



*River Haven have given people the opportunity and the tools to start truly living happier and healthier lives.*

## River Haven offers a way out of homelessness

by Carol Leish

“River Haven started during the El Nino in 2006,” according to, Suki Sir, Marketing and Fund Development Manager at Turning Point Foundation. “Thus, during the El Nino, we approached the City of Ventura in March, 2006. Contracts were signed in September, and the program started in October. The former director, Clyde Reynolds, was very instrumental in approaching the city, and in negotiating the contract to secure the land for River Haven.”

“Clients/residents of River Haven receive case management services that follow up with service plan goals and their well-being,” according to, Joe Dawson, Program & Facilities Manager at Turning Point Foundation. “Case management takes a team approach by offering and connecting clients/residents with supportive services that offer follow-up care. And, the case manager and the treating agencies maintain communication to promote and create action plans for clients that will help them to become more successful and to maintain service connections obtained.”

Dawson also focused on the types of services that are offered to clients/residents of River Haven by saying, “Connected services consist of: Ventura County Behavioral Health; Whole person care program; ADP (Alcohol & Drug program; Health Care Agency/ One Stop;

*Continued on page 5*



NAWBO celebrated their BRAVA 2021 awards online on Friday, June 18th, and a luncheon held at Peirano’s on June 17.

This year’s theme “Diversity, Resilience, Transformation: Bold Women Creating Her-story” showcased how these six exemplary women in business and leadership are breaking barriers, forging new ground, and pursuing their goals with fearless fortitude.

“Even after a year where almost everything changed, we received a record number of nominations for our 21st annual celebration,” stated Seana-Marie Sesma, President-Elect of NAWBO VC and owner of Your PR Girls. “The BRAVA Class of 2021 personifies our theme as we all gather in June to celebrate these Bold Women Creating Her-story and their ability to pivot!”

Photo by Deena Gledhill

## The Museum of Ventura County re-opens July 3rd

After 15 months of closure, and as California’s Covid-19 restrictions are being lifted, The Museum of Ventura County is re-opening both its Ventura location at 100 East Main Street and the Agriculture Museum in Santa Paula at 926 Railroad Avenue on July 1, 2021. Admission to the museums and parking are free for visitors for the remainder of 2021.

Beginning Thursday, July 1st, visiting hours for The Museum of Ventura County and the Agriculture Museum in Santa Paula will be Thursday through Sunday from 11:00 a.m. to 5:00 p.m. The Research Library located on the Ventura campus will operate by appointment only, Wednesday through Friday from 11:00 a.m. to 5:00 p.m. Following the lead of other educational institutions,

masks are currently required for all indoor visitors and museum staff at this time. Vaccinated guests have the option to remove their face coverings when enjoying the museum’s outdoor spaces.

Debuting on opening weekend at The Museum of Ventura County is, “Huelga! Photographs from the Frontlines” by Jorge Corralejo. While the exhibit was originally scheduled to open in mid-March of 2020, due to the Coronavirus pandemic, it was postponed. Guests were able to view an online 3D version of the exhibit throughout 2020, but now are welcomed to experience the exhibit in person and are invited to attend a special opening reception on Saturday, July 3rd, 2021, from 2-4pm. For more information about the reception, and future museum

*Continued on page 3*



*These young people have contributed thousands of hours of volunteer service to CMH.*

## Scholarship awards presented by CMH Auxiliary Junior Volunteer program

On June 14, scholarships were awarded to nine deserving young people who have been part of the CMH Auxiliary Junior Volunteer program. At an outdoor ceremony in front of Community Memorial Hospital, Auxiliary president Linda Pettit, Junior chairperson Marilyn Beal, and hospital President and CEO Gary Wilde presented the \$1000 awards to the seven Maria Cavallo Scholarships for students planning to enter medical field careers.

Dr. James Woodburn also assisted in the presentation of the two Audrey Woodburn scholarships for those heading for careers in nursing.

These young people have contributed thousands of hours of volunteer service to CMH while maintaining academic excellence and community involvement and are to be commended for their dedication.

**Award ceremony recipients:**  
**Maria Cavallo Scholarships for Medical Field Careers:** \$1,000 each  
**Caroline Connolly:** Served in CCU and ED for 288 Hours. She earned a 3.98 unweighted GPA while attending

*Continued on page 5*



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

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# Community Events

## Ventura events

by Ana Baker

**Channel Islands Maritime Museum Presents the upcoming exhibit: “71%: Honoring Vital Waters.”** Saltwater is seventy-one percent of the Earth’s surface, and our seas are considered the lungs of the planet, generating much of the oxygen we breathe. It is no surprise that humans have always been interwoven with the ocean as it plays a practical, recreational, and spiritual role in many cultures throughout history.

Through the unique artwork of mixed media artist Shannon Celia and abstract expressionist Mary Neville, CIMM’s May 2022 exhibition will delve into our complex relationship with the ocean - Saluting those who protect the aquatic ecosystem we depend on to exist while exploring the art, food, fun, and culture derived from the sea.

CIMM will host an opening event on May 12th, 2022, at 5:30 p.m. with local catering, beverages, and a Q&A panel with the artists.

**July 24: Saturday, Ventura County Handweavers and Spinners Guild IN PERSON “SO Happy To See You” meeting at new our location: Studio Channel Islands Art Center Community Room, 2222 Ventura Blvd., Old Town Camarillo.** Combined Board/General Meeting & Show & Tell 9-10:30 a.m. Welcome to a meeting of a creative community with the specific purpose to advance, foster & promote the art of handweaving, spinning & related crafts through charitable and educational activities. Program Presentation 10:30-11a.m. “Angora Rabbits” followed by a “Stay & Play Afternoon”. For more info on our monthly Programs and Workshops visit us at: [www.vchsg.org](http://www.vchsg.org).

**July 24: The Bank of Books 748 E. Main St. 643-3154. Laura Keane, Sat. 1-3p.m. The Tippy Tree by Laura Keane.** This whimsical adventure follows two children on a nighttime moonlit nature walk where they discover the Tippy Tippy Tree. The tree sings out in a magical rhyming song that teaches the alphabet, shapes, colors, and animals, while lulling children to sleep. The book’s colorful illustrations contain images hidden amongst the branches, serving as a fun picture search to keep little ones engaged while reading. Establishing a good bedtime routine that infuses reading with settling down for bed is an excellent way to prepare children for good sleep habits later in life. This story will inspire the reader as well as the audience until the very end and become a bedtime favorite.

**August 3: 5:30-7:30. Dead Letters is almost here, and you are invited to the launch party!** Please join a bunch of friends of Sheila Lowe (and Sheila) at Orozco’s de Ventura Mexican restaurant to celebrate the release of my new Claudia Rose Forensic Handwriting Mystery, *Dead Letters* (#8). We’ll be outside on Orozco’s wonderful patio (no mask required!) with amazing Mexican food, prizes, networking, live music by Charles Talmadge, and of course, books galore. And that’s not all! Local authors James F. Gray, AJ Llewellyn, and Connie Hood will have their books available, too. RSVP requested: [sheila@sheilalowe.com](mailto:sheila@sheilalowe.com) (If you’ve already contacted me, no need to do it again). 805-351-7833. Orozco’s de Ventura 839 E. Front St.

**August 7: “Fly Fishing Event” The**

**Sespe Flyfishers of Ventura will again be conducting our “First Saturday” introductory class on Fly Fishing and Casting the Fly Rod.** The “First Saturday” is on the 7th. There is no charge, and all are welcome. Whether you are an experienced fly fisher or a complete novice we want to help you learn and enjoy this great sport. If you do not yet have a fly rod, do not worry, just come, and use one of ours. Please join us at Chumash Park, Petit and Waco, 9 – 11a.m., in East Ventura, off Telephone Rd. For every one’s safety we ask all those attending to please comply with any current recommendations by the Ventura County Health Department.

For more information: Bob Smith (805) 647-3522 [www.sespeflyfishers.org](http://www.sespeflyfishers.org)

## Ojai news and events

**Ojai Film Festival goes live! The Ojai Film Festival will present its 22nd consecutive event celebrating independent films from around the world LIVE here in Ojai, November 5-8, 2021.**

Festival dates: November 4-14, 2021

November 4 - Opening free film in Libbey Park

November 5-8 - Screenings and Festival programs

November 9-14 - All festival films available online VOD

Last year the Film Festival’s board engaged in a sharp learning curve culminating in the creation of the 2020 Online Virtual Film Festival. Now, after months of studying the projected COVID infection rate data and intense discussions at each meeting, the board decided to plan an in-Ojai, multi-screen event for November 2021.

The COVID pandemic certainly changed our world. Face masks, social distancing, the closure of almost all our public gathering places...sheltering in place for over a year. Small wonder observers of the social order commented widely on the need for us humans, fundamentally social animals, to socially interact. After mastering, to some extent, online electronic communications – Zoom, Facetime, Skype, etc. – we’re ready to see, touch and interact with others. As the COVID numbers drop we continue to inch out of the shadows.

The Festival enjoys an international reputation as an important celebration of independent films. It receives submissions for both its film competition and screenplay competition from over forty countries and each November regularly screens over sixty films and presents “the Libbey” trophy award in ten categories. Jon Lambert, the Festival’s president commented: “We are excited to be able to present our curated films once again to live audiences where they can be discussed and argued about in a festival setting.”

Year after year the Festival has relied on over one hundred film-loving volunteers to sell tickets, usher patrons, conduct Q&A’s and host visiting filmmakers. One result of the fourteen-month shutdown has been that our volunteer base diminished. To continue the tradition of this major cultural event we must identify new people. We also need folks with management skills, such as a people-oriented person willing to act as the Volunteer Coordinator, and an Operations Manager who will keep things running smoothly during the October lead-in and the November festival.

**For his directorial finale for the Ojai Art Center Theater Tom Eubanks**

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**chose “Family Furniture,” what he calls, “A story of renewal.” Ojai ACT in a state of renewal themselves, stages this, their second in-person show of 2021, June 25 through July 18.**

The New York Times called “Family Furniture” by A.R. Gurney “...a tender, sepiatoned play about a traumatic passage in the lives of a tight-knit, well-bred clan...” Brother and sister Nick and Peggy cope with their mother’s possible infidelity, their father’s apathy, and their own complicated love lives.

Tickets for the weekend performances June 25 through July 18, no show July 4th, are \$20 general admission, \$18 seniors and AC members, and \$10 for those under 25. For more information go to <https://ojaiact.org> or call (805) 640-8797.

On Sunday, July 25, at 4pm Moscow born wonderful pianist, Natasha Kislenko, returns with fanfare to the Ojai Art Center to resume in person concerts. Natasha will perform solo works from the classic piano literature, and cellist Virginia Kron will join her for the much loved Beethoven Op.69 Sonata in A Major for Piano and Cello. \$20 no change donation recommended ~ just drop your donation in box at the entrance. This will be an indoor event with no seating restrictions. Non-vaccinated attendees must wear face masks, but for fully vaccinated folks, masks are optional. The Ojai Art Center is located at 113 S. Montgomery St. in Ojai. For more information contact (805) 640-1158.

**Museum of Ventura County re-opens**

*Continued from page 1*

events, please visit: [www.venturamuseum.org/events](http://www.venturamuseum.org/events). In Santa Paula, the Agriculture Museum continues to showcase the region’s rich farming and ranching history.

“We are delighted to be welcoming visitors back into our community’s museums in both Ventura and Santa Paula,” commented Elena Brokaw, Executive Director, Museum of Ventura County. “We’ve missed the energy that is seen and felt as all patrons, young and old alike, take in both museum’s on-site exhibits and collections in person.” Brokaw reinforced that guest safety is of primary importance and the decision to require masks while inside museum buildings is to ensure that the most vulnerable guests, including children and seniors, can freely access all indoor services feeling safe and comfortable. Both the Museum of Ventura County and Agriculture Museum in Santa Paula have implemented best practices to maintain a clean and safe environment.

For guests that are unable or not ready to visit The Museum of Ventura County or Agriculture Museum in Santa Paula in person, virtual exhibits remain available online. For more information visit: [www.venturamuseum.org](http://www.venturamuseum.org).

The Museum of Ventura County celebrates, preserves and interprets the art, history and culture of Ventura County, the California Channel Islands and the surrounding region through its collections, exhibitions, events, educational programs, publications and its research library, and serves as a gathering place for the community. The Museum has two locations – The main museum is located at 100 East Main Street, Ventura, California (805-653-0323). The Agriculture Museum is located at 926 Railroad Avenue, Santa Paula, California (805-525-3100). Both museums are open Thursdays through Sundays, 11:00 a.m. to 5:00 p.m. – [www.venturamuseum.org](http://www.venturamuseum.org). Admission to both museum locations remains free for the remainder of 2021.





# VENTURA BREEZE

Your Hometown Paper

Member, Ventura Chamber of Commerce

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## Opinion/Editorial



Sheldon Brown  
Publisher-Editor

■ The council has approved 50 **affordable apartments** for seniors on the west side to compensate for the loss of homes in the 2017 Thomas Fire. The Ventura

City Council unanimously approved the \$4.6 million project to address the post-fire housing shortage. Five of the apartments will be reserved for homeless seniors. The city's housing authority will market the apartments to those who were displaced by the wildfire. The senior housing project is part of a four-phase redevelopment.

The project is partially funded with a U.S. Department of Housing and Urban Development grant awarded to the city.

Five of the apartments will be reserved for homeless seniors. The project site is at 232 W. Flint St. (off of Olive).

Councilmember Lorrie Brown stated, "The city has made a commitment to improving the housing in the city of Ventura and this is one of those steps."

The project is expected to be completed in fall 2024.

■ The Ventura council has finally passed a city budget after weeks of wrangling over fire department funding. On a 6-1 vote, the City Council approved a **\$303 million** spending plan after reaching a compromise to postpone decisions over additional firefighter positions and equipment by at least six months. See page 5 for more information.

Councilmember Jeannette Sanchez-Palacios wants the city to first develop a strategic plan that defines the fire department's goals, priorities and targets prior to committing to additional staff and fire vehicles. Less than 5% of the fire department services are for fighting fires.

■ The New York Supreme Court has announced that it is suspending **Rudy Giuliani's** license to practice law in the state. The court concluded that Giuliani made "demonstrably false and misleading statements" to courts, lawmakers and the public when he was representing former President Trump and his campaign in their failed effort to overturn the 2020 election results. In a 33-page decision, the court said the seriousness of Giuliani's "uncontroverted misconduct can not be overstated."

■ 6'-7" Las Vegas Raiders defensive end Carl Nassib has met widespread

support since his groundbreaking decision announcing that **he is gay**. He became the first (and certainly not only) active player in NFL history to come out.

I have a friend who once told me that he can tell if a man is gay but can't tell if a woman is. He based this on stereotypes that gay men are effeminate. I doubt if Nassib fits this stereotype. And even if he did, who cares. He's a pro football player, so obviously he has the required skillset to be in the league. I'm happy for him. How tough it must be to be in a "real" man's sport and need to hide this. This is not a choice a person makes, as it is implanted in their DNA.

■ A Trump supporter who spent 10 minutes inside the US Capitol during the January 6 insurrection was sentenced to probation Wednesday, avoiding jail. He is the first rioter to learn their punishment in the riot investigation.

At a hearing in DC federal court, Judge Royce Lamberth said the insurrection was a "disgrace" and forcefully rebuked the "utter nonsense" coming from some Republican lawmakers and other right-wing figures who are whitewashing what happened.

"I don't know **what planet they were on**," Lamberth said of the GOP lawmakers, without mentioning any names. Recent releases of videos from the attack "will show the attempt of some congressman to rewrite history that these were tourists walking through the capitol is utter nonsense."

A Michigan Senate Oversight Committee report on the election "found no evidence of widespread or systematic fraud in Michigan's prosecution of the 2020 election."

■ A draft report by the United Nations Intergovernmental Panel on **Climate Change** warns that unless drastic and immediate action is taken to limit greenhouse gas emissions and keep global temperatures from rising further, life on earth is poised for a catastrophic coming.

The 4,000-page draft states that mankind may have already missed its opportunity to keep the climate from passing a series of thresholds that will further create the warming of the planet. "Life on Earth can recover from a drastic climate shift by evolving into new species and creating new ecosystems," the report

says. "Humans cannot."

■ Former Vice President **Mike Pence** reiterated at a speech at the Reagan Library he did not have the constitutional authority to stop the count of the electoral votes on Jan. 6.

"Now there are those in our party who believe that in my position as presiding officer over the joint session that I possess the authority to reject or return electoral votes certified by the states," Pence said. "The Constitution provides the vice president with no such authority before the joint session of Congress." Some Republicans, including former President Trump, called for Pence to reject electoral votes on Jan. 6.

He has been booed at Republican meetings even though he had no authority to reverse the election.

■ Nearly all COVID-19 deaths in the U.S. now are people who **weren't vaccinated**. An indication that deaths per day, now down to under 300, could be practically eliminated if everyone eligible got the vaccine.

An Associated Press analysis of available government data from May shows that "breakthrough" infections in fully vaccinated people accounted for fewer than 1,200 of more than 853,000 COVID-19 hospitalizations. That's about 0.1%.

At Sanford Health, which runs 44 medical centers and more than 200 clinics across the Dakotas, Minnesota and Iowa, less than 5% of the 1,456 patients admitted with COVID-19 so far this year were fully vaccinated.

■ Why I hate partisan politics (on both sides): House Republican Leader Kevin McCarthy criticized President **Joe Biden's** summit with Russian President Vladimir Putin, saying that Biden "gave Vladimir Putin a pass."

"The American people suffered massive disruptions because of Russia-linked cyber-attacks," McCarthy said in a statement released Thursday. "Two Americans, both Marine veterans, are being held as prisoners in Russia. We know Vladimir Putin silences and imprisons his critics."

He added: "Knowing these facts, President Biden should have used today's summit to stand up for our national interests and send a message to the world that the United States will hold Russia accountable for its long list of transgressions. Unfortunately, President Biden gave Vladimir Putin a pass."

McCarthy's comments come after years of silence from him on former President Donald Trump's relationship with Putin, which many critics described as him cozying up to the Russian president especially amid intelligence Russia interfered in the 2016 election.

■ I have concerns about how the **recall process** is applied and misused. Recall is not meant to remove officials from office because some don't agree with their policies. It is meant to remove office holders who have committed serious crimes or who just never do their job.' In a country divided 50-50 on party affiliation every politician would always face recall to just remove them from office.

We encourage you to send your opinions  
to [opinions@venturabreeze.com](mailto:opinions@venturabreeze.com). Please  
limit them to about 300 words

## Mailbox

Folks:

The horrendous collapse of the condo tower in Miami, with over 150 people missing at this point is a modern tragedy. It is impossible to imagine the pain and suffering of the victims and the terror of those who wait to hear if any more can be found alive in the rubble.

But a tragedy is not an accident, nor an uncaused calamity. Scientists are now starting to claim that sea level rise is the culprit, which in turn is caused by human actions. The whole Florida coast in this area is subject to weakening and sinking from sea water intrusion.

There are sure to be more such reports in the near future. However this is not new news, since Trump's Mar a Lago is also vulnerable to sea level rise, with the further contributing factor that Trump canceled Obama measures to fight sea level rise along the Florida coast.

Painful ironies never stop these days, and Trump is frequently the off-screen perpetrator.

Bob  
Robert Chianese, Ph.D., Emeritus Prof.  
English, CSU Northridge  
Past President Amer Assoc for Advance of  
Science Pacific Div  
Fulbright Senior Specialist, columnist  
American Scientist magazine

Dear Ventura Breeze:

In the June 2-15 2021 issue, page 17, the 'Tree Town' inset noted the recent planting of 8 Honey Locust trees, mentioning "Honeylocust canopy trees line Main Street from downtown to Five Points...". This is incorrect. The vast majority of street trees along E. Main Street are Queen Palms (#207) and Jacarandas (#133) according to the 2020 City

Continued on page 12

The easiest  
way to find  
something lost  
around the  
house is to buy  
a replacement  
— Jack  
Rosenbaum



# City News

## City adopts \$303.3 million budget for Fiscal Year 2021-2022

The Ventura City Council adopted a balanced \$303.3 million operating and capital budget for Fiscal Year 2021-22 at its Budget Hearing on June 21, 2021.

For the upcoming fiscal year, the General Fund will have a balanced budget of \$124.1 million, allowing the city to deliver several upcoming projects, advanced planning work, pandemic recovery, and core services and programs.

“This budget provides the resources to support the ongoing services our residents have come to expect. It was prepared in support of the City Council’s established budget principles and strategic annual goals, which were both identified earlier in the year,” stated Ventura City Manager Alex D. McIntyre.

The FY 21-22 budget allows for technology investments, homeless services, public safety enhancements, upgrades to the fire department’s alerting system, investments in downtown Ventura for Main Street Moves, support for an economic development strategy, and additional staffing support for business technology innovation, community development, and human resources.

The budget also includes funding from the American Recovery Plan Act (ARPA). City Council approved a plan to use ARPA funds for one-time expenditures for community beautification, a one stop shop permit center, parking improvements at Mission Park, Main Street Moves, facility improvements and repairs, fire station enhancements, and upgrades to the City’s information and technology systems. The City will receive \$16.3 million in one-time funding over the course of the next two years.

The City continues to invest in Ventura’s infrastructure, and added nine new projects to the 2020-2026 Capital Improvement Program. Projects include

Promenade repair improvements, citywide bridge preventative maintenance, parking lot light improvements for Paseo de Playa and the Pier, stormwater mitigation, sidewalk ADA improvements, water and wastewater service repairs, and coastal facility improvements. Eight of the projects in the six-year workplan are funded by Measure O.

“The City remains focused on recovering from the recent pandemic and continues to use multi-year forecasts and budget principles to ensure long-term financial viability,” said Finance and Technology Director Michael Coon.

The City Council also recently adopted the Fire Department Operational Performance Study on April 21, 2021, which outlined a need for facility improvements and three additional positions to optimize service delivery. As a part of the FY 21-22 budget, \$3.5 million has been set aside for fire station facility upgrades and additional operational enhancements. The City will present a strategic plan for fire operations during the mid-year budget review in January 2022.

In support of the Council’s current goals, the City completed a comprehensive Information Technology (IT) Strategic Plan and scoping for an Enterprise Resource Planning (ERP) system, which was presented in May 2021. The IT Strategic Plan assessed the City’s existing technologies, operational requirements, and service delivery needs, and outlined a strategy to address unique business need requirements by the public and customer relationship management through new and improved interfaces.

For additional information about the City of Ventura’s budget or financial documents, visit [www.cityofventura.ca.gov/FinancialTransparency](http://www.cityofventura.ca.gov/FinancialTransparency).

**River Haven**  
*Continued from page 1*  
and, the Human Service Agency.”

“We aim for clients/residents to be at River Haven for up to two years at the most,” according to, Sir. “But some residents get permanent housing within 6 months, and others take longer than two years.”

Turning Point Foundation’s website is: [www.turningpointfoundation.org](http://www.turningpointfoundation.org), which describes the latest news and events. Please sign up for the newsletter to become more informed.

“Some of the needs for supporting River Haven are on the list, which is at: <http://turningpointfoundation.org/donate/>,” according to, Sir. “Do realized that River Haven gets very little government support. Thus, online donations are very much appreciated.” And, that, according to the website, “\$525 Feeds 25 people per month.” Also included on the list of needs on the website, which can be downloaded, are: “Heavy blankets; bath towels; washcloths; canned food; and, books & board games.”

Through support and housing both Turning Point Foundation and River Haven have given people the opportunity and the tools to start truly living happier and healthier lives. It doesn’t matter who you are or what you have done, all that matters is the future and what you want to do with your future.

**Scholarship awards presented by CMH**  
*Continued from page 1*  
Ventura H. S.

**Adithi Desham:** Was a desk/flyer and volunteered in the Pharmacy with 287 Hours. At FTHS, she earned a 3.94 unweighted GPA.

**Isabella Garcia:** Served 239 hours in Maternity. She attended Buena H.S., graduating with a 3.92 unweighted GPA.

**Frances Kayser:** Frances served 311 hours at the front desk of the Ocean Tower. This young lady, who graduated from Ventura HS with a 4.0 unweighted GPA.

**Eesh Manwani:** Volunteered in the Gift Shop where he served for 376 hours. A graduate of FTHS, with a 3.72 unweighted GPA,

**Aniket Rahane:** Served in both CCU and the Gift Shop with 335 hours accumulated. Aniket graduated from Buena HS with a 3.95 unweighted GPA.

**Elsa Schmidt:** Was a desk/flyer putting in 335 hours of service. A graduate from FTHS with a 4.0 unweighted GPA,

**Audrey Woodburn Scholarships for Nursing: \$1,000 each:**

**Breanna Burke:** Volunteered in SDS, ED, and Maternity accumulating 259 hours of service. She graduated from Ventura H S with a 3.9 unweighted GPA.

**Erin Hoffman:** Gave 275 hours of service in Maternity. She attended Saint Bonaventure HS and graduated with a 3.64 unweighted GPA.

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## Tree Town



The Jacaranda Mimosifolia tree is native to Argentina and Brazil and has been planted extensively in California coastal communities beginning in the 1890s. Its fern-like foliage makes it an excellent shade tree, and its striking purple blossoms adorn Ventura each June and July. Once established, Jacaranda trees can grow to 50’ and are moderately drought-tolerant, requiring watering only during prolonged dry periods.  
Ventura Tree Alliance, [www.venturatreealliance.com](http://www.venturatreealliance.com)





# News & Notes



Visit [visitventuraca.com/contact/staff](http://visitventuraca.com/contact/staff) to learn more about the Visit Ventura team.

## Visit Ventura is awarded “Best Place to Work” for the fourth year in a row

The Pacific Coast Business Times has once again honored Visit Ventura with their “Central Coast Best Place to Work” award.

This marks the fourth year in a row that Visit Ventura has been selected as a “Best Place to Work,” but, suffice to say, 2020 was not a conventional work year.

“It was a year of adjusting and readjusting, again and again,” said Marlyss Auster, Visit Ventura President & CEO. “There were some stressful times, but through it all our team maintained the same upbeat attitude they’ve always had. And we never lost sight of our overall mission to do the next right thing to help our community. Thank you, Pacific Coast Business Times, for kindly honoring us. And thank you, wonderful Ventura, for working alongside us to do that next right thing.”

Through creative thinking and various award-winning campaigns, Visit Ventura helps spearhead a tourism effort that generates close to \$300 million in annual visitor spending

and, equally important, creates roughly 2,600 jobs in Ventura. Perhaps less known, tourism’s dollars help bolster Ventura’s General Fund, which, among other things, helps fund the city’s fire and police forces, build the city’s roads, and finance the city’s schools. Now more than ever, tourism will play a critical role in the recovery of the economy -- from the national front to local hometowns.

“We all know how hard the pandemic has been on Ventura’s economy,” said Auster. “And tourism will be the economic driver that not only sees Ventura to its feet, but sees Ventura thrive. Our amazing team will continue to work hard to see that happen.”

The “Best Place to Work” awards began in 2016. They represent feedback across an organizational structure and were quickly embraced by the community thus increasing their prestige. Workplace factors such as compensation, paid time off, community involvement, and overall corporate culture are considered.

## The Riddle of the Cindy Lee Mellin

by Richard Senate

A saleswoman at Macy’s at the Pacific View Mall told me that the department store was haunted. Footsteps were heard when there was no one there, someone humming, and clothes moved on the rack. Not only did she say it was haunted

but she even knew the name of the ghost. It was a former salesgirl named Cindy Lee Mellin who worked at the store when it was The Broadway.

I did some research on the salesclerk and discovered that on the night of January 20th, 1970 she vanished from the parking lot. Co-workers saw she had a flat tire and a young man was helping her jack up the car. They thought it was Cindy’s father. That was at 10:30 at night—from that time on she has never been seen

again. When she didn’t come home, her father went looking for her and found her car, still jacked up with the flat tire still attached and the spare on the pavement next to it. All the doors were open as well as the glove compartment. The flat looked like it had been slashed with a knife.

Even after all these decades the case is still unsolved and the 19-year-old woman is listed as “endangered missing.” In the investigation that followed they questioned a man matching the description given by co-workers who worked at a near by gas station. After questioning, the man was released and mysteriously vanished.

Because of his flight some believe he might well have been the killer. Some even speculate he might have been linked to the infamous Zodiac Killer who terrorized the San Francisco Bay area. Both of Cindy’s parents have passed away now without answers or closure. Playing armchair detective the victim may well have known her kidnapper and killer. He must have known her car so he would know which car tire to slash. He may well have stalked her in the department store. We may never know Ms. Mellin’s fate but it seems she has good reason to haunt. Maybe her ghost can give us the name of her killer or where her remains may rest. It is one of the great unsolved cases in Ventura history.



The role of Disability Advocate is uniquely suited to Carol.

## Disability advocate role right up her alley

by Shirley Lorraine

Carol Leish has recently been appointed to the position of Disability Advocate for the Ventura County Area

Agency on Aging (VCAAA). Her two-year term, from 2021-2023, will include working on the Optimal Aging and Workforce committees as well as being available as a speaker and advocate.

The role of Disability Advocate is uniquely suited to her. She will assist in navigating challenges faced by many seniors and persons with disabilities. Leish is CEO and founder of Call Me Capable, a disability consultant, motivational speaker and writer. She is also a frequent contributor to The Ventura Breeze on a range of subjects.

Carol holds a Masters Degree in Education and Counseling, building on her personal experience as the basis of her understanding of the needs of persons with a variety of disabilities. She prefers to focus on “capabilities”, thus her website, CallMeCapable.net.

VCAAA is one of 33 public Non-Profit agencies designated by the State of California to carry out the mandates of the Older Americans Act of 1965. VCAAA was formed in 1980 under the auspices of the County of Ventura Executive office and Board of Supervisors. The agency serves the over 196,000 older adults and people with disabilities Ventura County. Open public meetings are held the second Wednesday of every other month at the VCAAA office on County Square Drive.


The Agency offers myriad resources ranging from social services, programs and educational services, work development resources, housing resources, including a rent-share program, health and nutrition services and much more. For more information, visit [www.vcaaa.org](http://www.vcaaa.org)

## Enroll your child in an amazing learning and exploration summer experience


The MERITO Foundation’s Marine Science Beach Camp is a program that engages children in hands-on ocean science and stewardship activities. Children will learn and experience a variety of marine science concepts, explore the coastal environment, and play with ocean-themed games. They will be introduced to scientific monitoring,

*Continued on page 7*


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COUNTY of VENTURA





## News & Notes



Kids & Families Together on the campus of Ventura Charter School.

### Third graders at Ventura Charter School hold month long school-supply-drive

June 7, 2021, was the culmination of a year-long project by the 3rd grade classes at Ventura Charter School of Arts & Global Education (VCS). Teachers, Flow Hansmeier and Emily Noel worked with their students on a year-long "Peace Project". During the first half of the year, students interviewed (via Zoom) various individuals from organizations within the community asking the question, "How do you bring peace into the world?"

As part of this project, the students interviewed Kids & Families Together (K&FT)'s Co-Founder Faith Friedlander, LMFT in October of last year. Faith, an adoptee herself, explained how K&FT helps children, many who are adopted or in foster care, along with their families, through counseling programs and support services and various resource events during the year.

As a way to wrap up the school year, the students wanted to find a way to give back and help others in the community so they selected one of the individuals/organizations they had interviewed during the year. The students chose to support K&FT's annual school supply event hosted for Ventura County Foster/Resource, Kinship and Adoptive Families who are working in programs with K&FT.

During the month of May, the 3rd graders at VCS established a "School Supply Drive" and promoted the event throughout the entire K – 8 campus by making posters and talking with the other classes. On Monday June 7th, Carrie McAuliffe, Heart 2 Heart Program Manager, and Amy Huot, Outreach Manager, with K&FT paid a visit to the school's campus, to thank them and celebrate their amazing success! Students helped to load all the school supplies that were collected into vehicles to be taken back to the K&FT offices in preparation for the annual August "School Supply Gift Away Event". Their school supply drive was such a success that the amount of supplies collected filled up two entire cars! Kids & Families Together would like to sincerely thank the students, staff and families of Ventura Charter School for their wonderful and generous support. And we hope they

all have a fun and fantastic summer!

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.



Award-winning journalist and author of *Fighting Chance*, Alicia Doyle will discuss her autobiography as part of the Museum of Ventura County's Local History Happy Hour series on July 27 at 5 p.m. This event is free.

### Alicia Doyle will discuss her autobiography

Alicia Doyle's first book, *Fighting Chance*, has won three awards since it was published on Valentine's Day in 2020: 1st Place for Creative Nonfiction in the 2020 North Street Book Prize Winning Writers Competition; 2020 WBAN Awards "Cool Story of the Year"; and "Best of Los Angeles Award" for Best Autobiographical Book of 2021.

Alicia's presentation will take place at the museum, where she will answer questions from the audience and autograph books for \$20 per copy. Those who cannot attend in person can watch Alicia's presentation via Zoom.

### Fourth of July Holiday WILL NOT DELAY Trash Pickup

With the Fourth of July falling on a Sunday this year, the holiday **will not affect** trash pickup. In the weeks before and after the holiday, trash, recyclables and green waste collection **will not be delayed.**

**Thank you and Happy Holiday**

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"The Museum of Ventura County is proud to host an event featuring Alicia Doyle and her new book, *Fighting Chance*," said Denise Sindelar, Deputy Director of the Museum of Ventura County. "Alicia's story is a compelling tale of one woman's journey into the male dominated world of boxing. Our mission at the museum is to record and archive the stories of the Ventura County community in order to share with future generations."

A journalist for more than two decades, Alicia has earned a reputation as "The Writer Specializing in Good News" for authoring thousands of stories about inspirational people and efforts that have a positive impact. Alicia discovered boxing at age 28 in the late 1990s when she went on assignment at a boxing gym for at-risk youth called Kid Gloves. For two years, she simultaneously worked as a newspaper reporter while training and competing as a boxer, making her one of only a few hundred women in America at the time who infiltrated this male-dominated sport. During her boxing career, she won two Golden Gloves championship titles and earned three wins by knockout—and her pro debut at age thirty in the year 2000 was named The California Female Fight of the Year.

"In today's challenging times, I am especially honored and humbled that the Museum of Ventura County invited me to discuss my book's themes of empowerment—and how boxing is a metaphor for life," said Alicia, 51, of Ventura. "To this day, the skills I discovered in the ring translate to everyday life. I learned that the fight starts from within—and when faced head-on with conviction, honesty, vulnerability and faith, the battle is sublime."

Who: Alicia Doyle, Author of *Fighting Chance*

When: July 27 at 5 p.m.

Where: Zoom streaming or in person attendance at the Museum of Ventura County, 100 E. Main Street, Ventura, CA 93001

Cost: Free

For more information about the Museum of Ventura County, visit <https://venturamuseum.org/>. For more information about Alicia Doyle, visit <https://aliciadoyle.com/>

### Enroll your child in an amazing

*Continued from page 6*

and marine art and poetry in a safe and healthy environment.

**Week of July 12-July 16, 2021. Theme: 'Tidepools, Fish & Plankton'**

Children will get to experience being a marine scientist for the week by learning about the life at the tidepools, will collect and identify plankton using scientific equipment like plankton nets and microscopes; will learn to catch, identify, and release fish, about the different fishing practices, and about our local marine protected areas.

**Week of July 19 – 23, 2021. Theme: 'Birds, Whales and Whales'**

During this 2nd week, children will get to be ornithologists (bird biologists), learn about local seabird species, and identify them through binoculars! Children will switch up and become marine mammalogists (those who study marine mammals) to learn about the whales, dolphins, and sea lions that live or pass through our coast and the Channel Islands, such as the blue whales! Will also learn about wetlands, help restore their local Kalorama wetland, participate in beach cleanups, marine art, and beach scavenger hunts.

Times: 9:00 am – 1:00 pm

3 days/week (M, W, F)

Location: At Buenaventura State Beach south of Ventura Pier.

Ages: 8 – 12 years of age

Cost: \$200/week per child

Discounts for siblings and/or two weeks registrations are available

Scholarships available based on needs.

More details at <https://www.meritofoundation.org/beachcamp>

For any questions email us [info@meritofoundation.org](mailto:info@meritofoundation.org), or call 805-765-6326

You can register your child or grandchild at <https://www.meritofoundation.org/marine-science-registration>

In partnership with California State Parks Channel District, we have been able to provide much-needed outdoor science education to over 50 children 8 to 12 years old during the COVID-19 pandemic, and our students and staff have been COVID-19 free so far due to effective preventive measures that follow California State Parks and Ventura County Health Office guidelines.





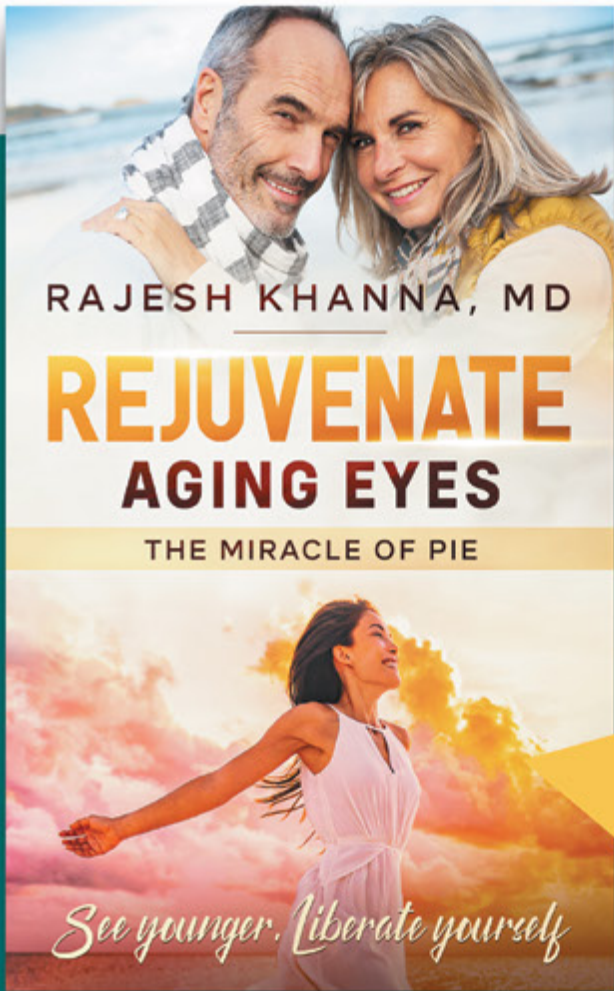
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News & Notes



Writer Jill Forman, Friends of library volunteer, helping move and set up new Foster Library bookstore. Photo by Clyde Hofflund.

The Bookmark

About Libraries and Friends

by Jill Forman

So much library news! All branches are open. Hours are mainly the same as before COVID, with minor alterations. Check the website or your branch. Staff and volunteers will continue to mask. Masking is optional for vaccinated patrons. New library website - Vencolibrary.org has an updated, bright look. All the features you counted on are still there and easy to access.

Foster Bookstore new location

Friends of the Library volunteers have been moving the partitions, furniture and books to the new location, a larger space on the first floor. Opening date is July 1. Come in and check it out!

Thanks to Sandy Greenberg and her (almost) tireless team of volunteers for getting the new store ready. We need bookstore volunteers! It's a fun way to meet other booklovers, serve your community, and help the Friends. Contact Sandy at bookstore@ventura-friendsofthelibrary.org

Hill Road Used Book Shelves

These shelves will be stocked and ready for business as of July 1. Gently-used books at bargain prices. Fiction, non-fiction, CD's and DVD's, Childrens' books at several reading levels, puzzles.

Book Sale and MORE

A real community event to celebrate summer and the loosening of pandemic precautions. July 31-August 1 at the Dudley House. Plant sale July 31, Dudley House tours August 1. Rotary will be doing a hot dog lunch.

Online Book Store

This popular service will continue, with a more select offering of books and puzzles, and with different pickup dates and times. Anyone ordering will be notified of these. Kudos to Leslie Bellmore, who got this up and running during the pandemic, and her team.

Volunteers

You may have noticed the words "Friends" and "volunteers" often mentioned in this column. The Ventura Friends of the Library runs on

community members who love books and libraries and have fun helping with many activities.

And...we love members! All our membership funds, and donations, go to support Ventura's libraries with books, supplies, and programs. To join, donate, or volunteer: info@venturafriendsofthelibrary.org, website: venturafriendsoft-helibrary.org.

Or, you can pick up our flyers in the bookstore, at the libraries, and at book sales. There is a membership form and address if you prefer to send a check.

Parent and Child Together Class: Infants/Toddlers (from Library press release)

Ventura County Library and First 5 Ventura County are proud to partner on Parent and Child Together classes for local families starting this summer. In this free 12-week class, families with infants or toddlers are invited to learn new skills together, play fun activities, and share the love of reading. "Parents are their child's first and most important teacher. Every child comes into this world ready to learn. It's never too early to talk, read, and sing to your child," says Petra Puls, Executive Director of First 5 Ventura County.

Online registration began Tuesday, May 25 for the first summer session of classes, which will be held during the months of June, July, and August. Parents must register using this link: bit.ly/VCLPact.

Change has been slow in the Permit Services Department

by Venturans for Responsible & Efficient Gov't

Nine years after the Ventura Grand Jury ruled that Ventura's Code Enforcement Division was too aggressive, change has been slow in the Permit Services Department. Now the City of Ventura believes that things will get better if it follows the consultant's report titled the Matrix Report. However, those changes don't go far enough. There needs to be a change in the philosophy within the department to make meaningful changes.

It was clear to residents that a problem existed in 2012. The feeling among residents was to avoid the building process as much as possible.

The 2011-2012 Ventura County Grand Jury opened an inquiry into the City of Ventura and its Code Enforcement Department's practices and fee policies. At the time, many citizens complained of aggressive enforcement actions, verbal threats from code enforcement officers, unauthorized searches, threatening documents, preferential treatment, and an unfair appellate system. The Grand Jury condemned these code enforcement practices.

What Hasn't Changed With Ventura Permit Services

By mid-August, the city will have completed 50% of the recommendations in the Matrix Report. Despite that, several things remain troublesome within Code Enforcement and Permit Services.

To residents, Code Enforcement and Permit Services appear to be punitive. For 40 years, department managers have said, "We work with people to make it

Continued on page 12



# Senior Living



“Now I need to cook this fish to a safe minimum internal temperature.”

## Food can be unsafe

by National Institute of Health

Food can be unsafe for many reasons. It might be contaminated by germs—microbes such as bacteria, viruses, or molds. These microbes might have been present before the food was harvested or collected, or they could have been introduced during handling or preparation. In either case, the food might look fine but could make you very sick. Food can also be unsafe because it has “gone bad.” Sometimes, you may see mold growing on the surface.

For an older person, a food-related illness can be life threatening. As you age, you have more trouble fighting off microbes. Health problems, like diabetes or kidney disease, also make you more likely to get sick from eating foods that are unsafe. So be careful about how food is prepared and stored.

Some foods present higher risks than others. Here are some tips on selecting lower-risk food options:

Eat fish, shellfish, meat, and poultry that have been cooked to a safe minimum internal temperature, instead of eating the food raw or undercooked.

Drink pasteurized milk and juices instead of the unpasteurized versions.

Make sure pasteurized eggs or egg products are used in recipes that call for raw or undercooked eggs, such as homemade Caesar salad dressings, raw cookie dough, or eggnog.

Always wash vegetables, including all salad ingredients, before eating. Cooked vegetables also are a lower-risk option than raw vegetables.

Choose cooked sprouts instead of raw sprouts.

Choose hard or processed cheeses,

cream cheese, or mozzarella, or any cheese that is clearly labeled “Made from Pasteurized Milk” instead of soft cheese made from unpasteurized (raw) milk, such as Brie, Camembert, blue-veined, or queso fresco.

Heat up hot dogs, deli meats, and luncheon meats to 165 °F (steaming hot), instead of eating the meat unheated.

### Changing Taste and Smell

As you grow older, your senses of taste and smell might change. Some illnesses, like COVID-19, or health conditions can change your senses of smell and taste. Certain medicines might also make things taste different. If you can’t rely on your sense of taste or smell to tell that food is spoiled, be extra careful about how you handle your food. If something doesn’t look, smell, or taste right, throw it out—don’t take a chance with your health.

### Smart Storage

Food safety starts with storing your food properly. Sometimes that’s as simple as following directions on the container. For example, if the label says “refrigerate after opening,” do that! It’s also a good idea to keep any canned and packaged items in a cool place.

When you are ready to use a packaged food, check the date on the label. That bottle of juice might have been in your cabinet so long it is now out of date. (See Reading Food Labels to understand the date on the food label.)

Try to use refrigerated leftovers within 3 or 4 days to reduce your risk of food poisoning. Throw away foods older than that or those that show moldy areas.



Install grab bars in your bathrooms to prevent falls.

## Senior injuries

Injuries from falls and car crashes are more common as we age. These injuries can have devastating effects. But these injuries can be prevented so you can stay healthy and independent longer.

More than 1 in 4 older adults report falling each year—this results in about 36 million falls. 1 Falls can cause serious injuries such as broken bones or a head or brain injury. 2 But falls are not a normal part of aging—they can be prevented.

There are simple steps you can take to keep yourself from falling and to stay healthy and independent longer.

Tell your doctor if you have fallen, if you feel unsteady when standing or walking, or if you are afraid you might fall.

Ask your doctor or pharmacist to review the medicines you take. Some medicines might make you dizzy or

sleepy which can increase your risk of falling.

Have an eye doctor check your eyes at least once a year and update your eye-glasses as needed.

Have your doctor check your feet at least once a year and discuss proper footwear to reduce your risk of falling.

Ask your doctor about health conditions like depression, osteoporosis, or hypotension that can increase your risk for falling.

Get rid of trip hazards like throw rugs, and keep floors clutter free.

Brighten your home with extra lighting or brighter light bulbs.

Install grab bars in the bathroom(s)—next to the toilet and inside and outside of your bathtub or shower.

Install handrails on both sides of staircases.

Preventing a Motor Vehicle Crash  
Driving helps older adults stay mobile and independent. But the risk of being injured in a traffic crash increases as we age.

As we age, declines in vision and cognitive function (ability to reason and remember), as well as physical changes, might affect our driving abilities.

You can take action to stay safer on the road and stay independent longer.

There are simple steps you can take to stay safe on the road.

Buckle Up Every Time!

Always wear a seat belt as a driver or a passenger. If you are in a crash, wearing a seat belt is one of the most effective ways to reduce your chance of getting injured. It can even save your life.

Drive when conditions are safest.

Drive during daylight and in good weather.

Conditions such as poor weather

Continued on page 11

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# Senior Living

## The National Alzheimer’s Project Act called for a coordinated national plan

Alzheimer’s disease and related dementias change the way people remember, think, and act. These diseases can be devastating for the individuals who have them and for their families and caregivers. Taking action against Alzheimer’s and related dementias is a priority for the federal government.

The National Alzheimer’s Project Act (NAPA), signed into law in January 2011, called for a coordinated national plan to accelerate research and improve care and services for people living with Alzheimer’s and related dementias and their families.

As the economic costs of care continue to climb — along with costs associated with loss of independence and quality of life — we are more driven than ever to discover, develop, disseminate, and implement solutions that will improve the lives of those with dementia, their caregivers, and their communities. Prevent and effectively treat Alzheimer’s disease by 2025

Optimize care quality and efficiency  
Expand supports for people with Alzheimer’s disease and their families  
Enhance public awareness and engagement

Track progress and drive improvement  
Alzheimer’s is the sixth leading cause of death for Americans. In 2017, it accounted for an estimated 120,000 deaths.

An analysis conducted by NIH-supported researchers found that total social costs from health care and caregiving spending for a person with probable dementia in the last five years of life was an estimated \$287,000, compared with \$175,000 for an individual with heart disease and \$173,000 for someone with cancer.

Agencies across the federal government support efforts to carry out the National Plan.

The National Institutes of Health (NIH) is made up of Institutes, Centers, and Offices that conduct and fund research into all aspects of human health. The National Institute on Aging (NIA) leads NIH’s efforts in clinical, behavioral, and social research in Alzheimer’s and related dementias through efforts aimed at finding ways to treat and ultimately prevent the disorder. NIA collaborates closely with the National Institute of Neurological Disorders and Stroke (NINDS), which manages a research portfolio targeting Alzheimer’s disease-related dementias. NIA and NINDS work with Institutes and Centers across NIH to fund related projects. NIH also collaborates with the Department of Veterans Affairs to leverage health data from millions of older veterans to contribute to Alzheimer’s research.

NIH-funded research is conducted both in NIH laboratories and at insti-

tutions and small businesses around the country. A cornerstone of NIH’s Alzheimer’s research is a group of more than 30 Alzheimer’s Disease Research Centers across the U.S. These centers conduct research to advance scientific discoveries, provide research resources for the broader research community, and work to translate research advances into improved diagnosis, treatment, and care. NIA also supports several large infrastructure programs designed to support drug development, scientific collaboration, data sharing, and clinical research.

In addition, NIA and NINDS have announced the development of a groundbreaking new research center on the NIH campus in Bethesda, Maryland. The Center for Alzheimer’s Disease and Related Dementias Research (CARD) will bring together scientists from multiple NIH Institutes and Centers to support basic, translational, and clinical research on Alzheimer’s and related dementias. The center’s efforts will complement and enhance the work of thousands of researchers working across the globe to find a treatment or cure for these diseases.

## What is Dementia? symptoms, types, and diagnosis

Dementia is the loss of cognitive functioning—thinking, remembering, and reasoning—and behavioral abilities to such an extent that it interferes with

a person’s daily life and activities. These functions include memory, language skills, visual perception, problem solving, self-management, and the ability to focus and pay attention. Some people with dementia cannot control their emotions, and their personalities may change. Dementia ranges in severity from the mildest stage, when it is just beginning to affect a person’s functioning, to the most severe stage, when the person must depend completely on others for basic activities of living.

While dementia is more common as people grow older (up to half of all people age 85 or older may have some form of dementia), it is not a normal part of aging. Many people live into their 90s and beyond without any signs of dementia. One type of dementia, frontotemporal disorders, is more common in middle-aged than older adults.

The causes of dementia can vary, depending on the types of brain changes that may be taking place. Alzheimer’s disease is the most common cause of dementia in older adults. Other dementias include Lewy body dementia, frontotemporal disorders, and vascular dementia. It is common for people to have mixed dementia—a combination of two or more types of dementia. For example, some people have both Alzheimer’s disease and vascular dementia.

What are the Different Types of Dementia?

Various disorders and factors contribute to the development of dementia. Neurodegenerative disorders result in a progressive and irreversible loss of neurons and brain functioning. Currently, there are no cures for these



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## Senior Living

types of disorders. They include:

- Alzheimer’s disease
- Frontotemporal disorders
- Lewy body dementia

Other types of progressive brain disease include:

- Vascular contributions to cognitive impairment and dementia
- Mixed dementia, a combination of two or more types of dementia

Other conditions that cause dementia-like symptoms can be halted or even reversed with treatment. For example, normal pressure hydrocephalus, an abnormal buildup of cerebrospinal fluid in the brain, often resolves with treatment.

In addition, certain medical conditions can cause serious memory problems that resemble dementia. These problems should go away once the conditions are treated. These conditions include:

- Side effects of certain medicines
- Emotional problems, such as stress, anxiety, or depression
- Certain vitamin deficiencies
- Drinking too much alcohol
- Blood clots, tumors, or infections in the brain
- Delirium
- Head injury, such as a concussion from a fall or accident
- Thyroid, kidney, or liver problems

Doctors have identified many other conditions that can cause dementia or dementia-like symptoms. These conditions include:

- Argyrophilic grain disease, a common, late-onset degenerative disease
- Creutzfeldt-Jakob disease, a rare brain disorder
- Huntington’s disease, an inherited, progressive brain disease
- Chronic traumatic encephalopathy (CTE), caused by repeated traumatic brain injury
- HIV-associated dementia (HAD)

The overlap in symptoms of various dementias can make it hard to get an accurate diagnosis. But a proper diagnosis is important to get the right treatment. Seek help from a neurologist—a doctor who specializes in disorders of the brain and nervous system—or other medical specialist who knows about dementia.

To diagnose dementia, doctors first assess whether a person has an underlying treatable condition such as abnormal thyroid function, normal pressure hydrocephalus, or a vitamin deficiency that may relate to cognitive difficulties. Early detection of symptoms is important, as some causes can be treated. In many cases, the specific type of dementia a person has may not be confirmed until after the person has died and the brain is examined.

## Teaming up to expand Alzheimer’s and Down syndrome research

**by Laurie Ryan**  
*Chief, Clinical Interventions and Diagnostics Branch, Division of Neuroscience and Nina Silverberg Director, Alzheimer’s Disease Centers Program, Division of Neuroscience*

Each year, about 6,000 American children are born with Down syndrome (DS), the most common chromosomal disorder. Adults with DS are at very high

risk for developing Alzheimer’s disease (AD). Virtually all adults with DS have brain changes consistent with AD by age 40, and a high percentage of them go on to develop dementia by their late 60s. But there is wide variation in age at dementia symptom onset, which suggests there are additional genetic, biological, and environmental factors that modify disease progression. We need further and more intensive research to better understand how AD develops in people with DS and to develop possible treatments to delay or prevent it.

To tackle this challenge, in 2018, NIH launched the Investigation of Co-occurring Conditions Across the Lifespan to Understand Down Syndrome (INCLUDE) Project. INCLUDE supports DS-related research across the lifespan via basic science, clinical studies, and clinical trials. INCLUDE prioritizes the rapid and broad sharing of data, biosamples, knowledge, and tools to the wider research community along with training the next wave of DS-integrated scientists.

The Alzheimer’s Clinical Trials Consortium-Down Syndrome (ACTC-DS) is one such INCLUDE-supported program. It builds upon the NIA-supported Alzheimer’s Clinical Trials Consortium to conduct AD clinical trials in adults with DS in the United States and Europe, including sites that are part of the NIH-supported Alzheimer’s Biomarkers Consortium – Down Syndrome (ABC-DS). ACTC-DS’s first project is the Trial-Ready Cohort – Down Syndrome, which aims to create a cohort of adults living with DS who are interested in participating in future AD clinical trials and willing to undergo blood tests, brain imaging, and cognitive testing.

NIA and the Eunice Kennedy Shriver National Institute of Child Health and Human Development (NICHD) have a long-standing history of collaboration in AD and DS research. In September 2020, we were pleased to build upon this history and host a virtual meeting of the NIA-funded Alzheimer’s Disease Research Centers (ADRCs) and the NICHD-supported Eunice Kennedy Shriver Intellectual and Developmental Disabilities Research Centers (IDDRCs). The workshop connected a wide range of investigators from multiple institutions and encouraged collaborations within and among the sites.

Several joint projects are now in development as a result of the introductions fostered during this meeting. Attendees discussed and were encouraged to use the Down syndrome-specific module developed by the National Alzheimer’s Coordinating Center and available for use by ADRCs and IDDRCs. This DS clinical and cognitive assessment module is harmonized with some of the ABC-DS clinical and neuropsychological measures. Data and biosamples generated from the participants who are being evaluated with the module will also be available for broader sharing.

If you’re passionate about DS and AD research, join us! The resources from these important collaborative efforts will be available for investigators who are interested in further expanding DS and AD research. To learn more about INCLUDE Project funding opportunities and supported investigators and projects, visit the INCLUDE website. Please reach out to Laurie Ryan, Nina Silverberg, and Melissa Parisi with additional questions.



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## Elder abuse is intolerable

**by Chair-Elect of NCOA’s Board of Directors and President & CEO of Greenlee Global, LLC**

We all deserve to lead happy and healthy lives free from abuse as we age, yet older people are mistreated more often than we think.

Older adults are mistreated more often than we think due to the lack of supports in our communities.

It doesn’t have to be this way. In support of World Elder Abuse Awareness Day (WEAAD) today, get involved in creating a stronger society that safeguards our communities and prevents abuse.

It could be happening to your neighbor, your aunt, or someone you know from church. It could be physical, emotional, or financial. Almost always, it is silent.

It is elder abuse, and it is more prevalent than you might think. Studies have found that at least one in 10 older adults living in the community experienced some form of abuse in the prior year. In almost 60% of incidents, the perpetrator is a family member.

Elder abuse is a hidden crime that robs older adults of their dignity, money, health, and in some cases, their lives. June 15 is World Elder Abuse Awareness Day, a chance to shine a spotlight on this global challenge—and work as individuals and as a society to stop it.

While elder abuse is silent, there are warning signs. Some may be clearly visible—such as bruises or bedsores. Others may show up in unexpected ways. An older adult who was engaged and alert may become depressed and uninterested in people and activities they used to love. There may be sudden changes in the person’s finances that cannot be explained.

Each of us plays a role in understanding and reporting elder abuse. If you know of an older adult who is in immediate, life-threatening danger, call 911. If you suspect abuse, contact your local Adult Protective Services office by calling the Eldercare Locator at 1-800-677-1116.

While each of us as individuals needs to be vigilant, government needs to step up. In 2010, NCOA advocated for passage of the Elder Justice Act, the first compre-

hensive legislation to coordinate elder abuse prevention at the federal level. But it has taken more than 10 years to finally secure significant funding for it.

In response to the pandemic, the 2020 year-end funding bill included \$100 million in emergency funding for elder justice programs. The American Rescue Plan signed by President Biden in March invests another \$276 million per year in the Elder Justice Act over the next two years.

These resources are sorely needed and will be used quickly. But more work remains. NCOA continues to follow the lead of the Elder Justice Coalition in endorsing key bills to address financial exploitation, empower financial institutions, and strengthen activities on the judicial side of this effort. That includes the Stop Senior Scams Act and Elder Abuse Protection Act already introduced in the 117th Congress.

Abuse of any person at any age is intolerable. We must do all we can to ensure that every American is safe.

### Senior injuries

*Continued from page 9*  
(like rain or snow) and driving at night increase your chance of a crash.

Never drink and drive.  
Alcohol reduces coordination, impairs judgement, and increases the risk of being in a crash.

Before you drive, find the safest route with well-lit streets, intersections with left-turn signals, and easy parking.

Watch your distance.  
Leave a large following distance between your car and the car in front of you. You may experience delayed reflexes or slower reaction time as you age.

Don’t drive distracted.  
Avoid distractions in your car, such as listening to a loud radio, talking or texting on your phone, and eating.

Get a ride.  
Consider alternatives to driving, such as riding with a friend or family member, taking a ride share service, or using public transportation if possible.





# This 'n' That



*"Modern dance is an investigation of movement from the inside out."*

## Master classes offered for dancers and dance teachers at NAMBA Performing Arts Space

On Saturday, July 10, and Tuesday, July 13, danah bella (it's spelled this way), Director of the BFA Dance program at the Peabody Conservatory at Johns Hopkins University will teach master classes for both dancers and dance teachers at NAMBA Performing Arts Space.

"Modern dance is an investigation of movement from the inside out," states bella. "This class encourages efficient use of alignment and technique while exploring full bodied movement with an emphasis on strength, breath and dynamics." danah was named one of Baltimore Sun's 25 Women to Watch in 2018 and just recently received the Maryland Dance Education Association's 2021 Higher Education Dance Educator of the Year Award.

"We are thrilled to be able to offer this level of dance education to our local community," said Cathy Butter, Dance Liaison at NAMBA Performing Arts Space.

In addition, on July 18 danah will teach a master class for local dance teachers utilizing Functional Awareness® (FA); an approach to embodied anatomy through reflective practice to enhance

our understanding of movement function, facilitate ease in body action, and improve movement skills. For more information about FA: <https://function-alawareness.org/>

Classes will be held at NAMBA Performing Arts Space, 47 S Oak St. in Historic Downtown Ventura. Cost for individual classes is \$25. To sign up visit [NambaArts.com](http://NambaArts.com) or call (805) 648-9250.

danah bella, is the artistic director of danah bella DanceWorks, a modern dance company focused on reclaiming evocative movement as social practice. She is an award-winning choreographer who has performed & presented her work throughout the country and abroad. danah has taught workshops and has been artist in residence in festivals and universities throughout the United States.

NAMBA Performing Arts Space is a 501(c)3 non-profit organization in historic Downtown Ventura with a mission to provide an intimate venue to inspire and develop interdisciplinary art projects with a creative emphasis on dance, music, theater, writing and audio-visual arts.

## United Way welcomes new chair and members to Board of Directors

Dr. Greg Gillespie, Chancellor of the Ventura County Community College District will assume the duties as Chair of the Board of Directors for the United Way of Ventura County on July 1, 2021. Dr. Gillespie will serve in this capacity through June 30, 2022. Dr. Gillespie

succeeds Midge Campbell-Thomas, Market President of Santa Barbara and Ventura counties. Ms. Campbell-Thomas will serve as Immediate Past Chair and Treasurer. The United Way's volunteer Board is a dynamic group of community leaders representing diverse fields of expertise including business, education, financial, legal, and healthcare.

"It's an honor to be able to serve as Chair of United Way's Board of Directors during this unique time," said Dr. Gillespie. "I am looking forward to serving with my fellow board members and United Way staff in our commitment to helping Ventura County residents achieve their full potential in education, financial stability, and health."

New members added to the Board of Directors include Ashley Bautista, Public Information Officer, County of

Ventura; Nancy A. Grygiel, Senior Vice President and Chief Compliance Officer, Amgen, Inc.; Tim Harrington, Regional Account Executive, Deluxe Corporation; Eduardo Lucero, Vice President of Production, Reiter Affiliated Companies; Dr. Cesar Morales, County Superintendent of Schools, Ventura County Office of Education; Marisela Rios, Senior Director of Finance, Medtronic; Manan Shah, Vice President and General Manager of California Individual Business, Anthem; and Kathryn M. Stiles, Director of Community Well-Being, Adventist Health Simi Valley.

Outgoing Board members included Antonio Castro, Assistant Superintendent of Educational Services, Ventura Unified School District; John C. Lindsey, President and CEO, Lindsey & Lindsey Wealth Management; Laura K. McAvoy, Partner, Musick, Peeler & Garrett, LLP; Michele Newell, Public Affairs Specialist, Aera Energy, LLC; Matthew A. Shrope, Agency Owner, Farmers Insurance; Jesus Torres, CEO, LEAD Public Strategies; Mark Varela, Chief Probation Officer, County of Ventura; Rigoberto Vargas, Director, Ventura County Public Health; and Trish Williams, Chief Risk Officer, CBC Federal Credit Union.

"We are truly grateful for the leadership and support of our outgoing Board members," said Eric Harrison, President and CEO of United Way of Ventura County. "We're excited to welcome a diverse group of new Board members as we look ahead to continuing our work improving the lives of our most vulnerable neighbors in need and making a lasting impact in Ventura County."

Since 1945, United Way of Ventura County has advanced the common good by creating opportunities for a better life for all. United Way identifies the root causes of poverty and works strategically to solve them by building alliances across all sectors, funding targeted programs and advocating for change. When we work together in common purpose, we LIVE UNITED. For more information about United Way of Ventura County, visit [www.vcunitedway.org](http://www.vcunitedway.org).

### Mailbox

*Continued from page 4*

Tree Master Tree Plan, Appendix B Theme Street Tree Well Replanting (pg24/107). In fact, Queen Palms represent almost 5% of all Ventura street trees.

Oddly, the popular and attractive Queen Palm is absent from the 2019 City of Ventura Recommended Tree List.

Also strange is that even though Ventura has its own city Fire Department and an Urban Forestry Program, somehow the 2020 City Tree Master Tree Plan incorporates the Ventura County Fire Department Fire Hazard Reduction Program, a document which is ill-suited for determining appropriate trees along urban corridors.

Overall, it seems that the future of Ventura shall be without palms, which is a shame given their instant associate with beaches, sun, and fun, which really is Ventura in a nutshell.

Lucien Belmont

to opinions

Cars on Main and California Streets

Please keep them off as the air is cleaner now and like cities and towns in the rest of the world we now have a great communal space and the merchants I talk to like it also.

Michael Salisbury

### Change has been slow in Permit Services

*Continued from page 8*

user-friendly." However, that statement is no more than 'lip service.' In reality, inspectors act as if they were police officers. They flash an official badge and demand entry, or they will get a warrant—the same behavior listed in the Grand Jury report.

Code enforcement employees defend their actions by saying they are looking out for everyone's safety by enforcing state building codes. They didn't create the regulations; they enforce them—the Nuremberg defense.

Property owners told us about inspectors that enter older buildings. They try to apply current building standards to them instead of researching the building standards at the time of construction.

Protesting an accusation is difficult, time-consuming and frustrating. Once Code Enforcement receives a complaint, they assume the property owner is guilty until proven innocent. This mindset is contrary to the legal system in our country.

### Inviting New Problems Into Your Home

Permit Services still uses intimidation as a weapon. For example, the property owner calls for an inspection after installing a water heater replacement. The inspector arrives to make sure the water heater is hooked up correctly. While there, the inspector looks for other building issues such as electrical, gas, venting, unpermitted structures, and more. If they see something, then off it goes to Code Enforcement. The homeowner soon receives a letter demanding corrections and threatening penalties unless the property owner makes changes within a limited time.

Complaints drive almost all the code enforcement investigations. Reacting to accusations leaves little time for inspectors to discover infractions on their own.

### Fear of Retaliation and Horror Stories

We heard many horror stories researching this topic, yet we cannot write about them because the property owners feared retribution or retaliation.

### The Building and Planning Process Gets Longer

In the recent past, it took about 90 days to get a construction permit in Ventura. Today, it could take years.

Nine years ago, the Ventura Grand Jury recommended changes in Ventura's Permit Services Department. Today, the city is making changes slowly. Unfortunately, stifling regulations, protracted processes and fees provide property owners no compelling reason to improve their properties.

The city is implementing the Matrix Report. Yet, according to the timetable, the implementation will be 50% complete at best by mid-August 2021. And nothing in the Matrix report addresses the core problem: the attitude within the department.

If the department changed their attitudes ever so slightly to work with people and make the permitting and building process user-friendly, citizens wouldn't fear working with Permit Services.

Now is the time to act before the city loses focus on making the needed changes to Permit Services.



# 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.

## Robbery, Delaying a Peace Officer, and Vandalism Arrest

On June 11, at approximately 9:00 pm, Ventura Police Patrol officers responded to a report of a theft which just occurred in the 1000 block of East Thompson Blvd. The suspect had entered the business and after a brief altercation with the employees, stole an item from the business. The suspect then left the business and was reported to be armed with a knife.

Patrol officers and a K-9 officer arrived on scene and contacted the suspect, 36-year-old Pete Holder. Holder was armed with a knife and a blunt object. Holder refused orders to drop the knife however was taken into custody. Officers on scene determined Holder had brandished the knife at an employee of the business after stealing property and threatened to stab the employee. It was also determined just prior to the robbery; Holder had slashed multiple tires at a separate business in the area.

Holder was arrested and booked at Ventura County Jail for Robbery, Delaying a Peace Officer, and Vandalism.

A search of the Ventura County Superior Court website revealed Holder has arrests for Resisting an Executive Officer, Removing a Weapon from a Peace Officer, Battery with Injury on a Peace Officer, and Arson. Holder is also currently on Parole Supervision.

## Shooting Investigation with Arrest

On June 26, at about 6:50pm, the Ventura Police Department responded to a call of a shooting victim in the 600 block of Cedar St.

Officers arrived on scene and found the victim suffering from a single gun shot wound to his torso. He was transported to the Ventura County Medical Center for life threatening injuries.

The subsequent investigation revealed that the suspect and victim had a brief encounter while in their vehicles near Olive St and Harrison Av. The suspect followed the victim to the 600 block of Cedar St where an altercation ensued.

The suspect, later identified as James Cruz, produced a handgun, and shot the victim. Cruz fled the location in his vehicle.

Later in the evening, officers located the suspect vehicle on Victoria Av. The suspect was stopped and taken into custody without incident.

Cruz was booked into the Ventura County Jail on charges of attempted murder. The victim remains in serious condition in the hospital.

Anyone with information about this crime is asked to call the Ventura Police Department.

## Narcotics Arrest

On June 23, at approximately 7:00 am, Ventura Police Department patrol officers responded to a call for service of a subject passed out behind the wheel of a vehicle that was running. Officers arrived and discovered the driver, 52-year-old Ventura resident Michael Arellanes, was asleep behind the wheel and under the influence of a controlled substance.

During the subsequent investigation, officers discovered and recovered a large quantity of Fentanyl and evidence of narcotics sales inside Arellanes's vehicle.

As a result of the investigation, Arellanes was arrested for under the influence of a controlled substance and possession of narcotics for sales.

A search of the Ventura County Superior Court shows that Michael Arellanes has several

prior arrests for narcotics violations including numerous arrests for narcotics sales.

## Stabbing Arrest

On June 26, at 7:45am, the Ventura Police Command Center received multiple calls about a stabbing in progress in the shopping center at 1145 S. Victoria Ave. The first patrol officer arrived on scene in less than 3 minutes and was directed by witnesses to the suspect's exact location, which was now inside Vons. The suspect (later identified as Daniel Rodriguez 3-31-72)) was located by officers inside Vons still holding a knife. When given verbal orders, the suspect put down the knife but would not comply with any other commands. After a brief struggle, officers were able to safely take Rodriguez into custody.

After speaking with multiple victims and witnesses, officers learned Rodriguez was responsible for stabbing one person inside Wing Stop and another person inside I Love Sushi. While walking between the two businesses, Rodriguez threatened to stab one other person in the parking lot. There was no relation between any of the victims. Both victims who were assaulted inside the restaurants received non-life threatening injuries and are being treated at a local hospital.

After being interviewed by Detectives, Rodriguez was arrested for 3 counts of assault with a deadly weapon.

# Harbor Patrol Blotter

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

**6/9** 2:32pm, dispatched to a lift assist in the Ventura Marina Community. Officers responded and assisted a hospice patient move to their bed, no medical.

**6/10** 9:45pm, while on patrol, officers observed a large group (500) of juveniles at Surfers Knoll. With assistance of Ventura PD, the crowd was dispersed.

**6/11** 8:00am, dispatched to a traffic accident on 1363 Spinnaker Dr. Officers responded and assisted VFD, VPD and AMR with a patient whose vehicle was rear-ended and sustained moderate injuries and major vehicle damage.

**6/12** 6:03am, dispatched to an unconscious person at VWM B-dock. Officers responded and assisted a female with a spider bite, transported to hospital.

12:55pm, dispatched to a male not breathing, no pulse in the 1691 Spinnaker parking lot. Officers responded and found a patient overdosing, beginning assessment. AMR medics further assessed, transported patient to local hospital.

7:10pm, while on patrol in Fireboat, officers educated the skipper of a Boston Whaler in violation of speed/wake ordinance in the main channel of harbor.

**6/13** 10:10am, while on patrol officers contacted a paddler on a surfboard in the turning basin of the harbor. He was educated about the no paddleboard or surfboard ordinance in the harbor and not in possession of a lifejacket.

1:08pm, while on patrol in Rescue B17, contacted an individual on a motorized foilboard near the fuel dock. Educated about registration/PFD/Speed violations.

**6/16** 11:30pm, while on patrol in the vehicle, officers discouraged a large RV towing a SUV from making a right turn



## Exciting New Changes to Your Trash Service, Coming July 5

Starting in July, you will no longer have to remember which cart to put out each week. Beginning the week of July 5, E.J. Harrison & Sons will collect ALL THREE carts – trash, recycling and yard waste – every week, at no additional charge! **Note:** Your pickup day of the week will not change. Simply set out all three carts on your regularly scheduled pickup day.

This service upgrade will provide more room for you to recycle and allow Harrison to divert more recyclables and organics from the landfill.

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on to Spinnaker Drive and heading into the harbor. The vehicle had no working lights and was looking for a place to park for the night. Educated the driver of the oversize vehicle ordinance in the city.

**6/17** 6:25pm, dispatched to a drowning at Surfers Knoll. Officers responded in the fireboat and observed the patient was on the beach and CPR in progress. They returned and responded in the vehicle to assist multiple agencies with the call. Patient transported to local hospital and later discovered to be recovering well.

**6/18** 1:03pm, received report of a stingray strike near the Surfers Knoll groin. Officers responded with hot water to treat the puncture wound with Lifeguards.

**6/19** 7:50am, contacted by individual concerned about a person screaming in the L/R restrooms. Officers investigated and found an individual having internal issues and refused any medical assistance, advised to contact 911 if anything changes.

10:30am, contacted a group conducting competitive paddling class at the L/R.

Advised to secure a permit for such activities in the future through Port District.

5:00pm, received request from TowBoat US to assist with a sinking vessel they are towing into the harbor. Officers assisted with Rescue B17, dewatering the vessel as it was towed. Further, officers on land blocked off the east side of the launch ramp so the vessel could be put on a waiting trailer. The vessel was found abandoned at Point Mugu and was a panga possibly used in a smuggling event.

**6/21** 5:39am, observed weather advisory for large South Swell and continued strong rip currents from the swell along all Harbor beaches.

7:17pm, dispatched to a seizure patient at VWM E-dock. Officers responded and assisted VFD/AMR with the call. Patient transported to hospital for evaluation.

**6/22** 11:15am, dispatched to a lock-out in the Ventura Marina Community. Officers responded and were able to gain entry into the unit for the owner. No medical.

### Weekly SUDOKU

Answer

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

### King Crossword

Answers

Solution time: 23 mins.

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



# The Pet Page



Dedicated to Scamp

■ SPAN Thrift Store is open to the public and looking for donations of adult clothing, household items and tools if you've got items you no longer use. SPAN Thrift Store regularly provides \$10 spays and neuters for low income households with cats and dogs.

Three upcoming clinics in July are: Tuesday, July 6th at the Albert H. Soliz Library - El Rio, 2820 Jourdan St., Oxnard, 93036, a second one on Tuesday, July 20th at SPAN Thrift Store parking lot 110 N. Olive St. (behind Vons on Main), and a third one on Tuesday, July 27th at Shiells Park, in the parking lot, located at 649 C St., Fillmore, 93015.

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

■ The White House announced the death of Champ, one of President Joe Biden's dogs. Mr. Biden and first lady Jill Biden said in a statement that the 13-year-old German Shepherd "passed away peacefully at home."

"He was our constant, cherished companion during the last 13 years and was adored by the entire Biden family. Even as Champ's strength waned in his last months, when we came into a room, he would immediately pull himself up, his tail always wagging, and nuzzle us for an ear scratch or a belly rub."

■ The Humane Society of Ventura County is proud to introduce Humane Officer Jenna Utter, who was officially sworn in on June 10 by Judge Henry Walsh at the Ventura County Courthouse. A ceremony was later held at the shelter in Ojai, where Officer Utter's badge was presented to her by Director of Investigations Jeff Hoffman, Senior Humane Officer Kendra King, and Jenna's father, Steven Utter.

Officer Utter began her journey with the HSVC as an Adoption Counselor in November of 2019. Now badged, Officer Utter will continue training with Senior Officer King in the field, where she will be able to investigate cases of animal abuse and neglect. In addition to enforcing California's anti-animal cruelty and neglect laws, Humane Officers educate the community about responsible pet ownership and offer resources to pet owners in need. Officer Utter has consistently proved her commitment to such duties and continues to represent the HSVC with class, kindness and pride.

■ Freshpet Inc. is voluntarily recalling a single lot of Freshpet Select Small Dog Beef & Egg Dog Food for possible Salmonella contamination. This lot was supposed to be destroyed, but it was inadvertently shipped to retailers in limited geographic markets between June 7, 2021 to June 10, 2021. There have been no reports of illness or adverse reactions reported to the company to date in association with this issue.

No other Freshpet products or lot codes are affected by this recall. These products may have been sold at Publix

supermarkets in Florida, South Carolina, and Georgia, and at limited Target locations in Arizona and Southern California. Most of the dog food was intercepted at retailer distribution warehouses and was not delivered to retail stores.

The recalled item is FreshPet Select Small Dog Bite Size Beef & Egg Recipe that is packaged in 1 pound bags. The sell by date of 10/30/21 L2 is stamped on the package. The UPC number is 627975012939, and the lot code is 1421FBP0101.

Salmonella can sicken dogs eating this product. Symptoms may include lethargy, diarrhea which may be bloody, fever, and vomiting. Infected but otherwise healthy dogs can be carriers and can infect other animals or people. If your dog has been ill, see your veterinarian.

People can get sick from contaminated pet food in several ways. Dogs can shed the bacteria in their feces, which can contaminate their coats and the surrounding environment. Or if a person handles the food and doesn't wash their hands properly, they could get sick. Human symptoms of Salmonella food poisoning include a fever, nausea, vomiting, abdominal pain, and diarrhea that can be bloody.

## ■ Daily Paws Can Dogs Eat Cantaloupe? by Brendan Howard

The common refrain from the nation's nutrition experts for decades, "Eat your fruits and vegetables," can be just as true for dogs. While veterinary nutritionists still encourage dog parents to pick a complete and balanced diet to feed daily, they also give a thumbs-up to smart, healthy dog treats, according to board-certified veterinary nutritionist Sean Delaney, BS, DVM, MS, DACVN, whose website builds safe, complete recipes for veterinary clients.

"Fruits like cantaloupe are a rich source of dietary fiber that support gut health," Delaney says. "And they provide natural antioxidants that likely fight oxidative damage believed to be a leading cause of aging."

Cantaloupe has sugar, of course, but the melon is 90% water, so it has a fairly low glycemic index. That means there is less sugar per pound, and your veterinarian may recommend high-water fruits like cantaloupe if your dog is dealing with obesity or diabetes.

There's nothing particularly toxic about cantaloupe. It's mostly water and sugar. The big issue is the rind, according to Renee Schmid, DVM, DABVT, DABT, a veterinarian toxicologist who works with Pet Poison Helpline.

"Large amounts of cantaloupe may cause gastrointestinal upset, but it's fine to eat," Schmid says. "The rind, however, may be hard to break down and pass."

That's most likely to happen if a dog got into a bunch of discarded cantaloupe rinds in the trash, but even a small amount of rind can cause diarrhea, vomiting, or stomach upset. Ditch the rind and keep it out of your pup's reach.

Seeds, too, are indigestible and can

## Scamp Club

(Scampclub pets are not for adoption.)



Hi: My name is Dumbo. I'm a circus elephant who was born in 1941. I was ridiculed because of my enormous ears until a mouse helped me to achieve my full potential. I like to fly in the sky with the birds and entertain children.

## Join Scamp Club

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

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

cause stomach upset, so scoop out that middle part of the cantaloupe. (We don't usually eat that goop either.) The leaves and the vines of the cantaloupe plant, which are nontoxic, may still cause blockages or upset stomachs as well.

There's also always a small chance that cantaloupe, or any human food, won't agree with your particular dog because they eat too much of it or have a food allergy. Check with your veterinarian if a bad bout of diarrhea or vomiting doesn't resolve quickly after introducing a new food or treat to your dog's diet.

■ Maintain a regular routine to keep your dog from feeling stressed. If you need to change your schedule,

gradually do so.

Veterinarian Kurt Venator, chief veterinary officer at Purina, told Insider that dog owners should try and keep their schedules as consistent as possible.

"Having a predictable routine lets your dog know what will happen next, which reduces stress," Venator said. "Changing their environment or routine can trigger anxiety in dogs."

A dog-friendly daily routine should include exercise, playtime, and regularly spaced meals.

If you're anticipating changes to your schedule, it's better to ease into them, like gradually shifting your dog's mealtime by 15 minutes each day.



The Humane Society of Ventura County is proud to introduce Jenna Utter.

**SPAN Thrift Store**  
SPAY/NEUTER ANIMAL NETWORK

**\$10 Low/No Income Spay & Neuter**  
Tuesday July 6th  
Albert H. Soliz Library - El Rio  
2820 Jourdan St., Oxnard, CA 93036  
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**\$10 Low/No Income Spay & Neuter**  
Tuesday July 20th  
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Call us today!

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649 C Street, Fillmore, CA 93015  
Must call for appointment  
(805) 584-3823

**805.641.1170** **110 A & B N. Olive St., Ventura CA 93001** **www.spanonline.org**



# The Pet Page

## Forever homes wanted

Hi: I'm Nani, an almost 3-year-old Siberian Husky who is looking for a fun and active family. I'm great with other dogs, both big and small, and would benefit from a fur sibling as I don't enjoy being left home alone. I love people and exploring. I'm also great with children. Canine Adoption and Rescue League C.A.R.L.



Torbie (tabby/tortie!) 5-year-old female. When she first came to us she was very shut down and afraid. She melted our hearts with her soulful eyes. She is still shy, but is coming out of her shell. We found out she likes a gentle petting and has the softest purr. If you are looking for a mellow and sweet feline friend... this is your girl! Come meet her during our cat adoptions from 1



p.m. to 6 p.m. Tuesday-Sundays! Ventura County Animal Services - Camarillo location - 600 Aviation Dr. Gati #A773987

### C.A.R.L's Pet Care Center

Taking Reservations Now



901 Mission Rock Road  
Santa Paula  
Call: 805-525-3212 or  
Email: [reservations@carldogs.org](mailto:reservations@carldogs.org)



### C.A.R.L's Pet Care Center Provides Dog & Cat Boarding.

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[www.carlspetcarecenter.com](http://www.carlspetcarecenter.com)

## This 'n' That



Aurora Loss with scholarship winner Vanessa Apodaca.

## Ventura College Foundation receives nearly \$185,000 gift from Aurora Loss Estate

Ventura College Foundation, which provides financial support to students and programs of Ventura College, received \$184,105 from the estate of long-time Ventura College supporter Aurora Loss who passed away in April 2020 at age 102. Loss has a 20-year history of giving to Ventura College Foundation to fund scholarships for Ventura College nursing students.

Loss' donation is divided equally with \$92,052 designated for the establishment of the Aurora Loss Scholarship Fund endowment and \$92,052 to the college's

nursing department for the purchase of medical training equipment. The scholarships will be managed and awarded through the Ventura College Foundation.

Loss grew up on a farm in a mining town in Montana. An independent and career-driven woman, she attended Billings Business College and soon was employed in the engineering industry and as a government administrator during WWII.

Her career included working at the Pentagon. While in Washington D.C., she became ill and was hospitalized. Doctors minimized her symptoms but

## This 'n' That

she received the support of a nurse who advocated for her. Loss believed the nurse helped save her life. She never forgot the nurse's kindness. When Loss eventually relocated to California, she found an opportunity to reciprocate by supporting Ventura College's nursing students with scholarships and program support.

Dr. Sandra Melton, director of the college's School of Nursing & Allied Health, had the opportunity to have lunch with Loss on several occasions and to take her on a tour of the nursing school.

Currently, 151 students are enrolled in the Ventura College two-year nursing program. The program normally enrolls up to 200 students, but the pandemic temporarily limited the number of enrollments. The students use life-like manikins (also known as patient simulators) in the learning process. These manikins are computer controlled and simulate breathing, life-like sounds, heartbeats, pulse and other bodily functions. As a tribute to Loss' generosity, one of the manikins is being named, "Auntie LaLa" in her memory.

"The manikins allow students to use their critical thinking skills to perform patient assessments and administer patient interventions in a safe environment," says Melton.

Melton says her department currently uses three high fidelity adult, pediatric and birthing simulators and is considering adding a more advanced wireless child simulator with Loss' donation. The department will also purchase additional medical equipment with the funds. "It's important that students have access to practice with the same equipment that they will use in local hospitals," she says. "We're always updating our program with the latest technology."

The nursing program is one of the most expensive on campus. Students must purchase textbooks, uniforms and medical supplies such as stethoscopes, and pay for drug testing, CPR certification and licensing exams. "Scholarships help offset some of these costs," says Anne Paul King, Ventura College Foundation executive director.

The Ventura College nursing program enjoys a 100% hiring rate for those graduates seeking employment with the majority of graduating students accepting positions locally. "The generous donations from Aurora Loss will support the degree completion of our nursing students," says Ventura College President Kim Hoffmans who is also a registered nurse.

For more information about scholarships and other support services provided by the Ventura College Foundation, go to [www.VenturaCollegeFoundation.org](http://www.VenturaCollegeFoundation.org).

## VCMRF announces new chairman and new board members

The Ventura County Medical Resource Foundation (VCMRF) Board of Directors is proud to announce a new Chairman of the Board and 4 new members. Founded in 1956, the role of the Ventura County Medical Resource Foundation is to provide service to low-income and underserved families throughout Ventura County, and to connect people to resources that support the community. The Foundation's mission is to improve, in partnership with others, access to needed health care for the most vulnerable and underserved residents in Ventura County. Some of the vital programs and services include: providing dental and vision care to low-income children and seniors, unable to obtain treatment for conditions that interfere with their development and every day lives.

VCMRF's Board of Directors announced that Sean P. McCulloch AVP/Commercial Loan Officer, at Ventura County Credit Union (VCCU), is the new Chairman of the Board. He has thirty years of leadership, sales and service experience, in the financial services industry, that includes a strong background in commercial real estate, industrial lending, and construction lending experience, to members of VCCU. His community involvement is vast and comprehensive.

The following new members have joined VCMRF's Board of Directors:

- Michael K. Boyko – Founder, Boyko & Reardon Telegraph Road Mortuary & Cremation & Principal of Joseph P. Reardon Funeral Home & Cremation Service
- Joe Espino – First V.P Regional Community Manager – Community West Bank
- Mark Spellman – Senior Account Executive/Media Consultant, Lazer Broadcasting
- Ann Howarth – Real Estate Agent, RE/MAX
- Kathryn m. Stiles – Director of Community Well-Being, Adventist Health Simi Valley

Michael k. Boyko is founder of Boyko & Reardon Telegraph Road Mortuary & Cremation; Principal of Joseph P. Reardon Funeral Home & Cremation Service; Founder of the Cremation Society of Ventura County and Santa Barbara Foundation. He served as the Past President of the Los Angeles County Funeral Directors Association and has other professional affiliations with local non-profits and has received many academic awards and published a paper on Microbial Origination of Life on Planet Earth.





by Pam Baumgardner  
VenturaRocks.com

I love a good night of live music, but every now and then you leave a venue with such a smile engrained on your face that the muscles truly ache, but it feels so right. Such was the case when I caught one of Cadillac Zack Presents shows at Cantara Cellars this past week. This one featured Jimmy Vivino, band leader for the Conan O'Brien Show. I knew the music would be stellar, but I still was not prepared for what would unfold. For starters, you could tell Vivino was just as anxious for a great night of live music; this was his first live performance since the pandemic hit. When told by the soundman he needed one more minute before starting, Vivino quipped to the audience, I've waited 15 months to play, I guess I can wait one more minute. Vivino would continue to talk to us audience members treating us like friends he hadn't been able to hang out with for so long. The band was super tight with drummer Vince Fossett, bass player Rick Reed and uber talented Anders LaSource aka Sugarmill Slim on harp. And as much as I loved the blues classics they played, for me it was the classic rock tunes including "Are you Experience" by Hendrix and "Midnight Rambler" by the Stones that cemented that smile on my face. And while all that was fabulous including a killer guest performance by Debbie Davies, it was the unannounced appearance of Fito de la Parra, drummer for Canned Heat that made this night so extraordinarily cool. Imagine sitting there listening to killer renditions of "On the Road Again," "Going up the Country" and "Let's Work Together" with the original drummer of this iconic group when you realize, this man was not only at the Monterey Pop Festival, but he was at freakin' Woodstock!! I'll be smiling for quite some time.

Quick Notes: Pierano's has been approved for a full liquor license; Made West Brewing is back up with live music on most Thursdays, Saturdays and Sundays; Pato Banton & the Now Generation play Mrs. Olson's on July 1; Sick Boy returns to the Sewer on July 2; Tuesdays night Nardcore Nights continue at Rock & Roll Pizza in Camarillo with Free Love Project and No Remorse on July 6, and iDecline with Devil's Daughter on July 13; Ventura Jazz Orchestra w/ Donna Greene perform at Poinsettia Pavilion on July 9; Cadillac Zack presents Guitar Shorty at Cantara Cellars on July 9; Rachel Flowers with Hans Ottsen and Adam Clark will be at NAMBA on July 10; Oceanview Pavilion Performing Arts Theatre by the Beach tribute bands Smooth Sounds of Santana on July 10 (\$2 cover); Tommy Marsh will be back in town for a couple of dates as Crooked

Eye Tommy, first at Grapes & Hops on July 9 and then at Winchesters on July 11; Surfer's Point Live just announced Scotty McCreery and Rodney Atkins for July 30, Sublime with Rome and Dirty Heads play October 9; and Lukas Nelson & Promise of the Real perform at the Ventura Theater on September 9.

Interview with Wyatt Hull of Hy Brasil  
Pam Baumgardner: How did the pandemic affect you as an artist?

Wyatt Hull: The pandemic mostly changed the way I was making music at the time. I went from working songs out live in a studio with a band to recording in my kid's nursery and emailing tracks back and forth to others.

So, you were productive during this time?

Wyatt: It was a roller coaster. At times I did absolutely nothing creatively, using the pandemic as an excuse, and then the pandemic and political unrest would inspire me at other times to write five songs in a week.

What's your latest project?

Wyatt: There are a few. Tyrantula put out a pandemic single called "FUN," Gypsy Death Star has an EP that is essentially ready for release, and I'm currently working on a new record with my Hy Brasil bandmate Nik Gonzalez for a project that we are yet to release the name of.

Who have you been working with on these projects?

Wyatt: Nik and I are currently working with producer Jonathan DeBaun on this new project. We record everything at our homes and email mixes back and forth until completion.

How about plans to market and get the word out?

Wyatt: At the moment we are choosing which management we want to go with for this new endeavor so that ball will be in their court we hope.

How is it you ended up providing songs for the Casamigos ad campaign (Casamigos is a tequila company co-founded by George Clooney)?

Wyatt: The director of the Casamigos video campaign asked me to write some music for the ads but they didn't give me much time. This being said the songs were all written and recorded with local Ventura friends on the spot in one night live at the Captain's Quarters Studio here in town.

What's next for you?

Wyatt: Next for me is focusing on getting this new record completed and unleashed to the world as it showcases a new and heavier sound for Nik and I lyrically and musically. A lot of it reflects the insanity that was 2020 so the sooner we can release it the better.

You can find out more about Hyatt's projects on Facebook.

Don't forget to tune into the Pam Baumgardner Music Hour on



Top: Jimmy Vivino, band leader Conan O'Brien Show  
Bottom: Adolfo "Fito" de la Parra of Canned Heat.  
Photos by Seth Brandes.



KPPQ-LP out of CAPS Media for music highlighting artists out of the 805 and artists who come to the 805 to play including the new music from Ray Jaurique, Scott Detweiler, Dylan Garica and Jason Brock. I think I'll have to drop in a Canned Heat tune this next week as well.

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 Music Scene





This summer the second Sunday of the month from 11am-3pm patrons are invited to come and visit the Olivas Adobe. June 13th was Plein Aire day, artists were invited to come out and find inspiration on the historic grounds. Check out what's coming up in July at [www.cityofventura.ca.gov/OlivasAdobe](http://www.cityofventura.ca.gov/OlivasAdobe)



**John Nava's** 87"x330" brilliant Jacquard tapestry can be viewed at the Museum of Ventura County. He stated "The Promenade near surfers' point is, in fact, a magnetic gathering place for our community, a place where all sorts come to stroll, to surf, to rest in the sun. We find ourselves immersed in this beautiful nexus of shore, and sky completing the composition. I wanted to make Ventura's own Arcadian image."



The Buena Ventura Art Association is sad to announce the passing of BAA Honorary Lifetime Member **Margy Gates**.

According to her bio and other reports, Margy drew her first portrait at the age of 4.

She went on to earn a master's degree in fine art from Claremont Graduate University, where she studied with iconic painters of the time, including Millard Sheets and Phil Dike.

In 1978, she and her husband, Charlie, and two of their three teenage daughters moved aboard a 39-foot sailboat in the Channel Islands Harbor in Oxnard. When her children graduated from high school, Gates and her husband lived for the next 24 years aboard a sailboat near the Whale's Tail Restaurant in Oxnard.

Margy was a gallerist for more than 35 years. She opened her first gallery in the 1980s in the Marine Emporium Landing on Harbor Boulevard in Oxnard. Later, she moved next to Mrs. Olson's Coffee Hut on Los Altos Street.

Finally, she opened her Sea Gate Gallery on Ocean Drive in Oxnard. The 10-by-10-foot space, nestled between a real estate office and the Rudder Room bar, was previously a hot dog stand. After 15 years, she closed the gallery in 2015.

Margy was one of the resident artists at BAA's Harbor Village Gallery & Gifts in 2016 and 2017. Her daughter, Alison, hosted Margy's shifts at the gallery and maintained her display space while Margy painted at home.

## Ventura Art Scene



Mr. Taylor brings a wealth of knowledge and expertise that will serve him well in this position.

## VUSD Board of Education hires new Assistant Superintendent of Human Resources

The Ventura Unified School District (VUSD) Board of Education, in their April 27 regularly scheduled Board

meeting, voted in favor of Superintendent Rice's appointee, Mr. Brett Taylor, as the new Assistant Superintendent of Human Resources. Mr. Taylor will begin his new role on June 7, 2021. Mr. Taylor will be replacing Dr. Jeff Davis, who is leaving the District to become the new Superintendent of Oak Park Unified School District.

Mr. Taylor brings a wealth of knowledge and expertise that will serve him well in this position. He has worked in education for more than 20 years, most recently as the Director of Alternative Education at the Ventura County Office of Education (VCOE). In addition to this experience, Mr. Taylor brings years of site leadership experience with him, having served in the roles of Principal, Assistant Principal, Dean, Teacher, and Department Chair, in VCOE and Oxnard Union High School District. Having held many roles within a District, Mr. Taylor is uniquely poised to hold the Assistant Superintendent of Human Resources position. He is well-known countywide for his strong ability to build positive relationships with District personnel and education associations, his extensive experience in collective bargaining, both traditional and interest-based, his knowledge in recruitment and equal opportunity employment procedures, his ability to foster a shared vision for the organization, and his extensive experience in conflict management and resolution.

"I believe that Mr. Taylor's back-

ground and work ethic, including his excellent reputation for collaborative leadership and his ability to think long term, will make him an excellent addition to our VUSD team," stated Superintendent Rice.

I am incredibly thankful for the opportunity at Ventura Unified School

District and look forward to meeting all the hard-working educators and support staff who positively impact the students of Ventura. The job of retaining and recruiting the absolute best people to work with our students... it doesn't get any more important than that," stated Mr. Taylor.



There is a familiar sight at CMH these days.

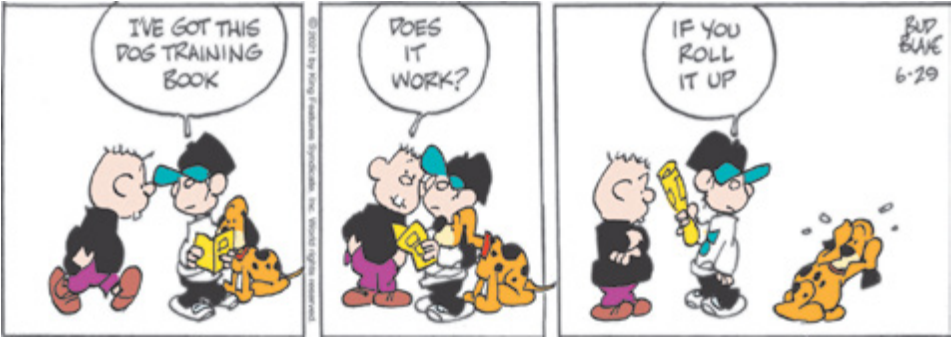
Those Auxiliary volunteers in their navy and white uniforms are back after more than a year's absence! A measured return of volunteer activities began with the easing of COVID protocols and Ventura's entry into less-restrictive tiers. While not all services have returned, pending safety review, most areas of the hospital are now accessible to volunteer workers, relieving staff of some of the more mundane duties and allowing them to concentrate more fully on patient care.

While hospital staff have expressed their appreciation for the return of the CMH Auxiliary help, the volunteers have been equally enthusiastic about being able to resume their activities. If you're interested in volunteering, contact the Auxiliary at 805-948-4299.



# Lighter Breeze

Tiger



Zits



Baby Blues



Beetle Bailey



Crock



Marvin



Solutions on page 13

(For a beginners guide to playing Sudoku go to [venturabreeze.com](http://venturabreeze.com))

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

## Weekly SUDOKU

by Linda Thistle

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

DIFFICULTY THIS WEEK: ♦♦

♦ Moderate ♦♦ Challenging  
♦♦♦ HOO BOY!

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Solutions on page 13

## King Crossword

### ACROSS

- 1 "Sad to say ..."  
5 Armed conflict  
8 Folksinger Joan  
12 Jet speed measure  
13 Greek mountain  
14 Big name in scat  
15 Docking site  
16 Leftovers carrier  
18 Screenwriter's creations  
20 Reddish horses  
21 "I'm not impressed"  
22 Martini liquor  
23 Skilled  
26 Flood protection  
30 Gun the engine  
31 Witty one  
32 "As I see it," to a texter  
33 Sleazy hotel  
36 Be nosy  
38 Train lines (Abbr.)  
39 Aunt, in Acapulco  
40 Part of Hispaniola  
43 Iced desserts  
47 Cinched  
49 October birth-

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

- 6 Big fusses  
7 Cleaning cloth  
8 Past  
9 Jessica of "Dark Angel"  
10 Flair  
11 Turns sharply  
17 Beam  
19 Favorite  
22 Joke  
23 Canine cry  
24 N.J. neighbor  
25 First lady?  
26 Droop  
27 Life story  
28 I love (Lat.)  
29 Republicans  
31 Existed  
34 Camelot king  
35 French cheese  
36 — Lancelot  
37 Bigwigs  
39 Roman robes  
40 Wasted no time  
41 Con  
42 "Suffice — say ..."  
43 Shopper's delight  
44 Fencing sword  
45 London gallery  
46 Bridge coup  
48 Inlet

### DOWN

- 1 Band boosters  
2 Secular  
3 Computer brand  
4 Tempura choice  
5 Shoebox datum



**ARIES** (March 21 to April 19) You feel ready to face up to a major change, although it might involve some risks. A once-dubious family member comes around and offers support and encouragement.

**TAURUS** (April 20 to May 20) Move forward with your plans, despite discouraging words from those who underestimate the Bovine's strong will. Your keen instincts will guide you well.

**GEMINI** (May 21 to June 20) A misunderstanding is easily cleared up. Then go ahead and enjoy some fun and games this week. A Libra might have ideas that merit serious consideration for the future.

**CANCER** (June 21 to July 22) You might feel as if you're in an emotional pressure cooker, but the situation is about to change in your favor. Take time out for some well-earned fun.

**LEO** (July 23 to August 22) A shift in your workplace responsibilities creates resentment among some co-workers. Deal with it before it becomes a threat to your success on the job.

**VIRGO** (August 23 to September 22) Expect some surprises in what you thought was one of your typically well-planned schedules. Deal with them, and then enjoy some lighthearted entertainment.

**LIBRA** (September 23 to October

22) Be careful: What appears to be a solid financial opportunity might have some hidden risks attached. A hazy personal matter needs to be cleared up.

**SCORPIO** (October 23 to November 21) It's a good time to strengthen ties with family and friends. You might feel unsure about a recent workplace decision, but time will prove you did the right thing.

**SAGITTARIUS** (November 22 to December 21) Just when you thought your relationship was comfortable and even predictable, your partner or spouse could spring a potentially life-changing surprise on you.

**CAPRICORN** (December 22 to January 19) Your usually generous self is overshadowed by your equally strong suspicious nature. You might be judging things too harshly. Keep an open mind.

**AQUARIUS** (January 20 to February 18) Love and romance dominate the week. Married Aquarians enjoy domestic harmony, while singles could soon be welcoming overtures from loving Leos.

**PISCES** (February 19 to March 20) An old health problem recurs, but it is soon dealt with, leaving you eager to get back into the swing of things. A favorable travel period starts this week.

**BORN THIS WEEK:** You have an independent spirit that resists being told what to do. But you're also wise enough to appreciate good advice.



# Showtime



Each character has an opportunity to delve into their needs and depths of emotion.

A View from House Seats

## Theater is Live on Ojai Stage!

by Shirley Lorraine

The silent stage drought is finally coming to an end. Ojai Art Center Theater opened Friday to an enthusiastic audience with Family Furniture, written by A.R. Gurney. Gurney is perhaps best known for his Pulitzer prize-winning play Love Letters and his hit script Sylvia.

Set in the 1950's, Family Furniture is an exploration into the coping and evolving skills of a family summering on the Canadian shore of Lake Erie as they navigate the slippery path that is maturation, growth and acceptance as a unit. The central theme is value of renewal rather than replacement. The play is performed with no intermission.

The "children", Nick (Benjamin Wilson) and Peggy (Kisea Katikka) are moving into adulthood with its attendant complications of infatuation, a need for exploration and a desire for autonomy and clarity. At the same time, Mother, Claire (Ashley Osler), is coping with some emotional mid-life challenges of her own. Father, Russell (Buddy Wilds) does his best to keep the family on an even keel throughout, while he goes about his own style of maintaining equilibrium for himself and for his family. Nick's girlfriend Betsy (Amber Shea Hodge) provides a measure of perspective from another viewpoint.

The play is well crafted. Each character has an opportunity to delve into their needs and depths of emotion. Each grapple with some potentially life-changing issues and as a family they ultimately discover what is truly important

and how to best cope until the next thing comes up. Seasoned director Tom Eubanks chose this work well as his final directorial project before he retires out of the area. He will be missed.

All the actors portray their roles with clarity and confidence although at times vocal volumes dropped and were a challenge to hear. Opening night provided numerous opportunities for the actors to learn to take a breath so lines would not be drowned out by audience laughter. There are myriad patches of familiar situational humor that deserve to be heard. This production is not amplified so the actors must remember to project even in more intimate moments.

The setting is minimal, having the actors move the few basic pieces of furniture about to indicate scenery changes. Costuming is simple and effective, giving just enough flavor of the era to augment the story. The many references to happenings of the time transported the audience but the story could easily have been played to any era. The situations are familiar to all age levels.

Clearly, audience members were excited to be attending live theater again and the actors and crew were thrilled to be doing what they do best. Masks are optional. It's been a long haul.

Summer curtain time is 7:30 on Fridays and Saturdays and Sundays at 2:00 p.m. For reservations, call (805) 640-8797 or go to OjaiACT.org to secure your seat. General admission tickets are \$20, Art Center members and seniors \$18 and just \$10 for under 25.

**Moving In?**

**Moving Up?**

**Moving Out?**

**I can help you with that!**

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**ADELA TRAINOR**  
**DRE 01985025**  
**805.701.7694**  
**TEAMTRAINOR12@GMAIL.COM**





Frances Spencer shares a sample of her works across a variety of media.

## Ventura County Ballet has been waiting for the darkness of Covid to lift to again share their art

Like the flower in this haiku by Frances Spencer, Ventura County Ballet and performers everywhere have been waiting for the darkness of Covid to lift to again share their art.

Ventura County Ballet has joined with a diverse selection of local artists to create two free streaming programs – one classical and one contemporary – now available to watch online anytime. The Classics and Dance Through a Contemporary Lens came to life through a unique collaboration of dancers, choreographers, musicians, visual artists and

filmmakers as a gift to Ventura County and the world at large.

Both programs may be viewed online without charge.

Visit [venturacountyballet.com](http://venturacountyballet.com) or [nambaarts.com](http://nambaarts.com) to register and view at your convenience.

Kathleen Noblin, Executive Director of Ventura County Ballet, explained, "With the pandemic largely behind us, Ventura County Ballet is ready to emerge. We feel our community, as well as those beyond our borders, need an infusion of beauty into their lives. We were pleased to be able to collaborate with Namba Performing Arts Space to offer these two performances to show that dance has stayed alive through these difficult times."

Staged at the Namba Performing Arts Space, Ventura County Ballet presents both beloved classical repertoire and new works by local choreographers Marina Fliagina and Emi Pool. Local musicians Rob Allen (guitar), Mikaela Telesforo (violin) and Anya Hess (harp) accompany several pieces live on stage. Allen and Telesforo play The Swan by Saint-Saëns to accompany solo dancer Greta Pankratz.

In addition to the advanced dancers showcased, Ventura County Ballet offers a look at the future of dance. The "L' Aurore" and "La Travail" variations from Delibes' classic Coppelia are danced by Sylvie Watts, 12, and Abigail Steiner, 13, students of Ballet Academy Ventura, official school of Ventura County Ballet.

The eclectic program also includes award-winning Ventura visual artist, playwright and poet Frances Spencer. A member of Working Artists Ventura, Spencer shares a sample of her works across a variety of media.

Noblin added that the program was a true collaboration both onstage and backstage. Saint Pierre, local musician and founder of MusicAndArtsForYouth, assisted in staging the programs and donated backdrops.

Streaming Spotlight by Cindy Summers

## Fatherhood

-Netflix Originals



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

Fatherhood shares the emotional true story of a widowed father faced with raising his newborn daughter on his own after losing his wife in the hospital shortly after giving birth the their first child. Matt (Kevin Hart) certainly didn't plan on coming home without his wife Liz, leaving him on his own to raise little Maddy (Melody Hurd). Matt felt completely unprepared to raise his daughter on his own, especially while still grieving over the loss of his wife, so his mother and his overbearing mother-in-law Marian (Alfre Woodard) stayed for several weeks

to help.

Marian was continually trying to convince Matt to go back to Minnesota to raise Maddy near her and other family, but soon Matt grew irritated with the constant pressure and belittling that Marian kept doing and though she wanted to stay for 6 months sent her home after 5 weeks at the same time as his own mother. Marian was reluctant to go having concerns over Matt's ability to raise Maddy on his own, but Matt said that he wouldn't be able to develop the skills to raise her if he wasn't given the chance.

Matt quickly discovered clever ways to help deal with his challenging situation, like putting a basketball hoop above the diaper bucket. He also joined a parenting group to get help and tips how to raise children, which is where he discovered that Maddy's constant crying was no fault of his, that is was colic and a normal issue with newborn babies. In order to avoid difficult conversation whenever anybody asked where the mother was, he made up stories like she's an

astronaut or she's in prison, which made it easier for him to not have to discuss his wife.

Matt's very supportive boss Paul (Paul Reiser) let him bring Maddy to work, but unfortunately his work started suffering with him falling asleep in meetings and bringing his baby and a vacuum to help stop her crying. Fortunately the clients understood and gave Matt some good baby tips. Matt also had the support of his two best friends Jordan (Lil Rel Howery) and Oscar (Anthony Carrigan) who did things like playing poker for cookies with Maddy and Matt.

Fast forward and Maddy is now in elementary school and Matt's faced with the challenges of young black women's hair, fashionable dress and sent Maddy to the school that his wife Liz wanted her to attend. It was a private school run by nuns and though the school has a dress code requiring girls to wear skirts, Maddy decided to wear pants which her father definitely supported.

Matt's friend Oscar decided to set Matt up with his friend Lizzy

at a birthday party in the park, and they definitely seemed to have great chemistry. When Matt was finally ready to have Maddy meet Lizzy, Lizzy told Maddy she can call her Swan, to avoid any issues with her mother's name, and they too hit it off right from the start. Matt decided to call things off with Swan after feeling guilty that Maddy was injured at school while they were out on a date.

Matt had to take a trip for work, so took Maddy to stay with Marian, but ended up ditching the work trip and got on a plane to Minnesota to bring Maddy back to Boston. Matt took Maddy to see Swan to apologize which made Maddy happy as she really liked Swan. Upon returning for the new school year, Maddy again wore pants and Matt wore a skirt, and the nuns seemed happy to share that due to an incident with Maddy at school they were changing the dress code.

Kevin Hart shows the perfect combination of comedy and compassion in his role in this true story. Rated: PG-13



# Ventura Executive Suites

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## This 'n' That



*"This remarkable group is not to be missed, and its members play and sing with joy."*

### VMF’s live July 24th concert presents Time for Three: a string trio who sings

by Richard Newsham  
VMF consultant

It’s “time” for “three of a perfect pair”—three musicians who flawlessly “pair” their impeccable voices to astonishing bow techniques on strings (two violins and one double bass)—in other words, a string trio who sings! Charles Yang, Nicolas Kendall and Ranaan Meyer bring their sensationally uncommon blend of vocals and instruments to the 2021 Ventura Music Festival live concert on Saturday, July 24, at 8 pm, at Pacifica High School Performing Arts Center, 600 E Gonzales Rd, in Oxnard.

Time For Three (TF3) celestially navigates the busy intersection of bluegrass and jazz Americana, modern pop and classical music. To experience this “classically trained garage band of fervent travelers” live is to hear the various eras, styles, and traditions of Western music (including Leonard Cohen, Jack Johnson and Bach’s

Chaconne”) fold in on themselves and emerge anew. This unequalled ensemble of energy, intensity and artistry makes every audience—from PBS and NPR to Carnegie Hall and Yoshi’s jazz club—feel transportive joy!

Besides five albums, TF3 has commissioned new works from Pulitzer-Prize winning composers Jennifer Higdon and William Bolcom; and scored, with Ben Sollee, Robin Wright’s directorial debut “Land” that premiered at the 2021 Sundance Film Festival.

“This remarkable group is not to be missed, and its members play and sing with joy, mastery, creativity and supreme artistry in all that they do,” says music critic Leah Hollingsworth. “Truly, no one else is like Time for Three.”

Tickets and details for this 100% vaccinated event at [www.venturamusicfestival.org](http://www.venturamusicfestival.org).

## The Ventura Police and Fire Departments encourage residents to enjoy a “Safe and Sane” Fourth of July

There’s a lot more to the Fourth of July than just fireworks.

This year when celebrating America’s 245th birthday, Ventura police and fire are encouraging residents to explore safer ways to celebrate, such as finding an outdoor activity, taking a trip to the beach, or hosting a BBQ.

“Fireworks are simply too dangerous and unpredictable to be used safely,” said Fire Marshal Joe Morelli. “While we will never be able to eliminate accidents, the public needs to understand how easily fireworks can start a fire or cause serious injury.”

With dry brush surrounding Ventura’s hillsides, fireworks can pose great danger to community members and neighborhoods. It is illegal to possess, store, sell, use, or handle fireworks in the City of Ventura. If you’ve purchased fireworks not knowing

they are illegal, safely surrender them by calling the Ventura Fire Department, Fire Prevention Division at 805-658-4717.

In 2018, the Ventura City Council adopted a Fireworks Social Host Ordinance stating that any homeowner, renter, or person in charge of a private property who knows, or should know, of the sale, use, or possession of any fireworks are subject to a civil penalty.

Take the following steps to help partner in making it a safe Fourth of July for all:

Enjoy one of the many professional firework displays in Ventura County. While there are no public displays in the City of Ventura this year, community members can find safe alternatives in Camarillo, Moorpark, Ojai, Santa Paula, Simi Valley, and Thousand Oaks.

If you see an impaired driver, call 9-1-1 immediately.

If you see a neighbor lighting fireworks, call 9-1-1 if the activity is in-progress or poses and immediate threat to yourself or others.

If there is no immediate threat, please keep 9-1-1 lines open by calling the 24/7 non-emergency line at 805-650-8010. Be prepared to provide a location of the activity and/or a description of those involved.

Anyone found in possession of fireworks, or caught using them, could be fined up to \$1,000 and/or receive a jail term of up to a year

For more information on staying safe this Fourth of July, please visit [www.city-ofventura.ca.gov/Fireworks](http://www.city-ofventura.ca.gov/Fireworks)



THIS SPACE FOR WRITING MESSAGE

While visiting Pacific Grove Jill Forman shared the Breeze with this gentleman sitting in front of the Chamber of Commerce. He didn't introduce himself.

POST CARD

GOING ON VACATION? BE SURE TO TAKE THE VENTURA BREEZE WITH YOU AND SEND US A PHOTO WITH A LITTLE INFORMATION ABOUT YOUR TRIP AND EMAIL TO EDITOR@VENTURABREEZE.COM