank & Trust

PACIFIC VIEW

SESPE
CONSULTING, INC.
www.sespe.com

EDISON
Energy for What's Ahead!

TOLMAN WIKER

UCLA Health

VCR Reporter

Ventura
Auto Lessor

BREEZE

Ventura
County



Safety first. Healing always.

Get back to caring for yourself.

Dignity Health hospitals and physician offices are safe and ready to care for you.

Whether you are experiencing a medical emergency or are scheduled for surgery, we are prepared to care for you safely. If you need a screening such as a mammogram or colonoscopy, or routine heart and diabetic testing to maintain your health, don't wait to get the care you need.

Your health and safety are our highest priorities.

Hello humankindness®



Dignity Health®

St. John's Regional
Medical Center

St. John's Pleasant
Valley Hospital

News & Notes



Teaching a class at Petty Ranch to elementary school students.

SEEAG launches \$15,000 "Give The Gift of Agriculture Challenge"

An anonymous donor has stepped forward and will match all donations up to \$15,000 for every dollar donated to Students for Eco-Education and Agriculture (SEEAG). The "Give the Gift of Agriculture - Double Your Impact Challenge" runs through December 31 with a total fundraising goal of \$30,000.

SEEAG's agricultural education programs have reached over 54,000 elementary school students in Southern California through classroom learning and free farm field trips to SEEAG's Farm Lab in Saticoy. The programs teach schoolchildren about the origins of their food and the importance of local farmland.

Donations will go to support Farm Lab, which has now moved to live online presentations. The Zoom classes are in three, 45-minute modules: an introduction to agriculture, plant and insect science, and water and soil science. The presentations are for third grade classes and are aligned with Next Generation Science Standards (NGSS).

"We hope to return to in-class learning and begin offering our farm field trips later this year. Until then, we are very grateful to our donors and their support as SEEAG creates new ways to reach children with our message despite COVID restrictions," says Mary Maranville, SEEAG founder/CEO. "Understanding the impact of eating healthy is more important than ever as kids spend more time at home and exercise less. It's all about making healthy choices." To date, nearly 800 third graders and 26 teachers have signed up to participate in online Farm Lab this school year.

Donors of \$100 will receive a jar of Bennett's Honey. Donations can be made by going to seeag.org/give.

To learn more about SEEAG, go to www.SEEAG.org, Facebook www.facebook.com/SEEAG.org or contact Maranville at mary@seeag.org, 805-901-0213.

Founded in 2008, Students for Eco-Education and Agriculture (SEEAG) is a nonprofit organization that aims to help young students understand the origins of their food by bridging the gap between agriculture and consumption through its agricultural education programming. SEEAG's "The Farm Lab" program based in Ventura County teaches schoolchildren about the origins of their food and the importance of local farmland by providing schools with classroom agricultural education and free field trips to farms. Through this and other SEEAG programs, over 54,000 elementary school students in Southern

California have increased their understanding of the food journey. For more information, visit www.seeag.org or email Mary Maranville at mary@seeag.org.

Rotary's Coats for Kids collection happening now

In its 17th year of helping provide clean warm coats to those in need, Ventura Rotary's "Coats For Kids" project is seeking donations of used coats, jackets and heavy sweatshirts of all sizes. Donations can be made at more than 25 area business and office locations, including Trader Joes and Green Thumb Nursery. For an interactive map, including nearest locations and directions visit VenturaRotary.org.

"It's a great way to help out those in need, while also cleaning out your closets of coats that you or your children no longer use," says project director, Kristin Taylor. "Simply drop them in the large, marked box at any collection site. We pick them up and have them expertly cleaned."

"Not everyone can write a big check to charity, but many can find a coat or two in the back of the closet and then feel good about making a very real and practical difference to someone in their community," says Kristin Taylor. "We've collected, cleaned and distributed over 65,000 coats, jackets or sweatshirts over the past 16 years. With the weather turning cold and the number in need growing, we challenge the community to fill those donation boxes and help us collect 4000-4500 more this year. Due to the pandemic the need for coats is greater than ever before. At the same time, many of our valued collection sites, including 15 schools in Ventura, are not accessible. Your support is greatly appreciated!"

After cleaning, the coats are provided immediately and throughout the year to various local organizations to ensure that everyone truly in need can have access to a warm coat. These organizations include the Ventura Boys & Girls Club, Project Understanding, Casa Pacifica, Rescue Mission, The Salvation Army, The Hope Project and local churches.

"We'll be collecting right up until the New Year," says Club president, Saurabh Bajaj, "but the distribution and positive impact on those less fortunate will continue on all year long. It's a lot of work, but the payoff is in knowing that we're making a difference in the lives of others throughout Ventura County, one coat at a time."

Ventura Rotary gives thanks to the many merchants and offices that serve as drop off sites. From restaurants and banks, to dentist offices and gyms, these drop off sites assure that making a donation of a coat is easy! "We're also very happy to have the help of our friends at the Rotary Club of Ventura South who are managing 11 of the drop off sites for the program this year," says Taylor. "This is truly a project by our community, for our community!"

Vital to the success of the project is the support of its generous business partners, including: Hilford Moving & Storage, Gold Coast Broadcasting and KVTA, FASTSIGNS of Ventura, Olas Express Laundromat, Halter-Encinas Enterprises, Team Dembowski Realty and MJP Technologies.



News & Notes

Ojai news and events

Ojai Valley Community Hospital is one of only 10 hospitals in California to make the newly compiled list from Becker's Hospital Review of the "top-rated hospitals for patient experience."

Using scores from the Hospital Consumer Assessment of Healthcare Providers and Systems (HCAHPS), from the Centers for Medicare & Medicaid Services, Becker's compiled a list of the best hospitals for patient experience in each of the 50 states. Hospitals either received five or four-star ratings based on a list of criteria from patient surveys. Becker's Hospital Review is a major publication in the healthcare industry. Ojai Valley Community Hospital and the other nine California hospitals on the Becker's list all received a top five-star rating. Ojai Valley Community Hospital is the only hospital in Ventura County to make the list.

Ojai Valley Community Hospital is a 25-bed acute care hospital with an emergency room, four beds for Intensive Care patients and 21 medical/surgical beds that also can serve patients needing skilled nursing care. The hospital recently opened a new, modern Continuing Care Center (skilled nursing facility) with 75 beds.

According to the Centers for Medicare and Medicaid Services, the HCAHPS survey is the first national, standardized, and publicly reported survey capturing the perspective of patients with regards to their hospital care.

Patients discharged from hospitals are asked a series of questions on topics including communication with nurses and doctors, the responsiveness of the hospital staff, the cleanliness and quietness of the hospital environment, communication about medicines, discharge information, an overall rating of the hospital, and if patients would recommend the hospital.

The Ojai Valley Museum presents a very special Virtual Annual Meeting with talented guests on the museum's website, OjaiValleyMuseum.org.

When the Museum couldn't have their typical Annual Meeting due to the pandemic, they got creative. Luckily for the viewing audience, the Museum has very talented and famous friends.

The twenty-minute video includes a performance by Grammy-nominated singer / songwriter Perla Batalla. A former back-up singer for Leonard Cohen, Batalla's rendition of his "Anthem" is exquisite. MAD Magazine cartoonist Sergio Aragones shares why he loves Ojai, and our local community museum. Award-winning singer / songwriter Michele Brouman's jazzy rendition of "You're Only Old Once" is fun and intimate. The video ends with another upbeat performance as multi-talented Jimmy Calire accompanies vocalist J. B. White on piano for "I Get a Kick Out of You" by Cole Porter. Ojai City Council member Bill Weirick shares why the museum is important to the community and Ojai Museum Executive Director Wendy Barker highlights their current exhibition, Insight 20/20: Ojai Studio Artists.

The Ojai Valley Museum is located at 130 W. Ojai Ave, in Ojai, California. Visit online at OjaiValleyMuseum.org for information about exhibitions and events. OjaiHistory.com is filled with historic

articles about the valley written over decades by a variety of local authors. You can also find the Ojai Valley Museum on Facebook and Instagram.

Enjoy the holidays by celebrating safely

As we near the holiday season, St. John's Regional Medical Center (SJRMC) and St. John's Pleasant Valley Hospital (SJPVH), members of Dignity Health Central Coast, want to remind our community to stay safe and protected. The Centers for Disease Control and Prevention (CDC) advises individuals to celebrate virtually or with household members to reduce exposure and the spread of coronavirus.

As COVID-19 cases continue to rise in our communities, we are calling on individuals to follow the guidelines recommended by the CDC and county public health departments," said Robert Streeter, MD, Chief Medical Officer of St. John's Regional Medical Center. "While they are simple steps that community members can take, they are life-saving and are proved to minimize exposure to the virus."

As the holiday season approaches, we must be mindful that the COVID-19 pandemic is still prevalent, and we urge community members to continue to make their health and safety a priority. The more people an individual interacts with when attending a festive gathering, the longer that interaction lasts, the higher the potential risk of becoming infected with COVID-19 and spreading the virus to others.

We are prepared and ready to provide for the health and safety of our patients, and want to remind our community members to take the proper steps to protect themselves and their loved ones. We urge community members to continue to follow the CDC guidelines for hosting gatherings during this holiday season:

- Require guests to wear masks.
- Limit the number of attendees to allow people from different households to remain at least 6 feet apart at all times.
- Host outdoor rather than indoor gatherings, ensure guests are still seated with physical distance.
- Encourage guests to avoid singing or shouting, especially indoors. Keep music levels low, so people do not have to shout or speak loudly to be heard.
- Encourage attendees to wash their hands often with soap and water for at least 20 seconds
- Limit contact with commonly touched surfaces or shared items such as serving utensils.
- Plan ahead and ask guests to avoid contact with people outside of their households for 14 days before the gathering.
- Do not let pets interact with people outside the household.

If we all do our part to stay safe, together, we can make an impact on reducing COVID-19 cases in our community.

For the complete list to host or attend a gathering, visit [CDC.gov/coronavirus/2019-ncov/daily-life-coping/holidays.html](https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/holidays.html).

(805) 640-6464
408 Bryant Cir. Suite G Ojai, CA 93023

Come Find Your Shangri La

Experience - Compassion - Education
RECREATIONAL & MEDICAL CANNABIS DISPENSARY
LOCATED IN THE BEAUTIFUL OJAI VALLEY

Order Online at **SLCC.ORG** **OPEN 7 DAYS A WEEK DELIVERY COMING SOON!**

@shangri_la_cannabis
 facebook.com/slccojai

21+ w/ a Valid ID
STATE PERMIT # C16-0000434-LIC

Ventura County Fairgrounds

HOLIDAYS IN YOUR CAR

The Best & Brightest Drive-Thru Light Show

Open Now Through Jan. 2!

Buy Tickets At HolidaysInYourCar.com

SPONSORED BY
T Mobile



MEDICARE Open Enrollment IS HERE!

Ventura County Area Agency on Aging's Health Insurance Counseling & Advocacy Program team

IS READY TO HELP YOU NAVIGATE QUESTIONS AND CONCERNS REGARDING YOUR MEDICARE NEEDS.

- Registered HICAP Counselors
- Free, Unbiased Medicare Counseling
- Submit Part D Comparison Online or Have a Hard Copy Mailed to You
- Online or Telephone Counseling Available
- COVID-19 Safety Protocols in Place



Appointments Are Required. No Walk-Ins Accepted.

**OPEN ENROLLMENT
ENDS DECEMBER 7.**

Se habla Espanol.

www.vcaaa.org

**(805)
477-7310**



This project was supported, in part by grant number 90SAPG0094-01-00, from the U.S. Administration for Community Living (ACL), Department of Health and Human Services, Washington, D.C. 20201. Grantees undertaking projects under government sponsorship are encouraged to express freely their findings and conclusions. Points of view or opinions do not, therefore, necessarily represent official ACL policy.*



Senior Living



Virtual art classes can open up new areas of interest.

Senior News Line

by Matilda Charles

With most of us spending most of our days at home, it's time for us to take advantage of the internet. Here are some resources that can enrich our lives.

Inquire at the local senior center about any exercise classes online. Some classes will be live on Zoom and others will be videos that the instructors record and post on the center's website. If they're not hosting any classes, search online for "seniors exercise at home" and look for some that are produced by other senior centers.

Virtual art classes can open up new areas of interest and reveal talents you didn't know you had. Better yet, if you're a beginner or are exploring a new art medium, look for videos that you can review over and over. Look online for free art classes online for seniors.

Exercise and art aren't the only free classes you'll find online. Yoga and tai chi, sewing, baking and cake decorating, creative writing, a new language -- if it can be done online, there's a class for it somewhere.

And don't forget Class Central (www.classcentral.com). Check the website for a list of MOOCs (massive open online courses). There 15,000 different free and low-cost classes in its searchable database from colleges and universities around the world. Imagine taking a philosophy course from the University of Edinburgh or Introduction to Classical Music via Yale University. (I put art history into its search box and got back 165 results.) Read the details for any class you're considering. It will tell you if the class is self-paced, whether it's free to audit, the class level and how much time per week you can expect to spend on the work, as well as reviews from

other students.

Winter is fast approaching, but at least we're no longer getting those constant election phone calls, and the endless calls about signing up for a Medicare Advantage Plan have ceased. The one thing that hasn't gone away is the coronavirus, and our lives are nowhere back to normal. After we've baked yet another loaf of pandemic bread and can log on to a Zoom neighborhood chat with our eyes closed, it's time to look for other things to do.

Here are some of the things I'm checking into to stay busy (and indoors) this winter:

Becoming a remote reading tutor for a child. This would be done via the school's chat program, so there's no risk of transmission of the virus. A school aide will send me links to copied pages of books that my assigned child is learning to read, and we'll hook up while he or she is at school.

Growing plants with grow lights. I've arranged shelving in a spare room with space for plenty of plants, both houseplants and herbs. The plan is to have a mixture of small houseplants such as pothos and spider plant, and give them as gifts to neighbors once they are big enough to divide. With fingers crossed, I'm also going to try growing English ivy and asparagus fern from seed.

Experimenting with pottery. I've been curious about air-dry pottery, so I've ordered 10 pounds of white modeling clay and a smaller package of terra cotta. The reviews say it's good for sculpting and doesn't require a kiln or baking in the oven. If it works, I'm thinking of creating jewelry and painting them with acrylics or trying to produce miniatures of famous sculptures from museum websites. (Rodin's "The Thinker" seems appropriate right about now.)



Coastal View Healthcare Center

Skilled Nursing, Rehabilitation and
Respiratory Care




Coastal View provides the highest
quality nursing, rehabilitation and
respiratory care to our residents.

We Accept Most Insurances
Medicare | PPO | Private Pay | HMO | VA | Medi-cal | Gold Coast

Walk-In Tours & Visitors Welcome

Schedule a Tour Today

805-642-4101

Fax: 805-642-0156

4904 Telegraph Rd., Ventura, CA 93003

appropriate right about now.)

These projects should keep me busy over the winter. How about you? (c) 2020 King Features Synd., Inc.

Time is running out: 3 key items to consider before the Dec. 7 Medicare enrollment deadline

by Rick Beavin

Desert Pacific Medicare President, Humana

In a year filled with unforeseen challenges and important decisions, people with Medicare have through Monday, Dec. 7 to select their Medicare Advantage or Prescription Drug Plan coverage for 2021. To ensure you have the right Medicare plan for you in place come January 1 of next year, it's important to focus on these three key topics:

Navigating plan options during COVID-19 – Traditionally, the annual Medicare Advantage and Medicare Prescription Drug Plan open enrollment period offers opportunities for in-person educational events and one-on-one meetings with licensed sales agents. This year, you can safely access the resources you need to choose the best plan for you, online or by phone. The Medicare Plan Finder is a great place to start.

Doctors in network, prescription drugs covered? As you connect with a

licensed sales agent or research information online, remember to confirm which doctors and hospitals are in a plan's network. If you have a preferred physician or health care facility, a licensed health insurance agent can help you see if a specific doctor or hospital is in a plan's network and taking new patients.

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

New, innovative benefits – Beyond vision, hearing and dental coverage, if you aim to become healthier, look for fitness program benefits as many Medicare Advantage plans include them. If you are comfortable using technology, access to virtual doctor visits is broadly available and enables you to seek care through your phone or computer, without having to leave home. Some Medicare Advantage plans offer benefits to help address the COVID-19 pandemic including offering home-delivered meals for members with a COVID diagnosis.

As we approach the Dec. 7 Medicare annual enrollment deadline, remember you're not alone. Key resources are available including licensed sales agents and websites such as medicare.gov and www.humana.com/medicare. You can also call 1-800-MEDICARE (1-800-633-4227) (or TTY: 1-877-486-2048) 24 hours a day, seven days a week, or call Humana at 1-800-213-5286 (TTY: 711) 8 a.m. to 8 p.m. local time seven days a week.



Senior Living



There are many ways to exercise.

Do some type of physical activity

Almost anyone, at any age, can do some type of physical activity. You can still exercise even if you have a health condition like heart disease, arthritis, chronic pain, high blood pressure, or diabetes. In fact, physical activity may help. For most older adults, physical activities like brisk walking, riding a bike, swimming, weightlifting, and gardening are safe, especially if you build up slowly.

Researchers are assessing the benefit of exercise to delay mild cognitive impairment (MCI) in older adults and to improve brain function in older adults who may be at risk for developing Alzheimer's disease. Older adults with MCI may be able to safely do more vigorous forms of exercise, similar to older adults without MCI, provided there are no other underlying health concerns.

Being active and getting exercise may help people with Alzheimer's or another dementia feel better and can help them

maintain a healthy weight and have regular toilet and sleep habits. If you are a caregiver, you can exercise together to make it more fun.

Flexibility exercises such as upper- and lower-body stretching and tai chi can help keep joints moving, relieve stiffness, and give you more freedom of movement for everyday activities.

Strengthening exercises, such as overhead arm raises, will help you maintain or add to your muscle strength to support and protect your joints.

Endurance exercises make the heart and arteries healthier and may lessen swelling in some joints. Try activities that don't require a lot of weight on your joints, such as swimming and biking.

If you have arthritis, you may need to avoid some types of activity when joints are swollen or inflamed. If you have pain in a specific joint area, for

example, you may need to focus on another area for a day or two.

For people with diabetes, exercise and physical activity can help manage the disease and help you stay healthy longer. Walking and other forms of daily exercise can help improve glucose levels in older people with diabetes. Set a goal to be more active most days of the week, and create a plan for being physically active that fits into your life and that you can follow. Your healthcare team can help.

Your heart keeps your body running. As you grow older, some changes in the heart and blood vessels are normal, but others are caused by disease. Choices you might make every day, such as eating healthy, maintaining a healthy weight, and aiming to be more physically active, can contribute to heart health. Inactive people are nearly twice as likely to develop

heart disease as those who are active.

Weight-bearing exercises, which force you to work against gravity, such as walking, jogging, or dancing three to four times a week, are best for building muscle and strengthening bones. Try some strengthening and balance exercises, too, to help avoid falls, which could cause a broken bone. Doing these exercises is good for bone health for people with osteoporosis and those who want to prevent it. Older woman working out

Most people living with chronic pain can exercise safely, and it can assist with pain management. In fact, being inactive can sometimes lead to a cycle of more pain and loss of function. Talk to your doctor about what exercises/activities might be right for you. Each type of exercise—endurance, strength, balance, and flexibility—has its own benefits, so a combination may be best.



"But don't let a fear of falling keep you from being active."

Prevent falls and fractures

A simple thing can change your life—like tripping on a rug or slipping on a wet floor. If you fall, you could break a bone, like thousands of older men and women do each year. For older people, a break can be the start of more serious problems, such as a trip to the hospital, injury, or even disability.

If you or an older person you know has fallen, you're not alone. More than one in three people age 65 years or older falls each year. The risk of falling—and fall-related problems—rises with age.

The fear of falling becomes more common as people age, even among those who haven't fallen. It may lead older people to avoid activities such as walking, shopping, or taking part in social activities.

But don't let a fear of falling keep you from being active. Overcoming this fear can help you stay active, maintain your physical health, and prevent future falls. Doing things like getting together with friends, gardening, walking, or going to the local senior center helps you stay healthy. The good news is, there are simple ways to prevent most falls.

Many things can cause a fall. Your eyesight, hearing, and reflexes might not be as sharp as they were when you were younger. Diabetes, heart disease, or problems with your thyroid, nerves, feet, or blood vessels can affect your balance. Some medicines can cause you to feel dizzy or sleepy, making you more likely to fall. Other causes include safety hazards in the home or community environment.

Scientists have linked several personal risk factors to falling, including muscle weakness, problems with balance and gait, and blood pressure that drops

too much when you get up from lying down or sitting (called postural hypotension). Foot problems that cause pain and unsafe footwear, like backless shoes or high heels, can also increase your risk of falling.

Confusion can sometimes lead to falls. For example, if you wake up in an unfamiliar environment, you might feel unsure of where you are. If you feel confused, wait for your mind to clear or until someone comes to help you before trying to get up and walk around.

Some medications can increase a person's risk of falling because they cause side effects like dizziness or confusion. The more medications you take, the more likely you are to fall.

If you take care of your overall health, you may be able to lower your chances of falling. Most of the time, falls and accidents don't "just happen."

Stay physically active. Plan an exercise program that is right for you. Regular exercise improves muscles and makes you stronger. It also helps keep your joints, tendons, and ligaments flexible. Mild weight-bearing activities, such as walking or climbing stairs, may slow bone loss from osteoporosis.

Have your eyes and hearing tested. Even small changes in sight and hearing may cause you to fall. When you get new eyeglasses or contact lenses, take time to get used to them. Always wear your glasses or contacts when you need them. If you have a hearing aid, be sure it fits well and wear it.

Find out about the side effects of any medicine you take. If a drug makes you sleepy or dizzy, tell your doctor or pharmacist.

AEGIS LIVING
ASSISTED LIVING & MEMORY CARE

**FALL MOVE-IN
SPECIAL**

Aegis Living of Ventura is excited to offer families our special move-in pricing for a limited time.

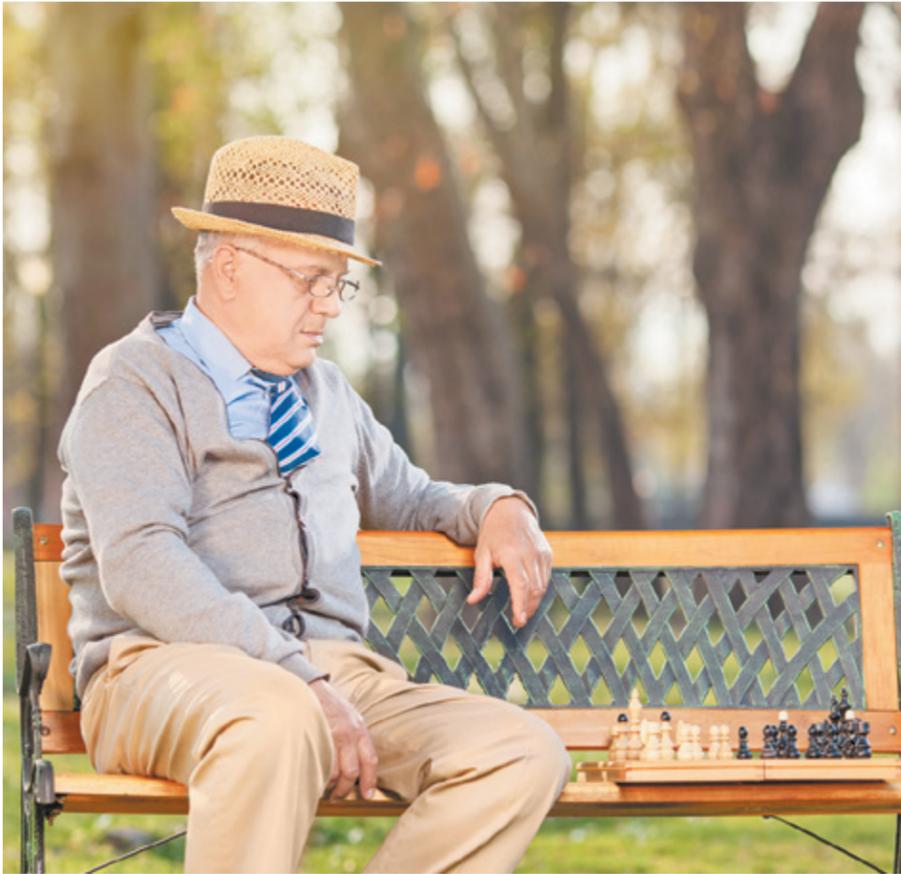
Contact our Marketing Director, Mary Sawyer for more information about our holiday pricing.

805-650-1114
www.aegisofventura.com
4964 Telegraph Road, Ventura, CA 93003

Aegis Living
VENTURA
Assisted Living | Memory Care



Senior Living



"We have all been isolated from friends and family during the pandemic."

New survey finds pandemic major contributor to half of older adults giving up hope

Independa, innovators of the award-winning TV-based social engagement, education and care platform, announced the results of a commissioned U.S. consumer survey,

finding COVID-19 has had a critical impact on older adults' mental health and physical health.

The results detail alarming new statistics about older adults abusing



YOUR LOCAL INSURANCE RESOURCE CENTER

SPECIALIZING IN
 MEDICARE · LONG TERM CARE
 INVESTMENTS · DENTAL
 LIFE INSURANCE
 ESTATE PLANNING

5808 TELEPHONE ROAD · SUITE 200 · VENTURA, CA 93003
 805.684.6480 WWW.ALEGACYS.COM

prescription drugs and alcohol, feeling despondent and being at an increased risk of committing suicide since COVID-19. On the positive side, the survey found older adults have largely exercised COVID-19 safety precautions, significantly limiting the amount of times they leave home.

The nationwide survey of 1,000 American adults with an older adult parent (over 70) who lives alone found that during COVID-19:

Three out of four (77%) are abusing prescription drugs

Nearly two-thirds (65%) are abusing alcohol

Over half (54%) have a diminished will to live

Nearly half (49%) are believed to be at increased risk for self-harm/suicide
 70% of older adults ventured outside their home fewer than 15 times (14% haven't left home once)

"We have all been isolated from friends and family during the pandemic, but no demographic suffers more than our older adults," said Kian Saneii, founder and CEO of Independa. "The survey we commissioned shows just how badly our older adults are failing to thrive in isolation leading to significant health risks to an already vulnerable population."

Other interesting findings from the survey include:

Over half of men (51%) are at an increased risk of suicide and self-harm, compared to 37% of women
 76% are experiencing mental health decline

68% are experiencing physical health decline

88% are more isolated from loved ones

Out of all interactions, 53% report their parent misses "seeing their face" the most

Over half (53%) feel forgotten about
 85% of adult children of older adults feel considerable guilt about not being able to do more for their parent

Half (50%) believe video chat is the next best option to in-person visits for connecting with their parent

"Sadly, and untenably, as older adults dramatically reduce social engagement in support of COVID-19 protocols, they risk serious mental health issues," Saneii added. "As humans, we need social connectivity, and as a compassionate society and species, we can and must do better to protect our older adults without further exacerbating their already prevalent challenges of isolation and loneliness."

LUXURY ASSISTED LIVING IN VENTURA CAN BE AFFORDABLE



At The Palms at Bonaventure Assisted Living and Memory Care, we take care of the cooking, housekeeping, and local transportation, leaving you more time to spend with new friends and family. There are never any buy-in fees and everything is included in one reasonable monthly rent, even the utilities, except personal phone. We also offer additional personal services at an additional cost, and because we focus on individual needs and preferences, you only pay for the services you need.

For more information on our gracious lifestyle, please call

805-647-0616

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





It's time for a fresh approach to take-out



Generously portioned Good2Go meals are prepared by chefs with seasonally fresh, locally-sourced ingredients and sustainable proteins, offering an easy heat & serve solution at a great value.



THE
Good2Go
BY SEASONS CATERING

Chef made. Enjoyed at home.

Try Good2Go and receive 10% off your first order (use code: G2G-BREEZE)

Order today at thegood2go.com

Also available: Good2Go holiday meals and Goodies2Go snack boxes

805-339-9665 | thegood2go.com



Gaby preparing Good2Go heat and serve meals.

Seasons Catering serves up a healthy portion of Good2Go

In the face of seemingly insurmountable odds, Gabrielle Moes demonstrates how to succeed in business

Seasons Catering began 2020 celebrating its 20th year in business. It was to be a big year with many caterings booked for weddings, corporate events, premieres, and more. Then COVID hit and changed everything. Not one to let herself fall victim to her circumstances, Gabrielle Moes, Founder and CEO of Seasons Catering quickly pivoted, at a time when events and catering were temporarily shut down, to launch Good2Go heat and serve meals,

available at www.thegood2go.com.

"I grew up in Ventura and I am deeply connected to this community. We have been through so much already with the Thomas Fire and now COVID," shares Gabrielle. "I could see in March this was going to be serious and started meeting with my team immediately to begin putting an action plan together. We were ahead of the health standards and have consistently ensured our kitchen exceeds the new COVID regulations." Then Gabrielle, aka Gaby, turned her attention to keeping her doors open.

She needed to generate a new stream of income. A Women's Economic Ventures (WEV) graduate, 2018 WEV Business of the Year honoree, and recent inductee into the nonprofit's Million Dollar Club, having reached \$1 million in annual revenue – a milestone achieved by less than 2% of woman-owned businesses and less than 4% of male-owned businesses in the United States – Gaby knows how to visualize opportunities.

She started partnering with local non-profits, World Central Kitchen (WCK) and Ventura County Area Agency on Aging (VCAAA). Her team began preparing and delivering 1,400+ hot and healthy meals weekly for homebound seniors and frontline workers at a variety of county hospitals including Ventura County Medical Center. "From the beginning of COVID, Seasons Catering was there when we needed them most, delivering quality meals to our tireless medical staff," said Amy Towner, Chief Executive Officer for Health Care Foundation for Ventura County. "Entrepreneurs like Gaby are how America was built. Gaby's creativity and grit alongside her business acumen has debuted the heart of Ventura County businesses ability to navigate such a tumultuous disruption like COVID," continued Towner.

This 'n' That



The CMH Cardiac Cath Lab team featured are Drs. Omid Fatemi, Jennifer Wan and Lamar Bushnell.

Community Memorial Hospital completes 100th transcatheter aortic valve replacement surgery

Physicians at Community Memorial Hospital have completed 100 Transcatheter Aortic Valve Replacement (TAVR) surgeries at CMH's Ocean Tower and are pleased to report that the patients have experienced shorter hospital stays than the national average.

Dr. Fatemi, CMHS's Medical Director of Cardiac Cath & Structural Heart Services, completed the 100th surgery on November 5th alongside Dr. Jennifer Wan, a cardiothoracic surgeon. "On behalf of the entire TAVR team, we are pleased to have reached this milestone," said Dr. Omid Fatemi.

Physicians at CMH have performed more TAVR surgeries than those at any other hospital in Western Ventura County.

"Our patients have done exceptionally well," Dr. Fatemi added. "In comparison to national averages, our patients have had shorter length of stays and less Intensive Care Unit time, usually staying only one night in the hospital. Also, in comparison to the national average, we have only needed a pacemaker in one percent of our cases, where the national average is 5-20 percent."

When the Ocean Tower opened at CMH in late 2018, the new cardiac catheterization lab added TAVR surgery to

the growing list of minimally invasive heart procedures CMH was able to offer patients. The Ocean Tower cath lab has five procedure rooms and features start-of-the art imaging equipment with superior imaging quality and new, superior diagnostic and ultrasound equipment.

TAVR is a minimally invasive surgical procedure that repairs a narrowed heart valve without removing the old, damaged valve. Instead, an artificial valve is placed in the aortic valve through the femoral artery (the large artery in the groin) using a long catheter, with no large surgical incision in the chest. Once the new valve is expanded, the tissue in the replacement valve regulates blood flow from the heart to the body.

Previously, heart valve replacement surgeries required riskier open-heart surgery in which the sternum is surgically separated. TAVR is an FDA-approved procedure for people with aortic valve stenosis who are considered an intermediate or high-risk for open-heart valve replacement surgery. "The TAVR procedure has become more common and has reduced the need for open-heart surgeries in some instances, hastening patient recovery," Dr. Fatemi said.

As Seasons Catering continued to deliver community meals, Gaby began thinking about how to get her food into her neighbor's homes. "As I saw more and more ordering take-out, I thought, 'how can we provide our locally farm fresh, chef-crafted meals to people in a way they can enjoy our food at home with minimal preparation?'" Enter, Good2Go heat and serve meals.

Crafted by chefs, Good2Go is built on the principle that food is meant to be loved and shared. The company's

VFD awarded \$218,000

Continued from page 1

City of Ventura is required to provide a 10 percent funding match in the amount of \$22,000, which has been budgeted.

To learn more about the Assistance to Firefighters Grant Program or the LUCAS machine, please contact Emily Graves, Community Outreach Specialist for the Ventura Fire Department, at

egraves@cityofventura.ca.gov.

Ventura Police Department awarded

Continued from page 1

Collaborative efforts with neighboring agencies on traffic safety priorities.

Officer training and/or recertification: Standard Field Sobriety Test (SFST), Advanced Roadside Impaired

Driving Enforcement (ARIDE) and Drug Recognition Expert (DRE).

Funding for this program was provided by a grant from the California Office of Traffic Safety, through the National Highway Traffic Safety Administration. The one-year grant is for the 2021 federal fiscal year, which runs from October 1, 2020 through September 30, 2021.

To learn more about the Office of Traffic Safety grant and VPD's educational efforts, please contact Emily Graves, Community Outreach Specialist for the Ventura Police Department, at egraves@cityofventura.ca.gov.



Police Reports

by Cindy Summers

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

Narcotics Arrest

On November 13, at approximately 4:00 pm, members of the Ventura Police Department SCU unit conducted a search warrant as a result of a month-long investigation into narcotics sales. Narcotics detectives using investigative tools were able to identify the primary suspects as 32 year old Ventura resident Kylee Shane and 36 year old Ventura resident Blake Dutter.

During the subsequent investigation, detectives discovered that a large quantity of narcotics, including fentanyl, heroin, methamphetamines, and a large amount of currency.

As a result of the investigation, Blake Dutter and Kylee Shane were arrested for possession of narcotics for sales, transportation of narcotics, and conspiracy.

A search of the Ventura County Superior Court website shows both Dutter and Shane have previous arrests for narcotics sales and property related crimes. Dutter was out on bail for a narcotics sales arrest, and Shane had an arrest warrant for a narcotics sales case.

Stolen Vehicle Arrests

On November 26, at approximately 12:00 pm, the Ventura Police Department received information that a stolen vehicle was in the area of Harbor Blvd and Schooner Drive. Officers searched the area and located the vehicle near Harbor Blvd and San Jon Rd. Officers conducted a traffic stop and identified 41 year old Oxnard resident Liliana Reyes as the driver. The vehicle she was driving had been reported as stolen from the City of Oxnard earlier the same day. Reyes was arrested for unlawful driving or taking of a vehicle, as well as an existing arrest warrant for the same charge.

About an hour later, the Ventura Police Department received information that another stolen vehicle was being driven in the area of Mills Rd and Main Street in Ventura. Officers searched the area and located the vehicle, which had been reported stolen from the City of Oxnard on November 25, driving on Thompson Blvd near Five Points. When officers attempted to make a traffic stop on the vehicle, the driver, later identified as 24 year old Oxnard resident Jorge Peralta, failed to yield and a vehicle pursuit was initiated. Peralta drove a circuitous route through a residential neighborhood at slow speeds. During the pursuit, he drove on the wrong side of the road, drove up onto the lawn of a residence, struck a tree, and rammed into a police car. Officers successfully deployed spike strips and disabled some of the vehicle's tires. Peralta eventually stopped the car and tried to flee from officers on foot but was taken into custody as he tried to scale a fence. Peralta was arrested for felony evading, assault with a deadly weapon, unlawful driving or taking of a vehicle, possession of stolen property, and a parole violation.

A search of the Ventura County Superior Court website shows that Liliana Ramirez Reyes (AKA Arlene Ramirez) has two previous convictions for unlawful driving or taking of a vehicle.

A search of the Ventura County Superior Court website shows Jorge Peralta has been arrested 10 times since 2015 for various charges, including robbery, burglary, prowling, possession of a controlled substance, and giving false information to peace officer.

Harbor Patrol Blotter

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

11-10 9:30pm, while on patrol in Rescue B-17, observed 5 kayaks engaged in hoop netting in the South Jetty rip current. Issued safety warning for the hazard area.

11-11 10:35am, during patrol, observed several unattended hoop nets in the sandtrap. Officers found the owners and issued warning for the violation.

11-12 8:45am, while on patrol in Rescue B-17, officers observed then pulled trash that had come from the barranca. Usually trash and other debris come down the barranca during the first rain of the season and any significant rain event. The amount of trash pulled from the water was enough to request a rollout dumpster.

11-13 8:25pm, while on patrol in Rescue B-17, observed several fishermen hoop netting in illegal areas, including the main channel. Warnings were issued along with safety inspections of vessels. Instructions for legal fishing areas were given

11-14 1:03pm, while on patrol in the truck, contacted by an individual who had a dead battery. Officers were able to successfully jumpstart the vehicle.

6:15pm, received a report of a female transient setting up camp in the restrooms. Officers responded, assisted Dockmaster with removing belongings and transient

11-15 7:50pm, contacting an RV at the launch ramp, a habitual camper there and warning that there is no overnight camping at the launch ramp.

11-16 12:33pm, while preparing weather observations for NWS, observed 94-degree heat reading in the operations center. 10 mins later after the East wind switched, a 14-degree switch in temperature occurred.

11-17 10:50am, dispatched to check the wellness of an unconscious person near VIM. Officers responded with VPD/VFD and found the individual under the influence. Later in the day, the patient fell off his boat. He was rescued from the water and given to his girlfriend for supervision and welfare.

11-18 3:30pm, received report of a dead sea lion under a dock in VWM H-dock. Officers responded, found the sealion, removed it and towed it out to sea.

11-22 1:30pm, while on patrol in the Fireboat, officers were contacted by a Ventura Isle Marina tenant who was resuscitated by one of the officers on the boat. He conveyed his gratefulness for saving his life.

11-23 9:20am, while on patrol, observed a poly fishing line floating near the entrance. Officers attempted to pull the hazard to navigation, but it appeared attached to a commercial fishing trap. A commercial fisherman was located nearby, and he was able to assist and pull up the trap and return it to the owner.

11-24 3:30pm, Beach Hazard Assessment : observed 4-6ft steep angled Northwest swell with powerful longshore current moving downcoast.

VENTURA TOWNEHOUSE

CALIFORNIA'S CROWN JEWEL IN RETIREMENT LIVING



From Our Home to Yours We are "bearing" it with you. Please be safe & wash your hands!

805.642.3263 | www.venturatownehouse.com

4900 Telegraph Road, Ventura, CA 93003 CA LIC# 565801810

Moving In?
Moving Up?
Moving Out?

I can help you with that!



ADELA TRAINOR

DRE 01985025

805.701.7694

TEAMTRAINOR12@GMAIL.COM

BERKSHIRE HATHAWAY | California Properties HomeServices



In a previous issue we reported about the shooting of Javier Magana Nov. 5 by the Ventura Police after a car pursuit that started in Oxnard. Officer Joaquin "Jack" Ortega, a 23-year department veteran, shot Magana after the Thousand Oaks man fired a handgun in his direction during a foot chase.

This is a photo of Javier that was not available at the time.

Weekly SUDOKU

Answer

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

King Crossword

Answers

Solution time: 21 mins.

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



The Pet Page



Dedicated to Scamp

■ SPAN Thrift Store is now open to the public and looking for donations of adult clothing, household items and tools if you've got items you no longer use.

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

The next upcoming clinic is Friday, December 18th at Albert H. Soliz Library - El Rio, 2820 Jourdan St., Oxnard, 93036. Please call to schedule an appointment (805) 584-3823.

■ The U.S. Food and Drug Administration approved Stelfonta (tigilanol tiglate injection) to treat dogs with non-metastatic, skin-based (cutaneous) mast cell tumors (MCTs). The FDA is also approving Stelfonta to treat non-metastatic MCTs located under the dog's skin (subcutaneous), in particular areas of a dog's leg. Stelfonta is injected directly into the MCT (intratumoral injection). Stelfonta works by activating a protein that spreads throughout the treated tumor, which disintegrates tumor cells.

MCTs are the most common malignant skin tumor in dogs, and usually present as a lump on or under the skin. Full surgical removal of mast cell tumors can be difficult when tumors are located in certain areas, such as the leg. When mast cell tumors are not fully removed, the remaining malignant cells can start to grow and spread rapidly. Stelfonta offers a novel way to treat non-metastatic MCTs as the only approved intratumoral injection.

Stelfonta is available only by prescription due to the professional expertise required to diagnose MCTs, properly administer the injection, provide adequate instructions for post treatment care, and monitor the safe use of the product, including treatment of any adverse reactions. The label for Stelfonta carries a boxed warning for human safety because of the risk of severe wound formation from accidental self-injection or needle stick injuries. The boxed warning also includes several statements regarding the safe use of Stelfonta in dogs, including: Stelfonta should always be given with a corticosteroid, an H1 receptor blocking agent and an H2 receptor blocking agent, to decrease the risk of severe systemic adverse reactions, including

death, from mast cell degranulation. Veterinarians should provide the client information sheet to pet owners for important information about Stelfonta and how to care for their pets after they have been given the drug.

■ Raw dog food recalled because of Salmonella by News Desk

Albright's Raw Dog Food is recalling 67 cases of "Chicken Recipe for Dogs" because it has the potential to be contaminated with Salmonella. There is risk to humans from handling contaminated pet products. It is important for consumers to thoroughly wash their hands after having contact with the products or any surfaces of utensils exposed to these products.

Contaminated pet food can pose significant health concerns and even death, as a recent Salmonella outbreak in Canada linked to pig ear dog treats has shown.

A Salmonella outbreak in Canada is linked to pig ear treats for dogs. As of the most recent outbreak update from the Canadian Food Inspection Agency (CFIA), Sept. 29, there have been eight confirmed cases of Salmonella Typhimurium illness in the following provinces: British Columbia with 5, Alberta with 2, and Yukon with 1.

Individuals became sick between late February and early August this year. Three individuals were hospitalized, and one individual died. Individuals who became ill are between 7 and 95 years of age. The illnesses are distributed equally among men and women.

Albright's Raw Dog Food Chicken Recipe for Dogs was distributed in California, Florida, Illinois, Indiana, New Hampshire, New Jersey, Nevada, New York, Pennsylvania, and Tennessee and product was distributed through retail stores, mail order, and direct delivery.

Labeled as Albright's Raw Dog Food Chicken Recipe for Dogs. Packaged in 2 lbs chubs/rolls. Each chub/roll is printed with "Lot number C000185, Best By 19 May 2021." The product was sold frozen and was distributed from the company to distributors from 7/8/20 to 8/27/20.

■ As any cat owner who has tried to wear a black shirt knows...well, shedding is a normal aspect of cat ownership. However, there are times when the hair just keeps coming and

Scamp Club

(Scampclub pets are not for adoption.)



Hi! I'm Frankie and I am one-year-old. I love my pink frisbee and love when someone wants to play with me. I'm a lucky dog. I go to the beach a lot and I have many friends at the park around the corner.

Join Scamp Club

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

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

an owner may become concerned that their pet's hair loss is abnormal and indicative of a larger issue.

Dr. Alison Diesel, a clinical associate professor at the Texas A&M College of Veterinary Medicine & Biomedical Sciences, says that cat owners can differentiate normal shedding from feline alopecia, or hair loss, if the hair coat is noted to be thin or has the absence of hair in areas.

"The biggest difference between normal shedding and alopecia in cats is that with normal shedding, there is not appreciable hair loss on the animal," said Diesel. "While the owner may see tufts of fur and hairballs around the home, the cat looks to have a normal haircoat in regard to thickness, length, and density."

Feline alopecia can have many causes, according to Diesel, ranging from parasites, such as fleas or mites, to infections, such as dermatophytosis, or ringworm.

"We can also see it with underlying allergies including to things like fleas, food, or the environment," she said. "Genetics can also be a 'cause' of alopecia; this is normal in certain breeds of cats, such as the Sphinx. Lastly, there are some normal variants in cats that appear as alopecia. Examples include hair loss on the ear flaps of aging Siamese cats and sparsely haired skin in the preauricular region (top of the head in front of the ears) on cats of any breed."

If an owner notices their cat is losing an abnormal amount of hair, they should also keep an eye out for accompanying symptoms that may point towards a larger problem.

"The most important thing to look for is whether the cat is also itchy. This can be shown by certain behaviors include scratching, biting, licking, chewing, pulling out hair, over grooming, and/or increased hairballs. Additionally, owners should monitor

if there are any sores on the skin along with the hair loss," she said. "Lastly, if anything has obviously changed with the overall health of the cat—signs of internal illness such as vomiting, change in appetite, or energy levels—owners should seek veterinary care."

Pets experiencing unusual hair loss should be evaluated by their primary care veterinarian or a veterinary dermatologist to help determine the reason for hair loss. They may conduct diagnostic tests and/or suggest a treatment plan tailored to your pet's specific case.

While overgrooming most commonly has an underlying medical reason, typically related to itch or possibly pain, there are some cats where stress and behavioral contributions can play into the excessive grooming observed. Owners concerned that their pet is overgrooming may also wish to modify their pet's environment in addition to bringing them in for a check-up. Ensure your pet has plenty of enrichment, which can include toys, window access, and hands-on playtime, in addition to areas where the cat can retreat and relax alone.

Hair loss may be reversible depending on the cause; Diesel said, "you can't all of a sudden make a Sphinx grow hair, but hair can grow back following resolution of ringworm as an example."

Although the line between normal shedding and feline alopecia may at times seem thin, prudent monitoring and prompt care can help owners keep their feline friend as happy, healthy, and fluffy as possible.

Pet Talk is a service of the College of Veterinary Medicine & Biomedical Sciences, Texas A&M University. Stories can be viewed on the web at vetmed.tamu.edu/news/pet-talk. Suggestions for future topics may be directed to editor@cvm.tamu.edu.

SPAN Thrift Store
SPAY/NEUTER ANIMAL NETWORK

Requesting Donations of Clothing,
 Tools and Small Kitchen Appliances

WE ARE OPEN!
10am - 4pm Tues, Thurs & Sat

Call us today!
805.641.1170 110 A & B N. Olive St., Ventura CA 93001

\$10 Low/No Income Spay & Neuter Friday, Dec. 18th
Albert H. Soliz Library - El Rio
2820 Jourdan St., Oxnard, CA 93036
 Must call for appointment

www.spanonline.org

DONATE YOUR UNWANTED CAR, TRUCK, RV OR BOAT TO HELP HOMELESS PETS.

LA Pets Alive is a LOCAL, qualified 501-c-3 nonprofit. We are tax deduction and paperwork experts and can provide a guaranteed tax deduction. For a quick pick up and quote call us today

833.772.2632
LAPETSALIVE.ORG



The Pet Page

Forever homes wanted

I'm Murray, a 10-year-old American Staffordshire Terrier / Great Dane X who was rescued from Animal Services. I'll always be grateful to the people who rallied me to get me saved and to C.A.R.L. for accepting me into their program. I'm an older gentleman who just wants a warm cozy bed and a family who will love and take care of me for the rest of my life.



I'm a happy boy who is very friendly. I enjoy being outside in the yard being loved and getting treats of course. My back legs are a little gimpy, but that doesn't stop me from getting around and running around.

If you have room in your heart and home for handsome me, please fill out an online application to meet me.
C.A.R.L.



Rosie was left behind when her owner moved. Understandably and not unusual for a little Chihuahua, Rosie is terrified in the kennel environment. Our staff has been spending time with her and found that with a little understanding and love, Rosie comes out of her shell. She loves getting on a lap, being petted and belly rubs. Rosie walks well on a leash and

just needs someone who will give her a day or so to relax in a home to feel safe. Ventura County Animal Services Rosie A762484

This 'n' That

City of Ventura launches winter weather response plan to help homeless

As Ventura enters this year's winter weather season, the City has partnered with the River Community Church to launch a response plan to provide stay warm packs and temporary shelter to homeless persons during severe weather events, such as severe rain, wind or low temperatures.

Now through March 31, 2021, the City is accepting community donations to create stay warm packs for sharing with Ventura's unhoused individuals during harsh weather events. Desired donations include rain ponchos, blankets, jackets, hand-warmers, socks, toiletries, snacks, tarps, and carrying bags for items.

"When serious winter weather is forecasted to impact our community, the City will work with local social service partners, the Downtown Ventura Ambassadors, and other local non-profits to provide outreach and support to our most vulnerable population," said Meredith Hart, the City's Safe and Clean Program Manager.

Residents wishing to donate items for the Stay Warm Packs can bring materials to the ARCH, a homeless shelter in the City of Ventura, located at 2323 Knoll Drive. Donations can be brought to the rear of the building and dropped off near the exterior sliding glass door. Monetary donations are also being accepted by mail through the River Community Church.

Checks should be labeled "Winter Weather Response Plan" and mailed to 859 E. Santa Clara Street, Ventura, CA, 93001.

The City's winter weather response plan also includes an emergency temporary shelter that can accommodate motel rooms for up to 20 individuals. Shelters will be activated at least 48 hours in advance when temperatures are projected to fall below 40 degrees or if weather projections show more than half an inch of rain overnight.

Priority will be given to homeless individuals who are 65 and older or live with chronic health conditions. All remaining motel rooms will be distributed on a first come, first served basis. Individuals who receive a room must arrive at the River Community Church, located at 859 E. Santa Clara Street in Ventura, between 5:00 p.m. and 6:00 p.m. on the day of the winter weather response plan event. Those who are unable to secure a room will be provided with Stay Warm Packs.

The winter weather response plan will run from December 1, 2020 through March 31, 2021.

To learn more about the winter weather response plan, please visit the City of Ventura's Safe and Clean Program website or contact Meredith Hart, Safe and Clean Program Manager, at mhart@cityofventura.ca.gov.



Bring in this ad to receive 25% off your purchase!

Saving Lives, One At A Time...

Kitties Available for Adoption!

Thrift Store Open and Accepting Donations

New Lower Prices!!!!

11am - 4pm Friday, Saturday & Sunday

CatsCradleRescue.org

805.485.8811

1954 Main St. Midtown

Adoptions@CatsCradleRescue.org





Happy Holidays

Ventura Executive Suites

(805)653-2381

WWW.VENTURAEXECUTIVESUITES.COM

info@venturaexecutivesuites.com

701 E. Santa Clara St. Ventura Ca 93001

Visit Our Facebook Page:
https://www.facebook.com/profile.php?id=1833565230

Follow us on Instagram:
@VenturaExecutiveSuites

Ventura Executive offers fully furnished office spaces in a prime location located in Downtown Ventura.

We offer FREE phone & Internet on a one year lease, mail services, conference rooms, 24/7 access, tenant parking, printer/fax room, private gym, fully stocked kitchen, & full time receptionist!

Rent as low as \$550 a month!

Virtual Offices as low as \$50 a month!

Walk-In's are welcomed!



Ventura-Music-Scene



It's the last month of the year, a year that will go down in history where music scenes everywhere took a major hit including our quant little Ventura. But now with a vaccine or two on the horizon, let's hope 2021 shows a slow yet steady recovery. All those venues that provided live music pre-pandemic will need your help getting back up to speed. Meanwhile, please continue to be diligent when venturing out as the pandemic numbers have risen yet again. Do your part and social distance and wear your mask to help reduce the spread of the virus.

The Canyon Club at Oxnard Performing Art Center continues to add more concerts (see listings on this page), and if you're a fan of The Beatles, then you won't want to miss The Fab Four who have been a professional tribute band for the past 23 years. The band has a couple of CDs to their credit, including their popular HARK! Christmas CD, which features traditional Christmas songs done in that unmistakable Beatles style. They've also released a live concert CD and a CD of their Emmy-winning 2012 PBS special, "The Fab Four: The Ultimate Tribute." The Fab Four plays Friday, December 4.

Here in Ventura, Concerts in Your Car has a handful of shows before a short break at the beginning of the year. Still to come this year, Iration on Friday, December 4, and then a couple of stage productions including a live drive-in opera of Carmen on Sunday, December 6, the Nutcracker from Ventura County Ballet on Saturday, December 12 (two

shows 5 and 8 pm) and Santa Saves Christmas on Saturday December 19. The same venue has been offering actual drive-in movies in between concerts, and leading up to Christmas, they've



Gavin Rossdale of Bush played Concerts in Your Car on Saturday, November 22, at the Ventura County Fairgrounds. Photo by Pam Baumgardner

lined up a number of holidays classics including Elf, the Polar Express, The Santa Clause, Dr. Seuss How the Grinch Stole Christmas (the Jim Carrey version) and of course, A Christmas Story. For more information on any of these shows, or ticket prices, just go to www.ConcertsInYourCar.com.

The 3rd annual Doc the Halls, Holiday Blues show with Doc Ventura will be held virtually this year out of NAMBA Performing Arts space on Sunday, December 6 from Noon until 6 pm. For the cost of admission (a mere \$10), you can catch performances online live from Delta by the Beach, Mark McKinney, Tom Buenger, Robert Kyle & Alyse Korn, Lucious Spiller, the Ventura County Ballet Company, Freda Ramey

and Frank Barajas.

We've continued to produce monthly episodes of the VenturaRockSpot which features local bands and artists. You'll want to check out our current interview with the talented Jodi Farrell. You can either go to VenturaRocks.com (listed on homepage), or go directly to www.VenturaRockSpot.com which includes past episodes featuring such bands as Kelly's Lot, How to Live with Robots, Mark Masson of Shaky Feelin', Kyle Smith, Crooked Eye Tommy and more. We currently have 22 episodes posted for your listening pleasure.

Quick Notes: The Forty Nineteens just released their latest single, "Go Little GTO" which takes the 1966 GTO out of the garage for a ride on Sunset Strip where the bandmates learned their chops; and the Mighty Cash (Michael J and Leticia) will be performing at a social distanced, free concert at Chuy's in Simi Valley on Saturday, December 12.

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

Music Calendar

For more up-to-the-date listings go to VenturaRocks.com

All Venues Ventura, unless otherwise noted.

Camarillo Barrelworks

126 N. Wood Road, Camarillo

Music 6-9 pm

Sat 12/5- Christmas with Katie Shorey

Sat 12/12: Will Breman

Sun 12/13: Brandon Ragan

The Canyon at Oxnard PACC

Oxnard Performing Arts Center

Parking Lot Drive in style concerts

Fri 12/4: The Fab Four; Cougarachis

Sat 12/5: Fan Halen; Blacklist9

Fri 12/11: The Ultimate Stones

Sat 12/12: Erotic City

The Cave

4435 McGrath Street

Music 5:30 - 8:30

Fridays: Warren Takahashi

Chuy's

1397 E. Los Angeles Avenue

Simi Valley

Music 7 pm

Sat 12/12: Mighty Cash Cats Acoustic

Concerts in Your Car

Ventura County Fairgrounds

10 W. Harbor Blvd.

Fri 12/4: Iration

Sun 12/6: Carmen (Opera SB production)

Sat 12/12: The Nutcracker live stage show

Copa Cubana

Ventura Harbor Village

Music Noon - 6 pm

Sat & Sun: Ken Devoe

Pacific Opera Project

Dive-in Style Performance

United Methodist Church Parking Lot

291 Anacapa Dr, Camarillo

Performances at 5:30 pm

Fri 12/11: La Boheme: aka "The Hipsters"

Sat 12/12: La Boheme: aka "The Hipsters"

Sun 12/13: La Boheme: aka "The Hipsters"

Prime Steakhouse

2209 E. Thompson Blvd

Music 6-9 pm

Tues & Thurs: Danny D - "Dinner with Frank"

Sandbox Coffeehouse

204 E. Thompson Blvd

Thursday 6 pm: Open Mic

Surfside Seafood

550 E. Surfside Dr., Port Hueneme

Music 5 - 8 pm

Wednesdays: Teresa Russell

Taqueria Jalisco

4275 Tierra Rejada Rd., Moorpark

Music 5-9 pm

Tuesdays & Fridays: Jim Friery

Winchesters

632 E. Main Street

Music Sundays 3-6 pm; Friday 6 pm

Fri 12/4: Teresa Russell

Sun 12/6: National Cat

Fri 12/11: Doc & Mac

Sun 12/13: Sean Wiggins

A Chumash Monument for Ventura

by Richard Senate

We have few markers or monuments to recognize the many contributions of the Chumash people on Ventura. I have been thinking that the city should mark important sites linked to our early residents. They need not be large, perhaps no more than a plaque to list the accomplishments of the Native People, in some places an appropriate work of art could be installed. Some sites were so important that the Spanish Speaking people recognized them as well as the Yankees.

One such location is the site of the sacred "Wind Sycamore" or the "Aliso del Viento" located at Casitas Springs just North of Ventura. It was the site of a bent Tree, a tree deliberately bent into an arch on the trail to the Ojai Valley. Accounting to reports from Candelaria Valenzuela and her son Jose Juan Olivas, the arch in the tree once hung a wooden image, a sort of puppet that could

be manipulated to ask for services of the Gods of the Chumash pantheon. Offerings were made in the form of shell beads and other items. These prayers were always whispered, and they say the tree became known as the "Whispering Tree." Here they also hung offering of banners made of feathers, colored cloth, ribbons and other ornaments.

Such pagan worship was discouraged by the Spanish Padres when the small chapel of Santa Gertrudis was constructed not far away at Casitas Springs. New Legends sprang up with the coming of the Yankees that may well be a continuation of the rites of the Chumash. The Tree became known as "The Wishing Tree" where wishes could be asked--a sort of wishing well. It was also said that when young lovers came and whispered their vows it could only mean "True Love." and the Tree acquired a new nickname, "The Kissing Tree." A kiss under its branches would ensure a happy marriage. Maybe a plaque should be set up to mark this important shrine where modern lovers could whisper their vows and kiss? Another Chumash site could be marked at the Botanic Gardens over the city.

Here at the very top of the Hill of the Cross, over the Mission, was once a shrine, with two tall poles, to mark the location, visible far out to sea. These were to watch over Chumash in the Channel to focus upon and offer protection from the winds and offer protection to those fishing and traveling in the Channel between the mainland and the islands.

The Spanish removed the shrine and replaced it with a large pinewood cross. That cross was blown down in a great storm in the 19th Century, and the present cross was restored in 1914 to serve as a site for Easter Sunrise services and it its not on the crest of the hill. That sacred site could be used to honor the Chumash people. There are other locations within the city that could be used to mark, sacred places to the Native People.

Annual "Cozy Holiday" gift-away event

Supporting Ventura County Foster/Resource Families, Kinship Families, Adoptive Families, and Bio-families

currently working with Kids & Families Together Kids & Families Together (K&FT) is a nonprofit that has been serving foster/resource, adoptive, kinship, and birth families throughout Ventura County since 2000. K&FT works with children who have experienced trauma, abuse, neglect, loss, and multiple placements. K&FT also works with caregivers who need specialized education, support, and strategies to help raise safe, healthy, nurtured children that thrive.

Kids & Families Together in partnership with Heart 2 Heart, and our community partner, Crosspointe Church Ventura, will be hosting the annual Cozy Holiday Gift Away event on Saturday, December 12th for the Ventura County foster/resource, kinship, adopted and birth families we serve in our programs. This annual event has always captured the heart of holiday season and this year will be no different! Cozy Holiday 2020 will be a contactless, drive-thru event set up with beautiful holiday themes throughout. Families will be able to drive through and view ... a Train Depot, Gingerbread Village, the Grinch's Sleigh and Santa's Toy Shoppe. Children will be able to drop off letters (in a safe way) to Santa &



This 'n' That Celebrating women composers in choral music

by Molly Kohler Pei

Channel Islands Choral Association

Channel Islands Choral Association (CICA) presents a Virtual Choral experience, streaming On Demand from December 11th - 20th. Into the Light: Celebrating Women Composers in Choral Music features the CSU Channel Islands University Chorus and the Pleasant Valley School District Chorus. CICA Artistic Director Dr. KuanFen Liu and President Dean Butler are hosts.

Dr. Liu chose the theme to bring awareness to underrepresentation of women composers past and present in concert programming. The program showcases the works of contemporary women composers Betty Nicholson, Dale Trumbore, Dr. Andrea Ramsey, Sarah Quartel and Elizabeth Alexander. Interviews with Dale Trumbore and Dr. Ramsey highlight the challenges each have faced in the competitive field of choral music.

Virtual Choirs, once a novelty, are now mainstream. For the first time since its inception in 2004, CICA has combined the winter concerts of its two sponsored choruses into a Virtual Choir event. COVID-19 has forced the closure of concert venues and challenged music organizations to seek new ways to engage with their audiences. Scholastic Choral Arts programs are compromised by the inability to meet and rehearse in person.

As the sponsor of the CSU Channel Islands University Chorus and the PVSD Chorus, CICA was determined to find a way for these important programs to

thrive despite the difficulties of online instruction and rehearsal. Using funds from donors and a grant from CSUCI Instructionally Related Activities, CICA created the Dr. Archie Shum Virtual Choir Room. This innovative virtual space allows members of both choruses to enjoy a new experience of socially distanced singing and rehearsal.

Rehearsing a full program of music for the Virtual Choirs was challenging but ultimately a success. "We navigated the new virtual landscape with technological challenges," Dr. Liu said, "such as varying internet bandwidths that caused lapses in synchronicity." Weekly Zoom rehearsals with the Music Directors and Choral Assistants offered guidance and support. CICA provided extensive materials for singers to practice at home and prepare for their contribution to the Virtual Choir. A community circle at the end of each rehearsal offered an opportunity for singers to share their insights, struggles and stories of living with the new realities created by the COVID-19 pandemic.

The Virtual Choir performances are mastered by Arts Laureate, an elite recording team that sets up virtual performances for groups such as the Los Angeles Master Chorale, the Chicago Symphony Orchestra and NPR's JazzSet at the Kennedy Center.

The Museum of Ventura County provides its beautiful venue, the Smith Pavilion, showcasing artwork of Ojai Studio Artists for the additional video segments. The theme of the exhibit, Mending the Divide, accentuates CICA's mission to encourage the inclusion of women composers in concert programming.

Tickets are \$15. Proceeds benefit the Virtual Choir programs sponsored by CICA. Information for the On Demand event and ticket purchase is available at cica choir.org.

Mrs. Clause as they drive by Santa's Living Room.

Children and families will be provided items such as store gift cards, toys, electronics, pajamas and throw-blankets. Despite the current situation, this will be a fun family event with music, lots of holiday decorations and treats! We are encouraging all of our families attending the event to dress in their favorite holiday outfits, maybe even their favorite "ugly Christmas sweater"!

We are grateful to our Cozy Holiday partners and event sponsors that come from all over Ventura County to support our families: The Gene Haas Foundation, Crosspointe Church Ventura, James Storehouse, Toys for Tots, Kelsey Contreras & staff of Old Navy Pacific View Mall, Roxanne & Keira Danielsen representing Camarillo Amber's Light Lions Club, and the Helpful Honda Team!

Volunteer opportunities are available both prior to the Cozy Holiday event, to help sort, organize and prepare, along with time slots for the day of the event. To keep staff, families and volunteers safe, we are following current public health and safety regulations. All attendees will be required to wear a mask at all times. Please click on the link to volunteer and review our volunteer guidelines. There are also many ways to donate or even Adopt

A Family this Holiday Season! Full information follows below!

All information regarding our donation drive and volunteering: <https://www.kidsandfamilies.org/giftaway-events/>

To sign-up for a volunteer shift: http://www.volunteerventuracounty.org/agency/mgrNeeds/?agency_id=53693

Gift Certificates for Whale Watching and Excursions to the Channel Islands National Park

Island Packers Whale Watch gift certificates can now be purchased over the phone through the holiday season. Customers have the option to have gift certificates mailed or emailed to you or your special someone. Make shopping for the nature enthusiast on your list easier by purchasing a half-day Whale Watch or an all-day trip that lands on Anacapa or Santa Cruz.

*Into the Light:
Celebrating Women Composers
in Choral Music*
A Virtual Choral Experience

Video on Demand Streaming
December 11-20, 2020

To purchase this online event,
visit www.cica choir.org

Sponsored by Channel Islands
Choral Association
Artistic Director, Dr. KuanFen Liu
President, Dean A. Butler

Performances by
CSU Channel Islands University Chorus
Pleasant Valley School District Chorus

Interviews with Composers
Dr. Andrea Ramsey
Dale Trumbore

Proceeds to benefit the virtual choral programs of
CSU Channel Islands and
Pleasant Valley School District

A winter Whale Watch is a perfect way to gather with family and friends to view Pacific Gray whales migrating through the Santa Barbara Channel from their feeding grounds in Alaska to their breeding grounds in Baja. Pacific Gray Whales are normally sighted in the National Marine Sanctuary near Anacapa and Santa Cruz Island starting mid-December and extending through early April. This mammoth migration of over 10,000 whales and 6,000 miles remains a major attraction in Southern California.

Other possible sightings include Humpback, Fin whales, and occasionally Orcas, all of whom visit the productive waters of the Channel to feed on the rich resources found here. Common Dolphin are enjoyed year-round, delighting passengers as they frolic with the boat, and ride the bow and stern waves.

The half-day Winter Whale Watch Cruise provides stunning views of the Ventura coastline or the Channel Islands; depending on where the whales may be sighted.

Visit www.islandpackers.com or find us on Twitter to follow our most recent sightings.

Winter whale watching off our

beautiful coast runs from December and extends to mid-April. Rates for half-day trips are \$40 for adults, \$36 for seniors, and \$29 for children 3-12. Children 2 years old and younger ride free.

Island Packers, boat concessionaire to the Channel Islands National Park, starts Whale Watching Dec. 26th with scheduled winter whale watching excursions from Ventura and Channel Islands Harbor departing at 9:30 a.m. and/or 1:30 p.m.

All-day trips with landings to Anacapa and Santa Cruz Island are also available year-round. All-day trips run from \$ 59.00 to \$ 82.00 per adult. Camping is also available on the Channel Islands.

Prices for camping range from \$ 79.00 to \$ 147.00 per adult depending on island. Advance reservations are advisable by calling 805-642-1393 or visiting our web site at www.islandpackers.com.

Also available in the Ventura location are souvenirs, books, t-shirts, sweatshirts for sale that make a nice addition with your gift certificate. You may also view popular items on our website and then email retail@islandpackers.com to place an order for shipment.

Gentlemen, I give you "Gumshoe."
Written in the first person, you are
John L. Peterman III, Esquire.
Detective/ladies-man extraordinaire
Set in 1948 Hollywood, film noir

Visit www.jamesfgray.com
See reviews on amazon.com
<https://youtu.be/rqv5S8jghq4>
Books make great gifts!



Lighter Breeze

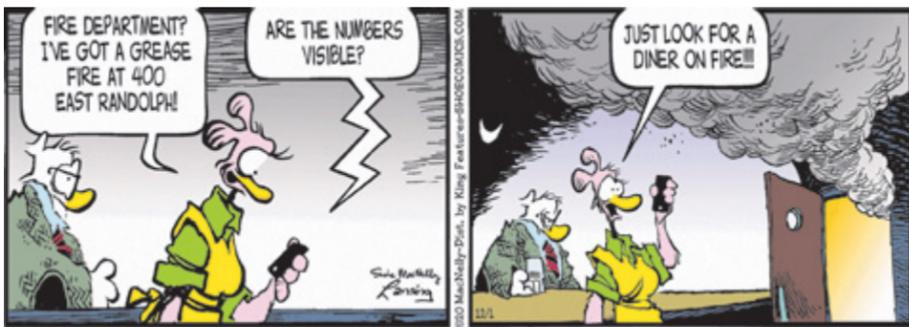
Mother Goose and Grimm



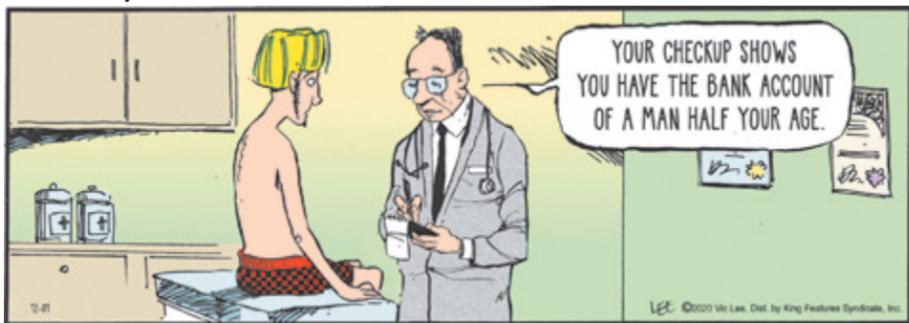
Zits



Shoe



Pardon My Planet



Hagar the Horrible



Intelligent Life



Solutions on page 13

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

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

Weekly SUDOKU

by Linda Thistle

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

DIFFICULTY THIS WEEK: ♦♦

♦ Moderate ♦♦ Challenging
♦♦♦ HOO BOY!

Solutions on page 13

King Crossword

ACROSS

- 1 Secondhand
- 5 Sphere
- 8 Halt
- 12 DVR alternative
- 13 Greek X
- 14 Authentic
- 15 Sheltered. at sea
- 16 Hare's defeater
- 18 Japan's main island
- 20 Comic Phyllis
- 21 California wine valley
- 23 Zero
- 24 Enchilada holder
- 28 Plate
- 31 — jiffy
- 32 Fix a stubborn shoe-lace
- 34 Rowing need
- 35 Sulk
- 37 Harasses
- 39 Male cat
- 41 Tater
- 42 Wall plaster
- 45 Warren Commission subject
- 49 Bullring VIP
- 51 Lotion additive
- 52 Yemeni city
- 53 Scrap
- 54 Anger

1	2	3	4		5	6	7		8	9	10	11
12					13				14			
15					16			17				
18					19			20				
				21			22		23			
24	25	26					27		28		29	30
31					32				33		34	
35				36		37				38		
			39		40		41					
42	43				44		45			46	47	48
49						50				51		
52						53				54		
55						56				57		

- 55 Got up power
- 56 They're between dos
- 57 Let fall
- 10 English river
- 11 Equal
- 17 Can metal
- 19 Locks
- 22 Chorus members
- 24 Quarterback Tebow
- 25 Yoko of music
- 26 States of ecstasy
- 27 LaGuardia and Logan, e.g.
- 29 Perched
- 30 Day fractions (Abbr.)
- 33 Ostriches' kin
- 36 Dawn-of-mammals epoch
- 38 Name of many English kings
- 40 Longtime record label
- 42 Celebrity
- 43 Big fuss
- 44 Smell
- 46 Winged
- 47 Corporate symbol
- 48 Profound
- 50 Raw rock

© 2020 King Features Synd., Inc.



ARIES (March 21 to April 19) Don't feel sheepish about looking to spend more time with that special person during the upcoming holidays. Do it because it's the right thing to do. **TAURUS** (April 20 to May 20) Never mind letting misunderstandings repair themselves. Consider speaking up while the healing process can be shorter and sweeter and leave fewer scars. **GEMINI** (May 21 to June 20) Romance is easily awakened in the Geminian heart, especially around the happy holiday season. So go ahead and make those plans with that special someone. **CANCER** (June 21 to July 22) Moon Children can glow with their own inner light as the holiday season magic takes hold. It's a very special time for Cancers and Libras together. Enjoy. **LEO** (July 23 to August 22) It's a good time for you fabulous Felines to take pleasure in your special gift for, well, taking pleasure! Look for this holiday season to give you every reason to purr. **VIRGO** (August 23 to September 22) This is a good time to let others who are in your life get a little closer to you. You'll

both find out what you've been missing for far too long. **LIBRA** (September 23 to October 22) Open up your eyes and see some welcome surprises you've missed or overlooked for too long. What you find can lead to other favorable changes. **SCORPIO** (October 23 to November 21) What you expect to be potentially troublesome might simply be especially challenging and well worth your efforts to check out. Good luck! **SAGITTARIUS** (November 22 to December 21) A friendship might not seem as trustworthy as you'd like. OK. Ask your questions, get your answers and settle the matter once and for all. **CAPRICORN** (December 22 to January 19) A family situation moves into a new area because of (or, maybe, thanks to) some decisions you might have felt you could not avoid making. **AQUARIUS** (January 20 to February 18) You could be cutting it very close if you hope to make those holiday plan changes in time to avoid problems. Get a friend or family member to help. **PISCES** (February 19 to March 20) Friends show how important you are to them. Keep these precious relationships thriving. They affect much that will happen to the fabulous Fish in the new year. **BORN THIS WEEK:** Time spent at home alone nurtures your mystic self. Spending your time with others nurtures them. (c) 2020 King Features Synd., Inc.



Showtime

Streaming Spotlight by Cindy Summers

The Pack

Amazon Originals



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

Focusing on the incredible bond between dogs and their owners, *The Pack* follows 12 dogs and their owners as they travel the globe on an adventure similar to the *Amazing Race* doggie style. Two teams, Blue Team and Green Team, were randomly selected by finding tug toys with bandannas inside that represented each team colors, and were tasked for various tug, fetch and scent work challenges for the grand prize of \$500,000 for the winning team and an additional \$250,000 for their favorite pet charity.

Hosted by Olympic Gold Medal Skier Lindsay Vonn and her dog Lucy, each day begins with a Leader of the Pack Challenge, where the teams select a specific dog and owner for an individual task for a clue to the location of the fetch point. Upon completion, pack teams race to the fetch point where there are pack challenges and the first pack arriving gets to choose. The challenges relate to local history and traditions, which educate the viewers on different cultures around the globe. The losing pack faces an elimination challenge against the members of their own team to determine who would have to go home each show.

Prior to filming the series, all the dogs and owners spent time in Los Angeles training on tug, fetch and scent work tasks using birch oil. They flew on a first class private jet around the world for the comfort of the dogs and their

owners and there were Dog Safety teams and veterinarians whose number one priority was dog safety and making sure they are never stressed out as they circled the globe starting in Los Angeles, then Mexico City, Costa Rica, Vienna, Florence, Switzerland, Paris, London, with the finals back in the US in the Utah.

The dogs were incredible seeming thrilled with all the helicopter rides, repelling, zip lining, paddleboarding, riding ATVs, white-water rafting, and even did mock earthquake and avalanche rescues. They also served meals in fancy restaurants while wearing waiter costumes and carried food through local marketplaces with special dog pouches similar to those carried at farmers markets.

The owners and dogs were all from over the US, with many different dog breeds competing and included: Mark LeBlanc & Ace (Australian Shepherd) - Utah mountians, Kioni 'Kentucky' Russel Gallahue & Derby (Golden Doodle) - San Diego, Vania Zuniga & Jax - (Red Golden Retriever) Long Beach, Lucy Riles & Duchess (Black Lab) Los Angeles, Chelsey Lowe & Gryffin - Newport Beach, Brian Calvert & Dixie - (Bluetick Coonhound) Indiana, Josh White & Snow (Standard Poodle) West Hollywood, Mitra Najibeh Yosri & Bozley - Los Angeles, Chism Joe Johnson & Kepo - Oklahoma, Daniel Reese & Allister U.S. Navy, Donna Modafferi & Charlie - New York (Snoodle - Dog actor) and Linh Iacoca & Chance (Chihuahua) - Brooklyn, NY.

Not only did the winning duo received a total of \$750,000, in addition the show donated an additional \$250,000 during production to multiple animal charities and rescue organizations in the countries in which they filmed. Viewers of all ages will enjoy this heartwarming dog version of the amazing race where instead of friends or family members it's special people with man's best friend - their dog.
10 Episodes - 50 minutes



Megan McGinnis, Willow McCarthy and Adam Halpin star in *Estrella Scrooge*. Photo by Tyler Milliron.

Rubicon Theatre presents Estella Scrooge

Just in time for the holidays, Rubicon Theatre presents the World Premiere of *Estella Scrooge: A Christmas Carol with a Twist*, a magical new holiday musical which originated and was developed at Rubicon over two seasons in the company's Plays-in-Progress program (under the title *Little Miss Scrooge*). *Estella Scrooge* was recently filmed in New York and is the first fully produced green screen streaming musical shot from beginning to end during the pandemic against a green screen using new cutting-edge technology.

The production uniquely blends theatre, film and animation. Sure to become new a holiday tradition - the World Premiere of *Estella Scrooge: A Christmas Carol with a Twist!* debuted Saturday November 28, 2020 and is available for streaming through the holidays. Tickets are now on sale and may be purchased through Rubicon's website at <https://www.rubicontheatre.org/estella-scrooge>.

The production features a cast of 24 award-winning Broadway notables, and is the creation of John Caird, (the Tony and Olivier Award-winning director of *Les Misérables* and

Nicholas Nickleby), and Tony Award nominee Paul Gordon (*Jane Eyre*, *Pride and Prejudice*). Caird and Gordon also paired to create *Daddy Long Legs*, which also originated at Rubicon and then became one of the most produced plays in the American theatre over the next few years before enjoying a successful Off-Broadway run (Drama Desk Award for Caird).

The story of *Estella Scrooge* follows a modern-day Wall Street tycoon with a penchant for foreclosing. A hotelier in her hometown of Pickwick, Ohio has defaulted on his mortgage and Estella fancies the idea of lowering the boom personally.

A modern day take on Charles Dickens' beloved 1843 novella "A Christmas Carol," *Estella Scrooge* also wittily incorporates characters and plot lines from Dickens' other great classic novels "Great Expectations," "Little Dorris" and "Bleak House," among others.

Betsy Wolfe (*Waitress*) stars as Estella, a descendent of her famous great great-great-great-grandfather Ebenezer. Clifton Duncan (*The Play That Goes Wrong*) stars as Philip 'Pip' Nickleby. 2020 Tony Award nominee Lauren Patten (*Jagged Little Pill*), who has performed at Rubicon numerous times, stars as Dawkins. The production also stars Tony Award nominees Patrick Page (*Hadestown*) as Mr. Merdle, Carolee Carmello (*Parade*) as Marla Havisham and Danny Burstein (2020 Tony Award Nominee, *Moulin Rouge!*) as Ebenezer Scrooge.

Tickets for *Estella Scrooge* make great holiday gifts for family and friends, and are \$29.99 for 72-hour viewing for each household, or \$44.99 for a VIP Premium Theatre Experience, which includes unlimited viewings, a download of the CD and exclusive behind-the-scenes footage. To order, visit Rubicon's website at www.rubicontheatre.org.

OPERA SANTA BARBARA

CARMEN

A LIVE DRIVE-IN OPERA

A 90-MINUTE ADAPTATION OF BIZET'S BLOCKBUSTER HIT

SUNDAY, DEC 6, 2020 AT 2 PM | VENTURA CO. FAIRGROUNDS
DRIVE-IN TICKETS START AT \$79 PER CAR!
INFORMATION & TICKETS: CONCERTSINYOURCAR.COM/VENTURA

LEAD PRODUCTION SPONSOR: DR. BOB WEINMAN



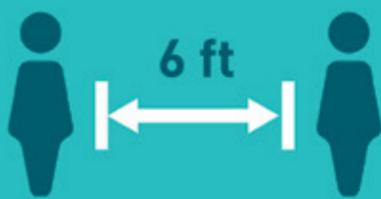
www.venturacountyrecovers.org

NO ONE INVITES COVID TO THE PARTY BUT THAT'S WHERE IT SPREADS.

Be the one to slow the spread.
Take the party online. Connect virtually this season.



WEAR A MASK



PRACTICE SOCIAL DISTANCING



WASH HANDS OFTEN



NO GATHERINGS

MOORPARK COLLEGE
Monday-Friday, 10 a.m.–7 p.m.
7075 Campus Rd., Moorpark, 93021

SANTA PAULA
Friday-Tuesday, 10 a.m.–7 p.m.
Corner of E. Main St. and N. Ojai St.

FILLMORE FAMILY MEDICAL GROUP
Tuesday, 9 a.m.–5 p.m.
828 W. Ventura St., Fillmore, 93015

VENTURA COUNTY FAIRGROUNDS
Open 6 days a week, 9 a.m.–6 p.m.
CLOSED Wednesdays
10 W. Harbor Blvd., Ventura, 93001

OXNARD COLLEGE
Open 7 days a week, 10 a.m.–7 p.m.
4000 S. Rose Ave. Oxnard, 93033

Testing also available at 7 County clinics by appointment: Please call (805) 652-7660



COUNTY of VENTURA