

Live music returns to Ventura, page 16!



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This wunderkind's fingers have been on a guitar since age 4.

VMF's live July 25th concert presents Guitar Competition Gold Medalist Andrea Roberto

by Richard Newsham
VMF consultant

25-year-old guitar prodigy Andrea Roberto from Foggia (in Southern Italy's Apulia)—the Gold Medalist at the fifth quadrennial Parkening International Guitar Competition in 2019—returns to California to demonstrate the musicianship that won him this coveted title for the world's preeminent guitar competition during the 2021 Ventura Music Festival live concert on Sunday, July 25, at 3 pm, at the Pacifica High School's Performing Arts Center at, 600 E Gonzales Rd, in Oxnard.

This wunderkind's fingers have been on a guitar since age 4, under his father's tutelage, followed by admission at 9

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Mayor Sofia Rubalcava reading a story to young West Ventura resident, Cosmo, while Shannon López looks on.

Mayor supported the Ventura Really Really Free Market

City of Ventura Mayor Sofia Rubalcava participated in the Ventura Really Really Free Market (RRFM) on the 4th of July, 9 am-1 pm at Kellogg Park in West Ventura. Organized by the Ventura County

chapter of the Democratic Socialists of America (DSA VC), the event brought the community together to share their talents and lightly used items with one another. Rubalcava shared her talents for Spanish

translation and children's storytelling. Other community members offered free workshops: yoga instruction with Sarah Aspell, a Privilege Walk with Nicolle Walker of Showing up for Racial Justice (SURJ), a Medicare For All talk with RN & activist Gina Currie.

"RRFMs are a chance to reimagine sharing in our community. Be it home goods, backyard veggies, or knowledge of gardening or knitting, we all have something to share and we all have something to gain," said Event Organizer, Alyson Warner.

Other talents shared included a collaborative art station with John Caravello, professional chair massage from Allen Chinn, a Tea Ceremony with Taylor Buck and Julie Marie, seed plantings with Shannon & Tomás López, and more.

This event was made possible with support from the Ventura chapter of Black Lives Matters, Bike Ventura, Westside Community Development Corporation, Rincon-Vitova Insectaries, Ventura Tenants Union, and the Diversity Collective.

For more information on Ventura RRFM, follow on Facebook at <https://www.facebook.com/RRFMventura>.



Has it been this long since City Hall was open?

City of Ventura's City Hall and facilities have opened

The City of Ventura has opened City Hall and other facilities to the public on Monday, July 12, 2021. The reopening aligns with the State of California's move to Beyond the Blueprint for a

Safer Economy and the full reopening of business sectors.

"We are thrilled to reopen city facilities and welcome the community back after more than a year of being closed for

in-person service," said Ventura Mayor Sofia Rubalcava. "Ventura, thank you for your sacrifices, commitment, and resilient spirit throughout it all. It is because of our community's collective efforts that we are where we are today."

Cleanings and improvements at all city facilities have been made to ensure the health and well-being of residents, businesses, visitors, and City staff when using public counters. Patrons and vendors visiting City facilities and City Hall will be required to wear masks when indoors, and physical distancing shall be practiced.

"During the last year, the important and impactful work of the City continued as we pivoted quickly to work remotely and provide virtual services," stated Ventura City Manager Alex D. McIntyre. "Bringing the public back is a significant step forward as we look to recover from the pandemic. We are reopening City fa-

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

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

We thank our latest donors **Peter Magoon, Thomas & Susan Fineman, Rebecca Trujillo** and the ones that don’t want to be mentioned.

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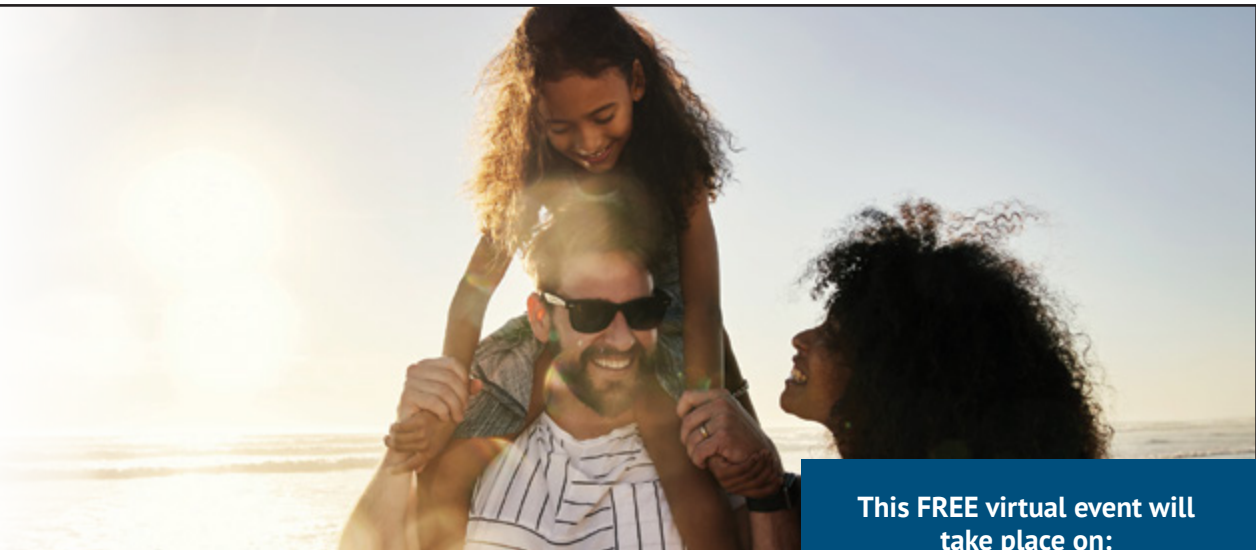
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Community Memorial Health System

PRESENTS ...



This FREE virtual event will
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6 p.m.**

Getting Back to “Normal”
How to Help Your Family Through COVID-19 Transitions

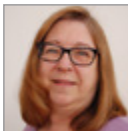
Many people struggled with mental health challenges this last year. What was already a growing crisis has been exacerbated by lockdowns, isolation, intensified stressors, and societal turmoil. As we slowly transition to more “normal times,” Community Memorial Health System is here for families looking for ways to cope and move forward.

Join our CMHS psychologists as they discuss the current mental health crisis and the deep impact of COVID-19 on families. Learn coping strategies to prepare your family as they transition back to school, back to work, and back to “normal” routines during uncertain times.

To RSVP for this free, informative online seminar, hosted by
Community Memorial Health System, VISIT: cmhshealth.org/rsvp



PRESENTED BY:



**Ronda
Doonan, PsyD**



**Shirah
Bale, PsyD**



**Monique
Boswell, PsyD**

Community Events

Ventura events

by Ana Baker

July 18: Come dance and listen to the sounds of the fabulous Larry Cossid Studio C Band at the House of Dance, 3007 Bunsen Ave, Suite E from 1-4p.m. Members \$10, non-members are \$15. This is an exciting, fun-filled afternoon of Big Band Sounds and Pop Standard music brought to you by CCJC.

July 24: Bank of Books will have a book signing with Betsy Blanchard Chess from 1-3 p.m. Located at 748 E. Main St. Call for more info: 643-3154. Daughter of the Land is the story of a free-spirited child of privilege sheltered amongst the lemon and orange groves of the Santa Clara Valley. This tale weaves both family legacy and how the author fits into the story of her pioneering ancestors and draws them into life in a small agricultural town and the Blanchard family.

July 27: Music journalist Mark Brickley will join the Ventura County Library at 6:30pm with a new presentation, “The Beatles: Road To Stardom.” This event will take place virtually via Zoom. This multimedia journey traces the Beatles musical legacy from their 1956 Liverpool Skiffle band roots thru the group’s 1964 televised performances on the Ed Sullivan Show. It also features the Beatles film, A Hard Day’s Night. The presentation will be followed by a question and answer session. This online event is free and open to the public. The meeting ID and information can be found at <https://bit.ly/VCLBeatles>. For additional information, contact Dolly Knight, Senior City Librarian, at 805-340-7404, or dolly.knight@ventura.org.

July 28: The Ventura College Area Community Council will be holding a Zoom meeting on Wednesday, at 7p.m. An invitation and link to the meeting will be sent to everyone on the CACC mailing list. Council meetings include speakers, discussion on topics of the neighborhood, community interest, public safety, and economic development. Karen Flock from the Ventura Housing Authority will discuss inclusionary housing issues and housing affordability. In addition, Ramie and Associates will provide an update on the process for developing Ventura’s General Plan, which sets goals for the future. CACC represents citizens in Council District 3, neighborhoods between Dunning/ Lemon Grove and Hill Road, north of Hwy. 126. <collegeareacouncil.com/map> Visit the College Area Community Council website @ caccventura.com to be added to the mailing list and to access a link to the Zoom meeting.

July 31: The Kiwanis Club of Ventura Suburban is proud to announce a unique wine - tasting event on Saturday, at the Ventura Elks Club, 2126 Knoll Drive from 4:30 - 7:30p.m. The event, called “Garagistas & ‘Ghetti” features local home wine makers (Garagistas), a winemaking demonstration, and chances to win Garagista and commercial wines, and a delicious spaghetti dinner. Tickets: \$40/person, \$75/ couple until July 26th. To purchase tickets or for more information: www.garagistasghetti.com; email info@garagistasghetti.com; or call 608-338-8062. Proceeds will go to support Kiwanis Club of Ventura Suburban Youth Projects including scholarships for Scout memberships and activities.

July 31: The monthly plant sale continues at the Dudley House from

8- 2. Bromeliads, orchids, succulents, garden art and more. Plant vendors welcome, call Charlie at 805 746 4317. The Ventura Downtown Lions Club will be selling a barbecued hot dog lunch for \$5 from 11- 2 to benefit their sight and hearing projects.

August 1: Mrs. Caroline Dudley and other docents will lead tours of the 1892 Dudley Historic House Museum on Sunday from 1 to 4 p.m. Group size will be limited. Admission is free. The Ventura Friends of the Library will be holding a giant book sale on the grounds and in the Community Room from 12 to 3. The museum is located at the corner of Loma Vista and Ashwood streets (197 N. Ashwood) in Ventura. For information please call (805) 642 3345 or visit the website at dudleyhouse.org.

August 7: The Sespe Flyfishers of Ventura will again be conducting our “First Saturday” introductory class on Fly Fishing and Casting the Fly Rod. 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, 9-11 a.m., in East Ventura, off Telephone Rd. For every one’s safety, we ask all those attending please comply with any current recommendations by the Ventura County Health Department. For more information: Bob Smith (805) 647-3522 www.sespeflyfishers.org

Ojai news and events

The Humane Society of Ventura County in partnership with RedRover Readers will visit the Ojai Library at 2pm on Friday, July 23, and Friday, August 20, to deliver two special reading events for school-aged children.

RedRover Readers is a social and emotional learning program that uses books about animals to help students practice making responsible decisions and become more aware of themselves and their communities. The program helps children develop the steps necessary for empathy: recognize human and animal emotions, share emotions, and regulate emotions. Each book and teaching guide meets Common Core and social and emotional learning competencies.

In addition to the events themselves, additional copies of each book featured—Buddy Unchained by Daisy Bix and The Forgotten Rabbit by Nancy Furstinger—will be available at the Ojai and Oak View libraries for families to borrow and read ahead of time to become familiar with the stories.

The Humane Society of Ventura County is a compassionate care shelter and non-profit organization dedicated to the protection and adoption of animals in need throughout Ventura County.

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

The Ojai Library is located at 111 East Ojai Avenue in Ojai, CA. Hours of service are 10am to 8pm Monday through Thursday and 10am to 5pm Friday and Saturday.

After a year without holding local jazz concerts, Rich Tell Presents! begins again on Saturday, July 24 at 7:30 pm, in the Art Center’s Gallery.

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This is a move for the concerts from its former time on Sunday evenings. The first group to appear will be Brandon Fields and Friends, composed of two-times Grammy award-winning saxophonist Brandon Fields, four-time Grammy-winning percussionist Munyungo Jackson, and three-time Grammy nominated pianist Otmaro Ruiz.

“We are moving away from strictly jazz musicians,” said Rich Tell, “and lining up a series of LA’s finest musicians coming together under one roof to perform for fans in Ojai. These guys have recorded and toured with the biggest acts over the last forty years. They are seasoned musicians whose music will excite and delight an audience.” For full credits on all of the artists these musicians have recorded and toured with, visit OjaiConcerts.com.

With this new series, Tell has added a wine and beer bar for everyone’s enjoyment each evening. “Saturday night crowds are looking for more fun, and the bar will add to the experience,” said Tell.

Doors open at 7 pm and the concert begins at 7:30 pm, ending two hours later. Tickets are for sale on Event Brite and through OjaiConcerts.com. The price is \$35 online and \$40 at the door. There is free parking across the street at Café Emporium’s parking lot. If anyone needs more information, call 805-746-0936.

VMF’s live July 25th concert
Continued from page 1

and graduation at 14 from the Conservatorio di Musica Umberto Giordano under Sandro Torlontano. Andrea then followed teacher Aniello Desiderio from Naples to the International Academy of Koblenz in Germany. The young guitarist completed his studies at the Conservatory of Maastricht (Netherlands) with the

teacher Carlo Marchione.

His artistic career includes performances throughout Europe, Mexico, South America and the United States, including the 14-guitar-festival tour of the European Euro String Project, radio broadcasts and first prizes at eight international competitions. In 2017 he recorded his first CD “El Viaje de la guitarra italiana” (JSG Records).

His ambitious and wide ranging VMF program opens with 19th century Italian guitar virtuoso Mauro Giuliani’s dazzling “Grande Ouverture, Op. 61” followed by five “Suite in D” dances from German Renaissance composer Michael Praetorius’ 300 piece collection “Terpsichore”; and three virtuosic dance tunes by Renaissance composer and lutenist John Dowland: “The Frog Galliard”—inspired by Queen Elizabeth’s last official suitor for marriage, the small pox disfigured but excellent dancer Duc d’Alençon—“Sir John Smith His Almain” and “Allemande” from “Pleasures of their Company” (Kathleen Battle and Christopher Parkening). Sublime transcriptions of Bach’s “Chaconne”—“one of the greatest pieces of music ever written” (says violinist Joshua Bell) and chorale “Jesu, Joy of Man’s Desiring” precede intermission followed by Spanish-inspired classical guitar repertoire masterpieces by Joaquin Rodrigo “Fandango,” Isaac Albéniz “Córdoba” and “Sevilla,” Mario Castelnuovo-Tedesco “Escarraman” selections and Francisco Tárrega “Variations on Paganini’s The Carnival of Venice.”

Don’t miss this rare “rapt music” performance by a young guitar genius at the Ventura Music Festival’s Sunday matinee finale!

Tickets and details for this 100% vaccinated event at www.venturamusicfestival.org.



VENTURA BREEZE

Your Hometown Paper

Member, Ventura Chamber of Commerce

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Opinion/Editorial



Sheldon Brown
Publisher-Editor

■ I'm sure you know by now, but in case you don't, beginning July 5, **E.J. Harrison & Sons** began weekly residential curbside collection of all 3 bins; trash, household recycling, and yard waste, at no additional charge. You no longer need to alternate the weekly collections of recycling and yard waste services. This service upgrade is part of Harrison's ongoing commitment to keep up with the rapidly evolving world of recycling on the road to zero waste. It always amazed me how many people couldn't figure out which cans to put out, so they put out all 3 anyway.

■ The city of Ventura has apologized for texts sent by a planner during a May 26 Planning Commission meeting considering the 72-townhome **Haley Point** project in midtown Ventura.

The associate planner, **Jamie Peltier**, was seen texting. She was communicating with an unnamed relative and city staff. In the text she wrote, "I hate the public so much," and "They hate everything and everyone."

In describing the Haley Point project, Peltier wrote, "What a lovely development that the community HATES (her caps)." Later, she described opponents of the project saying, "They went straight psycho."

Ventura spokesperson Heather Sumagaysay issued an apology saying, "It is unfortunate that the employee used a personal mobile device to communicate with a family member during the meeting for communications related to the public's business," Sumagaysay said.

"We deeply regret this happened. This does not reflect the respect for the public to which the city is committed."

I don't believe texting should be allowed during meetings, unless an emergency or relevant to the proceedings. I think she should be removed from the commission or should step down.

The commission's approval of this project was appealed to the City Council. On Monday, July 12 the Council voted 7-0 to deny the appeal so the project will slowly proceed through other city approvals as necessary to commence with the construction.

■ Last month, 130 people died of **Covid-19** in Maryland. None of them were vaccinated, according to Maryland Gov. Larry Hogan. In addition, unvaccinated people made up 95% of new Covid-19 cases in the state and 93% of new Covid-19 hospitalizations, Hogan said.

The connection between vaccination

status and Covid-19 is not specific to Maryland and is not limited to last month.

The new Delta coronavirus variant is focusing on the dangers of the people who haven't been vaccinated, so go get your vaccination. Delta is more contagious, deadlier, and is quickly spreading.

Currently, the variant accounts for 1 in 4 cases in the U.S., according to estimates from the Centers for Disease Control and Prevention (**CDC**). But that number could keep rising if vaccination rates don't start picking up quickly enough. Among those ages 18 and up in the U.S., 57.4% are fully vaccinated, while 66.5% has received at least one shot. The life you save might be mine.

A true story. When Carmichael felt sick from side effects after her first COVID-19 vaccine, her mother Jones decided to skip hers and hope for the best.

Her family said Jones contracted the Delta variant and died June 9. They are hoping no one else has to go through what they went through and are encouraging others to get vaccinated or wear a mask and socially distance.

■ The deadly heat wave that has devastated many parts of the country (Palm Spring's 120, 130 in Death Valley) was impossible without human-caused climate change that added a few extra degrees to the record-smashing temperatures. An international team of 27 scientists calculated that **climate change** increased chances of the extreme heat occurring by at least 150 times.

Luckily, we don't know much about heat waves in Ventura. Hot here is 75, and we complain.

■ Bible studies: Eating shellfish and wearing a shirt with two kinds of thread are forbidden in Leviticus.

■ **Bill Cosby** has been freed from prison after Pennsylvania's highest court overturned his sexual assault conviction. Some people, including Bill Cosby, believe that he has been found innocent of his many crimes against women. This is not the case - he is just as guilty today as he was 3 weeks ago.

The Pennsylvania Supreme Court said that they found an agreement with a previous prosecutor that prevented him from being charged in the case. Legal scholars say that it was the right decision because his 5th Amendment right not to incriminate himself had been violated. Attorney Erwin Chemerinsky stated, "Even those who commit despicable crimes are protected by the Constitution." Perhaps the prosecutor who made this possible should be made to finish out Cosby's time in prison.

■ President **Biden** has signed several Executive orders that he believes will help consumers. One that could be of the most help asking the Food and Drug Administration to work with states to allow the importation of prescription drugs from Canada where they often cost a fraction of the US prices. It also deals with the fact that the 10 largest healthcare systems control a quarter of the market. It is believed that this results in higher prices and less choice for patients. There are other provisions that will help our poor **health system**.

■ Rep. Marjorie **Taylor Greene** (R-GA), during an interview on a conservative podcast, compared House Speaker Nancy Pelosi's decision to continue to require members of the House to wear masks on the chamber floor to steps the Nazis took to control the Jewish population during the Holocaust. Scary ain't it that this woman is in our government?

Some House Republican leaders have condemned her incendiary remarks as well as Jewish groups aimed at the Georgia congresswoman and the party leaders' silence.

"Marjorie is wrong, and her intentional decision to compare the horrors of the Holocaust with wearing masks is appalling," said House Republican Leader Kevin McCarthy.

■ All K-12 public schools in Florida will hold a **moment of silence** at the start of the day starting next school year, according to a bill signed into law Monday by Gov. Ron DeSantis.

According to the law, principals of each public school shall require teachers in first-period classrooms in all grades to set aside at least one minute but not more than two minutes daily for the moment of silence (will teachers be required to carry stop watches?). Teachers may not make suggestions as to the nature of any reflection that a student may engage in during the moment of silence, the law states. A period of "silent prayer or meditation" was optional for school districts in the state prior to the new law.

"It's important to be able to provide each student the ability every day to reflect and be able to pray as they see fit," the Republican governor said before signing the bill. "The idea that you can just push God out of every institution and be successful, I'm sorry our founding fathers did not believe that."

Regarding the separation of church and state, in his 1802 letter to the Danbury Baptist Association, **Thomas Jefferson** declared that when the American people adopted the establishment clause, they built a "wall of separation between the church and state."

Kid's that want to pray can do that at home and in church, they don't need to do it in school, nor should they be required to do such.

■ A 10-year-old boy died in Philadelphia on Saturday after finding a **gun** in his home and fatally shooting himself. Police said the boy and his 8-year-old sister found the gun in a cabinet in their home in North Philadelphia while they were alone.

According to the University of Washington, U.S. gun deaths is 100 times higher than Britain's, and 200 times the Japan rate. Nearly 60% of gun deaths are from suicide. Women are five times more apt to be murdered by an abusive partner when the abuser has access to a gun. I doubt if anyone buys a gun thinking that they will kill themselves or their partner.

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

Mailbox

To opinions

In the El Jardin courtyard on Main street near California street there was a 100 year old Fiddle leaf fig tree, Ficus Lyrata. Usually these are house plants. This bad boy was at least 40 ft tall and in the sun. Ficus trees are notorious for surface roots and this guy was right up against the building, I'm sure that's why it's gone, but gosh a hundred years? John Gleason

Let me get straight to the point. I miss living in Ventura
by Beverly Russell

I want to come back. I have lived all over the world, New York, Chicago, London, Paris, San Miguel de Allende, Mumbai, Sydney, Australia, Hong Kong.

So why am I telling you this. The bottom line is rents have gone sky high in my favorite community - so I am looking

to share a house or rent something small and reasonably priced possibly in a private home. My references are impeccable, Check out my website Beverly Russell.com and other sources Amazon.com, Barnes Noble.com.

I have been awarded two honorary doctorate degrees in fine arts from Parsons School and Kendall College for writing articles and books about architecture and design and also had the honor of receiving the most notable recognition by Mayor Koch of New York - Beverly Russell Day was designated August 26, 1986. This academic status led me to invitations from several colleges, I am an OLLI teacher at CSU Channel Islands.

Since then, I have written -a variety of 20 books, the latest works are 4 Maisie & Billy stories written during the Covid lockdown of 12 months.

Continued on page xx

There is no
security in
life, only
opportunity.
— Mark
Twain

City News



The beautiful view from Grant Park. Photo by Michael Gordon.

July is Parks and Recreation Month

The City of Ventura is celebrating Parks and Recreation Month, an initiative of the National Recreation and Park Association (NRPA), and inviting the community to share experiences, memories, and stories about what parks and recreation programs mean to them.

“Parks and Recreation Month provides a great opportunity to highlight the beauty of Ventura’s open spaces and parks, the importance of recreation facilities, and the positive impact they have on our wellness and quality of life,” said Mayor Sofia Rubalcava. “Throughout the COVID-19 pandemic, parks and recreation centers have been essential in contributing to Ventura’s strength, vibrancy, and resiliency.”

The City of Ventura Parks and Recreation Department maintains 31 traditional parks, 34 linear parks, three community centers, and offers an average of 2,058 recreation programs annually.

In celebration of this national tradition, the City has planned various activities for residents of all ages and abilities, including weekly challenges

to inspire and entertain community members. Weekly prize drawings will be given to people who share photos or short videos of their adventures.

“Parks and recreation programs are at the center of many life experiences and memories. Local parks are places to gather with friends and family, spaces to celebrate life’s special moments, sites that connect us with essential community services, and so much more,” said Ventura Parks and Recreation Director Nancy O’Connor. “I am proud to lead a team of amazing people who work hard to keep providing essential recreation programs and maintain Ventura’s beautiful trees, open spaces, and facilities.”

According to NRPA, 93% of adults in the U.S. say their mental health is improved by services offered by local park and recreation professionals and agencies.

For details, visit www.cityofventura.ca.gov/ParksRec, or follow the Ventura Parks and Recreation Facebook page.

For information about NRPA, visit www.nrpa.org.

VPD encourages residents to participate in National Night Out

Ventura neighborhoods are invited to participate in National Night Out, on Tuesday, August 3, 2021 from 4 p.m.- 8 p.m. This is an opportunity to engage in relationship building with Ventura Police Officers and elected officials.

National Night Out is an annual crime prevention event and community-building campaign that promotes police-community partnerships and neighborhood camaraderie that make our neighborhoods safer all year round.

Ventura residents are encouraged to register at www.cityofventura.ca.gov/NNO by Wednesday, July 28, 2021.

“National Night Out is a great opportunity for residents to turn on their porch lights and opt outside

for an evening of activities,” said Chief Darin Schindler. “Community policing is more critical than ever before. It’s important for our residents and students to engage with our team in a positive environment and know that we are truly here to serve them and keep them safe.”

From small potlucks and front yard chats to larger block parties, chalk drawing contests, and ice cream socials, neighborhoods are urged to connect with neighbors, be creative, and have fun!

Registration is free and gives Ventura Police Officers and city representatives an opportunity to attend local neighborhood events as time and circumstances permits.

The City of Ventura is committed to maintaining the health and safety of all Ventura residents and will be closely following public health and safety guidance for outdoor events.

To learn more about National Night Out activities in the City of Ventura, contact Emily Graves, Community Outreach Specialist for the Ventura Police Department, at 805-339-4312 or egraves@cityofventura.ca.gov.

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Tree Town



Many of Ventura’s trees are drought-stressed. If you have a young tree in your yard or a city street tree in front of your house, a few buckets of water each week will help it survive.

There are over 30,000 street trees in the City of Ventura, so the city’s urban forestry crew appreciates each resident who can provide water for thirsty trees.

Mayor Sofia Rubalcava and the Ventura Tree Alliance encourage you to help our urban forest stay healthy during the dry summer months!

www.venturatreealliance.com



News & Notes



CAPS Media Productions for Mayor’s State of the City Message

Welcome to Summer. Here’s a roubust CAPS congratulations to all 2021 elementary, middle, high school and college graduates and their families throughout Ventura. CAPS Media was thrilled to be part of the celebrations by covering and livestreaming the ceremonies from Buena High, Ventura High, El Camino High, Foothill High, Pacific High and VACE. The extensive productions held in the Buena, Ventura and Ventura College football statiums required all-hands-on-deck efforts and long hours for all CAPS Crew members. Following the productions, CAPS received a kind note from Marieanne Quiroz, Communications Coordinator for VUSD, “Thanks to your CAPS team for the incredible work work in making our graduations so special! We could not have done it with out them!”

Immediately following the graduations the work continued when the entire CAPS Media crew pitched-in to produce a set of special videos for Mayor Sofia Rubalcava’s recent “State of the City” update. The videos included individual messages by the City’s seven Council Members (Sofia Rubalcava, Doug Halter, Mike Johnson, Jeannette Sanchez-Palacios, Jim Friedman, Lorrie Brown and Joe Schroeder). The council member messages were recorded on location in their respective districts with each member sharing perspectives on the past, present and future of the city. A second video featured thirteen City department directors sharing personal messages on the past year’s unprecedented challenges and insights into plans for future for their respecrive departments.

“CAPS is a valued and appreciated partner. Thank you for your talents, and

contributions in greatly enhancing the City’s ability to share its stories” conveyed in a note from Heather Sumagaysay, Public Information Officer for the City of Ventura.

The complete presentation will be repeated (broadcast and streamed) on CAPS Media Channel 6 throughout the month and the individual videos with the City Council members and City Staff will air and stream interstititally on Channel 6 and 15 as well as included on the CAPS Media website at capsmedia.org/videos/.

Recently the CAPS Media Executive Board met to discuss various issues including the question of when to reopen the CAPS Media Center to CAPS Members and the public. Due to the pandemic the CAPS Media Center has been closed for the past 16 months. The board members discussed numerous considerations including the encouraging vaccination rates in Ventura County, the State and County guidelines for public buildings, the recent emergence of the Delta variant, and potential surges and decided to continue with the cautious position of keeping the CAPS Media Center closed to the public for the next few months.

Despite the CAPS Media Center being closed to Members and the public, the CAPS Media staff continues to work throughout the pandemic shutdown. CAPS crews are in the community and in the CAPS studio every week recording and producing multiple informational and educational and supervise the broadcast of numerous meetings at City Hall including City Council meetings. The CAPS Crews have covered th County COVID updates as well as videos for County Fire, Health, Public Information

and other departments.

At the same time CAPS Media Center staff continue to broadcast and stream television programming on Channel 6, Channel 15 and online. Plus, CAPS radio - KPPQ 104.1FM,continues broadcasting and streaming a vast variety of engaging original and acquired radio programs. Go to capsmedia.org for more information. All of us at CAPS Media encourage everyone to get vaccinated. The sooner we are all vaccinated the sooner we can open the CAPS Media Center to our Members and the public. Our thanks to everyone for continuing to Stay Safe and Stay Strong during these challenging times.



At least 12 children learned how to ride a bike for the first time.

Supporting those working with Kids & Families Together

Do you remember learning how to ride a bike for the first time? The struggles, the frustrations suddenly turning into exhilaration, pride and joy as one achieves this childhood milestone! On Saturday, June 19th, at least 12 of the Ventura County foster, adopted and kinship children attending this Kids & Families Together and Heart 2 Heart event had never ridden a bike before. Within a few hours, they left the event with a bike, new helmet and the confidence that comes from learning a new skill!

K&FT is grateful to the event partners who made this day so memorable and successful for so many Ventura County children! “With their help, 80 children learned bike safety, enhanced their riding skills and at least 12 children learned how to ride a bike for the first time! Just in time for some Summer fun!” stated Jeni Futvoye, K&FT Community Resource Manager

The creation of this event was

inspired by grandparents who were receiving support in some of K&FT’s programs. They were a kinship family and had their 7-year old granddaughter in their care. Their granddaughter really wanted to learn how to ride a bike, but neither of the grandparents felt that they were physically capable of safely helping her. The grandmother reached out to K&FT looking for help. That one phone call, sparked the idea for this event which first took place in May of 2019.

2021 Bike Rodeo partners and event sponsors donated helmets, bikes, coloring books, bike safety gear, and more! Thank you to Crosspointe Church Ventura for the wonderful location and storage. Thank you to Pastor Matt, Mark and Lewis! Thanks to Joey and Alex from Bike Ventura for their bike instruction, safety expertise, additional event volunteers, bike service, and the donation of 15 bikes. Thank you to CHP Ventura, Moorpark and San Luis Obispo, for their bike safety expertise, organization of the bike course, donation of helmets, coloring books, bike safety gear, and bringing additional volunteers to the event. Thank you, Officer Steve Lutzke and colleagues! Thanks also goes out to ... The Gene Haas Foundation, Project Bicycle Love, Royal Family Camp, Camarillo Amber’s Light Lions Club, The Local Love Project, Open Air Bicycles in Ventura, Raising Hope, Left Coast Parrot Heads and individual donations that came from members of the local community.


These events are always a huge success due to many dedicated and amazing volunteers! 2021 Bike Rodeo volunteers included members of: Bike Ventura, CHP, Camarillo Amber’s Light Lions Club, Left Coast Parrot Heads and many local community members.

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 who thrive.


For more information about K&FT please visit us at: <https://www.kidsandfamilies.org/>

To learn about all K&FT events supporting Ventura County Foster/ Resource, Kinship, Adoptive, and Bio-families please visit: <https://www.kidsandfamilies.org/giftaway-events/>


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COUNTY of VENTURA

News & Notes



Class for introduction to sprint canoe and kayaking held at the Harbor.

The club is being rebuilt as the Ventura Canoe & Kayak Club

The club was originally known as the “Ventura Olympic Canoe Club” and had many National titles in the late 1970s and 80s. After a dormant period, the club is being rebuilt as the Ventura Canoe & Kayak Club.

Club membership can be for anyone 12 years old and up! Competition age brackets are set at under 18, under 16, and under 14 divisions for youth. Adults may compete in the Senior (or open) category, as well as master’s divisions. Masters age groups begin at age 30, with different divisions spread out over 15-year intervals.

With all of their coaches and volunteers completely vaccinated and Covid-19 numbers in the county dropping, they are now offering limited free beginner classes! Thanks to donations, they are able to offer these beginner classes for free. (They pay \$10 per person for event insurance and will happily accept a donation should you wish to contribute.)

Beginner events are limited to 10 people per session and we will be following Covid safety protocols. If you find you enjoy and like the sport, you will be invited to join the club and train regularly.

Drew Story, Ventura Canoe & Kayak Club head coach stated “ I have been the chief organizer behind rebuilding our club. We were a big and extremely successful organization in the 70s and 80s (thanks going to Bill Bragg), with a record number of national championships and several club members being on Olympic and World Championship teams for the United States. I hope to revive our club and provide both kids and adults with an opportunity to enjoy this unique sport.”

“Our events are open to anyone 12 years old and up. All participants must be able to swim 100 yards unassisted and will be required to wear a life jacket at all times. We will provide life jackets and all equipment. We paddle sprint racing canoes and kayaks

at the Ventura Harbor and welcome both youth and adult athletes.”

“If you are unable to attend one of our free Saturday classes and still interested in giving sprint canoe and kayak a try, please contact us and we will make separate arrangements with you.” <https://www.ventura-canoeandkayak.org/>.

They had a really fun day launching and learning how to canoe at the lovely Portside Ventura Harbor development’s new non-motorized public launching ramp. www.portsideventuraharbor.com..



The award-winning lactation team at Community Memorial Hospital is proud to provide outstanding breastfeeding support.

CMH recognized again for excellence in breastfeeding care

Community Memorial Hospital has been recognized once again for offering high quality lactation care and top-notch assistance for breastfeeding families.

The International Board of Lactation Consultant Examiner® (IBLCE) and the International Lactation Consultant

Continued on page 15



Are you, or anyone you know, interested in SCAN Health Plan?

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Michelle Michel
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Ventura County representative
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Y0057_SCAN_12382_2021_C IA 03102021 S1714 03/21



When visiting Olivas Adobe, Docent Mary Thompson can show you the wonderful living quarters and provide a historical overview of the families who lived there. Enjoy an afternoon filled with California history, art, and see Ventura County’s only remaining Monterey style adobe home from the Rancho-era. Olivas Adobe will open to visitors the second Sunday of each month, May-August 2021, from 11am - 3pm.



Second annual Lemon Grove Neighborhood Fourth of July Parade.



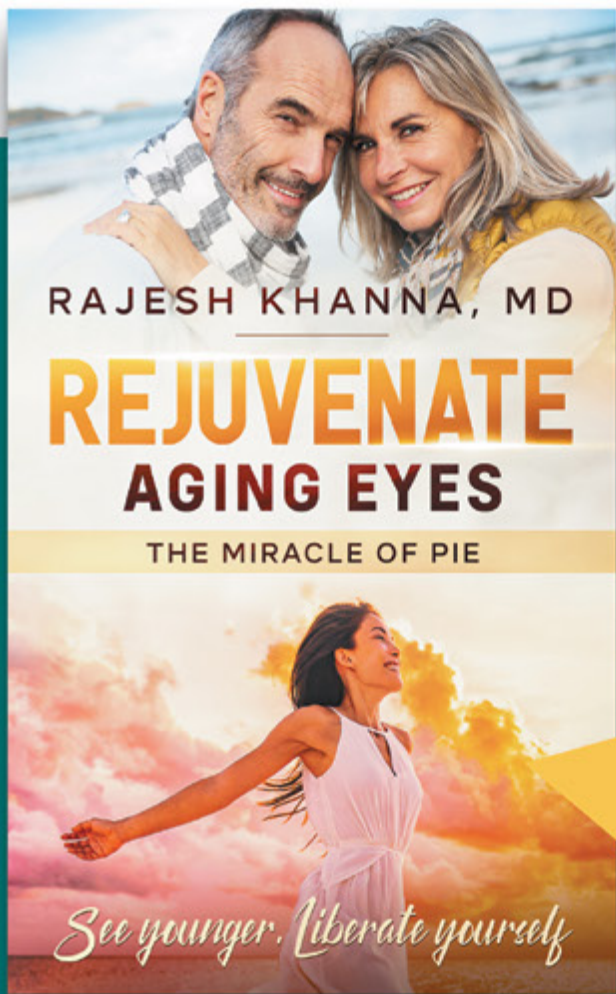
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News & Notes



Gently used books offered by the Ventura Friends of the Library at Hill Road.

The Bookmark

About Libraries and Friends

by Jill Forman

Apology and Correction

The Barbecue for the July 31 book sale will be provided by the Ventura Downtown Lions. The Lions have been so helpful to the Ventura Friends of the Library at book sales for years, providing “person power” when we need it most. My apologies to the Lions for mistating the organization in my last column, and thanks for all the hard work!

Bookstores back in business

The Foster Friends of the Library bookstore has moved to a larger area on the first floor of the library. Open 11:00 a.m. to 4:00 p.m. Tuesday-Saturday.

More books, great bargains, nice open shelves.

Hill Road Friends of the Library used book sales are also open. Gently used books of many genres, low prices with an honor box for payment. Open all library hours.

Online bookstore still going with a more selective inventory. Pickup for now will be at the Foster bookstore.

Remember that all purchases support your Ventura libraries! The Friends of the Library help with book purchases and programs.

Volunteer opportunities: We need folks to staff the Foster bookstore. We would also like to have someone at Hill Road for a couple of hours once a week, to hand out online orders. If you are interested: bookstore@venturafriendsofthelibrary.org.

Summer Friends of the Library Book Sale and Community Event

Saturday July 31, 9 a.m.-3 p.m. Sunday August 1, noon-3 p.m. Dudley House Museum, 197 North Ashwood Avenue (at Loma Vista.)

On Saturday there will be a plant sale 8 a.m.-2 p.m., and a hot dog barbecue provided by the Ventura Downtown Lions 11 a.m. – 2 p.m. (\$5 for hot dog, chips and bottle of water.).

On Sunday 1 p.m.-4 p.m., free tours of the Historic Dudley House and Museum. Lovely setting, great book bargains, summer food, museum tour, plants... be sure to join us. Even if you just want to come by and join the community in celebration.

Book groups at Foster and Hill libraries

Both are returning to in-person discussions.

Foster meets the first Saturday of the month 10-12. August’s book is The Roundhouse by Erdrich. Information: emma.mayer9866@gmail.com.

Continued on page 12



Sugar Junkie celebrates their move to Downtown Ventura with a ribbon cutting hosted by the Ventura Chamber of Commerce. Sugar Junkie is a boutique style sugaring studio. Sugaring hair removal is an all natural alternative to waxing. Call to book an appointment. (805) 275-9000.

Senior Living



“Perhaps I’m taking too many meds?”

Nearly 14% with dementia are prescribed medicines affecting the central nervous system

by Alzheimer’s Disease Cognitive Health
Dementias Health Care Research Mental & Emotional Health

About 14% of older adults with dementia filled prescriptions for multiple medications that target the central nervous system (CNS), or the brain and spinal cord, according to a recent study. The use of multiple medications, called polypharmacy, can increase the risk of serious side effects. Taking combinations of CNS-active drugs can lead to an increased risk of falling, breathing issues, and heart problems. In addition, some CNS-active drugs can affect thinking and memory — a side effect that is especially troubling in people with dementia. The NIA-supported study, led by researchers at the University of Michigan, was published in JAMA on March 9. Nurse giving an older adult medications.

Medications affecting the CNS are used to treat depression and other mental health conditions, prevent seizures, and reduce pain. Older adults who have dementia sometimes have behavioral and psychological symptoms, such as agitation or delusions. Health care providers may prescribe CNS-active drugs to treat those symptoms, but evidence of the drugs’ effectiveness for the symptoms is limited.

To better understand how many people with dementia received a combination of these drugs, researchers looked at Medicare claims data on more than 1 million adults ages 77 to 88 who had dementia. The researchers analyzed the number and timing of prescriptions filled to estimate the number of people who likely took combinations of the drugs.

The researchers found that 13.9% of these adults filled prescriptions for three or more CNS-active drugs for more than 30 days in a row. More than half of those adults had the drugs for more than 180 days. The researchers also found that people who were prescribed a combination of CNS-active drugs had higher rates of insomnia, mental health conditions,

and pain not associated with cancer and seizure disorders. However, the researchers could not, based on the claims data, determine whether the drugs were prescribed to treat those conditions.

The researchers identified some limitations of their study that could point to areas for further investigation. The study may have overestimated the number of people who actually took the drugs because it counted prescriptions filled. The study did not look at the reasons the drugs were prescribed or their dosages. It also did not determine whether the adults who took a combination of CNS-active drugs had health problems that the drugs could cause, such as falls.

This study is the first to examine the number of adults with dementia who live in the community — not in nursing homes — and take a combination of CNS-active drugs. As the number of adults living with dementia increases, better understanding how these drugs are used, their effects, and associated risks could help health care providers and dementia patients make safer, well-informed care decisions.

This research was supported by NIA grant R01AG056407.

How older adults can get started with exercise

How to Set Fitness Goals, Write a Plan to Add Exercise and Physical Activity to Your Life

Deciding to become physically active can be one of the best things you can do for your health. Exercise and physical activity are not only great for your mental and physical health, but they can help keep you independent as you age. Now, let’s talk



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about getting started. How Much Activity Do Older Adults Need?

According to the Physical Activity Guidelines for Americans (PDF, 14.5M) you should do at least 150 minutes (2 ½ hours) a week of moderate-intensity aerobic exercise, like brisk walking or fast dancing. Being active at least 3 days a week is best, but doing anything is better than doing nothing at all. You should also do muscle-strengthening activities, like lifting weights or doing sit-ups, at least 2 days a week. The Physical Activity Guidelines also recommend that as part of your weekly physical activity you combine multiple components of exercises. For example, try balance training as well as aerobic and muscle-strengthening activities. If you prefer vigorous-intensity aerobic activity (like running), aim for at least 75 minutes a week.

How Older Adults Can Get Started with Exercise

Exercise and physical activity are great for your mental and physical health and help keep you independent as you age. Here are a few things you may want to keep in mind when beginning to exercise.

Start Slowly When Beginning Exercise

The key to being successful and safe when beginning a physical activity routine is to build slowly from your current fitness level. Over-exercising can cause injury,

which may lead to quitting. A steady rate of progress is the best approach.

To play it safe and reduce your risk of injury:

Begin your exercise program slowly with low-intensity exercises.

Warm up before exercising and cool down afterward.

Pay attention to your surroundings when exercising outdoors.

Drink water before, during, and after your workout session, even if you don’t feel thirsty. Play catch, kickball, basketball, or soccer.

Wear appropriate fitness clothes and shoes for your activity.

If you have specific health conditions, discuss your exercise and physical activity plan with your health care provider.

Don’t forget to test your current fitness level for all 4 types of exercise—endurance, balance, flexibility, and strength. You may be in shape for running, but if you’re not stretching, you’re not getting the maximum benefit from your exercise. Write down your results so you can track your progress as you continue to exercise.

Make notes about how these test exercises feel. If the exercises were hard, do what’s comfortable and slowly build up. If they were easy, you know your level of fitness is higher. You can be more ambitious and challenge yourself.

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Senior Living



If the person lives alone, you may need to call and remind them to take meds.

Managing medicines for a person with Alzheimer’s

People with Alzheimer’s disease may take medicines to treat the disease itself, mood or behavior changes, and other medical conditions. Caregivers can ensure that medicines are taken safely and correctly. Here are some tips to help you manage medications for someone with Alzheimer’s disease.

Know each medicine (prescription and over-the-counter) the person with

Alzheimer’s disease takes. Ask the doctor or pharmacist:

- Why is this medicine being used?
- What positive effects should I look for, and when?
- How long will the person need to take it?
- How much should he or she take each day?
- When does the person need to take



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Your Hometown Paper

Senior Living

the medicine?

What if the person misses a dose?

What are the side effects, and what can I do about them?

Can this medicine cause problems if taken with other medicines?

Managing medications is easier if you have a complete list of them. The list should show the name of the medicine, the doctor who prescribed it, how much the person with Alzheimer’s takes, and how often. Visit Tracking Your Medications: Worksheet for a template. Keep the list in a safe place at home, and make a copy to keep in your purse or wallet. Bring it with you when you visit the person’s doctor or pharmacist.

People with Alzheimer’s should be monitored when they start taking a new drug. Follow the doctor’s instructions and report any unusual symptoms right away. Also, let the doctor know before adding or changing any medications.

Use Medicines Safely

People with Alzheimer’s disease often need help taking their medicine. If the person lives alone, you may need to call and remind him or her or leave notes around the home. A pillbox allows you to put pills for each day in one place. Some pillboxes come with alarms that remind a person to take the medicine.

As Alzheimer’s gets worse, you will need to keep track of the person’s medicines. You also will need to make sure the person takes the medicines or give the medicines to him or her.

Some people with Alzheimer’s take medicines to treat behavior problems such as restlessness, anxiety, depression, trouble sleeping, and aggression. Experts agree that medicines to treat behavior problems should be used only after other strategies that don’t use medicine have been tried. Talk with the person’s doctor about which medicines are safest and most effective. With these types of medicines, it is important to:

- Use the lowest dose possible
- Watch for side effects such as confusion and falls
- Allow the medicine a few weeks to take effect

It is recommended that people with Alzheimer’s should not take anticholinergic drugs. These drugs are used to treat many medical problems such as sleeping problems, stomach cramps, incontinence, asthma, motion sickness, and muscle spasms. Side effects, such as confusion, can be serious for a person with Alzheimer’s. These drugs should not be given to a person with Alzheimer’s disease. You might talk with the person’s doctor about other options. Examples of these drugs include:

- Keep all medications locked up.
- Check that the label on each prescription bottle has the drug name and dose, patient’s name, dosage frequency, and expiration date.
- Call the doctor or pharmacist if you have questions about any medicine.

Medicines to Treat Alzheimer’s Disease

There are five medicines available to treat Alzheimer’s disease. It’s important to understand that none of these medicines can cure or stop the disease. What they can do, for some people, is help slow down certain problems, such as memory loss. Slowing down memory loss can allow many people with Alzheimer’s disease to be more comfortable and independent for a longer time.

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TEAM
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Come walk with Staci Brown,
Angelique Suddock and "The Ventura
County Sheriff's" on July 24 at 11:00
am. Meet in front of Alohas Steak-
house for a 2.25 mile walk.

How to Register

To register for
TEAM BROWN & SUDDOCK
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**WALKLIKEMADD.ORG/
TRICOUNTIES**
or scan:



Mothers Against Drunk Driving Walk on July 24

Please join Ventura locals Staci Brown and Angelique Suddock as we do our mini fundraising walk for Mothers Against Drunk Driving to take place on July 24th at 11:00 am in front of Aloha's Steakhouse on the Ventura promenade. We have invited the Ventura Sheriff's offices and expect to have some guests. We will be walking to the end of the riverbed which is only 2.25 miles. We will have snacks and a silent auction.

Every year over 1000 lives are lost in California due to substance impaired driving on our roadways. Drunk Driving remains the number one cause of death on US roads. Mothers Against Drunk Driving (MADD) works to end drunk driving, help fight drugged driving, support the victims of these violent crimes, and prevent underage drinking (All services are free).

Your walk fees, or donations raise funds to prevent substance impaired driving crashes and educates thousands throughout the state of California. Walk Like MADD is the only large-scale community-based activity that allows those impacted by drunk driving to take steps to stop drunk driving in their communities.

Please register under "Team Brown & Suddock" it is \$25. If you can't walk with us, we would love if you can donate under the same name. Help save thousands of lives by sacrificing the price of a meal (well, an expensive meal). Please let me know if you have any questions or are having difficulty with registration by calling my work line at 714-838-6199 Ext. 6649.

I hope to see you there!! Optional lunch at Winchesters Grill (632 E. Main Street) after the walk. 5% of the proceeds will go directly back to MADD. Gratefully,
Staci Brown

Mailbox

Continued from page 4

What am I looking to recapture in irresistible Ventura? Coming from a smogville illiterate desert, I long to riffle through the books on the shelves at the Ventura Public Library, where the intelligent librarians introduced me to several exemplary fiction authors unknown to me then, Ruth Rendell, Charles Finch to name just a few. The library encouraged fund-raising and I was more than happy to pitch in.

The Ventura Art Museum took up my offer as a volunteer and fund raiser and in a day or so after brief but necessary training I was assigned to the front desk two or three times a week. Was it my British Accent that got me this prestigious job? Well my gratitude to those who picked up on the value of the Alistair Cooke connection.

The official tourist brochure accurately describes Ventura as a place of an artistic culture and enduring history, that checks stress and pretense at the door. The Rubicon Theater is a pivotal arena for artistic diversity, see www.rubicon.com. And there is more...the harbor, fishing, the beach, Channel Islands, the scenic hikes, the Botanical Gardens, the Pier, the annual Music Festival which draws participants from international venues. No exaggeration to say Ventura is a privileged locale.

And thank my lucky stars (I was born a Sagittarius traveler) I am retreating to my true destination San Buenaventura Ventura. where the benevolent wind is at my back.
www.beverlyrussell.com

This 'n' That



The unit has the capacity for 43-beds.

Expansion of Hillmont Psychiatric Unit alleviates waits for patients in crisis

by Carol Leish

"The Hillmont Psychiatric Unit was built in 1995 and licensed for 43 beds," according to Ashley Bautista, Public Information Officer for Ventura County. "It replaced a 28-bed unit that had been licensed since 1978.

"The unit has the capacity for 43-beds, and is currently staffed for 36 patients. The average length of stay is for 11 days. This increased to 14 days during the COVID-19 crisis. If Hillmont is full, patients are sent to Vista del Mar, here in Ventura, or out of the county to Northridge, Glendale, or Southern California Hospital in Van Nuys.

"With the \$2 million proposal, part of Ventura County's \$2.5 billion budget, which was recently approved," according to Bautista, "an additional 7 staffed beds will be bringing the total capacity of Hillmont up to 43 beds.

"Yes, we agree that the County needs more beds/chairs/placement sites, and we are looking at the full continuum from the Inpatient Psychiatric Unit to Crisis Stabilization Unit /Crisis Residential Treatment to residential treatment and board and care to incrementally enhance the eco-system at all levels," according to Bautista. "Since the county has a need for it with its population of 840,000, future expansion plans include: adding Crisis Stabilization Units (6 chairs), which will be coming this fall to St. John's Hospital in Oxnard; Crisis Residential Treatment (16 beds), which will be coming to Santa Paula this fall; and, a Locked Mental Health Rehabilitation Facility (80-120 beds), which we are looking to bring to Ventura County in the near future."

"Concerning the Advisory panel urging an option for longer hospitalizations of those who are severely mentally ill in Ventura County," according to Bautista, "I'll refer to us (Ventura County), adopting the provisions of Welfare and Institutions Code #270.10 et seq. (Article 4.7 of Chapter 2 of the Lanterman-Petris-Short [LPS] Act) (hereinafter WIC & 5270) which discusses the possible provision for people requiring acute psychiatric treatment longer than that currently afforded under the Welfare and Institutions Code & 5250, in order to avoid the costly and unnecessary filings of Temporary Conservatorship petitions. Thus, if adopted, a WIC & 5270 hold would allow an individual with serious mental illness to be held for up to an additional 30 days. But, if the

person in question is stabilized, the hospital can discharge that person earlier without approval from the court or a conservator.

"The above recommendations are supported by both Ventura County Behavioral Health and Ventura County Medical Center. When it is determined that an individual is gravely disabled and has not stabilized in 17 days, the hospital either discharges and subsequently re-admits (if they missed the window to file for temporary conservatorship), or files for temporary conservatorship which is more restrictive than an additional 30 days. Rights are protected by affording the individual a probable cause hearing."

Dr. Fankhauser, CEO of both Ventura County Medical Center & Santa Paula Hospital, states: "We are committed to providing high quality, compassionate care to this population (those with mental illness), here in Ventura County."

The Bookmark

Continued from page 8

Hill Road meets the last Tuesday of the month at 5 p.m. August's book is I'll Be Gone in the Dark by McNamara. Information: linda.cherry@ventura.org.

Summer Reading Challenges

Register: <https://vencolibrary.beanstack.org/reader365>

Create a profile for each family member.

Log reading minutes or books, complete activities, earn badges, and become eligible for prizes.

Ongoing Library Events

Minecraft Mondays – 4:00 to 5:30 pm.
vencolib.minecraft@gmail.com

Storytimes - Stories and songs every Monday and Saturday at 10:30. Visit Ventura County Library's Facebook page and the live video will automatically start.

Globetrotting Storytime - Mondays for stories and songs with an emphasis on world view.

Bedtime Stories Live Join Ms. Mayra for bilingual bedtime stories Mondays, 7 pm.

Art Lessons Live – Wednesdays, 3:00 pm.

Miss Kat will show you how to draw a different children's book character. Bring your favorite drawing tool and a piece of paper. Visit the library's Facebook page and the video will automatically start.

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 Arrest

On December 6, 2020, Officers responded to a robbery that had occurred in the parking structure at the Pacific View Mall. In this incident, the two suspects chased the victim, The victim ran to his car and was attempting to get in his vehicle when 19 year old Ventura resident James Cruz began to fight with the victim as the other juvenile suspect acted as a lookout as the crime unfolded. Cruz forcibly removed property from the victim. The two suspects fled on foot after the robbery with the victim's property.

An additional incident occurred on March 27, 2021, as the victim was in a parking lot in the 2000 Block of Victoria Av. The victim was talking to acquaintances when Cruz drove by, displayed a handgun, and shouted vulgarities at the victim.

Search warrants were served at the suspects' residences by Ventura Police Detectives.

On June 30, Cruz, who was already in custody, was booked on additional charges of robbery and brandishing a firearm.

The additional juvenile suspect was arrested at his residence and booked into Ventura County Juvenile Hall for receiving stolen property stemming from the robbery.

Narcotics Arrest

On June 30, at 9:30 pm, Ventura Police Department patrol officers contacted a subject, 45 year old Ventura resident Jason Quinn in the parking lot of the 76-gas station. Quinn was displaying erratic behavior consistent with being under the influence of a controlled substance.

During the subsequent investigation, officers determined Quinn was under the influence of a controlled substance and recovered a large quantity of Fentanyl and evidence of narcotics sales on Quinn's person and inside his vehicle.

As a result of the investigation, Quinn 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 Jason Quinn has prior arrests for burglary, commercial burglary, weapons violations, conspiracy, narcotics violations including numerous arrests for narcotics sales.

Felony Assault Investigation and Arrest

On October 20, 2020, the Ventura Police Department began an investigation into an incident where a victim's vehicle had the brake lines severed while it was parked at the Santa Clara parking structure. The victim drove away from the parking structure and the braking system of the vehicle began to fail. The victim was able to stop her vehicle before a catastrophic failure occurred.

During the investigation, it was determined that a former acquaintance of the victim, 54 year old Simi Valley resident Pedro Galindo, was responsible for severing the brake lines. A search warrant was conducted in January at Galindo's residence in Simi Valley to seek physical evidence.

On July 1, 2021, enough information was obtained regarding the crime and an arrest warrant was issued. Ventura Police detectives located Galindo at his place of employment in Glendale and he was subsequently arrested for his outstanding warrant.

Galindo was booked into Ventura County Jail on charges of felony assault.

Robbery Arrest

On July 4, at 2:30 am, Ventura Police Patrol officers responded to a report of a robbery that had just occurred in the 1300 Block of Greenock Lane. The suspect confronted the two victims who were sitting in their parked vehicle. The suspect brandished a knife and stole watches from both victims. During the robbery, the suspect showed the victim's a gang tattoo while also claiming to be a member of a local gang. After the robbery, the suspect fled in a dark colored sedan. The victims called 911 and followed the suspect vehicle.

Patrol officers arrived on scene and conducted a traffic stop on the suspect vehicle around the area of Telephone Rd and Chalmette Ave. A passenger in the vehicle, 32 year old Christopher Hernandez, was identified as the suspect and placed under arrest. Officers located the knife used in the robbery and recovered the stolen watches, which were later returned to the victims.

Hernandez was arrested and booked at Ventura County Jail for Robbery (felony) and Gang Enhancement (felony).

A search of the Ventura County Superior Court website revealed Hernandez has arrests for Domestic Battery and Battery with Serious Bodily Injury.

Stolen Vehicle and Possession of Stolen Firearm Arrest

On July 7, at approximately 12:30 pm, a Ventura Police Traffic Enforcement Officer was patrolling in the area of Chestnut St. and Thompson Blvd. when he observed a stolen Mazda SUV driving in front of him. The officer initiated a traffic stop and contacted the occupants.

During the investigation, it was determined 37 year old Wyoming resident Brandi Price was driving the car, and it was stolen in Los Angeles. Price also possessed Methamphetamine and drug paraphernalia. She was arrested and booked in Ventura County Jail for driving a stolen vehicle, possession of controlled substances, and paraphernalia.

The passenger, 55 year old Ventura resident Joseph Martinez, also had felony warrants for possession of narcotics and a firearm. He was placed under arrest and searched. During the search officers located a loaded stolen handgun. The gun was stolen in Santa Barbara. Martinez was booked in Ventura County Jail for possession of a loaded firearm in a vehicle, possession of a stolen firearm, and his warrants.

Catalytic Converter Theft with Arrest

On the July 7, at approximately 4:00 pm, Ventura Police Officers were contacted in the parking lot of Lowes, 500 S. Mills road, regarding a theft of a catalytic converter from a vehicle. Investigating officers learned that two male suspects were seen under a pick-up truck using a saw to remove the catalytic converter. After removing the catalytic converter, the two males entered a vehicle and fled the area. The suspects were last seen traveling northbound on Mills Rd.

Responding officers searched the surrounding area and located the suspect vehicle on Telegraph Rd at College Drive. Officers initiated an enforcement stop, and three occupants were detained while officers conducted an investigation. During the investigation, officers located two catalytic converters and tools to remove them inside the suspect vehicle.

Abel Mendoza, 25 year old Bakersfield resident and 34 year old Bakersfield resident Jose Avelardes were arrested for possession of burglary tools, grand theft, vandalism, and conspiracy. In addition to the above charges, 31 year old Bakersfield resident Kristina Lavidas was arrested for outstanding warrants and providing false identification to a police officer.

Choom Gang Productions Presents

a night of 805 rock

TORO ORO

THE CHOOM GANG

special guest

SOUR FIN

SAT. JULY 24 – 8PM

Knights of Columbus Hall

36 Figueroa St, Ventura

Tickets: \$9 Advance/\$10 at the Door

Only 250 tickets will be available

To buy advance tickets scan the QR code or visit www.eventbrite.com/e/162009866873



Harbor Patrol Blotter

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

6/28 12:50pm, received a request to remove a dead sea lion near the Ventura Rivermouth at Surfers Point. Officers advised that the area is out of Harbor Patrols jurisdiction and recommended contacting City of Ventura and a local agency CIMWI (channel islands marina wildlife institute) to assist with removal

7/1 6:50pm, received a report of a disabled sailboat colliding with moored vessels in the Derector marina from TowBoat US. Officers responded in RB17 and investigated the boating accident; minor damage was observed and the disabled vessel was towed to the Port Districts longdock until it is towed South in the AM

7/2 6:45am, received a request to assist Ventura PD with a wanted individual in the area of the launch ramp. Eventually the suspect was arrested without incident.

7/3 9:36am, received report of four personal watercraft operating recklessly in the surfline near Faria beach. Officers advised they will attempt to contact the group if they head back to Ventura Harbor. Contact was made at the launch ramp.

11:21am, dispatched to a fall victim on fishing vessel Pacific Dawn. Officers responded and assisted the patient off the vessel and to the AMR paramedics gurney then they transported the patient with a back injury from the fall.

4:45pm, received report of a water rescue near the entrance to the keys, barranca. Officers responded in RB19, but were unable to reach the two paddle boarders who were beset by the wind and unable to paddle out of the barranca. The RWC was utilized to tow the pair. They were transported to launch ramp and released.

7/4 5:30am, observed Small Craft Advisory issued this afternoon for July 4th 12:23pm, dispatched to an assault at the 4Points Sheraton. Patient refused care.

10:03pm, receiving multiple complaints about fireworks around the harbor. Officers were unable to locate offenders for various reports of illegal fireworks.

Weekly SUDOKU

Answer

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

King Crossword

Answers

Solution time: 25 mins.

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

The Pet Page



Dedicated to Scamp

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

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

There are two upcoming clinics in July.

First one will be at SPAN Thrift Store parking lot 110 N. Olive St. (behind Vons on Main) on Tuesday, July 20th, and a second 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.

■ On May 18, the City Council approved a 5-year agreement with the County of Ventura to provide animal control services for the City of Ventura.

The City has relied on Ventura County Animal Services (VCAS) to provide animal-related services for over 30 years.

The agreement provides animal care services, field services, rabies control, animal nuisance hearings, animal license processing, administrative citation processing, and license canvassing.

Ventura County Animal Services (VCAS) provides two types of animal control services in the City of Ventura. Those services are identified as basic services and field services. The basic services include services that the City is legally obligated to provide for its residents under state law.

All the basic services are described below:

Animal Shelter Services

Animal License Processing: The standard City of Ventura license fees are \$25 for spayed or neutered animals and \$105 for animals that are not.

Administrative Citation Processing: A Ventura Police Services Officer is responsible for handling any administrative appeals from citations issued by Animal Control Officers.

Animal Nuisance Hearings
Rabies Control

In addition to the basic services, the City pays for field services at 20 hours per week of an animal control officer's time.

These services are:

Field Services: These services include answering calls for service, picking up dead animals, capturing and transporting animals, investigating nuisance complaints, investigating animal abuse and mistreatment, license compliance, and rabies control.

■ Ventura County Animal Services opened the Simi Valley Animal Shelter on Saturday, July 10th, as a holding facility only, for the reclaim and drop-off of lost/found dogs and cats. This is the next step in their phased reopening plan. Pet adoptions at this location will resume at a later date. Animals not reclaimed by their

owners during their stray hold period will be transferred to the Camarillo Animal Shelter or further services and to be made available for adoption. The Simi Valley Animal Shelter will be open Tuesday – Sunday from 12:00pm – 5:00pm.

VCAS looks forward to resuming pet adoptions in the future at the Simi Valley Animal Shelter as the final step in our phased reopening plan.

■ **How often do dogs need to see the vet?**

Just like you need an annual trip to the doctor for a yearly exam and some preventive screenings—so does your dog. In fact, when you commit to adopting a puppy or older dog, you're basically signing up for regular vet visits with your pooch.

It depends on your dog's age and health conditions, says Dr. Amy Stone, clinical assistant professor at the small animal hospital at the University of Florida College of Veterinary Medicine. "Puppies, like human babies, go to the doctor quite a bit in their first year of life for immunizations and other young animal issues. Once they are fully immunized and probably spayed or neutered, they typically need to come in for a visit yearly," she says.

If your dog has a health condition, they may need to be checked more often. Plus, depending upon their breed, Dr. Stone recommends starting biannual visits when your pup starts becoming more of a senior. In general, that's over seven years for small dogs and over five years for large dogs. "Unfortunately, dog's lifespans are much shorter, so this becomes important to keep them healthy for as long as possible," says Dr. Stone.

What happens when my dog visits the vet?

The most important thing that happens during these vet visits is a physical exam. "That will guide the veterinarian into what other testing may be needed to monitor your dog's health," says Dr. Stone. Also, on the table? Blood work and parasite monitoring and any vaccines that your dog is due for at that time, along with weight and a general health assessment of your pup's ears, eyes, teeth, belly, heart rate, coat, and a discussion of any trouble—whether health or behavioral.

What if my dog hates walking through the vet's doors?

The best thing you can do is try and make vet visits as happy as possible. If the dog is food motivated, plan a vet visit when they'll be hungry and then provide high-value treats—peanut butter and spray cheese—to reward staying calm and good behavior. Sometimes the different treats at the vet's office are enough to entice a reticent dog. You can also try wearing your dog out before a vet visit. A long walk, a romp at the park, or even an hour at the dog park could tucker him out enough to keep him better behaved and less concerned at his exam. Call or go visit your veterinarian without your pet to make a plan if visits have been difficult in the past. There are also calming medications you can try for extreme cases.

Can the vet catch cancer or other problems

Scamp Club

(Scampclub pets are not for adoption.)



Hi: I'm Pebbles, a 3-year-old Shih Tzu. I just like to hang around and be adorable. I don't need to do much because I'm so cute.

Join Scamp Club

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

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

during these visits?

Absolutely. "You certainly catch many things with regular appointment," says Dr. Stone. "Kidney disease, endocrine issues (hypothyroidism, diabetes), and arthritis are just a few of the important diseases that can be caught early so that they are not debilitating for your canine companion," she says.

So don't put off your dog's regularly scheduled exams. They're an important part of keeping her healthy, happy, and disease-free. And visiting the vet for an exam when they're healthy helps your pup get used to going and being handled by the veterinarian.

■ **HealthDay News- Does your teen have the family cat or dog as a nighttime sleep mate? Is that even good for a child's sleep?**

In a new study, sleeping with a four-footed friend appears to be fine for pre-teens and teens. For them, sleeping with a furry family member doesn't appear to negatively impact sleep, according to new research from Concordia University in Montreal.

"It was a pretty rigorous study on kind of a quirky little subject, but the bottom line seemed to be that it didn't

seem to make a difference and kids were happy about having the pets with them," said Dr. Carol Rosen, a professor emeritus in pediatrics at Case Western Reserve University School of Medicine in Cleveland. "Of all the things to worry about, this is probably one less thing to worry about."

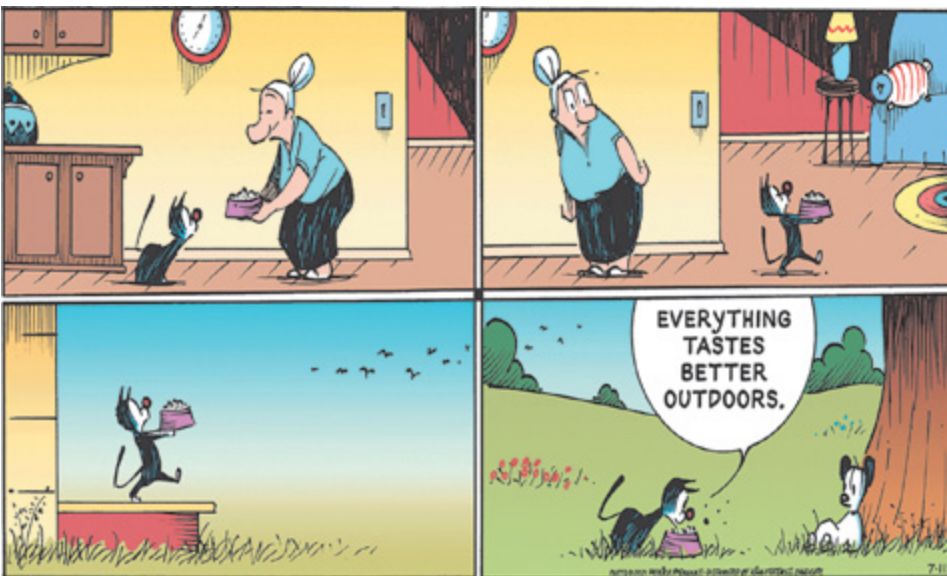
An estimated 30% to 50% of children and adults regularly share their beds with pets, according to the study. Up to 75% of households with kids have pets. Those who shared a bed with their pet often reported the highest overall subjective sleep quality.

Researchers suggested that the reason may be because these kids view their pets as close friends and find their presence comforting.

"There's a range of things that are a little bit different, why someone might have those problems if they're toddlers, preschoolers, school age or teenagers," Rosen said.

Though it might be okay to let a child who needs comfort bring Fido or Fifi to bed, Rosen said if a "child's really fearful or crying at night, then you probably want to talk to your pediatrician or think about seeing a sleep medicine specialist."

Mutts



SPAN Thrift Store

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\$10 Low/No Income Spay & Neuter

Tuesday, July 20th

in SPAN parking lot.

Must call for appointment (805) 584-3823

\$10 Low/No Income Spay & Neuter

Tuesday, July 27th

Shiells Park parking lot,

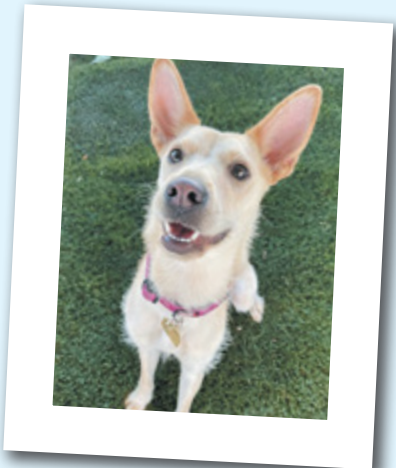
649 C Street, Fillmore, CA 93015

Must call for appointment (805) 584-3823

The Pet Page

Forever homes wanted

Hi: I'm Pippa, a beautiful 4- year -old Bas-nji X in need of a new home. I was rescued from Animal Services where I was found as a stray. My finders said I was good with kids (ages unknown) and I have some energy. It's unknown how I'd do with other dogs or cats. I was in a foster home for a short while. They said I was a great dog, but I kept jumping the short fence to torment the chickens. If you have room in your heart and home for me, please fill out an application to meet me. CANINE ADOPTION AND RESCUE LEAGUE C.A.R.L.



Easy going, resilient and affectionate, Josie is always ready to make a new friend. Her favorite activity is socializing, whether it's meeting someone new or just hanging out a home with you. She loves walks, is crate trained and would love to have a calm and quiet home just like her. Ventura County Animal Services - Camarillo location - 600 Aviation Drive Josie A768745

This 'n' That

Getting back to normal: helping your family through COVID-19 transitions

Many people struggled with mental health challenges during this last year, often exacerbated by lockdowns, isolation, new stresses, and societal turmoil. As American society now slowly transitions to more "normal times," Community Memorial Health System is helping families find ways to cope and move forward.

The public is invited to join CMHS psychologists at a free online seminar as they discuss the current mental health crisis and the deep impact of COVID-19 on families. Participants will learn coping strategies as they prepare to transition back to school, work, and other normal routines during uncertain times.

The free virtual seminar takes place at 6 p.m. on Thursday, July 22. To attend, please RSVP at www.cmhshealth.org/RSVP. This event is hosted by Community Memorial Health System as part of its 2021 Speaker Series Online. Participating psychologists include Dr. Ronda Doonan, director of Behavioral Health and Resident Well-Being for CMHS' Graduate Medical Education; Dr. Shirah Bale, who specializes in behavioral health and mindful practices for wellness; and Dr. Monique Boswell, a specialist in the treatment of Post-Traumatic Stress Disorder (PTSD).

City of Ventura's City Hall opened
Continued from page 1

cilities for business and looking forward to serving the community in-person again."

City Facility Reopening

City Hall and City facilities will reopen for normal business hours. Hours of operation vary at each location. For more details, visit www.cityofventura.ca.gov.

City Council, Boards, and Commission Meetings

Public meetings will continue to be hosted virtually as well as be open for limited in-person participation with social distancing and masking required. The first modified in-person City Council meeting will be hosted on July 19, 2021.

To participate virtually in public meetings, visit www.cityofventura.ca.gov/AgendaCenter.

Virtual City Services

As the City reopens, Ventura's services will continue to be available online, ensuring residents and businesses have more options to take care of important matters and connect with City staff.

Electronic applications for City permits and development projects must be submitted online. Residents, developers, and business owners can visit www.cityofventura.ca.gov/PermitServices to submit applications.

Parks & Recreation

Parks, beaches, golf courses, tennis and pickleball courts, the Ventura Aquatics Center, and public restrooms are open.

The Ventura Avenue Adult Center as well as other community centers and recreational buildings are open to pre-registered participants participating in scheduled activities, camps, and programs, which are available by advance

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

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901 Mission Rock Road
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Call: 805-525-3212 or
Email: reservations@carldogs.org



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

Grooming & Play Yards Available.

www.carlspetcarecenter.com

This 'n' That

registration only.

To learn more, visit www.cityofventura.ca.gov/ParksRec.

Special Event Permit Applications

Applications for block parties, free speech events, parades, processions, athletic and sporting events, walk-a-thons, and festivals will be accepted digitally.

Before advertising or promoting your event, be sure to receive conditional approval from the City to ensure the date and event location you are requesting is available.

To learn more, visit www.cityofventura.ca.gov/SpecialEventPermits.

The City of Ventura is committed to maintaining the health and safety of the public and will be closely following Cal/ OSHA's COVID-19 Prevention Emergency Temporary Standards (ETS).

Even with California relaxing distancing and masking requirements, the risk of community spread still remains high, and the COVID-19 vaccination remains critical to slowing community transmission. To find a vaccine near you, visit www.ventura-countyrecovers.org.

CMH recognized again
Continued from page 7

Association (ILCA) recognized CMH for excellence in breastfeeding care by awarding CMH with their IBCLC Care Award for 2021. CMH has received this award many times previously.

"CMH is proud to be the premier birthing center in Ventura County," said Megan Rodarte, director of Maternal Child Health Services at CMH. "Part of our ongoing commitment to excellence is ensuring that breastfeeding education, support, and resources are available to CMH families and to our community as a whole."






CMH received the IBCLC Care Award in recognition for staffing professionals

who hold the prestigious International Board Certified Lactation Consultant (IBCLC) certification and for providing a lactation program for breastfeeding families. In addition, CMH demonstrated that it has recently completed activities that help protect, promote, and support breastfeeding.

The IBCLC Care Award is given to hospitals, medical practices, clinics, or agencies that staff professionals who hold the International Board-Certified Lactation Consultant (IBCLC) certification and provide a lactation program for breastfeeding families, among other requirements that promote top breastfeeding care. IBCLCs help families overcome breastfeeding challenges, provide accurate information, and support families as their baby grows. They assist families returning to work or school, help families in more unusual situations such as breastfeeding more than one baby or nursing a sick or premature infant, and help train nursing staff to manage basic breastfeeding care.


CMH provides support and information to families during pregnancy, after birth, and as the baby grows. CMH also offers a virtual Breastfeeding Support Group that meets on Thursdays from 2-3:30 p.m. and is led by a registered nurse and certified lactation counselor. CMH's New Parent Resource Center is located at 2580 E. Main Street in Ventura. Call 805/948-BABY (2229) or email newparentresourcecenter@cmhshealth.org for more information.

Community Memorial Health System is a not-for-profit health system that comprises Community Memorial Hospital, Ojai Valley Community Hospital, a skilled nursing facility, and several primary and specialty care clinics that serve communities throughout Ventura County, California.



The latest from author
JAMES FRANCIS GRAY

Available at
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VENTURA, CA 93003
or
GEMS & GLITTER
2690 LOMA VISTA,
VENTURA, CA 93003



Visit our website for information and to view booktrailers at: www.jamesfgray.com
1-805-290-3359



by Pam Baumgardner
VenturaRocks.com

It’s easy to forget just how therapeutic live music can be. Music affects us, it affects our moods, and it can even change our outlook from grim to optimistic. If you’re stressed out, say for instance after having endured a world-wide pandemic and you could use some help easing back into being a social being again, then I highly recommend getting yourself out to enjoy live music. The genre is your choice of course, as it’s so subjective.

But you can’t go wrong with Big Bad Voodoo Daddy. They’ll be performing on Saturday, July 17 at Libbey Bowl, along with Dr. T. & the Blues Criminals. Tickets start at \$28. And speaking of the Bowl, other dates include Grateful Shred on July 16, Blue Oyster Cult on July 23, Little River Band on August 7 and Ambrosia, John Ford Coley, and Peter Dinklage on August 22.

Back in the day I use to enjoy the music events at Zoey’s that were billed as “music in the round” meaning a number of artists would share the stage and take turns showcasing their original tunes with the other artists backing them up. So, I can only imagine that will be the same case scenario when the Ojai Underground features “Women of Americana” on Friday, July 16th. The live performance/broadcast live stream will feature the talents of Pi Jacobs, Manda Mosher, Celia Chavez and Arielle Silver. I trust Silver will choose selections from A Thousand Tiny Torches, her most recent release. According to her website, the album is an Americana Highways favorite album of 2020 and has been recognized in the numerous prestigious songwriting contests including International Songwriting Competition (ISC), Great American Song Contest and Music City Song Star. All four of these women are prolific singer/songwriters who will share the back stories on their carefully chosen musical selections. Two more shows at the Ojai Underground this week include Kelly’s Lot on Saturday, July 17, and a special concert with Ojai’s own, Perla Batalla on Sunday, July 18. More information and ticket information can be found at OjaiArtsExchange.com/underground.

Medicine Hat was ready to roll out their most recent release, Fences, when the pandemic hit, so that was put on hold. But now Robert Ramirez and Michelle Votrian have decided to have a “better late than never” record release party on Sunday, July 18, at Winchesters. CDs will be available along with a limited-edition version of their record on translucent orange vinyl.

Tequila & Tacos Music Festival will be held over the weekend of July 24 and 25 at what is being called Surfer’s Point Live, which is better known as the Ventura County Fair parking lot, the same location where Concerts in your Car were held. The Saturday date will feature the rescheduled Vanilla Ice and Tag Team show, along with Adelaide. Sunday they’ll have a tribute to Selena & Latina artists.

Don’t forget the Ventura Music Festival limited edition this year is a 100% vaccinated event. You’ll need to upload “proof” of your vaccination when ordering tickets in order to provide as safe an event as possible for their 2021 program. July 23 is Aubrey Logan, July 24 is Time for Three and July 25 it’s Andrea Roberto. All three concerts will be held at the Pacifica High School’s Performing Arts Center. Go to VenturaMusicFestival.org for ticket information.

Quick Notes: Tuesday Blues Days are packing in the dancers at Copa Cubana in the Ventura Harbor, this month they feature Shawn Jones and other artists; Bobby Hart & Friends play Winchesters on Thursday, July 15; this month’s Dinner & Music show at Caffrodite will be the jazz duo of Tom Collins & Tom Etchart on Friday, July 16; in honor of Buena High’s reunion weekend, the Funnels and Johnny Knows No One will be jamming on Friday, July 16 at Vaquero y Mar; the Jackson Jones Trio plays Manhattan of Camarillo on Friday, July 16; there’s a free concert at Peninsula Park in the Channel Islands Harbor featuring Psychedelic Summer performing the music of the 60s & 70s on Saturday, July 17; Ray Jaurique solo release, Soul Remedy, drops July 17 with a CD release party at Cantara Cellars; and it’s a night of deep Samba Brazilian music at Namba on Saturday, July 17 with Francisco Leon.

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

Music Calendar

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

Boatyard Pub
Ventura Harbor
Thursdays: Jim Friery; then Bluegrass Jam
Caffrodite Community Collective
1987 E. Main Street, Ventura
Fri 7/16: Tom Collins & Tom Etchart
Cantara Cellars
126 N. Wood Road, Camarillo

Fri 7/16: Laith Al-Saadi
Sat 7/17: Ray Jaurique & the Uptown Brothers
Sun 7/18: Natalie Wattre
Fri 7/23: Josh Smith
Sat 7/24: Cash Cats
Canyon at Oxnard PACC
Oxnard Performing Arts Center
Sundays: The House Arrest Band (1-4 pm)
The Cave
4435 McGrath Street
Ventura
Music 5:30 – 8:30
Thursdays: Bobby Apostol
Fridays & Saturdays: Warren Takahashi
Channel Islands Harbor
3333 Peninsula Road, Oxnard
Concerts 4-6 pm
Sat 7/17: Psychedelic Summer
Sat 7/24: Brandon Ragan Project
Copa Cubana
Ventura Harbor Village
Tuesdays: McWorter Berghoff & Jones (7 pm)
Sat & Sun: Ken Devoe (Noon – 6 pm)
Crown & Anchor
2891 Thousand Oaks Blvd, Thousand Oaks
Thurs 7/15: Teresa Russell (5 – 8 pm)
Four Brix
2290 Eastman, Ventura
Music 6-8 pm on Fridays, Sat & Sun 1 – 3:30 pm
Fri 7/16: Brix Brothers
Sat 7/17: Teresa Russell & Stephen Geyer
Sun 7/18: Vanise Terry Band
Sun 7/25: Jacob Marquez & the Good Vibes
Grapes and Hops
454 E Main St, Ventura
Music 8 pm unless other noted
Thursdays: LA Jazz Experience (7 pm)
Fri 7/16: Davey Miller Trio
Sat 7/17: Dive Bar Steve (2 pm); Mojo Monkeys
Sun 7/18: Shawn Jones acoustic (2 pm)
Fri 7/23: The Tossers
Sat 7/24: Nick and the Oldies (2 pm); Duncan and the Dragon Slayers
Sun 7/25: The Swilly’s and Friends (2 pm)
The Greek
Ventura Harbor Village
Thursdays: Kenny Devoe (4-6 pm)
Keynote Lounge
10245 E Telephone Rd, Ventura
Sat 7/17: Red Rhythm
Fri 7/23: Pull the Trigger
Leashless Brewing
585 E. Thompson Blvd, Ventura
Music 6:30 pm except Sundays at 3 pm
Thurs 7/15: Rob Allen Quartet
Fri 7/16: T.C. King
Sat 7/17: Jacob Marquez
Sun 7/18: Tony D. Ellazzzer
Thurs 7/22: Kyle Smith
Fri 7/23: Brion Shearer & the Unreliable Villians
Sun 7/25: Brother Kimo Moya
Libbey Bowl
210 Signal Street, Ojai
Wednesdays: Ojai Summer Band
Fri 7/16: Grateful Shred
Sat 7/17: Big Bad Voodoo Daddy; Dr. T. & the Blues Criminals
Fri 7/23: Blue Oyster Cult

Made West Brewing
1744 Donlon Street, Ventura
Sat 7/17: RJ Bloke (4 pm)
Sun 7/18: Gianna Bella (3 pm)
Thurs 7/22: RJ Mischo (7 pm)
Manhattan Restaurant
5800 Santa Rosa Rd, Camarillo
Fri 7/16: Jackson Jones Trio (6:30 pm)
Margarita Villa
Ventura Harbor Village
Music 8-11; Sundays 5-8
Fri 7/16: Corsican Brothers
Sat 7/17: Crosscut 805
Sun 7/18: Doc Rogers Band
Fri 7/23: Reign
Sat 7/24: Bejammin’
Sun 7/25: John Young & Friends
Namba
47 S. Oak Street, Ventura
Sat 7/17: Francisco Leon
Ojai Underground Exchange
616 Pearl Street, Ojai
Fri 7/16: Women of Americana
Sat 7/17: Kelly’s Lot
Sun 7/18: Perla Batalla
Fri 7/23: Little Days
Sat 7/24: Eva & the Vagabond Tales
Prime Steakhouse
2209 E. Thompson Blvd
Ventura, CA
Music 6-9 pm
Tues: Danny D - “Dinner with Frank”
The Raven Tavern
1651 S. Victoria Ave., Oxnard
Fri 7/16: Vanise Terry Band
Sat 7/17: The Wild n Free
Fri 7/23: Foo Flannels
Sat 7/24: Simi Rat Pack
Relm
2390 Las Posas Rd., Camarillo
Fri 7/16: Jade Hendrix
Sat 7/17: Blanket of Clouds
Sat 7/24: Lucano Germann
Star Lounge
343 E. Main Street
Ventura, CA
Sat 7/17: CRV
Taqueria Jalisco
4275 Tierra Rejada Rd., Moorpark
Music 5-9 pm
Tuesdays & Fridays: Jim Friery
Tony’s Pizzeria
186 E. Thompson Blvd, Ventura
Thurs 7/15: Free Love Project
Vaquero y Mar
435 E. Thompson Blvd., Ventura
Fri 7/16: The Funnels, Johnny Knows No One
Ventura Music Festival
Pacifica High School, Oxnard
Fri 7/23: Aubrey Logan
Sat 7/24: Time for Three
Sun 7/25: Andrea Roberto
Winchesters
632 E. Main Street, Ventura
Music Thurs 5:30; Fri 7 pm; Sun 3 pm
Thurs 7/15: Bobby Hart & Friends
Fri 7/16: CRV
Sun 7/18: Medicine Hat
Thurs 7/22: Saint Pierre
Fri 7/23: Ray Jaurique & the Uptown Bros.
Sun 7/25: The Tosser
1901
740 South B Street
Oxnard, CA
Music 6:30 – 9:30 pm
Fri 7/16: Karen Eden
Sat 7/17: The Swillys
Fri 7/23: Teresa Russell

Ventura Music Scene



Cayetana Conrad (AKA Tani) studio is located in Studio74 at the Bell Arts Factory, 432 N. Ventura Avenue.

“I was born in San Francisco. My father was a writer and painter. My mother was an architect. All three of my siblings are in the arts. I went to college on the East Coast and raised my three children in Connecticut. In 2005 I moved back to California where I have always loved the light.

“I currently live in Carpinteria, but enjoy the peaceful drive down to my studio at The Bell Arts Factory in Ventura every morning. When I start the nature and figure paintings which are done in oil paint, I always start with an intention, a loose plan, as opposed to the mixed media paintings which are done in acrylics and are completely intuitive. Aside from my Bell Arts Factory studio, some of my paintings can be seen at The Doora Collective on Main Street (between Palm and Oak St.) in Ventura.”

Her work including mixed media and figures can be seen at Taniconrad.com. For studio hours contact taniconrad1@gmail.com.

Ventura Art Scene

On July 2 Studio 99, at the Bell Arts Factory held a grand opening. Picking up the Pieces A Group Exhibit by the Collage Lab

A reception was held from 5 - 8pm. This was also during the first in-person First Fridays art crawl of 2021!

The Collage Lab is a group of Ventura artists who create pictures using paper, photos, fabric and other mixed media. “Picking Up the Pieces” presented a selection of recent work reflecting thoughts, ideas, feelings and inspirations that carried the artists through the COVID lockdown. Featured artists are **Janet Black, Karen Hoffberg, Darlene Roker, Wendy Winet, Janna Valenzuela, Karen L. Brown, Mary Kolada Scott, Joyce Lombard, Virginia Buckle and Tasia Erickson.**

Exhibiting: July 2 - August 15, 2021

Gallery Hours: Fridays & Saturdays, noon - 4pm and by appointment.

805-648-1235

Studio 99 is at the back of the Bell Arts Factory, through the Wall Street entrance. 432 N. Ventura Avenue.



This 'n' That

Parent and Child Together Class: Infant and Toddlers

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.

Nancy Schram, Ventura County Library Director says, “By collaborating with First 5 Ventura County and other organizations that serve children from birth to age 3 and their parents, our Ventura County Libraries can make an even bigger difference in early childhood brain development. This program means our libraries will play a key role in providing equitable opportunities for all children to experience language through books and other interactions and provide support for parents who may have few or no other places they can go for help.”

In the class, parents receive a free toolkit with developmental screenings for their child, age-appropriate toys supporting early childhood develop-

ment, and books exploring social and emotional competence. Librarians also partner with families to address individual needs and strengthen community connections.

Online registration began Tuesday, May 25 for the 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. The class is limited to six families per location and registration is on a first come, first served basis. If the class is full, a waiting list will be created, and interested families will be notified of any openings.

Attendance is limited and all participants must follow safety protocols in place at the time of the class – including distancing and face coverings – while in the library.

The summer session of classes will be held weekly in Ventura at: Community Room Housing Authority of the City of San Buenaventura 1187 Riverside Street Ventura, CA 93001 Thursdays from 10 a.m. to 11 a.m.

The full class schedule may be found on the library’s online calendar of events: <https://vencolibrary.org/calendar>.

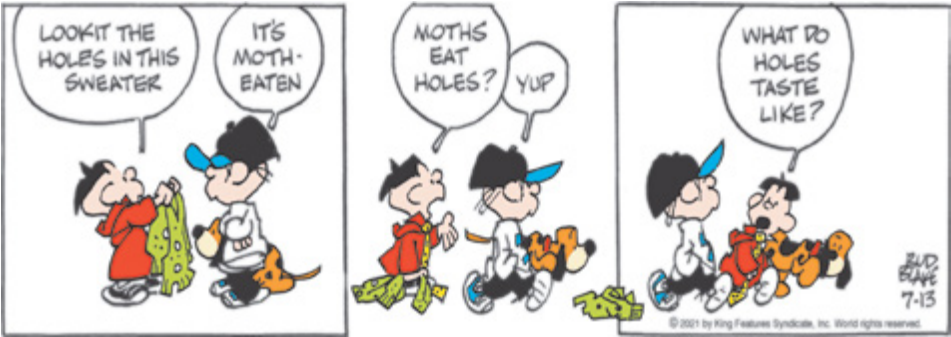
This class is offered in partnership with First 5 Ventura County. It is supported in part by funding provided by the State of California, administered by the California State Library. It is free and open to the public. For additional information, contact Antonio Apodaca, Education and Outreach Coordinator, (805) 218-3821.



On June 20, at 8:15am, Ventuira Fire department personnel responded to a traffic collision on the southbound 101 freeway with victims trapped. Personnel arrived to find two vehicles with major damage in the roadway, one on its roof, one with a victim trapped inside. The trapped victim with severe injuries was extricated using hydraulic cutting/spreading/lifting tools, both patients were transported via ambulance to local hospitals.

Lighter Breeze

Tiger



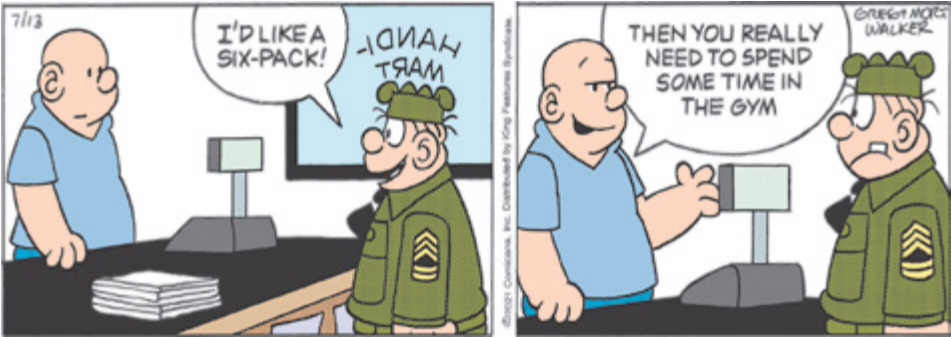
Zits



Daddy Daze



Beetle Bailey



Crock



Blondie



Solutions on page 13

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

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

Weekly SUDOKU

by Linda Thistle

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

DIFFICULTY THIS WEEK: ♦♦♦♦

♦ Moderate ♦♦ Challenging
♦♦♦ HOO BOY!

Solutions on page 13

King Crossword


ACROSS

1 Pack cargo
5 Billboards
8 On — with
12 Vagrant
13 Old Oldsmobile
14 TV's "Warrior Princess"
15 Actress Falco
16 Rep.'s rival
17 Apple product
18 Criminal's "why"
20 Latin love
22 Whiskey variety
26 Dishonor
29 Succor
30 Blue
31 Runner's tempo
32 Greek H
33 "Three Sisters" sister
34 Last (Abbr.)
35 Nay undoer
36 Void
37 Outing for two couples
40 Bedouin
41 Boston athlete
45 Wrinkly fruit
47 Dhahi predecessor
49 "— la Douce"
50 Thaw
51 Allow
52 Pants part

DOWN

1 Son of Noah
2 Commotion
3 Life story
4 "Alas ..."
5 "As You Like It" setting
6 Actor Billy — Williams
7 Neighbor of Kenya
8 Self-evident truth
9 Pre-game morale booster
10 Year in Spain
11 "Awesome!"
19 Complete
21 Club —
23 Like some exclusive communities
24 Cabin components
25 "— the night before ..."
26 Tater
27 Head light?
28 In reality
32 Size up
33 Washington Monument, e.g.
35 Carte lead-in
36 Chowd down
38 Londoners, e.g.
39 Keen
42 Nest setting
43 One-named supermodel
44 Roman censor
45 Actress Thurman
46 Tiara sparkler
48 Spell-off

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Salome's Stars

with grace.

LIBRA (September 23 to October 22) Some hazy issues still need to be cleared up before you can move on with your new plans. A friend from the past reaches out to re-establish old ties.

SCORPIO (October 23 to November 21) Continued positive fall-out follows that risky workplace decision you made some time ago. Your payoff will soon prove to be more substantial than you expected.

SAGITTARIUS (November 22 to December 21) A personal relationship continues to be affected by a recent unexpected turn of events. Things need to work themselves out without finger-pointing.

CAPRICORN (December 22 to January 19) It's a wonderful week for all you capricious Goats to kick up your heels with friends or family members in some well-earned fun and frivolity.

AQUARIUS (January 20 to February 18) Caution is advised before making a financial commitment to someone you don't really know. There are better ways to build friendships than with risky fiscal dealings.

PISCES (February 19 to March 20) Travel plans continue to be favored. A change of scenery brings new opportunities, both personally and professionally. Be open to the possibilities.

BORN THIS WEEK: You have a strong sense of loyalty that shows itself best in your relationships with family and friends.

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Showtime



Young performing rehearsing for live performances.

Rubicon returns with performances at Villanova in Ojai

Rubicon Theatre Company announces their dramatic return to live performances with an eclectic season of three Youth Theatre shows to be performed at the outdoor amphitheater at Villanova Preparatory School in Ojai. A Midsummer Night’s Dream, Shrek the Musical and Les Misérables.

A Midsummer Night’s Dream July 9th and 10th at 8p.m

Under the light of a magical midsummer moon, romance runs amok when prankster forest fairies meddle in the affairs of four young Athenians and a group of amateur actors. One of Shakespeare’s most popular comedies, this lighthearted play celebrates the capricious, dream-like and sometimes silly nature of love and desire.

Shrek The Musical, Jr. July 16th-18th at 8pm

A hilarious and joyous musical, adapted for the stage from the popular Dreamworks’ animated film about a big green ogre who ventures out of his comfort zone to discover what beauty - inner beauty - really means, and finding true love in the process.

Directed and choreographed by Cheryl Baxter-Ratcliff and George Bax-

ter-Ratcliff with Musical Direction by Billy Thompson.

Les Misérables August 12th-15th at 8pm

This epic, enthralling musical masterpiece, set just after the French Revolution, is an enthralling story of broken dreams and unrequited love, passion, sacrifice and redemption – a timeless testament to the survival of the human spirit. The thrilling score includes “I Dreamed a Dream,” “On My Own,” “Bring Him Home,” “One Day More,” and many more.

Directed by Kirby Ward with Musical Direction by Anthony Lucca

Tickets can be purchased by visiting www.rubicontheatre.org or by calling the box office at 805-667-2900. Tickets are \$15 for adults and \$10 for children (plus service fee).

While our guest services office at Rubicon is not open for in person purchases, our guest services staff is available from 12pm-4pm Tuesdays through Saturdays via phone. Tickets are available at the door, but advance purchase is encouraged. All performances will be at Villanova Preparatory School, 12096 N. Ventura Avenue, Ojai.

Streaming Spotlight by Cindy Summers

The Tomorrow War

– Amazon Originals



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

In “The Tomorrow War”, the world receives a desperate message from the future when a military troop from 2051 appeared out of thin air during a world soccer match to tell the people of earth it had been invaded by aliens and without help the human race would parish. Originally trained military people were jumped into the future war zone, but only 50%

survived, so the world leaders agreed on a global draft of civilians to serve 7 days and be returned with full time served if they survived the battle. The civilian survival rate was even lower at only 25%, but Dan Forester (Chris Platt) was not your average high school teacher having previously served in Army Special Ops so had a basic idea of what he was getting into when he was selected for the draft.

Dan’s wife Emmy (Betty Gilpin) worked as a counselor for those who returned from the future war, many of whom lost limbs as well as being emotionally scared from what they witnessed, and she pleaded with Dan to reach out to his estranged father for help in removing the jump device before he was deployed in 24 hours. Dan’s dad James Foster (J.K. Simmons) went by Slade and was a military tech specialist by trade with his own personal fleet of vehicles and planes as well.

Things did not go well during

**Moving In?
Moving Up?
Moving Out?**

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Dan’s reunion with his father, so he returned home to say goodbye to his wife and 6 year old daughter Muri and report to the training center. They were supposed to be there for a week before the jump, but a significant shift happened in the future and they were jumped in after only 24 hours to help rescue a critical research team. Until arriving, they had no idea how terrifying the alien race was they called Whitespikes that fed on humans and fired bone-like spikes from multiple tentacles.

They landed in future Miami Beach, which was filled with crumbled buildings destroyed by explosions and fires throughout. Due to Dan’s previous military training, he was put in charge of the search and rescue by Romeo Command (Yvonne Strahovski) and directed remotely to avoid the aliens to where the research team was on the 7th floor of the research building. The research team was dead when they were found, so Dan was instructed to retrieve a specific dozen critical vials and return them to base as the aliens converged on their location.

The area was overrun with aliens, and what was left of Dan’s team narrowly escaped the bombing of the area by planes to aid in their exit.

They woke up on an island in the Dominican Republic where Dan met Romeo Command face to face, and upon being referred to as Colonel Forester by another soldier realized it was his own daughter Muri 30 years in the future leading the fight. She had developed a toxin to kill the aliens, but the remote research outpost where the jump link also resided was invaded by thousands of aliens trying to save the female specimen she had captured for testing.

Muri was injured and Dan couldn’t save her because his jump band was counting down to the last seconds of his 7 days of service, so he was jumped back in time, though kept the vial of toxin with him. Believing that the aliens had been here all along and that they emerged after climate change melted the polar cap, Dan gathered a team including his dad and several other soldiers that he jumped with to go find the alien ship and destroy it to stop the war from ever happening.

Though some of the storyline is predictable, this thrilling action-packed movie has incredible visual effects, some interesting twists, and constant comedie one liners from the star-studded cast. Runtime: 2h 18m



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This 'n' That



Scholarship recipient Jimena Pérez Arroyo came to the U.S. from Mexico.

Ventura College Foundation distributes over \$640,000 in scholarships

The Ventura College Foundation awarded 400 scholarships to 228 students totaling \$642,758 for the 2020/21 academic year.

Students were notified this month of their scholarship awards. Scholarship amounts range from an average of nearly \$2,400 for continuing students to an average of nearly \$4,000 for students who are transferring to four-year universities in the fall. Over half of the winners received multiple scholarships.

"Despite the challenges during the school year because of the pandemic and virtual learning, many Ventura College students were able to excel in their academic studies," says Rob van Nieuwburg, Ventura College Foundation board chair.

Scholarships were awarded in all academic fields which included STEM, art, health and liberal arts. Recipients came from nearly every city in Ventura County including Ventura (75), Oxnard (65), Santa Paula (27), Camarillo (13), Fillmore (8) and Port Hueneme (6).

A recipient of two scholarship awards this year, Bryan Rodriguez and his older sisters are the first in his family to attend college. His parents immigrated to America to provide a better life for their family.

Scholarship recipient Jimena Pérez Arroyo, 18, came to the U.S. from Mexico at nine with her mom seeking a better future. "I was taught the value of education and hard work," says Pérez Arroyo who attends Ventura College full time and works part time.

Pérez Arroyo knew she wanted to be a pilot since she was 12. She excelled in math and science throughout her schooling and is now studying engineering at Ventura College.

Even though in-person award celebrations aren't allowed due to COVID restrictions, the Ventura College Foundation is still virtually celebrated the 2021 scholarship awardees, the donors who made the awards possible, and the sponsors of the Scholarship Awarding Week of Celebration. Videos and the 2021 scholarship awards program can be viewed at <https://venturacollegefoundation.org/awardevents2021/>.

The Ventura College Foundation is grateful for the continuing support of scholarship event sponsors. They include Edison International, Miracle Mile Advisors, Citizens Business Bank, Searle Creative and Bank of the Sierra.

For more about scholarships and other support services provided by the Ventura College Foundation, go to www.VenturaCollegeFoundation.org.

Established in 1983, the Ventura College Foundation provides financial support to the students and the programs of Ventura College to facilitate student success and grow the impact and legacy of Ventura College as a vital community asset.



Kevin Costner by Johanna Spinks from the Face of Ventura from the Ventura Breeze.

Movie Stars in Ventura

by Richard Senate

I was working giving tours at the Albinger Archaeological Museum that summer in the 1980s. It was a fun job and enabled me to meet people from all over the world and tell them the history of our city, as interpreted in the archaeological finds at the small museum. It was a slow day I recall when a couple came in, as was my job, I started to give them the tour pointing out the significant artifacts from the Chumash and Spanish Colonial periods. The man, had short hair, cut in a military fashion but he looked familiar. I racked my brain trying to figure out where I knew the man from. Did I go to school with him? Did we work together on some project? But, being a professional, I didn't interrupt my tour to flat out ask him who he was. He didn't ask a lot of questions and toured the grounds with his lady friend. Then, as he left, he signed the quest book. When he left I checked the log only to discover the familiar face belonged to the actor Tom Cruise! I walked outside to see him drive away in a big black car, with a gold grill. He waved at me as he passed. I later learned he was filming Top Gun at the time and that accounted for his haircut. But Ventura has always been a place where movie stars have visited over the year. It is a place to unwind from the rigors of Hollywood.

A list of the greats and near greats who have stopped over in our community is long. This is but a sample:

Kevin Costner He grew up in Ventura and attended Buena High School. He considers Ventura his home town and returns from time to time.

Fatty Arbuckle, Silent clown and controversial star drove though Ventura, and on Main Street was given a ticket for speeding. He told the policeman he had once lived in Ventura for a time.

Red Grange Football hero made silent films too making his race car movie Racing Romeo at the Ventura fairgrounds. Sadly this film is now lost.

James Cagney The popular star of Hollywood's Golden Age stayed at the Mission Hotel while doing pick up shots for the race car film The Crowd Roars They filmed this at the Ventura County fairgrounds.

Clark Gable, the uncrowned king of Hollywood's Golden Age had dinner at the Olivas Adobe after poaching ducks on owner Max Fleishmann's property in 1939.

Jessie "The Body" Ventura, AKA... James George Janos, Took his wrestling name from a visit to John's at the Beach. He later became an actor and was elected Governor of his home state of Michigan

Larry Hagman also visited Ventura. Best known for his role as JR Ewing in Dallas.

John Travolta. He had his action thriller Swordfish On Main Street, downtown Ventura.

There are many others that could be listed. You may have met one or two?