



VENTURA BREEZE

Your Hometown Paper

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State Parks to provide professional lifeguarding services. Photo by Dan Harding.

Lifeguards return to Ventura Harbor Beaches for summer

As the summer season approaches, daily lifeguard service will be provided at Ventura Harbor beaches along Spinnaker Drive.

In a unanimous vote on April 21, the Board of Port Commissioners authorized the General Manager of Ventura Harbor, Brian Pendleton, to contract with State Parks to provide lifeguard service from May through September at Harbor Cove, South Beach, and Surfers Knoll beaches. The approved 2021 lifeguard contract of \$136,802.37 will provide the adequate coverage to each of the three Ventura Harbor beach areas over a five-month period.

This year's contract is anticipated to include 4,160 work hours between May 1 and September 30, a 38% increase of coverage hours over 2020, which reflects a growth in annual beach use, expanded lifeguard coverage, lifeguard salary adjustments, and a roving supervisor vehicle included in the coverage. The additional hours also increase the coverage at Harbor Cove Beach to two lifeguards on holidays and weekends during peak season, weekend only lifeguard coverage in May until Memorial Day weekend, and daily coverage the remainder of the season.

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Vista del Mar Hospital raise awareness in honor of May being Mental Health Awareness Month.

First Responders during Mental Health Awareness month

by Carol Leish

Vista del Mar Hospital, in collaboration with the City of Port Hueneme and the Port Hueneme Police Department, have presented a countywide campaign to educate, fundraise, and raise awareness in honor of May being Mental Health Awareness Month.

Dan Powell, MA, MFT, BCBA, CEO of Vista del Mar Hospital, said, "We are proud to be a part of this initiative to reduce the stigma associated with mental illness and to bring meaning to mental health awareness. Those (clients) in need come to a psychiatric hospital in time of

crisis, but often depart in a much better place where they can begin to feel hopeful for the future."

"During May (Mental Health Awareness Month), the main focus is raising awareness," according to, Maya Lazos, Community Liaison at Vista del Mar Hospital. "Suicide is the 2nd leading cause of death for ages 10-24 in the state of California, and the 2nd leading cause of death for ages 10-45 in the United States. We want our community to participate in free trainings in order to be educated about the alarming statistics regarding mental illness and suicide. Since so many suffer from mental illness and lose their lives by suicide, we want to help our community to become educated on how to help people in crisis and to become aware of the resources that are available within Ventura County."

"We have been concerned about our First Responders for Mental Health, since while they have valiantly been taking care of others, we wondered who was taking care of them. More first responders die by suicide than they do in the line of duty. Thus, we chose First Responders

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Kids & Families Together was presented with a \$25,000 donation from the Gene Haas Foundation.

Kids & Families Together hosted a special "Mothering Day" event

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.

On Saturday May 8th, Kids & Families Together hosted a special "Mothering Day" event sponsored by SoCal Honda Dealers, Random Acts of Kindness to honor the Ventura County Foster/Resource, Kinship & Adoptive caregivers who have opened their hearts and homes to children that are not their own.

Longtime community partner to K&FT, Crosspoint Church in Ventura, hosted the event. Through the generosity of SoCal Honda Dealers and their Helpful Honda program, caregivers were pampered with a manicure and/or massage along with a take home self-care kit. K&FT also provided families with a little Mother's Day gift and yummy treats. Almost one hundred caregivers made appointments to attend this event. Channel Islands Social Services was on site to provide childcare for the event. Without the added support of on-site

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The Ventura Breeze is celebrating 14 years of publishing local news thanks to the support of the Ventura community and our advertisers. The time has come, however, for us to ask our dedicated readers to consider helping us continue publishing during this difficult time. Due to the lack of advertisers (which we understand) we really need your generous support to continue to bring local news to the community. In order to do this, we are starting the Ventura Breeze Honor Roll. The names of Honor Roll donors will be published in the paper unless donors don't want to be shown. As the publisher of this community's favorite newspaper, we appreciate the relationship we have with our readers and we pledge to keep bringing you all the local news and events.

There are a couple ways to contribute and be a 2021 Honor Roll Donor. You can go to our website (www.venturabreeze.com) where you will find a DONATE link at the top of the page and use the PayPal button to make a donation, which allows you to pay by credit card or with your PayPal account. If you would rather pay by check or have the Breeze staff process your donation, you can use the form below and mail in your check or credit card information. You may also contribute by going to www.gofundme.com/f/support-the-breeze.

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**Trash & Recycling or Green Waste Pick Up
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Due to the Memorial Day holiday on Monday, May 31, trash and recycling or green waste will be collected one day later than usual the entire week of May 30 - June 5 in the Cities of Ventura, Ojai and the surrounding areas.

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The inclusive play area will be located at Arroyo Verde Park.

City of Ventura to begin construction on first fully inclusive play area

The City of Ventura will begin construction on its first fully inclusive play area for children of all abilities. The inclusive play area, located at Arroyo Verde Park, features gathering places, a play structure, swings, hammocks, balance beams, a sensory garden, a mo-

tion-inclusive carousel, sensory wall, embankment climbers, music play areas, and more.

"The Arroyo Verde Park play area is the City's first all-inclusive playground," said Mayor Sofia Rubalcava. "This space will be a place where everyone in the

City News

community can come out to have fun and experience the joy of community connection and play, regardless of ability or age."

Construction for the 10,750 square foot play area is set to begin in May and anticipated to open in Fall 2021. During construction, the project site and northern parking lot will be closed. The remainder of the park and hiking trails will stay open with additional parking available throughout the park. Additionally, project updates will be shared on the City's website and social media throughout the duration of the construction process.

In 2017, Arroyo Verde Park's main play structure was destroyed in the Thomas Fire. Rather than rebuild the same structure, the City decided to re-imagine the space and create the first fully inclusive play area in Ventura.

Families, community members, medical professionals, and playground manufacturers provided input into the playground's design. Through these conversations, park designers developed an adaptive play space where children of all abilities can play together.

"This project is the first of its kind in Ventura and means so much to our community. Thanks to the Ventura Community Partners Foundation and generous donations from community groups, residents, and local businesses, the City is able to make this dream a reality," said Parks and Recreation Director Nancy O'Connor. "We cannot wait until Ventura's first fully inclusive play area opens later this year."

For more information about this project, please visit <http://www.city-ofventura.ca.gov/AVP>.

Lifeguards return to Ventura Harbor

Continued from page 1

"The Board of Commissioners for the Port District believe this investment in public safety is important," stated Ventura Port District Harbormaster John Higgins. "Additional lifeguard hours and coverage has been included due to higher visitation numbers at Ventura Harbor beaches to better assist with visitor safety."

For over 60 years, State Parks has provided professional lifeguarding services along California's coastline. The Ventura Port District took the lead in securing summer lifeguards at the Harbor in 2011. The Ventura Harbor Patrol and State Park Lifeguards have formed a strong and effective partnership in providing public safety on land and in the waters along Ventura's coast.

The Ventura Harbor Patrol and the State Parks Lifeguards have over the years, performed many rescues, and prevented numerous serious incidents. The beach had historically high visitors and challenging conditions, but because of the Ventura Port District's investment most rescues were routine in nature. In fact, the Lifeguard service continues to provide better preventative care through education and has reduced the number of circumstances where first responders are also at risk. The Harbor Patrol and State Parks Lifeguards have grown a strong and effective partnership in providing public safety on land and water areas throughout the Ventura coastline. Both agencies participate in cross training and assist each other throughout the year on routine and emergency calls.

For questions on lifeguard times, call the State Lifeguards Dispatch at 805-648-3321 and for Ventura Harbor beach details visit VenuraHarborVillage.com.



Community Events

Ventura events

May 20: Ventura City Councilmember Lorrie Brown, Chairperson of the city's General Plan revision process, will address the East Ventura Community Council, at its next virtual meeting, on Thursday, at 7:00 p.m. She will speak about issues of concern in the General Plan for East Ventura, as well as citywide. A question and answer period will follow Ms. Brown's presentation. In addition, Meredith Hart, Director of the City of Ventura's Homeless Services, will present an update on efforts to house the homeless, with a focus on the City's new FAQ educational campaign. Area crime statistics will be shared by Commander Weeks of the Ventura Police Department. The Council represents those who live east of Victoria Avenue, and the public is encouraged to attend and participate. The meeting will be held online at 7:00 p.m. via the Zoom application. Join Zoom Meeting <https://us02web.zoom.us/j/84788961123?pwd=QXhnazZHMkJPcWJCU2hNZGR1T3VTZz09> Meeting ID: 847 8896 1123 Passcode: 874800

You will first need to download the Zoom app on your computer or smart phone. You do not need an account. If you miss the meeting, you can always view it later on the website, www.eastventura.org. For more information, contact EVCC Chairperson, Deborah Meyer-Morris at eastventuracc@gmail.com.

May 21-22: Ventura County high school students are invited to attend the Hackathon by the Sea, a two-day computer coding event presented by the Ventura County Office of Education with support from the U.S. Naval Facilities Engineering Command, Engineering & Expeditionary Warfare Center. Hacker Fund, which is a national nonprofit network of STEM mentors, is joining us again this year to deliver the event. Participants will have the chance to "hack together" all types of creative projects which they will present as they compete for awards. This is an opportunity for students to team up with some of the brightest minds in Ventura County through a variety of workshops. This free event is open to students in grades 9-12 and will be held on Friday, May 21, and Saturday, May 22. All experience levels are welcome. Registration is available at <https://www.vcoe.org/hackathon>. Please address any questions to jsapp@vcoe.org or acampbell@vcoe.org.

May 26: The Ventura College Area Community Council will be holding a

Zoom meeting on Wednesday, at 7pm. An invitation and link to the meeting will be sent to everyone on the CACC mailing list. Council meetings include speakers and discussion on topics of neighborhood and community interest, including public safety and economic development. At the May meeting, a representative of Ventura College will be discussing long-range plans for developing facilities at the college. Also, Christy Weir, from the Ventura Tree Alliance, will explain how residents can get involved in "urban forestry." CACC represents citizens in Council District 3, neighborhoods between Dunning/Lemon Grove and Hill Road, north of Hwy. 126. collegearcouncil.com/map. Visit the College Area Community Council website @ <http://collegearcouncil.com/wp/> to be added to the mailing list and to access a link to the Zoom meeting.

June 4 – June 20: Channel Islands Choral Association presents "Into the Light"; A virtual choral experience celebrating Black composers in choral music. Performances include CSU Channel Islands University Chorus and Pleasant Valley School District Chorus. Online Video on-demand streaming event will be available from June 4 through June 20. Tickets available at www.cicachoir.org

June 6: The 1892 Dudley Historic House Museum has resumed the first Sunday afternoon docent-led tours with covid protocols from 1 to 4 p.m. Group size is strictly limited. Admission is free. The museum is located at the corner of Loma Vista and Ashwood streets (197 N. Ashwood) in Ventura. For information please call (805) 642-3345 or visit the website at dudleyhouse.org.

June 6: Old-Time Country Bluegrass Gospel Music Assoc. Sunday 2:00-4:00 pm Moorpark Community Center, 799 Moorpark Ave. Live Music on stage. Jamming on the Patio. Free Admission. Free parking Open to Public. For more information call 805-517-1131 or visit Facebook: OTCBGMA

Ojai news and events

The life and writings of Emily Dickinson, one of America's most treasured poets, come vividly to life in a reprise of the acclaimed Rubicon, Namba Arts, and Ojai Art Center productions of The Belle of Amherst by William Luce. The production stars Ojai actor and choreographer

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Anna Kotula under the direction of Steve Grumette, Artistic Director of the Ojai Film Festival.

See The Belle Of Amherst presented live on-stage until May 23, at the Ojai Art Center Theater Friday and Saturday at 7:30 pm, and Sunday at 2 pm.

Tickets are \$22, \$19 for OACT members.

Additional donations can be made and are much appreciated. For tickets to the live show, please call 805-640-8797

Stay tuned to ojaiact.org for information about the streamed version.

The Ojai Art Center is kicking off their 44th annual Art in the Park celebration Memorial weekend on May 29 and May 30, 2021. This will be the first sizable festival in Ojai since COVID started. Unlike last year's virtual Art in the Park, 2021 brings us back to walking through downtown Ojai's Libbey Park

where artists will showcase their recent works and festival goers can enjoy a sense of normalcy.

The Art in the Park celebration attracts artists from all over the state and serves as a great opportunity for artists, locals, tourists and art lovers of all ages to meet, browse and buy.

Everyone is invited to browse, meet the artists, grab a bite and enjoy the weekend in Libbey Park. Free admission. We ask that face coverings are worn and social distancing practiced. Call 805-646-0117 for further information or visit www.ojaiartcenter.org. More artist photos, contact info and bios are available upon request.

Discover the hand-made ceramics of over 25 clay artists as they showcase their work at Libbey Park in Ojai June 13 (10-6) and June

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Opinion/Editorial



Sheldon Brown
Publisher-Editor

■ Wonderful news (see article in this issue) - the **Ventura Music Festival** confirmed live concerts for July 23, 24 and 25. Things are starting to open-up and feel normal again.

Everyone should still get vaccinated if they haven't, because that is what it takes for things to continue to open. Don't just count on other people to provide the immunity.

Shame on **scams**. If you get an email that says your company has been selected the best... (you fill it in) in Ventura, it's a scam. The group just wants you to spend hundreds of dollars on plaques, etc. Don't do it.

■ Looking for **tennis players**. Living at Portside Ventura Harbor, and we have a new tennis court. Want to play or hit? I'm a decent old guy player. Let me know at sheldonbrown2@charter.net. Or, will teach beginners how to play.

■ Ventura is asking state regulators to conduct a full environmental review of a controversial project to renovate a Southern California Gas company facility located at 1555 N. Olive St.

So Cal Gas Company wants to replace the three gas compressors on the site with four new ones with more horsepower. The California Public Utilities Commission approved the plan in 2019, and the facility has operated at the location since 1923.

The city council passed a resolution on a unanimous vote to request the state Public Utilities Commission and the Department of Toxic Services Control to investigate the Southern California Gas Company compressor site.

This is similar to a previous motion that was passed by the council but contains more details directing state regulators to review the potential environmental, health and safety impacts. This resolution will be maintained in city records forever while a motion can sometimes get lost, said City Attorney Gregory Diaz.

There is considerable opposition to the project without a significant review. Neighbors are concerned dust from the work will expose people to toxic chemicals. And some residents say the North Olive Street facility poses an environmental and safety threat which doesn't belong near homes, and a school. The facility is located across the street from E.P. Foster Elementary School and the Boys & Girls Club.

The state Department of Toxic Substances Control, which oversees environmental cleanup, lists the remediation of the utility's Ventura station as 'voluntary.'

The designation allows property owners to fast-track cleanups with fewer reviews. But the agency retains authority to take

enforcement action if it determines the site presents a serious health threat.

SCG states on its website, "Before the compressor modernization project begins, SoCalGas will safely remove historical pollution in parts of the soil on the property associated with prior industrial uses on the property, dating back more than 100 years. This clean-up work will be done safely under a Department of Toxic Substances Control (DTSC)-approved plan, and in compliance with all applicable environmental and public health laws - www.socalgas.com/stay-safe/pipe-line-and-storage-safety/ventura.

■ A recent study of Ventura **firefighting** operations by Emergency Services Consulting International, a consulting arm of the International Association of Fire Chiefs, shows that only 3% of the 911 calls received over a 3-year period (2016-2019) were for fires. The majority, 73%, were for emergency medical service (EMS). Another 15% were "good intent" calls, or what ordinary people call false alarms. Ventura Fire is using an outdated business model to address modern challenges.

The 227-page study, titled ESCI Operational Assessment of the Ventura Fire Department, outlined the needs of the city's fire department and was unveiled late last month at a special Ventura City Council meeting.

The \$57,000 study recommended conducting a comprehensive engineering and architectural assessment of each fire station and adding eight firefighters to provide adequate relief and explored placing a tax measure on the ballot to support the fire department. The department currently has 72 full-time firefighters, but it needs 80.

According to the study, only two of the six stations are considered in "good" condition with a combined overall average age of 50 years. Three of the stations do not have seismic protection and lack necessary space to support department operations.

The study showed that adding six positions to make the part-time roving medic engine a full-time unit would amount to \$72,000 in one-time costs and \$945,966 in annual salary and benefit costs.

According to the study, the estimated costs for eight firefighters would be about \$96,000 in one-time costs and \$1.2 million in annual salary and benefits costs. The salary and benefits of the eight firefighters would increase every year to more than \$2.2 million in 2032.

The city is anticipating receiving \$28 million in one-time revenue from the federal recovery act and a Thomas Fire settlement from SCE. Some of these funds can be used to bolster firefighting resources. The new revenue is part of the city's proposed \$307.4 million budget for the 2021-2022 fiscal year.

The city council is reviewing the study and assessing how to meet the budgeting obligations and specific needs of the department.

■ **Proud Boys** leader Ethan Nordean lashed out at President Donald Trump, accusing him of misleading his supporters and then deserting them despite their unwavering loyalty.

"We are now and always have been on our own. So glad he was able to pardon a bunch of degenerates as his last move and s--- on us on the way out," Nordean said in an expletive-laden message about the former president. "F--- you trump you left us on the battlefield bloody and alone."

Nordean is one of several members of the extremist group with ties to white supremacy whose members describe themselves as "Western Chauvinists." He's among the more than 400 people who have been charged for their alleged roles in the deadly assault on the Capitol on Jan. 6.

■ Former 8-year-old **fourth grader** who lost his class presidency, oops I mean President Donald Trump, released a statement Saturday claiming 2020 election polling suppressed voters and attacking both former Vice President Mike Pence and GOP Senate Minority Leader Mitch McConnell.

Trump continues to push baseless claims about the 2020 election, alleging that Democrats and President Joe Biden "rigged" votes despite a lack of substantiating evidence. In the Saturday statement, forwarded to Newsweek by Trump adviser Jason Miller, Trump took aim at polling ahead of the election that projected Biden winning by a larger margin of votes than he ultimately received. Trump also slammed Pence for a lack of "courage" to help overturn the election results and McConnell for being "weak and pathetic."

■ A new study estimates that the number of people who have **died** of COVID-19 in the U.S. is more than 900,000, a number 57% higher than official figures. Worldwide, the study's authors say, the COVID-19 death count is nearing 7 million, more than double the reported number of 3.24 million.

The analysis comes from researchers at the University of Washington's Institute for Health Metrics and Evaluation, who looked at excess mortality from March 2020 through May 3, 2021, compared it with what would be expected in a typical non pandemic year, then adjusted those figures to account for a handful of other pandemic-related factors.

The final count only estimates deaths "caused directly by the SARS-CoV-2 virus," according to the study's authors. SARS-CoV-2 is the virus that causes COVID-19.

■ A photo has emerged of Andrew Clyde, the Republican congressman from Georgia who claimed "there was no insurrection" and compared US Capitol rioters to "tourists", barricading the House chamber during the attack.

Speaking on Wednesday to the House Oversight Committee, Rep. Clyde downplayed the actions of the pro-Trump mob who stormed the Capitol on 6 January as "**a normal tourist visit**".

I completely understand, most tourists break windows, scale walls and over power guards for a friendly visit to the capitol. The violent attack left five dead including one police officer. Maybe tourists shouldn't be allowed in the Capital in the future.

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

You only live
once, but
if you do it
right, once is
enough
— Mae West

Mailbox

To the Editor:

Mr. Editor, I must take issue to your statement found within the Opinion/Editorial section of your recent issue (May 5) under the sub-part "Georgia's new sweeping elections law".

In part you wrote: "No person shall solicit votes in any manner or by any means or method, nor shall any person distribute or display any campaign material, nor shall any person give, offer to give, or participate in the giving of any money or gifts, including, but not limited to, food and drink, to an elector,".

I have been a native resident of California since 1943; with only a short vacation of 10-years in East Texas. From all that time it has been

an election violation in California to have any voting campaigning or solicitations within several hundred feet of a polling place. The offer of food or drink would come under the same law if any campaign material (buttons, badges) were worn by the person offering food or water.

From watching, reading, and listening to various news reporting organizations it appears the state of Georgia is trying very hard to get in line with California. California, which has led the way in National issues for decades.

Michael Gordon

Michael:

Just to clarify, I just quoted Georgia law I didn't write it.



News & Notes



ECTV in the studio with Lorrie Brown.

CAPS Media ECTV crew interviews Councilmember Lorrie Brown

Recently students at El Camino High School, known as the ECTV crew, produced an engaging and informative discussion with Ventura City Councilmember Lorrie Brown and Dr. Raquel Baker, Assistant Professor at Cal State Channel Islands. The program is part of an ongoing series on Black Culture. ECTV crew members attend school at El Camino High School and Ventura College. El Camino is located on the college campus next to the CAPS Media Center.

The students sit in during the pre-interview meeting between Councilmember Brown and Dr. Baker. The ECTV crew handles the production and post production aspects of the show. After the interview there is an informal discussion on the set with Dr. Baker and Councilmember Brown, for feedback and questions from the students. So far, the show has featured Julius Sokenu, the President of Moorpark College, and Joelle Hannah, a Professor at Moorpark College. Lynne Thompson, the current Los Angeles Poet Laureate, is to be interviewed next.

The Baker-Brown interview was conducted in the CAPS Media Center Studio which was the first time in nearly 18 months that ECTV crews have been able to conduct in-studio interviews because of COVID-19 precautions. Despite the restrictions, the resourceful ECTV students haven't missed a beat and have continued producing informative and engaging programs throughout the pandemic.

ECTV (El Camino Television) is part of the Ventura Unified School District's career pathways initiative. Under the direction of media guru Phil Taggart, ECTV has evolved into an award-winning media education program. In weekly immersive workshops students utilize the resources of the CAPS Media Center including cameras, editing equipment and the studio, and benefit from the media, journalism and storytelling expertise from Taggart and others on the CAPS staff.

ECTV Students work collaboratively to identify, write, produce, direct, record and edit projects of interest to themselves, the greater youth culture, and the community. In the past few years ECTV crews have been recognized with numerous local, regional, and national awards for their innovative, thought provoking and informative productions.

In other CAPS Media news, in the coming weeks CAPS crews will cover, broadcast and live stream high school graduation ceremonies for Buena, El Camino, Foothill, Pacific, Ventura and VACE (Ventura Adult and Continuing Education) from multiple locations throughout the city. The specific dates and times can be found on the VUSD website - <https://www.venturausd.org>

Due to the COVID-19 emergency the CAPS Media Center is closed to Members and the public until further notice. CAPS is continuing to play it safe, follow sensible guidelines, and therefore will remain closed to the public for the near term. The CAPS goal is for the community to reach the benchmark of herd immunity before reopening (approx. 85% of the public being fully vaccinated). All of us at CAPS Media hope everyone stays Safe, Strong, Socially Distant and Healthy during these very challenging times.

First Responders

Continued from page 1

for Mental Health as the focus of our initiative," according to Lazos.

"The countywide Mental Health Month Campaign," according to Lazos, "has included free trainings for first responders, community members and coaches. Trainings have addressed youth suicide within the community and within their own profession, since more firefighters and police officers die from suicide than in the line of duty. According to the Substance Abuse and Mental Health Services Association (SAMHSA), Post Traumatic Stress Disorder (PTSD) and depression rates among police officers are five times higher than it is in the general population. A Community Cares Webinar has focused on recovery, wellness, and hope. The Coaches Assistance Program has provided education to ensure that coaches recognize the signs and symptoms of suicide. The campaign also has featured leaders and elected officials showing their support and connection to raising awareness."

Andrew Sallinas, the City of Port Hueneme's Chief of Police said, "It is essential that my officers and first responders know how important it is to get the help that they need. And, nearly 25% of all calls for service in the City of Port Hueneme involve someone suffering from mental illness." Salinas is the Honorary

WE DON'T STOP PLAYING BECAUSE WE GROW OLD; WE GROW OLD BECAUSE WE STOP PLAYING.
George Bernard Shaw

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Co-Cahir of this year's National Alliance of Mental Illness (NAMI) walk. He also emphasized that, "Most importantly, we want those who have a mental illness to know that they are not alone, especially during these times of physical distancing. We want to fight the stigma, educate the public, and to advocate for all people with mental illness and their families, too."

"Many things have happened as a result of this campaign," according to Lazos. "First, every law enforcement within the communities that they serve to raise awareness and funds. The county has come together for a collaborative PSA that is being shared by all agencies involved. The First Responders Team to date has raised \$60,000 for NAM, Ventura County. Government agencies around the county have lit up their building with green lights in honor of Mental Health Awareness. And, most importantly, 4 lives have been saved, and many have reached out for help."

Lazos said, "Other first responders in Ventura County who weren't able to join this year in the first annual First Responders' Event, are looking forward to joining next year. This annual event will pave the way for change."

Kids & Families Together

Continued from page 1

childcare, many of the caregivers would not have been able to attend this event. We hope everyone who is providing love and care to a child had a very Happy Mother's Day!

Also, during this event, Kids & Families Together was presented with a \$25,000 donation from the Gene Haas Foundation in honor of National Foster Care Month which falls annually during the month of

May. During the past year, the Gene Haas Foundation has played an integral role in supporting K&FT's Resource Family Support Gift Away Events which provide direct relief to Ventura County families participating in programs and services with K&FT. Katrina Veronica, Grants Administrator and Communications Lead with the Gene Haas Foundation was there to present the check to K&FT's CEO/Co-Founder, David Friedlander and Board Chair, Sharon Watts Woolley. Kids & Families Together is very grateful for the continued support of the Gene Haas Foundation.

To learn more, visit: www.kidsandfamilies.org

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





News & Notes



Bobak Tarighi and Ikia Velazquez

Coverly Professional Services, Inc. records double-digit growth, expands team

Coverly Professional Services (CoverlyPro) continues its growth trajectory that began in 2020, recording almost 50% revenue growth in the first quarter of 2021 compared to the same quarter last year. With this growth, the company announces the hiring of Social Media Specialist, Bobak Tarighi and the promotion of Ikia Velazquez to Account Strategist.

Bobak Tarighi joins the team with extensive knowledge and education in digital communications, and an extra flair for the luxury customer service experience. A recent graduate from University of Arizona, Tarighi's Bachelor's of Art in Communications with a minor in eSociety, positions him perfectly to contribute to the

company's client social media strategy, implementation, and growth. "I am passionate about unifying communities through social media and see great value in creating engaging content, with a focus on driving organic, successful interactions," commented Tarighi. His responsibilities include managing client social media channels, providing creative input for best client social media outcomes, and following trends to keep CoverlyPro clients ahead of the social media curve.

Formerly CoverlyPro's Digital Communications and Project Management Specialist, Ikia Velazquez has moved into a full-time role as an Account Strategist. In addition to leading the development and management of virtual

events, Velazquez works directly with clients to proactively strategize client communications efforts, working with subject-matter experts on the CoverlyPro team to implement on those strategies. Velazquez also leads the social media team in all client social media programs.

"With 2020 being such a historically challenging year, and that's an understatement, I feel so lucky that CoverlyPro has actually grown," said Lynnette Coverly, Founder and CEO of Coverly Professional Services. "We closed out our 10th year in business last July and I was determined to start thinking bigger so that we could help more companies, especially nonprofits and women-owned businesses, to tell their stories through effective communications. I also began surrounding myself with a team smarter than me." CoverlyPro now has five employees with plans to expand its team in the coming months. Anyone interested in joining this dynamic, friendly, marketing project management firm and who enjoys working virtually on a flexible schedule may reach out to info@coverlypro.com.

Coverly Professional Services, Inc. – Founded in 2010 by Lynnette Coverly, Coverly Professional Services (CoverlyPro) is a full-service marketing and public relations project management firm based in Ventura, California. With a varied portfolio of clients, CoverlyPro's focus is creating and implementing branding and marketing strategies for the "service" industry from veterinary practices to in-home service companies, professional services, non-profits, and more. Leveraging its Three-Tiered Approach, the firm's turnkey services include brand and marketing development, social media strategic management, media/public relations, SEO copywriting, development of all client-facing communications, print layout and design, vendor negotiations and management, website content management and user experience (UX) direction, and media placement. www.CoverlyPro.com, 805-642-1301.

The Bookmark

About Libraries and Friends

by Jill Forman

Thanks to Sheldon...

Somehow, the Bookmark for April 21 was left out of the Breeze; Sheldon was kind enough to print it and the current one in the May 5 issue. Unfortunately, some of the information was out of date by then. I encourage you to sign up for the emailed newsletter from the Ventura Friends of the Library, and to check the library website often to keep up with events.

Browsing now available!

Here is the most welcome news of the month.

Ventura County Libraries are open for in-person browsing of the physical collections. Browsing areas are based on the capacity of each building, available staff, and social distancing guidelines. Appointments can be made by contacting individual libraries. Walk-ins may be accommodated based on capacity, but appointments are strongly suggested.

All browsing visits are limited to

50 minutes and anyone entering the library MUST wear a mask and follow the Library's COVID-19 Code of Conduct -- see library website

Online Bookstore News

Did you know the VFOL Online Bookstore is managed and staffed completely by volunteers who donate their time, book expertise, and sometimes car trunks? Gently used books find new homes while making money for new books and services at Ventura libraries. It really is wonderful that community helping community works here in Ventura! Thank you to Sandy Greenberg, Jill Forman, Lynn Weitzel, Annie Winch, Teddy Woods, Debbie Hill, Davita Cooper, Leslie Bellmore, and all the warehouse volunteers who sort through donations daily, for helping VFOL Online Bookstore succeed. We anticipate that the online store will remain even after the Pandemic has moved on. For now, you can purchase books at the online store and pick them up at Hill Road Library. We have limited storage so please try to pick your orders up within a week. We also accept donations of books in bags or boxes (2 per visit, please) during these times.

For updates and to keep up with the activities of the Friends of the Library, visit our website: <https://venturafriendsofthelibrary.org>

For Families – "Every story matters. Every child counts"

I was hanging out at my local library (something I do a lot) and saw boxes of colorful bags near the checkout station. I asked my favorite librarian what they were, and found out about "El Dia de los Ninos, El Dia de los Libros/ Children's Day, Book Day! A celebration of children and wonderful books. Di honors the culture and language of all children."

The bags are packets to give away system-wide, all month, as long as supplies last. There are two family activities: "Planting Spearmint" and "Make a Meal with Mint." They are available at your local library.

Capping off the month is a virtual Zoom performance by a Grammy-nominated performer of Latin American Family Music Sonia De Los Santos, May 26 at 4:00 p.m. Meeting ID 821 7570 3315, Passcode 890783.

For more fun for kids, check out <https://www.vencolibrary.org/youth/kids/kids-fun>

Ojai news and events

Continued from page 3

14 (10-5). Everyone is excited to be safely back outdoors selling in downtown Ojai.

Enjoy seeing the pottery and demonstrations safely! Following COVID guidelines, masks and social distancing will be required. We want you to go home with a beautiful ceramic creation, not COVID. We are all anxious to get out and enjoy a beautiful weekend. We hope you can join us.

The Ventura County Potters' Guild is a non-profit organization. This is a major fundraiser and supports ceramic education and venues for local artists. Work can also be seen year round at their gallery store in Ventura Harbor at 1567 Spinnaker Drive, Suite 105. We also have an online store (www.venturapotteryonline.com).

More information can be found at www.venturapotteryguild.org.

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News & Notes



Photos by Michael Gordon.

Paris has the Eiffel Tower, Ventura has trees

by Visit Ventura

If you live in Ventura you know the Trees. Many still call them Two Trees, no matter that Trees come and go. They are simply called Two Trees because we are a town without pretension. Paris has The Eiffel Tower. New York has the Statue of Liberty. Sydney, the Opera House. San Francisco, the Golden Gate Bridge.

For Ventura, Trees are enough.

Like so many seemingly innocuous things, our Trees are fascinating. Some say they were planted as a beacon for seagoing ships, to aid captains in making Ventura landfall. It is said that on certain sailing charts you can still find the Hill of the Trees, marking Ventura. Either way, it is a nice story. Ships ferry romance, and in this day and age of Google Earth the thought of scanning the horizon for trees has a lovely charm.

The Trees' real story is fascinating, too. In 1898 Joseph Sexton, a horticulturist of note, planted 13 Blue Gum Eucalyptus saplings atop the hill. It's said he did this for the best of reasons; because he thought they would look nice. Mr. Sexton had an eye for beauty. He had good sense, too. He hired his neighbor Owen Marron to do the planting and subsequent care-

taking. In 1898 it was a hellish business hauling water, by horseback and burro, up the steep hillside.

On again and off again, the Trees have been part of Ventura's story. One year, for their senior prank, the seniors at Ventura High School moved an entire classroom of desks up to Two Trees. One must salute such creativity.

People are drawn to our Trees, though not everyone brings their desk. Our Trees have a hypnotic quality, a far-reaching siren call. Once, after the Trees skirted a fiery disaster, our local paper printed a letter from a woman immensely relieved that the Trees were still there. "I scan the horizon so avidly that my eyes are nearly popping out of their sockets until I finally sight my favorite view ..." the woman wrote from her home in Florida.

Trees come and go. This piece was first written when there were indeed Two Trees. But, regardless of number, our Trees remain Ventura's icon.

Because, regardless of number, their whisper is the same.

It is a special town where the icon dissolves with the sunset.



Young Ventura students helped with the planting.

TREE TOWN

Brought to you by the Ventura Tree Alliance

On Arbor Day, the city crew had help planting a new Swan Hill Fruitless Olive tree (*Oleo Europaea*) in Cemetery Park.

Olive trees do well in Ventura's Mediterranean climate, but make sure you get the fruitless variety for your yard if you want to avoid messy droppings. They are drought tolerant and fire resistant, ideal as a shade tree for coastal California landscaping.

Live your best life.

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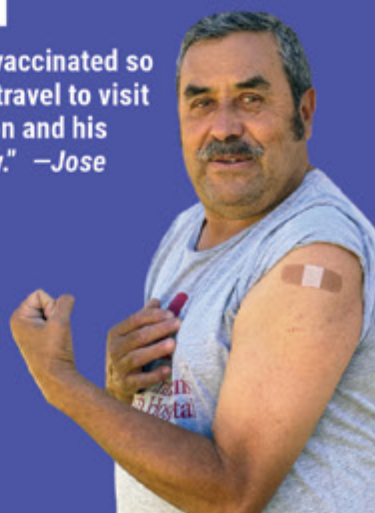
Choose the vaccine you want as availability allows – Pfizer, Moderna or Johnson & Johnson.



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www.vcrecovers.org

“

I got vaccinated so I can travel to visit my son and his family.” —Jose



News & Notes



“Share the Road” during National Motorcycle Safety Awareness Month

May is Motorcycle Safety Awareness Month, and the Ventura Police Department encourages the community to think about the safety of riders on two wheels and look twice for motorcycles.

“Motorcycle riders are often much harder to see than residents in four-wheeled vehicles,” said Traffic Unit Sergeant Michael Brown said. “Drivers and riders should take extra precautions by keeping their distance and watching their speed.”

With nearly 900,000 registered motorcycles in California, many road users are going places without the same protections as drivers. Motorcycle riders are 28 times more likely to die in a traffic collision than vehicle occupants.

To help further protect our community, keep the following tips in mind while driving or riding throughout the city:

Drivers:

Always check twice for motorcycles, both your mirrors and blind spots.
Always use your signal when changing lanes.
Never follow a motorcycle too closely.

Motorcyclists:

Always wear a DOT compliant helmet and protective gear like gloves and leather clothing. DOT-certified helmets are designed to absorb the force of a crash, rather than resisting the impact.
Consider adding reflective tape to your clothing to make it easier for drivers to see you.

Keep your lights on at all times, even during the day.

Don't assume drivers see you. Signal well in advance before changing lanes and watch for turning vehicles.

Lastly, never drive or ride under the influence of alcohol and/or drugs.

Funding for this program was provided by a grant from the California Office of Traffic Safety, through the National Highway Traffic Safety Administration. To learn more about the Office of Traffic Safety grant and VPD's educational efforts, contact Emily Graves, Community Outreach Specialist for the Ventura Police Department, at egraves@cityofventura.ca.gov.

Grief support for children and young teens

by Livingston staff

Livingston Memorial's Grief and Bereavement Program is committed to providing free bereavement services to the community. Our highly skilled grief counselors and volunteer support group facilitators are providing tele-therapy via Zoom to those grieving the death of a loved one.

We have just added a young teen grief support group (ages 11-14) via Zoom for any young teen grieving the death of a loved one. We recognize the value a young teen receives from sharing their grief experience with their peers. The group provides support, connection and validation that they are not alone. Group meetings held the 2nd and 4th Tuesday of every month from 5:30 to 6:30 pm via Zoom.

Additional virtual grief support groups include: General Bereavement Support Group on Mondays 3:00 to 4:30 pm and Tuesdays 10:30 to 12:00 pm. Good Grief Club 1st and 3rd Tuesdays 5:30 to 7 pm. Young Widow and Widowers Support Group Tuesdays 5:30 to 7:00 pm. Widow and Widower's Support Group Wednesdays 1:00 to 2:30 pm. General Bereavement Support Group Wednesdays 6:30 to 8:00 pm. Survivors of a Suicide Loss 1st and 3rd Wednesdays 6:30 to 8:00 pm. Bereaved Mom's Support Group: 2nd Thursday of every month 6-7:30 pm. Adult Loss of Parent Support Group: 1st and 3rd Thursday of every month 6:00 to 7:30 pm. General Bereavement Support Group Thursdays 6:00 to 7:30 pm. Spanish General Bereavement Support Group: 2nd and 4th Tuesday of every month from 6:00 to 7:30 pm. Teen Grief Support Group (15-18 yrs.) Mondays 4:00 to 5:00 pm. Young Teen Grief Support Group (12-15 yrs.) Wednesdays 3:30 to 4:30 pm.

If you would like to register a young teen for a support group, please contact Stacia Sickel at 805-389-6870 x452 or at ssickel@lmvna.org. For more information on the Grief and Bereavement Program, visit [LMVNA.org](https://www.lmvna.org).



Casitas Rowing is offering free Summer Rowing Camps this summer for all kids 6th-12th grade from the Ojai and Ventura area. To register go to <https://www.casitarowing.org/2021-junior-rowing-camps> and send in your information.



Senior Living



Residents came together for a day-long Mother's Day celebration at Aegis.

Mother's Day brings fun and renewed hope for area seniors

A year ago, Mother's Day looked much different than it did this year – Zoom celebrations or phone calls took the place of hugs, flowers, brunch, and more for most. But now, with the majority of older adults having received their COVID-19 vaccinations, Mother's Day 2021 marked the first major holiday with some semblance of normalcy for area seniors.

At Aegis Living Ventura, a local assisted living and memory care community, residents came together for a day-long Mother's Day celebration and afternoon high tea event for all to enjoy.

"After witnessing the resilience of my residents during this past year, it warms my heart to honor them today and experience the pure joy in their faces as we celebrate Mother's Day," said general manager Sam EL-Rabaa on Sunday.

The morning kicked off with salon appointments for all. Residents enjoyed hair styling, manicures, and makeup so they would look their best for the afternoon tea. Each resident attending high tea received a rose and a beautiful hat adorned with flowers when they arrived. The Aegis team served tea and sparkling wine along with light bites such as scones, pastries, sweet treats, and tea sandwiches. A local pianist played lovely tunes to top off the event.

Resident Donna Hassel commented that the day gave a "sense for what it was like a year ago to be with friends once again." Another resident, Marilyn Wilson, noted, "I've been here 10 years and this, by far, is the best Mother's Day event I've attended."

This event was just the beginning of what Aegis Living hopes will be a lovely spring and summer, as well as an overall step back to normal this year. The community is enjoying daily group activities, residents are welcoming visitors once again, area outings are being planned, and much more. Nearly 100% of Aegis Living Ventura residents and 90% of staff are vaccinated.

"We've been waiting for this special day, and many more to come," said EL-Rabaa. "We are even more grateful for the small things we are able to enjoy again – from dining together to visiting with family and talking with friends. Having a community-wide celebration was such a gift for residents and staff alike."

Fraud schemes related to the novel coronavirus

The U.S. Department of Health and Human Services Office of Inspector General is alerting the public about fraud schemes related to the novel coronavirus (COVID-19).

The U.S. Department of Health and Human Services Office of Inspector General is alerting the public about fraud schemes related to the novel coronavirus (COVID-19). Scammers are using telemarketing calls, text messages, social media platforms, and door-to-door visits to perpetrate COVID-19-related scams.

Fraudsters are offering COVID-19 tests, HHS grants, and Medicare prescription cards in exchange for personal details, including Medicare information. However, these services are unapproved and illegitimate.

These scammers use the coronavirus pandemic to benefit themselves, and beneficiaries face potential harm. The personal information collected can be used to fraudulently bill federal health care programs and commit medical identity theft.



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Protect Yourself

Be cautious of COVID-19 survey scams. Do not give your personal, medical, or financial information to anyone claiming to offer money or gifts in exchange for your participation in a COVID-19 vaccine survey.

Be mindful of how you dispose of COVID-19 materials such as syringes, vials, vial container boxes, vaccination record cards, and shipment or tracking records. Improper disposal of these items could be used by bad actors to commit fraud.

Offers to purchase COVID-19 vaccination cards are scams. Valid proof of COVID-19 vaccination can only be provided to individuals by legitimate providers administering vaccines.

Photos of COVID-19 vaccination cards should not be shared on social media. Posting content that includes your date of birth, health care details or other personally identifiable information can be used to steal your identity.

Be vigilant and protect yourself from potential fraud concerning COVID-19 vaccines. You will not be asked for money to enhance your ranking for vaccine eligibility. Government and state officials will not call you to obtain personal information in order to receive the vaccine.

Beneficiaries should be cautious of unsolicited requests for their personal, medical, and financial information. Medicare will not call beneficiaries to offer COVID-19 related products, services, or benefit review.

Be suspicious of any unexpected calls or visitors offering COVID-19 tests or supplies. If you receive a suspicious call, hang up immediately.

Do not respond to, or open hyperlinks in, text messages about COVID-19 from unknown individuals.

Ignore offers or advertisements for COVID-19 testing or treatments on social media sites. If you make an appointment for a COVID-19 test online, make sure the location is an official testing site.

Do not give your personal or financial information to anyone claiming to offer HHS grants related to COVID-19.

Be aware of scammers pretending to be COVID-19 contact tracers. Legitimate contact tracers will never ask for your Medicare number, financial information, or attempt to set up a COVID-19 test for you and collect payment information for the test.

If you suspect COVID-19 health care fraud, report it immediately online or call 800-HHS-TIPS (800-447-8477).



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Senior Living



"Five more minutes and back to exercising for us."

5 Healthy Aging Tips Every Woman Should Know

by National Council on Aging

As a woman, you may have many responsibilities on your plate, but your health should be a top priority.

Women are often the first line of defense when protecting their family's health, but in doing so tend to put their concerns on the back burner.

These quick tips can help keep you

happy and healthy as you juggle your everyday responsibilities.

1. Get breast cancer screenings every 1 – 2 years

One in eight women in the United States will be diagnosed with breast cancer, making it the most commonly diagnosed cancer in women and this risk increases with age. Mammograms

are the best way to screen for breast cancer, especially during the early stages. The good news is that breast cancer can usually be treated successfully when found early. Medicare covers a free yearly mammogram screening. Learn more about how to prepare and what to expect during the exam.

2. Routine pap exams are the best way to detect cervical cancer

Known as the "silent killer," cervical cancer is one of the most common types of cancer for American women, but thanks to widespread use of the Pap test, early detection has significantly improved and boosted U.S. survival rates. Cervical cancer may not have any signs or symptoms, so it's recommended women ages 21 to 65 get routine test about every three years. Medicare covers cervical and vaginal cancer screenings once every 24 months or every 12 months if you are at high risk.

3. Exercise will improve your overall health

Roughly 150 minutes (2.5 hours) of moderate exercise a week could improve not only your physical but also mental health. Being active helps improve moods and reduce feelings of depression. It can also help manage diabetes, heart disease, and osteoporosis.

4. Focus on your mental health

Approximately 15% of adults aged 60 and over suffer from a mental illness, depression being one of the most common. There's often confusion around what exactly depression is, especially since many older adults experience major changes in their life like the death of loved ones or medical problems that could cause sadness. The difference is

that the feeling is only temporary. If your feelings of sadness begin to interfere with daily life and normal functioning, you may be experiencing depression. Start by speaking with your doctor and determine if a Medicare depression screening is right for you.

5. Healthy eating can prevent serious health conditions

Proper nutrition is essential for the body. As you get older you lose muscle mass, bone density, and burn fewer calories. It takes extra effort to make up for the natural changes of your body which is why eating high nutrient foods make a big difference. Decreased bone density can result in one of the major health concerns affecting about 8 million women, osteoporosis, due to calcium deficiencies in diet.

As a woman, you may have many responsibilities on your plate, but your health should be a top priority.

Tips for people with Dementia

People with dementia experience a range of symptoms related to changes in thinking, remembering, reasoning, and behavior. Living with dementia presents unique challenges, but there are steps you can take to help now and in the future.

Alzheimer's disease and related dementias get worse over time. Even simple everyday activities can become difficult to complete. To help cope with changes in memory and thinking, consider strategies that can make daily tasks easier. Try to adopt them early on



Senior Living

so you will have more time to adjust. You can:

Write down to-do lists, appointments, and events in a notebook or calendar.

Set up automated bill payments and consider asking someone you trust to help manage your finances.

Have your groceries delivered.

Manage your medications with a weekly pillbox, a pillbox with reminders (like an alarm), or a medication dispenser.

Ask your doctor to provide a care plan and write down care directions (or have a family member or friend take notes during the visit).

Sleep Tips for People Living With Dementia

Dementia often changes a person's sleeping habits. You may sleep a lot, or not enough, and wake up many times during the night. Poor sleep quality can make dementia symptoms worse.

Follow a regular schedule by going to sleep and getting up at the same time each day, even on weekends or when traveling.

Develop a relaxing bedtime routine with lowered lights, cool temperature, and no electronic screens.

Avoid caffeine and naps late in the day.

Have a lamp that's easy to reach and turn on, a nightlight in the hallway or bathroom, and a flashlight nearby.

Keep a telephone with emergency numbers by your bed.

Talk to your doctor if you have problems sleeping.

Healthy and Active Lifestyle Tips for People Living With Dementia

Participating in activities you enjoy and getting exercise may help you feel better, stay social, maintain a healthy weight, and have regular sleep habits.

Try to be physically active for at least 30 minutes on most or all days of the week. But be realistic about how much activity you can do at one time. Several short "mini-workouts" may be best.

Aim for a mix of exercise types — endurance, strength, balance, and flexibility. For example, you could do a mix of walking or dancing, lifting weights, standing on one foot, and stretching. Even everyday activities like household chores and gardening help you stay active.

Your diet may need to change as dementia progresses to maintain a healthy weight. Talk with your doctor about the best diet for you, and choose nutritious foods such as fruits and vegetables, whole grains, and lean sources of protein and dairy products. Avoid added sugars, saturated fats, and sodium.

Stay social by talking on the phone with family and friends, joining an online support group, or going for a walk in your neighborhood.

Finding Care and Support: Tips for People Living With Dementia

Many people may be able to help in different ways. These people might include family members, friends, professional caregivers, community organizations, and others with dementia. For example, you can:

Ask friends or family to help with needs like cooking, paying bills, transportation, or shopping.

If you live alone, find people you trust who can visit often.

Consider letting trusted neighbors know of your diagnosis so they can help if needed.

Use social service agencies, local nonprofits, and Area Agencies on Aging to connect with in-home help, transportation, meals, and other services.



"This is putting me to sleep already."

Does listening to calming music at bedtime actually help you sleep?

A new study published in the Journal of the American Geriatrics Society has found that listening to music can help older adults sleep better.

Researchers from the National Cheng Kung University Hospital in Taiwan combined the results of past studies to understand the effect that listening to music can have on the quality of older adults' sleep. Their work suggests that:

Older adults (ages 60 and up) living at home sleep better when they listen to music for 30 minutes to one hour at bedtime.

Calm music improves older adults' sleep quality better than rhythmic music does.

Older adults should listen to music for more than four weeks to see the most benefit from listening to music.

As we age, our sleep cycles change and make a good night's sleep harder to achieve. What does it really mean to get a good night's sleep? If you wake up rested and ready to start your day, you probably slept deeply the night before. But if you're tired during the day, need coffee to keep you going, or wake up several times during the night, you may not be getting the deep sleep you need. According to the National Institute on Aging, older adults need seven to nine hours of sleep each night.

But studies have shown that 40 to 70 percent of older adults have sleep problems and over 40 percent have insomnia, meaning they wake up often during the night or too early in the morning. Sleep problems can make you feel irritable and depressed, can cause memory problems, and can even lead to falls or accidents.

For their study, the researchers searched for past studies that tested the effect of listening to music on older adults with sleep problems who live at home. They looked at five studies with 288 participants. Half of these people listened to music; the other half got the usual or no treatment for their sleep problems. People who were treated with music listened to either calming or rhythmic music for 30 minutes to one hour, over a period ranging from two days to three months. (Calming music has slow tempo of 60 to 80 beats per minute and a smooth melody, while rhythmic music is faster and louder.) All participants answered questions about how well they thought they were sleeping. Each participant ended up with a score between 0 and 21 for the quality of their sleep.

The researchers looked at the difference in average scores for:

People who listened to music compared to people who did not listen to music; People who listened to calm music compared to people who listened to

Continued on page 12



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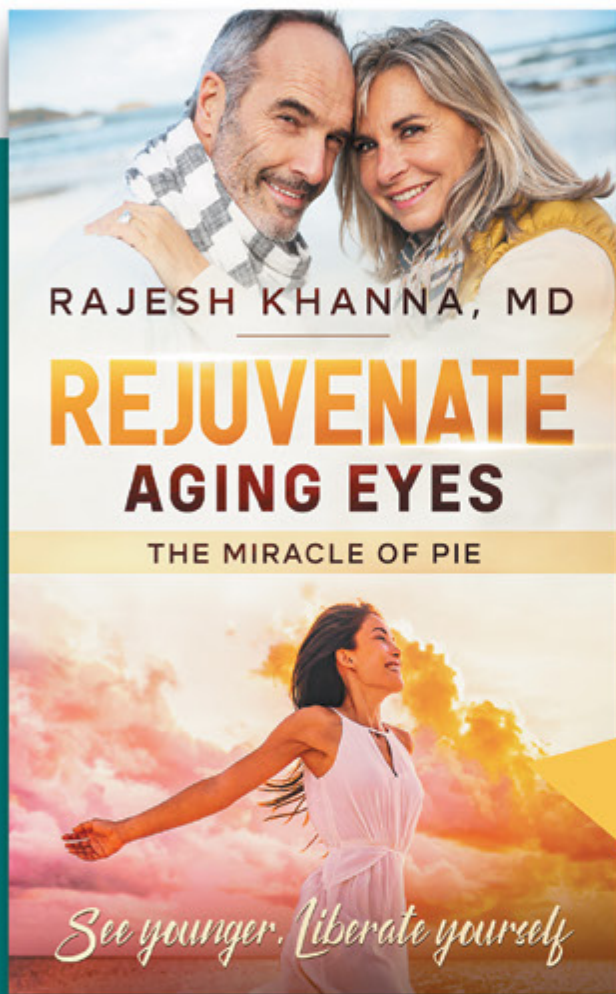
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"I sure enjoy receiving letters from folks that I don't know."

Join the Letters of Support Campaign

The Ventura County Area Agency on Aging (VCAAA) continues to seek letters of support and encouragement as part of the Letters of Support Campaign, which was launched in September in partnership with Meals on Wheels America. This campaign is designed to provide older adults and people with disabilities living in Ventura County with letters or cards and a message of encouragement and support.

More than 30,000 older adults in Ventura County are living alone, and the isolation, loneliness, and depression many of them are experiencing through the COVID-19 crisis has become as much of a threat to their overall health as the virus itself. The VCAAA recognizes that this is a critical time to extend not only our services to these populations, but also our care and support.

Since September, the VCAAA has received more than 9,000 letters from the community, including holiday greetings. The response has been inspiring, and the VCAAA asks that the community continue to come together to send letters to the VCAAA. Letters may be mailed to 646 County Square Drive, Suite 100, Ventura, Ca. 93003. Please notate Letters of Support Campaign on the envelope. All letters will be reviewed and then delivered with food boxes from the VCAAA's COVID-19 pantry.

The VCAAA continues to encourage family members and neighbors to safely connect with loved ones who may benefit from similar letters of encouragement, and from support with grocery shopping or other errands. It is extremely important to keep open lines of communication to help minimize the isolation so many Ventura County residents are experiencing.

For more information, visit www.vcaaa.org or call (805) 477-7300.

The Ventura County Area Agency on Aging, an agency of the County of Ventura, is the principal agency in Ventura County charged with the responsibility to promote the development and implementation of a comprehensive coordinated system of care that enables older individuals, caregivers, and individuals with disabilities to live in a community-based setting and to advocate for the needs of those 60 years of age and older in the county, providing leadership and promoting citizen involvement in the planning process as well as in the delivery of services.

The VCAAA ElderHelp Transportation program, is able to provide

transportation tickets to seniors (60+) and people with disabilities free of cost. The program provides Dial-A-Ride Tickets (i.e. paratransit) and/or Fixed Route Bus Tickets for non-emergency medical appointments, shopping, visiting family, etc. Limited, free transportation to medical appointments for low income and frail seniors, and/or disabled adults unable to use the bus (for example clients requiring gurney transportation) are also available. Additionally, the VCAAA provides Medi-Rides to older adults residing in assisted living facilities.

The objective of providing transit options is to help the populations we serve remain independent in their communities and sustain their mobility through changing circumstances. Using public transit or paratransit is a resourceful and environmentally conscious way to get around your city and throughout Ventura County.

COVID-19 Service Updates:

VCTC bus ticket provisions have been suspended as transportation providers have temporarily eliminated fares.

The VCAAA is currently offering transportation options to COVID-19 testing and vaccine appointments. These rides are available to those who are eligible for standard Medi-Rides.

For more information, or to request tickets, call the VCAAA at 805-477-7300

Does listening to calming music

Continued from page 11

rhythmic music; People who listened to music for less than four weeks compared to people who listened to music for more than four weeks.

Listening to calming music at bedtime improved sleep quality in older adults, and calming music was much better at improving sleep quality than rhythmic music. The researchers said that calming music may improve sleep by slowing your heart rate and breathing, and lowering your blood pressure. This, in turn helps lower your levels of stress and anxiety.

Researchers only looked at studies published in English and Chinese, meaning they may have missed studies in other languages on the effect of listening to music on sleep in older adults. Results may not apply to older adults with Alzheimer's disease or Parkinson's disease.

In the studies researchers used, people who listened to music received more attention from researchers than did people who got standard or no treatment for their sleep problems. This means that sleep improvements in the music therapy group could be due to that extra attention.

Since the different studies used different kinds of music, researchers could not single out which type of calming music improved sleep the most.

All of the people in the study had similar kinds of sleep problems. This means listening to music may not help people with other kinds of sleep problems.

If you're having trouble sleeping, listening to music can be a safe, effective, and easy way to help you fall and stay asleep. It may also reduce your need for medication to help you sleep.



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.

Assault with Deadly Weapon-Hate Crime Arrest

On May 5, at approximately 10:30 pm, the Ventura Police Command Center received a 911 call from a victim of a stabbing who was enroute to the hospital via a private vehicle.

Officers met the victim at a local hospital and the initial investigation revealed that the victim and his girlfriend were inside a convenience store purchasing items when the suspect approached them.

The suspect confronted the victim, as he was paying for his merchandise, and told him to get out of the store and used a racial slur during the process. The clerk immediately told the suspect to leave the store and the suspect left.

The victim finished purchasing his items and left the store where he was confronted by the suspect outside. Once outside the suspect again used a racial slur and presented a knife. The victim attempted to de-escalate the situation however the suspect lunged at the victim stabbing him twice. The suspect then picked up a skateboard and struck the victim while he was incapacitated. The suspect fled on foot.

During the investigation officers located the suspect near Telephone Rd and Clinton Av. The suspect fled on foot from the officers into the neighborhood. Officers chased the suspect for over 12 minutes until he was apprehended.

The victim suffered moderate to severe injuries from the attack and was treated at Community Memorial Hospital for his injuries. One officer suffered minor injuries during the apprehension.

The suspect, 33 year old Tyler Clark, was arrested and booked into Ventura County Jail for assault with a deadly weapon, hate crime, resisting arrest, vandalism, and violation of parole.

A record check of the Ventura County Superior Court revealed that Clark has priors for assault with a deadly weapon on a peace officer, resisting arrest, battery on emergency personnel, and many other criminal charges.

The Ventura Police Department takes any acts or threats of violence, property damage, harassment, intimidation, or other crimes motivated by hate or bias seriously and they are given high priority. More information about hate crimes and hate incidents can be located at www.cityofventura.ca.gov/HateCrimes

Stolen Property Arrest

On April 5, a victim in the 100 block of North Olive St. had his unlocked vehicle broken into, ransacked, and his property was taken. Detectives using investigative tools were able to find a potential person of interest, 38 year old Oxnard resident Steven Cossell.

On May 6, at 11:30 am, Ventura Police Department Street Crimes Detectives (SCU) conducted a search warrant at the above address due to an investigation into property crimes. During the execution of the search warrant, detectives located stolen property from the vehicle theft.

Investigators contacted the victim, who identified his property as being stolen. As a result, Cossell was arrested for receiving stolen property, possession of a controlled substance, and possession

of paraphernalia.

Michael Laser, 29 year old Oxnard resident, was arrested for flash incarceration.

A Ventura County Superior Court website review shows that Cossell has prior convictions for burglary, vehicle theft, theft, identity theft, receiving stolen property, possession of controlled substance, felony evading, under the influence of a controlled substance, hit & run, and driving under the influence.

Negligent Discharge of a Firearm, Carrying a Loaded Firearm in Public arrest

On May 6, at approximately 8:30 pm, a citizen was hiking on a trail between two neighborhoods. While the citizen was hiking, he saw a muzzle flash while also hearing a gunshot coming from below where he was hiking. He then heard a ricocheting bullet near him and fled into the adjacent neighborhood while calling 911.

Multiple Ventura PD officers responded and attempted to find the subjects involved in the shooting. They located a vehicle matching the description and contacted the occupants. One of the occupants was found to be in possession of a loaded firearm within the vehicle. That subject, 23 year old Ventura resident Manuel De La Paz, was also determined to be the subject who fired a gun in the general direction of the hiker and nearby homes.

De La Paz was arrested for Negligent Discharge of a Firearm and Carrying a Loaded Firearm in Public.

De La Paz was recently arrested by Ventura PD on 4/23/21 for Possession of a Short-Barreled Assault Rifle and also has a prior conviction for Carrying a Concealed Dagger.

Harbor Patrol Blotter

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

4/26 3:50am, observed National Weather Service issued small craft advisory, officers illuminated SCA lights and raised pennant at Port District flag pole.

10:00am, officers towed a disabled 50ft motor vessel from the emergency Port District longdock to a temporary slip in Ventura Harbor Village.

7:12pm, dispatched to a sick person at VWM II E-dock. Officers responded and assisted VFD/AMR with extricating the patient from the sailboat.

4/27 12:51pm, received a report from USCG a found red Achilles dinghy that washed ashore near Muscle Shoals. Officers searched lost/found files, no match found.

10:17pm, dispatched to unconscious person at VWM B-dock. Officers responded and assisted VFD/AMR with extrication of a 29 y/o female patient from sailboat. Patient was transported to local hospital by AMR for evaluation.

4/28 7:03pm, received a report of the unseaworthy 50ft motor vessel outbound. Officers stopped the vessel and escorted it back to its slip in VHV.

4/29 7:15am, dispatched to a stroke patient at Ventura Marina Community. Officers responded and assisted VFD/AMR with the patient who was treated then transported by AMR to local hospital for further evaluation for stroke symptoms.

10:23am, received report of injured surfer near Surfers Knoll. Officers found the



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patient & treated a laceration to his hand from surfboard fins. Released at scene.

7:19pm, dispatched to a fall victim in the Ventura Marina Community. Officers responded and assisted a 73 y/o female who fell and was on the floor for an hour

4/30 10:53am, received report of a transient couple trespassing on a vessel at VIM I-dock. The key fob was cancelled and the couple was unable to access the dock.

5/1 12:10pm, received report of stingray strike at Harbor Cove from State Parks. Officers responded with hot water for treatment of the puncture wound.

3:30pm, received Mayday call on VHF 16 from a small motor vessel outside the breakwall. Officers responded in Fireboat and assisted towing the vessel to L/R.

5:03pm, received a report of fishermen cleaning fish at the end of VIM K-dock. H/P responded, issued educational warning for the violation, gained compliance.

5/2 5:00am, observed Gale warning issued, officers raised two warning pennants.

3:26pm, received request for moorage for

a 92ft motor vessel, assisted skipper.

3:35pm, dispatched to a stroke patient in Harbor Cove lot. Officers responded and assisted VFD/AMR with the patient who was transported to local hospital.

11:23pm, dispatched to fall victim at VWM G-dock. Patient fell in the water near his boat. Officers retrieved him from the water & returned him to his boat.

5/4 9:20pm, received report of a female locked in the restrooms at 1575 Spinnaker. Officers responded and were able to remove the transient from restrooms.

5/5 4:00pm, received a report of an injured sea bird near Surfers Knoll. Officers responded, captured the bird for rescue volunteers to pick up for rehabilitation.

5/9 10:15am, dispatched to a boat fire at VWM A-dock. Officers responded in Fireboat and Rescue B-17 to the call with multiple agencies. Turnouts were donned and officers were able to assist with hose & water from the fireboat. The fire was contained to the engine room, and responders were able to extinguish it.

Weekly SUDOKU Answer

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

King Crossword Answers

Solution time: 23 mins.

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

Two upcoming clinics are: Tuesday, May 25th at SPAN Thrift Store parking lot 110 N. Olive St. (behind Vons on Main), and a second at Albert H. Soliz Library - El Rio, 2820 Jourdan St., Oxnard, 93036 on Tuesday, June 1st.

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

■ Sadly, Search Dog Cooper's story began like so many others as he was mistreated and neglected at the hands of his original owner. When Silicon Valley Animal Control removed Cooper from that situation, they worked with Golden Gate Labrador Retriever Rescue to find an appropriate foster home for the young yellow Lab.

Thanks to his foster family's patience and kindness, Cooper learned that humans can be good and loving. Bouncing back from a rough start in life, Cooper showed immense joy when playing with toys—enough to drive to warrant a call to the Search Dog Foundation.

Cooper passed his search dog candidate evaluation and soon found himself climbing rubble and searching for human scent... and enjoying every moment of it! Flying through training, Cooper was partnered with his new handler, Mike Bruce, with whom he quickly certified, and they now stand ready to respond when needed to help in the aftermath of a disaster.

Cooper's journey from rescued to rescuer is only possible thanks to you.

SDF Family has helped Cooper and many dogs like him find their home and a job they love as a search dog, but we know there are many more out there, waiting for their chance at a new "leash on life."

A search dog will never ask for anything—their unconditional love and unwavering bravery in the face of tragedy is what they readily give for nothing in return. But it doesn't mean they don't need our support and care.

You can give them the gift of both by making a donation today.

Together, we can change the lives of so many—both human and canine.

searchdogfoundation.org
Address: 6800 Wheeler Canyon Rd, Santa Paula (but it seems like Ventura).

You can donate at <https://donate.searchdogfoundation.org/1170>.

■ The lead water technician for Real Water—a Las Vegas-based company that produces "alkalized" bottled water now linked to liver failure cases—testified that he had no relevant experience to be a water technician when he was promoted

to the position last August.

Real Water's lead technician, Casey Aiken, 40, is a former vacuum and timeshare salesman who began working for Real Water last June after losing his job as a strip club promoter. According to a taped deposition from late March that was obtained by the Las Vegas Review-Journal, Aiken was promoted from his job of loading bottled water onto shipping pallets to the company's lead technician after "a couple hours" of training.

In late November, just a few months after Aiken's promotion, five infants and children who drank the water developed acute non-viral hepatitis, which led to acute liver failure, health officials say. The children ranged in age from 7 months to 5 years. Real Water's branded water was the only common link between the cases.

Health officials didn't connect the November cases to the water until March, however, when state and federal investigations were underway. On April 26, the Southern Nevada Health District announced it had identified six additional probable cases and one suspected case, all of which are in adults. The health district is now investigating 50 additional cases, and there are now at least 10 civil suits against Real Water, all alleging poisoning. Aiken's video deposition was taken in connection with those civil suits.

■ **By Chrissy Sexton, Earth.com staff writer**

A study conducted at the University of Helsinki is providing new insight into what causes aggressive behavior in dogs. Based on a dataset of more than 9,000 dogs, the researchers found that aggressive behavior is most often triggered by fear.

Growling, barking, snapping, and biting are all signs of aggression among dogs, but these same gestures are also used for communication in non-aggressive situations, such as during play. It is important to recognize when a dog's aggression is excessive, and poses a threat to both humans and other animals.

"Understanding the factors underlying aggressive behavior is important. In what kinds of circumstances does aggressive behavior occur and what is the dog's motive for such behavior? In normal family dogs, aggressive behavior is often unwanted, while some dogs with official duties are expected to have the capacity for aggressiveness. At the same time, aggressiveness can be caused by welfare issues, such as chronic pain," explained study co-author Salla Mikkola.

The researchers investigated aggressiveness toward both dog owners and unfamiliar humans based on several potential risk factors.

"Dogs' fearfulness had a strong link to aggressive behavior, with fearful dogs many times more likely to behave aggressively," said Mikkola.

"Moreover, older dogs were more likely to behave aggressively than younger ones. One of the potential reasons behind this can be pain caused by a disease. Impairment of the senses can contribute to

Scamp Club

(Scampclub pets are not for adoption.)



Hi: I'm Puffy, a 5-year-old Shih Tzu. I like to just lay around and sit on laps. I'm sooo cute I don't need to do much else.

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.

making it more difficult to notice people approaching, and dogs' responses to sudden situations can be aggressive."

While small dogs are more likely to become aggressive compared to bigger dogs, their behavior is not usually considered as threatening. As a result, the researchers found, aggressiveness is often not addressed in small dogs.

The results indicate that male dogs are more aggressive than females, regardless of neutering. The study also revealed that dogs who spend time in the company of other dogs behave less aggressively.

"In the case of dogs prone to aggressive behavior in the first instance, owners may not necessarily wish to take a risk of conflicts with another dog," said Mikkola.

The experts found significant differences in aggressive behavior among various dog breeds, which can point to a genetic cause.

"In our dataset, the Long-Haired Collie, Poodle (Toy, Miniature and Medium) and Miniature Schnauzer were the most aggressive breeds. Previous studies have shown fearfulness in Long-Haired Collies, while the other two breeds

have been found to express aggressive behavior towards unfamiliar people," said Professor Hannes Lohi.

"As expected, the popular breeds of Labrador Retriever and Golden Retriever were at the other extreme. People who are considering getting a dog should familiarize themselves with the background and needs of the breed. As for breeders, they should also pay attention to the character of dam candidates, since both fearfulness and aggressive behavior are inherited."

The study is published in the journal Scientific Reports.

■ Dogs are great at reading their owners' emotions and body language, so showering your pet with attention just before leaving may actually make them more anxious when you're gone.

"Don't drag out hellos and goodbyes," Venator said. "Stay calm when leaving and give them a treat as you walk out the door to create a positive association with you leaving."

Venator suggested that if you feel guilty heading out without saying goodbye, try having a play session 10 to 20 minutes before stepping out the door.



A Memorial Rock Garden has been started by a group of friends in dedication to Haole Boy, surfing dog of Ventura, at C-street, The Cove on the Promenade which was Haole's hometown break.

Haole passed away on 5/13/2020 and in honor of preserving the legacy of Haole and many others. This Rock Garden has been started for all to enjoy, and to contribute a rock in honor of a loved one, human or pet. Photo by Denna Gledhill.

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\$10 Low/No Income Spay & Neuter Tuesday, June 1st Albert H. Soliz Library - El Rio 2820 Jourdan St., Oxnard, CA 93036 Must call for appointment (805) 584-3823



The Pet Page

Forever homes wanted

Hi: I'm Sam, a handsome 6-year-old Boxer who was rescued from a shelter in Wasco where I was taken by my owner. I'm grateful C.A.R.L. is giving me a chance to find my forever home. The shelter said I was timid with strangers, but since I've been at C.A.R.L. I haven't shown any signs of being timid. I was great with the other dogs at the shelter. If you have a fur baby in the home, you will need to bring him/her along so we can have a meet and greet. It is unknown how I would do with children or cats. I have a goofy personality and I love to sniff around the arena. If you're interested in meeting me, please fill out an online application. Canine Adoption and Rescue League



Buck is a 6-year-old German Shepherd mix who loves playing with squeaky toys and tennis balls and going for walks. He rides well in the car, can walk around other dogs without issues, and has lived successfully with chickens! Buck does well with kiddos, but needs to go to a home with older children (younger ones try to climb on him, and he doesn't appreciate that!)

Ventura County Animal Services - Camarillo location - 600 Aviation Drive
Buck A621971

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www.carlspetcarecenter.com



Ventura Toastmasters Club 24 made "President's Distinguished Club."

In 2019, we celebrated our 85th year of being active

by Jane Hanley
Ventura Club 24, Secretary

Tucked away in a backroom at the China Kitchen Restaurant in Ventura is a hidden gem. Ventura Toastmasters Club 24 meets (presently meets via zoom) every Monday evening at the China Kitchen, 4020 E. Main St, from 6-8pm (pre-pandemic). My first time visiting this group I knew this was my toastmaster's club. I knew that this club was a place where I could work through fears of public speaking. Club 24 could help me expedite my personal growth. This group of people are a lively bunch, filled with encouraging words, support, and kindness. Feeling like I belong to a healthy family, this group met my needs to grow into a better speaker.

In 2019, we celebrated our 85th year of being active. Can you imagine, the same club being around for 85 plus years. Ventura

Toastmasters Club 24 is one of San Buenaventura's finest heirlooms. When Covid hit, we continued to meet every Monday via zoom. Over a year of zoom meetings and our club made, "President's Distinguished Club", this is an award that Toastmasters International recognizes as a club that represents high integrity. If you are looking for a place to grow in your speaking and leadership skills check us out, you can also look us up on Meetup or Facebook.

Toastmasters Mission Statement: The mission of a toastmasters club is to provide a mutually supportive and positive learning environment in which every individual member has the opportunity to develop oral communication and leadership skills, which in turn foster self confidence and personal growth.

This 'n' That

Youth present their solutions to our changing climate during EECCOA Virtual Challenge 2021

On April 30, twenty 6-12 grade students from five public schools in Ventura and Santa Barbara Counties competed during MERITO Foundation's EECCOA Virtual Challenge 2021 with their authored environmental business proposals focused on water conservation, energy efficiency, or waste reduction for their homes, or to educate a community about ocean acidification. 83 students of the 650 participants in the 9 month-long climate, energy and ocean science EECCOA Program entered The EECCOA Challenge. Only 20 made it to the finals and will be receiving cash and in kind prizes including a trip to the Channel Islands this month. In addition four home projects were selected to be sponsored implementation.

During the previous 9 months, students learned from the MERITO science curriculum and about climate change and its impacts including ocean acidification, drought and wildfires taught by their teachers. Then were provided the tools to address these issues by designing money-saving green business proposals for their homes or schools. The EECCOA Program and Challenge are in its 6th year, and the main sponsors and partners of the EECCOA Program and Challenge 2021 are NOAA B-WET Grant, Ventura Water, Clean Power Alliance, and the City

of Ventura's Environmental Sustainability. The event was live streamed and can be seen at <https://www.facebook.com/MERITOCalifornia>

The team winners of the 1st prize for water conservation are Kaleb Williams, Aaron Figueroa, and Brayden Mlodzik from Jonata Middle School in Buellton.

The winner of 1st prize for the energy efficiency tier is Yarezi Martinez from RK Frank Elementary in Oxnard.

Lilac Reyes, of Mesa Union School District in Somis is the 1st prize winner in the waste reduction tier.

The 1st prizewinner of the ocean acidification awareness tier is Alyssa Wright, from Anacapa Middle School in Ventura. Alyssa's goal for increasing awareness of the dangers of ocean acidification was to educate a group of adults and students through videos and articles on ocean acidification. She surveyed the group before and after then noticed that there was an increase of awareness over the issues on ocean acidification.

The Multicultural Education for Resource Issues Threatening Oceans, DBA as MERITO Foundation is a 501(c) 3 nonprofit organization based in Ventura, CA, dedicated to protecting the ocean by facilitating education, conservation, and scientific research opportunities to multicultural youth and their communities. Donations will contribute to the implementation of students' project proposals because we believe they want to be part of the solution. Contribution can be made at <https://www.meritofoundation.org/support-us>

Next school year the EECCOA program will be a partnership of the MERITO Foundation with Ventura Unified School District and other organizations. For more details contact Rocío Lozano at Lozano@meritofoundation.org



Are you an amateur cartoonist? Send your cartoon to editor@venturabreeze.com.



by Pam Baumgardner
VenturaRocks.com

You know we're heading back to normal when the Ventura Music Festival confirms live concerts. These will be 100%-vaccinated events for artists, crew, audience, staff and volunteers. The three-day line-up includes Aubrey Logan on July 23, Time for Three on the 24th and Italy's Andrea Roberto on the 25th. Tickets and more information on the artists can be found at VenturaMusicFestival.org.

Quick Notes: RJ Mischo has a one-man show at Namba, Saturday, May 29; Cadillac Zack presents Kirk Fletcher on Monday, May 31 for a Memorial Day Blues Bash at Vaquero y Mar (call for tickets at 323-377-5291); McWorter, Berghoff & Jones are starting back up Tuesdays Blues Day at Copa Cubana; and tickets go on sale May 20 for the Gin Blossoms Concerts in Your Car date at the Ventura Fairgrounds for Saturday, June 19.

In this issue of the Breeze, I have Part One of a Two Part Interview with local artist Natalie Gelman who will soon be releasing *Moth to the Flame* this next month.

Pam Baumgardner: Congratulations on your new music! So many questions to ask, but first share the basics.

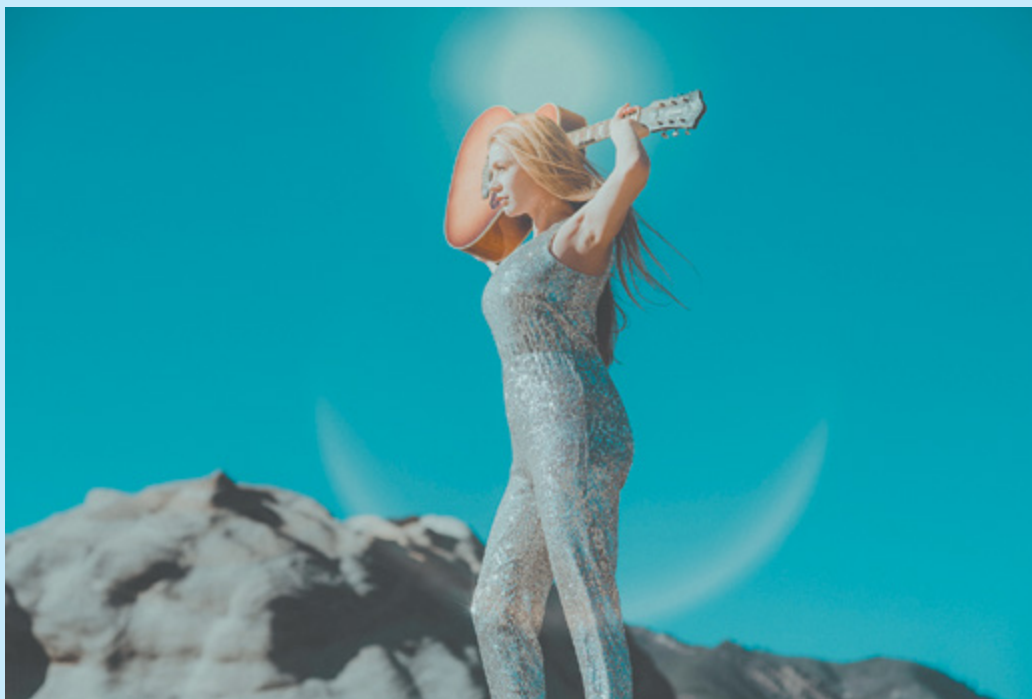
Natalie Gelman: Thanks! I'm really excited to be sharing this new music from *Moth to the Flame* and can't wait for the full album to come out on June 18th. The singles are being really well received and it's my best music yet which I know everyone says but this album has been seven years in the making and I worked very hard to bring together amazing people to make the music I heard in my head come to life.

Charlie Midnight and I produced it together. Charlie is a fantastic, Grammy-nominated songwriter and he and I wrote many of the songs on the album together as well. We recorded in Ojai at Carbonite Sound with Grammy-winning engineer Jason Mariani and featured musicians from Ojai and Los Angeles that have played for some of my favorite artists. The mastering on the CD and vinyl was done by Bernie Grundman; he's mastered so many legendary records like *Tapestry* for Carole King and *Thriller* for Michael Jackson so

it was a treat to work with him. This is my first full-length album and first release with an indie label so that's really exciting.

Before we circle back to Moth to the Flame, get us caught up on your music history to date.

Natalie: Most recently I've released a series of singles, a fun song called "2020" came out this past December. It's a look back at the crazy year we all went through and there's a fantastic music video out for it



"I'm really excited to be sharing this new music from *Moth to the Flame*." Photo by Mariana Schulze.

too. Before that, I shared "The Lights Upstairs," which is a song I wrote for my mom. She passed from Alzheimer's a few years ago and I wrote the song when she first started showing signs of the disease. It ended up giving me a lot of hope and grace to keep the message of the song close as she progressed and eventually passed from it. There's an artful music video for that song that captures the lightness of the message. The last single I released looking back is "Sundance In Your Eyes" which is a love song I wrote after I met my husband while busking at the Sundance Film Festival.

Before those singles, my *Streetlamp Musician* EP came out. That music was produced by Mark Needham as well as Charlie Midnight who was my songwriter collaborator on many of the songs too. Those songs took me around the world on tour playing for lots of folks and those are still some of my favorites. Looking further back, my debut, self-titled EP *Nataile Gelman* came out a long time ago but I still get requests to play songs from it and love it for the role that it played in me starting to release music more officially.

I had a bunch of bootleg studio EP's before then that I released in college and somewhere those are still floating around waiting to embarrass me I'm sure.

I'm certain there's been several lessons learned since your first recording session, but what sage advice would you pass along to artists looking to record for their first time?

Natalie: I think the best advice I have is to not rush and to be prepared. Studio time is expensive but you don't want to push to get too much done and then end up without anything that's truly great or even usable. It's better to record one amazing song than 3 that are just okay. I would also suggest to record yourself a lot at home before you go into a studio; even just into your iPhone or Garageband... really whatever you can get your hands on. Then you can listen back to your song or your band and see if there are things you

record each song, I would sing through the song with the band and we would talk about the vibe and try out some things. I sent them demos of the songs before the session so they were already familiar and they would listen and chart what the form was and make notes about what they wanted to do within the arrangement. It was amazing to see how even the guitar player playing acoustic could mimic the way I play and the kinda "singer-songwriter" percussive vibe of my strumming. They were just incredible musicians. Because of their talent and ability, it allowed for us to get the song down in 2-3 takes usually and then we would go back over it and try new things if one of us heard something.

Having it be mostly live really breathes a lot of life into the recording. We did some percussive overdubs and a half day of electric guitar overdubs too. We also overdubbed some instruments that I didn't have on each song; banjo, cello, harmonica and violin and I also spent sessions with Jesse Siebenberg at his studio going over each song and adding a little more percussion, some guitar parts and harmonies.

There were a couple sessions of just vocal overdubs on some songs too. I noticed that I could approach my songs differently as a singer once they were built with the band. Often at my live shows it's just me and a guitar, ukulele or piano and I have to communicate the full range of the song with just my voice and instrument. When I had the full band playing, they are dynamic as well and create the energy or mood with me. Then I can use my voice more to sit on top and share the intimacy of the stories in each song. Some songs were very different from how I approach them solo so that was very cool to unfold.

It's all such collaboration. I have tons of ideas always but I like to bounce them off people and often what I've come up with is just a stepping-stone to an even better idea the musician has. If you bring creative people together sometimes the best thing you can do is just get out of their way and let them be creative.

Be sure to pick up the next issue of the Breeze for Part Two of my interview with Natalie Gelman when we find out more about *Moth to the Flame*, her mentors, free music on her website and that time she opened for Bon Jovi.

Do you have any music-related news or upcoming shows you want help publicizing? Please send all information short or long to Pam@VenturaRocks.com, and for updated music listings daily, go to www.VenturaRocks.com.



Ventura Art Scene



Horace Bristol by **Donna Granata**

Ojai Eye: Master Photographers

Donna Granata's portraits of Ojai artists, who have been extensively documented for the Focus on the Masters Arts Archive & Library, are part of a group exhibit at the Ojai Valley Museum. The exhibit was curated by Roger Conrad who said, "Not mere picture takers, they

are artists. Their chosen subjects are refined to an essence that transcends banality."

Museum Hours:
Fridays from 1pm to 7pm
Saturdays and Sundays from 10am to 4pm



Laura Jean Jespersen was the featured artist at the al Fresco Art Exhibit held at the Olivas Adobe Historical Park held on Mother's Day May 9. An added feature of the day was the rose garden in full bloom and the owls to be seen in the trees. Breeze staff member and Vice president of Olivas Adobe Historical Interpreters **Mary Thompson** enjoyed the painting by Laura which was inspired by the second son of Raymundo and Teodora Olivas Jose Nicholas Olivas.



Claudia Patricia Gomez Gonzales Unique Jacquard Tapestry by **John Nava**.

Vita Art Center presents John Nava and David Kassan "ELEGIES" Paintings - Tapestries – Drawings

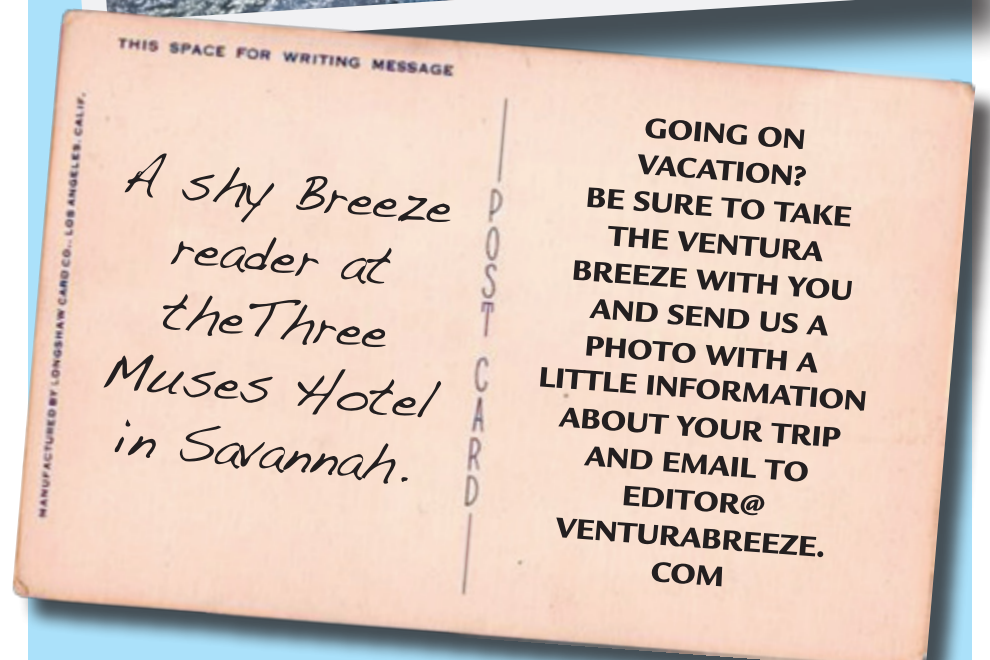
Opening Event: Saturday, June 12 from 4-7pm., Reservations Required \$10 for non-members. Members free
Exhibit Dates: June 12 - August 14, 2021

Roya Kovensky, Survivor | Unique Jacquard Tapestry | Artist: **David Kassan**

These artists are holding the world to account. Both by the monumental scale of the tapestries and their exceptional technical prowess, Nava and Kassan command attention to their subject matter whether it be images of people who died while suffering hardships nobody should ever suffer or in the case of Kassan adults who once suffered monstrous hardships yet lived to tell their story; a story held in their bodily stance, a story that speaks of both defiance and dignity.

It is a curious shift in our historical focus that throws these two together. Figurative artworks were once outflanked in importance by a bold new abstraction, but with abstraction the ability to tell stories all but dried up. Instead abstraction often functioned as handy decor for corporations to inoculate their walls and entrances from difficult meanings.

28 West Main Street
Ventura, CA 93001
805-644-9214



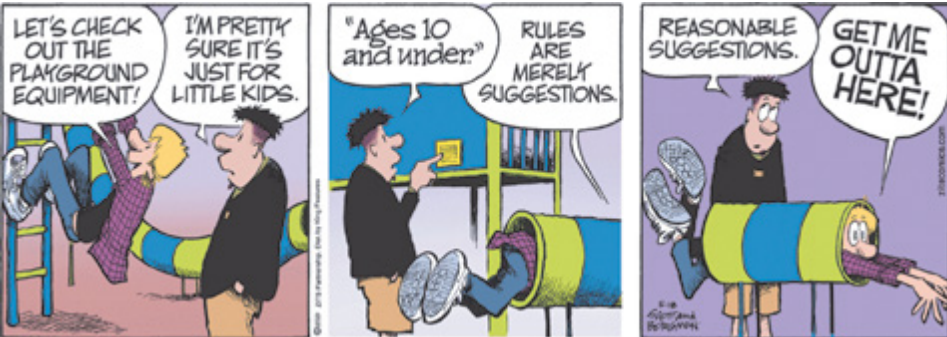


Lighter Breeze

Tiger



Zits



Crock



Rhymes with Orange



Moose and Molly



Dustin



Solutions on page 13

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

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

Weekly SUDOKU

by Linda Thistle

Place a number in the empty boxes in such a way that each row across, each column down and each small 3 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 Borscht veggie
- 5 Nounshed
- 8 Great Lakes fish
- 12 Choir voice
- 13 ' - been real'
- 14 Plane-related
- 15 Pear variety
- 17 Fury
- 18 Away from WSW
- 19 Mine yield
- 20 Say
- 21 Snoop
- 22 Upscale auto
- 23 Golf great Sam
- 26 Husband of Eurydice
- 30 Level
- 31 Genetic letters
- 32 Sicilian peak
- 33 New Mexico's capital
- 35 Director DeMille
- 36 'Nasty!'
- 37 Cowboy's sweetie
- 38 Brag
- 41 Gaiety
- 42 Mauna -
- 45 Pac-12 sch.
- 46 Cocktails garnished with olives
- 48 Avoid

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		

- 8 Sideways somersault
- 9 Miami team
- 10 Desire
- 11 Afrikaner
- 16 Byron or Tennyson
- 20 Strike caller
- 21 Devoted supporters
- 22 Bikini top
- 23 Rds.
- 24 Actress Long
- 25 Still, in verse
- 26 Small bill
- 27 List-ending abbr.
- 28 Half of bi-baseball
- 29 Bando of "Bobby" subj.
- 34 Do something
- 35 Quitter's word
- 37 Mentors
- 38 Small statue
- 39 Twice cuatro
- 40 Grad
- 41 Notoriety
- 42 Leg joint
- 43 Aachen article
- 44 Now, on a memo
- 46 Club -
- 47 Sort

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message.

LIBRA (September 23 to October 22) A year of riding an emotional pogo stick finally settles down. Use this calmer period to restore frayed relationships and to pursue new opportunities.

ARIES (March 21 to April 19) A once-harmonious relationship appears to be hitting some sour notes. Spend some time together to see why things have gone off-key. What you learn might surprise you.

SCORPIO (October 23 to November 21) Your words can sting, so be careful how you respond to a friend's actions. A calm approach could produce some surprising facts.

TAURUS (April 20 to May 20) You feel a need to make some changes. Good -- you can do it on a small scale (some new clothes, for example), or go big and redecorate your home and/or office.

SAGITTARIUS (November 22 to December 21) Be careful about whose secrets you're being asked to keep. They could impose an unfair burden on a straight arrow like you.

GEMINI (May 21 to June 20) Control your tendency toward early boredom. A situation in your life might be taking a long time to develop, but patience pays off. Stay with it.

CAPRICORN (December 22 to January 19) While you prefer taking the tried-and-true course in life, be adventurous this week and accept a challenge that can open new vistas.

CANCER (June 21 to July 22) You might feel that you're on an emotional roller coaster this week. Don't fret; just ride it out and let things settle down. A Pisces shows understanding.

AQUARIUS (January 20 to February 18) Your strong sense of justice helps you deal with a job- or school-related situation. Stay with your principles. A Sagittarius emerges as a supporter.

LEO (July 23 to August 22) Do something different for once -- compromise. A stubborn stand on an important issue proves counterproductive. You need to be open to new ideas.

PISCES (February 19 to March 20) You need to build a stronger on-the-job support system to convince doubting colleagues that your innovative proposals are workable.

VIRGO (August 23 to September 22) A friend offers advice that you perceive as an act of betrayal. But before you turn against the messenger, pay attention to the

BORN THIS WEEK: You might not say much, but you're capable of extraordinary achievements. You are a loyal friend and a devoted family person.

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Showtime

Streaming Spotlight by Cindy Summers

Two Distant Strangers

-Netflix Originals



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

In “Two Distant Strangers”, which won this year’s Oscar for Film Short, a young black man wakes up after an evening with a girl in her apartment to find himself stuck in a time loop, causing him to have a deadly run in with a white police officer over and over again regardless of his actions.

Carter (Joey Badass) felt he had one of the best nights in his life after waking up with Perri (Zaria) in her apartment. Wanting to get home to take care of his dog, he came out of the building and accidentally bumped into a man causing him to spill his coffee on his shirt. Carter apologized and offered to buy a new coffee, but the guy just walked away angrily, which caught the attention of Officer Merk (Andrew Howard) standing nearby. Merk approached Carter, who was very cooperative and even apologetic for the incident. Then Merk questioned Carter about his hand rolled cigarette and Carter replied with a bit of a smart-ass remark which seemed to anger Merk, who then grabbed Carter and pushed him up against the wall.

Similar to the incident with George Floyd, Merk had a control hold around Carter’s neck while two other officers attempted to restrain him. A woman who had a street stand and saw the whole thing continued to say that Carter didn’t do anything as she filmed the event with her phone. Merk continued the strong hold on Carter’s neck and though Carter said over and over he couldn’t breathe, Merk didn’t release his hold until he realized Carter was dead.

Carter immediately woke up in Perri’s bed, and initially thought

it may have just been a bad dream until he started seeing and hearing the exact things that had taken place the day before. He decided when he walked out he would be careful to avoid the guy with the coffee and to also hide a large amount of cash that Merk found suspicious on their first encounter, however it didn’t work. Merk attempted to detain Carter, but he broke free and started running down the street and was shot several times and killed by Merk.

The next two times the loop repeated, Carter decided to just leave his belongings in Perri’s apartment and make a run for it, but each time Merk shot and killed him without cause. It seemed Merk pursued Carter and killed him no matter what he did, so Carter decided to just walk out the front door and approach Merk to explain what had been happening.

After having a moment to process it all, Merk told Carter that considering his past was a sign of his future it was a good idea for him to just get out of there, and Carter felt he had finally gotten out of the loop with Merk. Unfortunately, Carter walked into an alley where there was another police incident happening and as two suspects ran past him, the cops mistook Carter for being part of it and shot him.

After 100 times, Carter convinced Merk to give him a ride home and on the drive they both shared a very insightful discussion about their individual situations, and though it seemed fine, Merk mercilessly shot Carter in front of his home. When he woke, Carter told Perri what had been happening and realized that his repeating situation was the only conclusion for a young black man in America, but said that one way or another he was going to get home to his dog. The end credits start with a list of over 60 names (just a few of the many individuals including George Floyd) who had been in similar situations as Carter in real life who lost their lives in senseless lethal acts and misunderstandings with police, asking people to say their names and remember their names.

Runtime: 30 min

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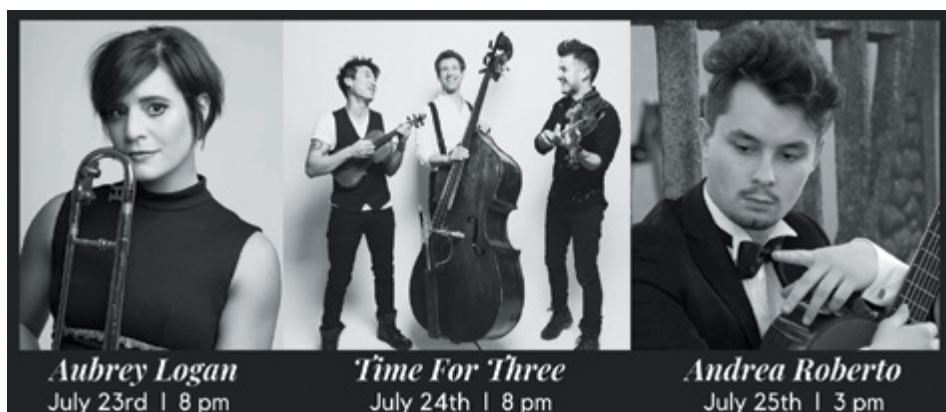
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Three great live programs to be presented by the VMF!

It’s a GO: the Ventura Music Festival confirms live concerts for July 23, 24 and 25

The Ventura Music Festival is more than pleased to announce there will indeed be a festival this Summer! “It’s on for July 23, 24 & 25 with three great programs,” says VMF Executive

Director Susan Scott: “Jazz and pop from singer-trombonist Aubrey Logan, who is “at the top of her game,” a fabulous crossover program from the sensational Time for Three; and a

beautiful classical guitar performance by Italy’s Andrea Roberto, winner of the 2019 Parkening International Competition. To assure maximum safety and peace of mind, this year’s festival is a 100%-vaccinated event: artists, crew, audience, staff and volunteers.

The venue is the Pacifica High School Performing Arts Center in Oxnard. Ticket prices range from \$15 to \$70 and go on sale June 1st at www.VenturaMusicFestival.org. “It’s a simple two-step process,” said Scott, with buyers first uploading vaccination proof for each ticket-holder, after which a second link takes them to the ticket site. Buyers who run into difficulty with either step can call the VMF Box Office for help. Its hours: 11-4, Tuesday-Thursday, 805-648-3146. Scott recommends those

interested look at the VMF website for more information on the artists, as well as on other Covid-related measures and facts pertaining to the July festival.

“I think people are eager for live music and to gather together again,” said Board president Richard Reisman, “especially when they can do so safely. The 2021 festival is planned with that in mind, together with presenting the world-class music for which VMF is famous.”

The mission of the Ventura Music Festival is to build community through the shared experience of live, world-class music, and to create an inclusive environment in which people both see and hear themselves reflected in the music. For more information visit www.venturamusicfestival.org.



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\$500,000 Grant Awarded to Local Non-Profits WEV and MICOP Entrepreneurs

Women's Economic Ventures (WEV), in partnership with the Mixteco Indígena Community Organizing Project (MICOP), has been awarded a \$500,000 Grant for the 2021 Social Entrepreneurs for Economic Development (SEED) Entrepreneurship Program from the California Labor and Workforce Development Agency and the Employment Training Panel (ETP). WEV and MICOP will use the SEED Initiative funding to support underrepresented and marginalized individuals who face significant barriers to employment by providing them with entrepreneurial training, technical assistance, and micro-grants to launch or grow their own businesses in Santa Barbara and Ventura counties.

"We are thrilled to partner with MICOP to launch the SEED Program," said WEV CEO Kathy Odell. "With MICOP's expertise in supporting and empowering the indigenous migrant community in our region, and WEV's history of providing small business training and small business loans to women and other local entrepreneurs, we have the combined expertise to provide our SEED participants with pathways for economic self-sufficiency."

The WEV/MICOP SEED initiative will serve the estimated 27,000 Santa Barbara County, and 24,000 Ventura County, indigenous migrants from Mexico living in our region. Working together, WEV and MICOP will conduct community outreach and education

efforts to enroll individuals with limited English proficiency and provide entrepreneurial skills training. Upon completion of the training, participants will be eligible to apply for small grant funds of up to \$5,000 for their small business needs. The SEED program will be conducted in two cohorts, starting with outreach and implementation to the migrant farmworker population in Santa Barbara County in summer 2021, followed by Ventura County in early 2022.

"MICOP is beyond grateful to be part of a partnership with WEV to launch a new and innovative initiative that will recruit and train indigenous migrant entrepreneurs in Ventura and Santa Barbara Counties," said Arcenio López, Executive Director of MICOP. "MICOP continues to strengthen collaborations that share common values and a vision to create social change. SEED is an exciting opportunity for indigenous migrants to achieve economic equity by supporting visionary indigenous entrepreneurship."

Women's Economic Ventures is dedicated to creating an equitable and just society through the economic empowerment of women. WEV is a business resource network for anyone looking to start a business, grow a local business, or improve their business skills. WEV provides small business training, advisory services, financial literacy programs and small business loans in Santa Barbara and Ventura counties. While WEV's

This 'n' That



Eddie is an Iraq war veteran and participant in Turning Point's Veteran's Transitional Housing Program.

American Legion Post 339 believes in doing its part to support the veterans of Ventura County and the community we live in

Chartered and incorporated in 1934, Post 339 has a proud tradition of service to Ventura County. The Post's practice of supporting the community through donations totaling almost \$400,000 over the past five years is symbolic of the Post membership's commitment to service to the community, state, and nation.

Over the last three years, Post 339 has been a regular supporter of The Gold Coast Foundation of Ventura County. Gold Coast is a veterans assistance organization headquartered in Camarillo that has played a major role in working to reduce the veteran housing shortage. Gold Coast also helps by providing vocational training and other support services to help veterans return to being self-sufficient and productive members of our community.

The Post has funded almost \$25,000 worth of critically needed medical equipment for the Ventura County Health Care Foundation, equipment this agency would not have been able to obtain without the Post's support.

The Post has been involved with for several decades supporting the Boys State

focus is on women, it welcomes people of all gender identities into the WEV community. Business courses, programs and loans are provided in both English and Spanish. Since 1991,

The Mixteco/Indígena Community Organizing Project (MICOP) is a non-profit community-based organization that supports, organizes, and empowers the indigenous immigrant community in the Central Coast of California. The indigenous migrant community that MICOP works with comes primarily from southern Mexico, including the states of Oaxaca, Guerrero, Michoacán, and Puebla. Learn more about MICOP at www.mixteco.org

and Girls State programs. The Boys State and Girls State programs allow selected high school juniors the opportunity to attend a week-long program held in Sacramento and experience the ins and outs of how government functions.

Another program Post 339 is extremely proud of is the American Legion Post 339 Legacy Scholarship Program established in conjunction with the Ventura College Foundation. The goal is to establish an ongoing fund to a veteran attending Ventura Community College. To the Post members this ensures the legacy of service that Post 339 has strived to establish since 1934 lives on in these young men and women seeking to further their education and life goals.

Over the last three years, the Post has made significant contributions to The Turning Point Foundation of Ventura County, helping veterans to recover from substance abuse or trauma, and helped get their lives back on track. Post 339 is a sponsor of Turning Point Foundation's "Veteran's Transitional Housing Program". This program helps mentally ill and homeless veterans by providing housing, medical attention, and training to get these veterans back into society. Post 339 has furnished several rooms and provided other necessary equipment to them for several years.

To learn more, visit Facebook page or email at heffymac9150@gmail.com. Post 339 meets monthly in Ventura and would welcome any veteran or guests.

Transitional aged youth between 16-25 deserve loving homes now

Homes with Heart VC, a program of Ventura County Children and Family Services, is recruiting loving families in Ventura County to open their homes to older youth in care. Transitional aged youth (TAY) are between the ages of 16-25 and are at a point in their lives where love, guidance, and mentorship are critical for their future independence.

Currently, the county has over 200 TAY youth and homes are in higher demand than ever before. A safe place to call home can provide older youth with stability and teach them valuable skillsets in preparation for a successful future. By taking the first steps to become a resource family, you can make a large difference as they step forward into the rest of their life.

"Our work is dedicated to the overall safety of our families in Ventura County, and one of the most important things we do is to find safe and loving homes for our children, especially the older youth who are transitioning into independence," said Jaci Johnson, Program Coordinator III at Ventura County Children and Family Services. "We cannot do this important work without the support from our community, and we urge you to step up and help."

To learn more about how you can get involved and help transitional aged youth, visit Teenhomes.homeswith-heartvc.org