

You can only read the Breeze if you have been vaccinated!



Vol. 14, No. 22

Published Every Other Wednesday

Established 2007

July 28 – August 10, 2021



The Westside Community Council was there supporting the cause.

Crowd protests SoCalGas compressor site in Ventura

On July 17, from 11:00 am until 2:00 pm, hundreds of community members from around California including Ventura, Culver City, Playa Del Rey, and Aliso Canyon met at Kellogg Park to demand Gov. Newsom instruct the California Public Utilities Commission to conduct an Environmental Impact Review before any further work can be completed on the SoCalGas facility, and to phase out oil and gas drilling immediately.

More than 200 people attended the 'Fight to Stop Ventura SoCalGas Compressor' protest. They displayed signs opposing the compressor station and listened to speakers opposing the site.

For years, Ventura's Westside community has lived near the Southern California Gas Company compressor station. It has been considered by NASA as a super-emitter of methane.

SoCalGas has initiated efforts to double the size of the facility that sits across the street from an elementary school and Boys and Girls Club. Approximately 500 people live within a quarter mile of the facility, but as many as 4,750 live within a half mile radius close enough to be impacted by a gas explosion. The site is located at 1555 N. Olive St.

Ryan Gellert, CEO of Patagonia, Inc. stated "As CEO of Patagonia, I am working in solidarity with the community of West Ventura and Patagonia's 500 Ventura based employees to

oppose this dangerous project. Patagonia's headquarters has been located down the road on West Santa Clara Street since our founding in 1973. As a global company that is in business to save our home planet, it's our responsibility to use our resources to protect our employees, neighbors and community from harm.

Continued on page 3



Ventura's wonderful Park Safety Ambassadors would be a fine place to start.

Why kindness really matters now

Now that California and Ventura have reopened, folks are flooding out into the world with joyous abandon. That is happy news. We all can use plenty of joy. But there is a flip side to this flood. Businesses that had gone to a skeletal staff (or no staff) are suddenly short staffed. The simple, unequal math is reduced to this -- many of our Ventura businesses are struggling to do a lot more with fewer people. Our Ventura businesses -- from hotels, to restaurants, to retail -- are

working hard to hire staff, but it takes time. Lines are a little longer. Waits are a little longer. Phones ring a little longer.

Our businesses are doing the best they can in the face of a happy deluge of visitors and locals eager to greet life, all of them boosting our economy (for which we are deeply grateful). And our businesses are working equally hard to do better. Until they catch up -- and they will -- we ask for some simple, but game-changing, things. Like patience. An understanding smile. A kind word. Maybe even an unasked for thank you. Ventura's wonderful Park Safety Ambassadors would be a fine place to start (They're easy to spot; wearing bright red colored shirts with Ventura's logo, they're perpetually cleaning and graciously answering every kind of question).

So, for starters, thank you Ambassador Tim.

That's right, who better to get the kindness ball rolling than the locals? We Venturans know how to do this. No town knows better. We know how to move a little more slowly; see what's important and what isn't. These businesses that are working so hard to adapt to this bright world, most of them are run by our friends and neighbors. These are people we know. How could we not be patient and understanding?

Venturans and visitors, we all walk through this time together. Who wouldn't want to make it more pleasant? And it requires pretty much nothing. No effort (how hard is a smile?). No real in

Continued on page 3



On July 22, at 2:39pm, Ventura City Fire Department responded to a report of a structure fire at Mound Elementary School. The first arriving engine company discovered a classroom at the rear of the school heavily involved in fire. Firefighters protected adjoining classrooms while suppressing the main body of the fire. The fire was held to the classroom of origin with two additional classrooms suffering heavy smoke damage. The fire was completely extinguished 40 minutes after the initial 911 call was made.

The cause of the fire is suspicious in nature and remains under investigation by Ventura City Fire. No injuries were reported as a result of this incident.

Come taste the magic, feel the compassion, and enjoy the fun

VENTURA TOWNEHOUSE
CALIFORNIA'S CROWN JEWEL IN RETIREMENT LIVING

805.919.8312
4900 Telegraph Rd., Ventura, CA 93003
License No. 565801810
www.venturatownehouse.com



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 **Sherman Moore, Mark Hartley** and the ones that don’t want to be mentioned.

YES! I WANT TO SUPPORT THE VENTURA BREEZE OUR FREE COMMUNITY NEWSPAPER:

☐ CHECK

☐ CREDIT CARD

NAME _____

CARD NUMBER _____

EXPIRATION DATE _____

CODE ON BACK _____

ZIP CODE _____

AMOUNT _____

(ANY AMOUNT IS APPRECIATED)

MAIL TO:

VENTURA BREEZE
PO BOX 832
VENTURA 93002

DO YOU WANT TO BE LISTED ON
THE HONOR ROLL TO APPEAR
IN THE BREEZE? YES ☐ NO ☐

Thank you for supporting your local hometown newspaper!

City News

Public health strongly recommends masks indoors

With cases of COVID-19 rising locally and increased circulation of the highly transmissible Delta variant, the County of Ventura Public Health Department strongly recommends that everyone, regardless of vaccination status, wear masks indoors in public places. This serves as an extra precautionary measure for those who are fully vaccinated and will further limit spread of the Delta variant in the community at large.

“The Delta variant is spreading quickly in our State. All community members should take action to protect themselves and others against this potentially deadly virus,” said County of Ventura Health Officer Doctor Robert Levin. “While vaccines remain our best tool against COVID-19, masking in indoor and crowded outdoor settings will help us curb the spread of this latest wave of infection. Ventura County data have recently shown that unvaccinated people are 22 times more likely to become infected and hospitalized than vaccinated residents. Several of our hospitalized people have been vaccinated and that is several too many.”

In June, the Delta variants comprised 43 percent of all specimens sequenced in California. The Centers for Disease Control and Prevention (CDC) noted that Delta variants are now responsible for 58 percent of new infections across the country. Fully vaccinated people are well-protected from infections and serious illness due to known COVID-19

variants including Delta variants, and vaccinating as many people as possible, as soon as possible, continues to be our best defense against severe COVID-19 infection, and the harm it can do to our region. Vaccines are safe, effective, free, and widely available to everyone 12 and older. “For the most part this is a surge of cases among our unvaccinated and it is preventable. Get vaccinated,” said Doctor Levin.

Out of an abundance of caution, people are strongly recommended to wear masks indoors in settings like grocery or retail stores, theaters, and family entertainment centers, even if they are fully vaccinated as an added layer of protection for both themselves and unvaccinated residents. Businesses are asked to expect universal masking for customers entering indoor areas of their businesses to provide better protection to their employees and customers. Workplaces must comply with Cal/OSHA requirements and fully vaccinated employees are encouraged to wear masks indoors if their employer has not confirmed the vaccination status of those around them. For masks to work properly, they need to completely cover your nose and mouth and fit snugly against the sides of your face and around your nose.

Public Health will continue to monitor transmission rates, hospitalizations, deaths and increasing vaccination rates throughout the County and will reevaluate the recommendation in the coming weeks. COVID-19 information can be monitored at www.vcrecovers.org.

COVID-19 vaccines are available at multiple locations throughout the County of Ventura for all community members 12 or older. Information about locations can be found at www.myturn.ca.gov or by calling 833-422-4255.



On July 12, at 3:36am, Ventura City Fire and AMR EMS along with CHP units were dispatched to a report of a traffic collision with injuries and persons trapped. Emergency personnel responded and arrived to find a single vehicle down an embankment with major damage. It was determined that three occupants were in the vehicle and needed extrication and EMS by rescuers. 2 male passengers (unknown ages) suffered moderate injuries and were transported to Ventura County Medical Center for further evaluation and treatment. A third male occupant (unknown age) was pronounced deceased at the scene. CHP and Ventura County Coroner personnel are investigating the cause.

Community Events

Ventura events

by Ana Baker

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. Karen Flock from the Ventura Housing Authority will discuss inclusionary housing issues and housing affordability. 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, currently neighborhoods north of Hwy. 126 between Dunning/Lemon Grove/Agnes on the west and Hill Road on the east. Visit the College Area Community Council website @ caccVentura.com to learn more, to be added to the mailing list and to access a link to the Zoom meeting.

Aug. 4-15: Summer Fest at VC Fairgrounds with carnival rides and games, food and fun, Summer Fest is scheduled for August 4 to 15 in the ocean air at Ventura County Fairgrounds. Produced by Kastl Amusements, admission is free, parking is \$15. Pre-sale carnival ride tickets are available online now until Tues, Aug 3 at 11:59 p.m. <https://kastl-amusements.ticketleap.com>

Aug. 27: Bank of Books Friday 7-9 p.m. 748 E. Main St. Richard Senate Ghost Talk & Tour Haunted Downtown Ventura. Discover the ghosts of Old Ventura that lurk in saloons and reenact tragic events from the days when this place was a wild cow town. You will never see Main Street the same after this tour of haunting stories and mysterious happenings. Fee: \$10/ person Limited to 30 people. For reservations call (805) 643-3154.

Aug. 28: Bank of Books Sat. 1-3 p.m. 748 E. Main St. (805) 643-3154. Alicia Doyle is an award-winning journalist who discovered boxing at age twenty-eight in the late 1990s when she went on assignment at a boxing gym for at-risk youth called Kid Gloves. During her boxing career, she won two Golden Gloves championship titles and earned three wins by knockout—and at age thirty in 2000 was named The California Female Fight of the Year.

Ojai news and events

The Ojai Storytelling Festival is pleased to welcome back, two-time Grammy winning storyteller and singer, Bill Harley to the 20th Ojai Storytelling Festival, Oct. 28-31. Bill will perform and lead a workshop during the 4 day festival. Tickets for the festival are available at www.ojaistoryfest.org. A variety of ticket packages are available.

Bill Harley is well-traveled, well-read, well-educated, well-spoken and well-loved. Accompanied by his guitar, his narrative songs and stories, both original and traditional, are a celebration of our common humanity. Best known for his work with children and families, his ability to navigate through a confusing world with humor and wisdom is evident in his masterful storytelling as well as his numerous award-winning recordings and books. A two-time Grammy winner, he is vibrant, outrageous, unpredictable and genuine with songs and stories about growing up, schooling and what it is to

be human—our connections with one another and with the planet we share. Recognized by audiences and peers as one of the finest performing storytellers in the country, his work has influenced a generation of children, parents, performing artists and educators. Bill tours internationally as a performing artist, author and keynote speaker from his home in Seekonk, Massachusetts.

Volunteer Opportunity!

The CMH Auxiliary is in need of volunteers and there are openings in most departments for those who are looking for an opportunity to serve the community in a volunteer capacity. After the pandemic shut down so many activities, many of us are seeking ways to become more involved and to reconnect with other people. Being a volunteer at CMH not only provides that contact with others that we’ve been missing, but also a chance to perform much-needed service for our health workers. If you are interested in joining the Auxiliary, you may contact the front desk at the hospital, leave a message for the Auxiliary at 805-948-4299, or ask any volunteer wearing the navy and white uniform.

Crowd protests SoCalGas

Continued from page 1

We believe it’s urgent to put people before the interests of the fossil fuel industry.”

“Oil and gas infrastructure has no place near homes and schools. Patagonia applauds Mayor Rubalcava and our city councilors, along with community groups and environmental activists, for protecting residents. We urge our elected and appointed officials to continue to block the expansion of this dangerous facility. We want SoCalGas to safely clean up this site under the watchful eyes of government officials and local activists and shut down this compressor station.

To learn more about the efforts to stop SoCalGas’ expansion of the gas compressor on Olive Street, please visit westsidecleanair.org. Their demands are:

The Department of Toxic Substance Control (DTSC) must hold a bilingual community hearing with residents that would be affected, including parents of children who attend EP Foster Elementary School;

There must be an Environmental Impact Report (EIR) and Health Impact Assessment of the entire scope of the cleanup and expansion project at 1555 N. Olive St;

Rather than expand this facility, SoCal Gas must create a plan to clean up the toxic soil and shut down the compressor station. We do not want this in our neighborhood.

Why kindness really matters now

Continued from page 1

convenience (how hard, a few extra beats of patience?) No timetable. “Be kind whenever possible,” the Dalai Lama once said. “It is always possible.”

Why not even be proactively kind? There’s the story of a man who sets his phone alarm so that it goes off a few times a day. At that moment, he does something kind.

Makes you feel good just reading that, doesn’t it?

Why not spread that feeling?

We encourage you to continue along your path in living well by managing your own arrangements.

When the time comes, your family will not have to make decisions that are almost guaranteed to intensify their emotional stress.

You'll eliminate potential conflicts over what should be done, including how much to spend.

Most importantly, you'll ensure that your final goodbye is carried out according to your wishes.

Please join us on Thursday August 19, 2021 at 11:30 am for a Pre-planning workshop in the reception room at:

Boyko & Reardon

Telegraph Road Mortuary & Cremation
15 Teloma Drive, Ventura, CA 93003 FD#2390

Please RSVP: 1-805-203-9491

Lunch and refreshments will be provided.





JOSEPH P. REARDON

FUNERAL HOME & CREMATION SERVICE
757 E. MAIN ST. VENTURA, CA 93001
805-643-8623
FD #883



BOYKO & REARDON

TELEGRAPH ROAD MORTUARY & CREMATION
15 TELOMA DR., VENTURA, CA 93003
805-765-4137
FD #2390

ReardonFuneral.com



HUGE BOOK SALE

July 31, 2021, 9am-3pm
August 1, 2021, 12 noon-3pm

Dudley House Museum

197 N. Ashwood Ave. Ventura

Quality used books, arranged by genre/category.

Dudley House Plant Sale

Saturday, July 31st only
8am to 2pm
Proceeds to benefit the Dudley House

Dudley House Tours

Sunday, August 1st only
1pm to 4pm
Free

Ventura Downtown Lions Barbecue

Saturday, July 31st only
11 am to 2 pm
Seating and takeout services
\$5.00 lunch, hot dog, bag of chips, bottle water
Proceeds to support the Lions Sight and Hearing Projects





Come find the perfect books & plants & enjoy a barbecue hot dog lunch



VENTURA BREEZE

Your Hometown Paper

Member, Ventura Chamber of Commerce

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

PUBLISHER-EDITOR

Sheldon Brown
publisher@venturabreeze.com

PUBLISHER EMERITUS

Staci Brown
Assistant to the PUBLISHER
Ana Baker

CONTRIBUTING WRITERS

Richard Lieberman · Shirley Lorraine
Sheli Ellsworth · Carol Leish
Jill Forman · Pam Baumgardner
Elizabeth Rodeno · Mira Reverente
Amy Brown · Richard Senate
Cindy Summers

CONTRIBUTING PHOTOGRAPHERS

Richard Lieberman · Michael Gordon

DISTRIBUTION

Jaime Baker · Mary Thompson
Alfred J. Lewis · Richard Lieberman
James Gray · John Murchison

ACCOUNT EXECUTIVES

Breezy Gledhill · Cindy Summers

WEB/ONLINE ADVISOR

Cindy Summers

PRINT PRODUCTION

Alfred J. Lewis/studioNothing

PRINTING

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

CONTACT US:

EVENTS & HAPPENINGS
events@venturabreeze.com

OPINIONS

opinions@venturabreeze.com

ARTICLES AND PHOTOS

editor@venturabreeze.com

THE PET PAGE

scampclub@venturabreeze.com

ADVERTISING

advertising@venturabreeze.com

Ventura Breeze

PO Box 832
Ventura, CA 93002
Phone 805.653.0791



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

Opinion/Editorial



Sheldon Brown
Publisher-Editor

■ Interesting facts in mid-year **crime report** in this issue. It seems crime was down during COVID lockdowns and closures, but up again as things open-up. I guess crooks were afraid of getting sick (tough way to fight crime).

■ Enrollment in the Ventura Unified **School District** has reached its lowest point in 25 years, a decline that will mean less funding for schools in years to come.

The district enrolled 15,874 students this past school year, the lowest since 1996-97. At its largest, the district had 17,794 students in 2003-04. Ventura currently has 15,742 students enrolled for the fall.

A committee will be formed that will focus on ways to address the decline and its long term effects.

■ I would like to hear from readers if they have felt the same way as I have as we venture out more to attend events and eat at restaurants. Being in **introvert** (that is different then being shy), my DNA changed due to basically being sequestered for over a year.

A few weeks ago, there was an event at the museum that I looked forward to going to and on the day of the event I was thinking of every reason not to go. I finally went but it wasn't easy, and I felt awkward attending. I'm feeling more comfortable getting out now but still have a tendency to just want to stay home.

■ Speaking about DNA, according to a new study published by Science Advances as little as 1.5 percent of our DNA is unique to modern humans, and not shared with our ancestral species.

"That's a pretty small percentage," Nathan Schaefer, a University of California scholar and co-author of the report stated. "This kind of finding is why scientists are turning away from thinking that we human are so vastly different from **Neanderthals**."

The study compared modern human DNA to that extracted from the fossilized remains of extinct Neanderthals and Denisovans, two pre-human species that died off 35,000 and 50,000 years ago, respectively. Both species are believed to have bred with early humans.

■ Two Swedish prison guards were held hostage for nine hours by two inmates demanding **pizza** as ransom,

they were released when the food was delivered. I'm sure they could have held out for an Antipasto salad also.

■ An Alabama doctor has revealed heartbreaking details about her recent conversations with patients **dying** from COVID-19, amid a surge in cases caused by the Delta variant in the state with the lowest vaccination rate in the nation.

"I'm admitting young healthy people to the hospital with very serious COVID," Dr. Brytney Cobia wrote. "One of the last things they do before they're intubated is beg me for the vaccine. I hold their hand and tell them that I'm sorry, but it's too late.

"A few days later when I call time of death, I hug their family members and I tell them the best way to honor their loved one is to go get vaccinated and encourage everyone they know to do the same," Cobia added. "They cry. And they tell me they didn't know. They thought it was a **hoax**. They thought it was political. They thought because they had a certain blood type or a certain skin color they wouldn't get as sick. They thought it was 'just the flu'. But they were wrong. And they wish they could go back.

Alabama Gov. Kay Ivey issued an impassioned plea for residents of her state to get vaccinated against Covid-19, arguing it was "time to start blaming the unvaccinated folks" for the disease's continued spread. I want folks to get vaccinated. That's the cure. That prevents everything," Ivey, a Republican stated. (Alabama has about a 33% vaccination rate).

For months, conservative Nashville, Tennessee-based radio host **Phil Valentine** has repeatedly made posts on multiple social media platforms telling his fans that if they weren't at risk for COVID, they shouldn't get the vaccine. That message changed on July 23, when the Valentine family made a public statement on the Facebook page of his talk radio station's Facebook page that he had COVID.

A man who mocked Covid-19 **vac-cinations** died this week at a Los Angeles-area hospital after contracting the virus. Stephen Harmon was 34. Stephen Harmon posted photos of himself in his hospital bed, wrote that he had pneumonia and critically low oxygen levels and was going to be intubated.

Three days before his death, Harmon tweeted: "If you don't have

faith that God can heal me over your stupid ventilator then keep the Hell out of my ICU room, there's no room in here for fear or lack of faith!" Perhaps before waiting for God to cure him he should have been vaccinated as a back-up.

■ I have mentioned this before but will again. I receive emails from **Trump fans** that basically call me a clown, an idiot and worse for criticizing him. A 3-year-old could email me that. My response is always the same; "Instead of knocking me, explain why you support Trump." I never receive a response. I'm still waiting.

■ GUNS IN THE NEWS

A drive-by shooting targeting a party bus in Chicago has left eight people injured in what was the third mass attack in the city in a span of six hours, police say.

Eight people were injured in a shooting near a car wash in Fort Worth, Texas, after a group of men got into an argument. One of the men left the scene during the argument, returned with a gun and began firing "toward groups of people," Fort Worth Police said in a news release. Multiple people returned gunfire, the release said. Most of the victims are believed to have been innocent bystanders who weren't involved in the initial argument, according to Fort Worth Police.

Authorities are investigating a Massachusetts shooting that left two Black people dead as a hate crime after investigators found "some troubling white supremacist rhetoric" in the gunman's handwriting.

A man and a woman were finishing dinner at a restaurant at the Downtown Aquarium in Houston, Texas when a man seated at the other end of the bar got up, approached the pair and opened fire. Then the male suspect killed himself.

California Governor Newsom asked, at a meeting with members of a gun victim's family, "What the hell's wrong with us? When are we going to put down our arms, literally and figuratively? What is going on in the United States of America?"

■ Former Attorney General William Barr bluntly dismissed some of former President Donald Trump's election fraud allegations as "bulls***. My attitude was: It was put-up or shut-up time," Barr recalled at one point. "If there was evidence of fraud, I had no motive to suppress it. But my suspicion all the way along was that there was nothing there."

In spite of this, based only on Trump's absurd claims that the elections were stolen, more than 6 in 10 GOP voters either "strongly" (39%) or "somewhat" (22%) agreed with the statement that the 2020 election "was stolen from Donald Trump.

Those numbers are astonishing.

Maricopa County Recorder Stephen Richer called a Trump statement accusing the county of deleting an elections database "unhinged" and called on other Republicans to stop the unfounded accusations. "We can't indulge these insane lies any longer. As a party. As a state. As a country," Richer tweeted.

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

It is difficult
to keep quiet
if you have
nothing to
say.

— Malcolm
Margolin

Mailbox

I attended the meeting July 10, 2021 at Mission Plaza Park with Kevin Clerici. Here is my take on the plans, first the issue, then my solution:

1. Straighten the sidewalk for better access to the Museum. The current sidewalk has an area between the planters for the 2 westernmost Coral Trees that is diverted toward the park (away from Main Street) and then back again. In the diversion area are agapanthus plants and sod.

The sidewalk could be made straight very simply by paving over some of the agapanthus and sod.

2. Need for extra parking along Main Street. There is currently a grassy section that continues from the aforementioned diversion to Main Street.

Remove the sod. Build a curb at the sidewalk edge, put in parking places where the grassy area is currently.

3. The 3 existing planters for the healthy

Coral Trees and the perfect "rolling hill" from the sidewalk down into the park should be left intact. Every person with a young child will attest to the perfection of the "rolling hill." Also it is an attraction and it adds to the interest of an otherwise relatively flat park.

4. The easternmost planter is holding the stump of a Coral Tree. It sits about 4 feet above the ground level of the park. An inviting entrance to the park from the Mission is needed.

If the easternmost planter and the 4 palm trees and a few other bushes were removed, it would be a relatively simple matter to level that area, ending at the planter of the easternmost living Coral Tree. This would greatly expand the level area in front of the Mission and have the feel of a small town square.

5. If you want to encourage use of the park, plant at least a couple more shade

Continued on page 15

City News

Environmental efforts ramping up in Ventura

The City of Ventura has long maintained a strong environmental commitment to a healthy, beautiful, and sustainable community. In support of this effort, the City is actively working with stakeholders to enhance recycling efforts and reduce material sent to the Toland landfill.

On July 5, 2021, E.J. Harrison & Sons expanded weekly trash collection service to include all three carts, trash, recycling, and yard waste – every week, at no additional charge. Now, residents don’t need to worry about which bins goes to the curb each week. Additionally, this service upgrade provides more room to recycle and allows more recyclables and organics to be diverted from the landfill.

In the coming months and years to come, City staff and E.J. Harrison & Sons will take additional steps toward reducing landfill-bound waste. This includes the collection and recycling of food waste as well as replacing Ventura’s waste carts with new ones that are uniformly colored statewide for trash, recycling, and organic material. State laws, including California Senate Bill 1383, have mandated food waste and barrel color changes.

Another recent waste management improvement is the City’s ban of expanded polystyrene (EPS) containers

used by food and beverage providers. Commonly known as Styrofoam, EPS food containers are a prevalent form of litter found in storm drains, creeks, rivers, beaches, parks, and open spaces. The EPS ban went into effect on July 1, 2021.

Types of banned EPS items include, but are not limited to, cups, plates, bowls, meat trays, clamshells, and coolers that are not wholly encapsulated by another material. Food providers may choose any non-EPS product to replace banned EPS products.

City staff is actively working with local businesses distributing EPS to support the transition away from EPS and providing a one-year exemption for those experiencing financial hardship.

While growing pains are anticipated during the implementation of these changes, these efforts are aimed at cleaning up our waste stream, curbing greenhouse gas emissions, protecting our beaches, improving recycling efforts, and supporting a beautiful community for generations to come.

For more information, contact the City of Ventura’s Environmental Sustainability Division at www.CityofVentura.ca.gov/ES or call 805-652-4525. To reach E.J. Harrison & Sons, call 805-647-1414.

City Center Project has 100% success rate

Innovative City Center Project, with 100% success rate, has moved one step closer to ensuring homeless Ventura County families become self-sufficient. 253 homeless parents and children in Ventura County are now independent and free of government assistance.

The City Center, led by Executive Director Jim Duran and his team of case managers, therapists and mentors, have worked tirelessly to equip homeless families with children to rebuild their lives and become independent. They recently started a fundraising campaign to buy The City Center building at 837 E. Thompson Blvd, Ventura, raising over \$900,000 of the full purchase price of \$3.95m.

With a 100% success rate - no graduates have ever returned to homelessness. The City Center has become a best practice model in its field and Jim Duran intends to replicate this successful model to other cities in the future. “6,394 Ventura County students were identified as homeless in Ventura County in 2019/2020 according to Ventura County Office of Education – this is unacceptable, every family and child deserves shelter and the opportunity to rebuild their lives,” said Jim Duran, Executive Director of The City Center. “Our program is unique, we are the only homeless program providing comprehensive mentoring and training to our residents to allow

them to be successful and independent within 2 years.”

The City Center is more than a 30-room transitional living motel. Residents have a safe place to stay for one to two years, they receive in-depth goal outlines and an individualized plan to support them with counseling, mentoring, financial coaching and employment assistance. They learn life skills necessary for self-sufficiency, acquire transportation and obtain employment. Families graduate The City Center debt free, with a savings account and no longer needing government assistance. Additionally, 30% of residents leave with college degrees, trade school degrees and/or certificates of completion in their field. Over the past seven years, 78 families have graduated from their program, representing 253 people that are no longer homeless.

While the funding required to complete the purchase at \$3.95m is steep, Duran is confident that the local and business community will support the initiative. “There has been much talk in the community and local government about the homeless problem in Ventura, and we have worked hard to achieve viable solutions for those most vulnerable - families with children,” said Duran. “With our 100% success rate with no graduates returning to homelessness, our support has grown over the years, evidenced by the hefty donations already made and used towards the down payment on the mortgage. We are hopeful that Ventura County businesses and community will support this campaign”.

To learn more about The City Center and information on ways to support them, please visit <https://www.gofundme.com/thecitycenter>

805 Gift Emporium

Inspirational Gifts, Bibles & Journals, Cards, Dog Clothes & Costumes, Jewelry & so much MORE!



Hours: Wed 1pm - 6pm, Thurs, Fri & Sat 11am - 5pm (805) 658-0805
2500 Channel Drive, Ventura, Ca 93003

Building our Vision, our Future Together.

Ventura’s General Plan is a long-range land use policy document that builds a framework for the next 25 years or more. The General Plan addresses important community topics like:

- Affordable housing
- Housing needs
- Climate change
- Transportation
- Economic development
- Environmental sustainability
- Public safety
- Open spaces, parks, and more!

Take the survey today!
Open through August 31, 2021.

Visit www.PlanVentura.com to share your vision in a survey or attend a future workshop or event.

Don’t miss the opportunity to help shape Ventura’s future and what it means to live, work, play, and do business here.

Everyone’s participation is important and highly encouraged.

Ventura has an increase in violent crimes

As mid-year statistics are evaluated, the City of Ventura has experienced an overall increase in Part I Crime of just under 1%. Despite a slight reduction in reported property crimes through the first half of 2021, violent crime is up by 23%, with an increase in sexual assaults and robberies at 53% and 32% respectively, accounting for most of the increase.

It’s likely that the lifting of the COVID-19 restrictions has had an impact on public behavior and crime rates. Last year, during the pandemic lockdowns and business closures, violent crime fell substantially. The increasing trend so far this year is indicative of the crime rates Ventura experienced in previous years.

As 2021 progresses, the Ventura Police Department looks forward to continuing to strengthen community partnerships and relationships by bringing back outreach events such as Coffee with a Cop, National Night Out, the Community Academy, in-person Neighborhood Watch Meetings, and Curbside Coffee Chats at local schools.

Community members interested in learning more about crime in their neighborhoods and in our city are encouraged to visit the Ventura Police Department’s online, interactive Community Crime Map at www.cityofventura.ca.gov/CrimeMap.



Person To Person

by Amy Brown

Question: How did the more than year-long need to sequester affect you?



Fred Yasukochi
Retired

The year of Covid forced cancellation of trips to Africa and Yellowstone. It gave me situational depression, and gained weight! New skills included how to make bacon at home.

How did things change once the shutdown was over?

Standing in line for the Covid vaccine was thrilling. Like when I felt after voting for our first Black president: excitement and hope.

What have you changed in your life or perspective since?

We are still cautious when out. My life today is much more about appreciation and less about acquisition now.



Kelly McCauley
Hair Stylist at Shear View Salon

I'll say it affected me not mentally, because I got used to being alone for a while, our shop was closed, I lost a

few clients, some were scared to come back. I had a lot of projects! I was a rock painter for a little while.

How did things change once the shutdown was over?

I love it! It feels normal. I actually went to Long Beach last weekend, although it was supposed to be mandated, no one was really wearing masks. I've been vaccinated, so I'm not really nervous to be around people. I believe if I am vaccinated, take vitamins and stay healthy, I will be ok.

What have you changed in your life or perspective since?

It hasn't changed my life; it makes me appreciate life differently--we should live for today, as tomorrow's not promised to any of us.



Tiler de Long
Busser at Aloha Steakhouse

It was actually very depressing being stuck at my house, all day, with all my siblings. Plus, my restaurant was shut down for months. I was never really scared of the worst of the pandemic, but it was hard being shut down.

How did things change once the shutdown was over?

It made me happy, I got my life back to normal, instead of feeling so restricted. It's way more busy at work, now that everyone can go out again.

What have you changed in your life or perspective since?

This has made me appreciate the little things. And now it's made me go out more than I ever did before. I realized how hard it was to be unable to go out for so long.



Javier Mendoza
Production Manager, BIRNS, Inc.

I don't think I ever noticed how much of a social creature I was until being told I couldn't go anywhere! Only then I realized how much I miss camaraderie with even total strangers. Even at bars, the DMV—during Covid no one could be near one another.

How did things change once the shutdown was over?

It feels fantastic. I'm almost purposely trying to interact with more people, it's something people missed, sparking up conversations at the grocery store—more so than ever, being able to talk to random strangers again. It feels good.

What have you changed in your life or perspective since?

Definitely—I find the need to be more outgoing, I've always felt like I always was, even more so. We have a very limited time here anyways. We've sequestered for 1.5 years, and as scary as that was, during that time, being able to have people go back out again, it feels good to get to know new people and try new things. Less embarrassed trying new things, since being locked up for so long!

and avoid the risk of a DUI by designating a sober driver.

Funding for the “Know Your Limit” program is provided by a grant from the California Office of Traffic Safety, through the National Highway Traffic Safety Administration. To learn more about the Office of Traffic Safety grant and VPD's educational efforts, visit ots.ca.gov or contact Emily Graves, Community Outreach Specialist with the Ventura Police Department, at egraves@cityofventura.ca.gov.

DIY Home Energy Savings Toolkit available

You can check out a Do-It-Yourself (DIY) Home Energy Savings Toolkit at participating Ventura County libraries. Ventura County Library is partnering with Ventura County Regional Energy Alliance (VCREA), and 3C-REN (Tri-County Regional Energy Network) to launch the DIY Energy Savings Toolkits. The DIY toolkits include instruction guidebooks in both English and Spanish and will help provide the knowledge, tools, and equipment needed to improve your home's energy and water usage with easy upgrades. These simple DIY home improvements can help increase the energy efficiency of your home, making it more comfortable, affordable, resilient, and better for the planet.

The DIY toolkits include useful tips and free items like LED lightbulbs, low-flow showerheads, weather stripping, and aerators for you to install at home. Also included are measuring devices like a Kill-a-Watt meter, infrared laser thermometer, and flow rate bag to help to save energy, water, and money. Use the tools and supplies in the kit to complete your DIY projects. When you're finished, return the kit to your local library and enjoy your new and improved home!

Chair of the Board of Supervisors, Linda Parks, stated “With this handy DIY toolkit, you can measure your home's energy and water usage and make a few quick home upgrades to save money and help the planet. Involve the kids and make it a fun learning opportunity.”

To learn more about the toolkits, visit 3C-REN's Home Energy Savings webpage at www.3c-ren.org/diy-toolkit/. To find a kit near you, visit Ventura County Library's website at www.vencolibrary.org/DIY.

News & Notes

Ventura Police Department informs community on how to “Know Your Limit”

The Ventura Police Department will have officers in downtown Ventura educating the public on how to monitor alcohol intake and “know your limit” on July 30, 2021, from 6p.m. - 10:00p.m.

During this time, officers will ask patrons how many drinks they have

consumed and whether they believe it is safe to drive. Officers will provide information on the impacts of alcohol on one's ability to drive, and the consequences of a DUI.

“The goal is to help our residents understand the effects of alcohol so they can make smart decisions when deciding how to get home,” said Officer Bernadette Compean, the Ventura Police Alcohol Enforcement Officer. “It only takes a few drinks to become impaired, which is why it is important that drivers know their limit.”

The “Know Your Limit” program is intended to raise awareness about the dangers of drinking and driving. It is illegal for anyone 21 and older to drive with a blood alcohol content (BAC) of

.08% or higher.

A person's height, weight, food intake, drug and/or medication use and how much they drink over a time period are all factors that affect their BAC. According to the California Driver Handbook, it takes two drinks consumed within one hour by a woman between 120-160 pounds, and three drinks by a man between 180-220 pounds, to be over the legal limit. One drink is based on 1.5 oz. of liquor, 12 oz. of beer, or a 5 oz. glass of wine. The BAC lowers at a rate of .01% for every 40 minutes between drinks.

The average cost of a first-time DUI offense is approximately \$13,500, accounting for vehicle impound fees, fines, attorney fees, auto insurance hikes, and other penalties. Plan ahead

Ocean Water Quality Monitoring Report

Ocean water quality results for samples collected last week indicate ocean water quality at the following Ventura County beach sampling location failed to meet State standards for bacteria:

Surfer's Point Beach

Warning signs are currently posted and contact with ocean water should be avoided for a minimum of 50 yards on

Continued on page 15

News & Notes



Celebrate seaside entertainment all summer long.

Where happiness comes in waves at the Ventura Harbor

The sights and sounds of Summer continue weekly at Ventura Harbor Village through Labor Day with a stellar line up of live seaside entertainment and an array of after dark experiences. Set sail into the weekend with harborside entertainment at Ventura Harbor Village where a menagerie of summer seaside vibes is in the air on Fridays, Saturdays and Sundays. Revel in genres that include Blues, Pop, Rock Soul, Caribbean, and Reggae.

A roster of top-notch local DJs set the stage and take turns showcasing an ongoing musical variety (made possible by Party Proper!) as part of NEW Friday Nite Seaside DJ Set from 4-7 pm every Friday through Labor Day weekend. Stroll the Seaside Promenade Stage and embrace some evening bliss as the sun goes down and sound turns up. Enjoy the sea-inspired soundtrack while meandering the waterfront and sipping cool cocktails on the patio of a nearby restaurant.

Amid a toe tapping upbeat tropical

vibe, visitors celebrate the return of the destination’s popular live Steel Drum Performances with Steel Drum Saturdays from 1-4 p.m. at the seaside Promenade Stage which showcases breathtaking views of both the harbor and mountains. Arrive early to shop, dine and relax at one of the Village’s scenic restaurants and savor fresh seafood, a variety of cuisine choices, and toast to summer with refreshing hand-crafted cocktails

Showcasing a variety of duos and trios with a musical line-up that includes pop to soul and rock to a blend of Caribbean and reggae, Ventura Harbor’s live Summer Sundays live musical performances, from 1-4 p.m. on the oceanfront Promenade Stage, are the perfect way to spend the afternoon. With an array of options to sit back, relax and listen to music on the scenic Promenade patios, on the water aboard a kayak, SUP, electric boat, or on a paddle boat, all offer ways to get the best floating seats in the harbor.

11th Annual Backpack Gift-Away Event!

Kids & Families Together (K&FT) along with Heart 2 Heart will be hosting the 11th Annual Backpack Gift-Away Drive-Thru event on Saturday, August 14th, in Ventura for foster/resource, kinship, adopted and bio-families currently working in programs with Kids & Families Together. This will be a fun family event that will provide backpacks filled with age appropriate school supplies, along with other donations for the caregivers. As families leave the event, a box lunch will be provided allowing them the opportunity to enjoy a nice afternoon picnic together at the beach or a local park.

This year’s theme is Pirates & Mermaids! As with prior drive-thru events, dressing in costume or decorat-

ing your vehicle is strongly encouraged. Our goal is to serve 150 children, who are currently “in care” at this event and send them back to school with confidence and the supplies they need for a fun and successful school year!

There are many ways to help support this event through financial giving, donations of school supplies or becoming a volunteer!

Ways to Donate:

Visit our Amazon Wishlist to purchase school supplies: <https://a.co/hGx10tB>

Donations can also be mailed to: Resource Family Support, Kids & Families Together, 864 E. Santa Clara Street - Ventura, 93001.

- Collect backpacks/supplies and schedule a drop-off/pick-up.
 - Donate and we will purchase what is needed: igfn.us/form/wU82SQ
 - Text to donate: FAM (on 91999)
- For more information contact: 805-643-1446 ext. 108/131, email: events@kidsandfamilies.org

Kids & Families Together (K&FT) is a nonprofit that has been serving foster/resource, adoptive, kinship, and birth families throughout Ventura

VENTURA BOTANICAL GARDENS



Celebrate friendship at the
GARDENS

Photo: Joseph Cahill

Free Admission on National Friendship Day

Bring your friends and enjoy a walk through the Ventura Botanical Gardens. Leashed dogs are welcome.

JOIN US
Sunday, August 1

HOURS
9am-5pm

Visit our courtyard garden shop. Ask about our plant sponsorships or browse our plants and pottery.

SUPPORT THE VENTURA BOTANICAL GARDENS, BECOME A MEMBER TODAY!

567 S. Poli St. | 232.3113 | VenturaBotanicalGardens.com

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/>

County of Ventura launches VC Connects to help bridge digital gap

The County of Ventura is proud to announce the launch of VC Connects, a program designed to bridge the digital gap for older adults and people with disabilities living in Ventura County. VC Connects brings computers to the homes of individuals who do not otherwise have access to a digital device.

VC Connects offers individuals 18 and older access to computer kits that can be checked out at any of the 12 Ventura County Library locations or

the Mobile Library. Internet enabled hotspots and technical support are also available. The program is offered through a collaborative effort between the Ventura County Area Agency on Aging, the County of Ventura Information and Technology Department, and the Ventura County Library.

“We are excited to launch a program that creates access to technology for the populations we serve,” said Victoria Jump, Director of the Ventura County Area Agency on Aging. “We recognize the importance of addressing the digital gap that exists for many Ventura County residents, and we are proud to provide a safe and trusted service that does just that.”

VC Connects allows users to complete any online task, including video chats with friends, family members, and doctors. The program, including internet enabled hotspots, is provided at no charge, however an active Ventura County Library card is required. Library cards may be acquired at any Ventura County Library location.

In addition to the computer kits, VC Connects offers thoroughly vetted tips and resources through www.vconnects.org. The website was designed to address many of the questions and concerns that arise when using a digital device.

“Our goal is to make services more accessible and easier for the community to navigate,” said Nancy Schram, Director of the Ventura County Library. “VC Connects brings digital devices within reach in a way no other local program has before.”

For more information, visit www.vconnects.org or call 805-477-7300.



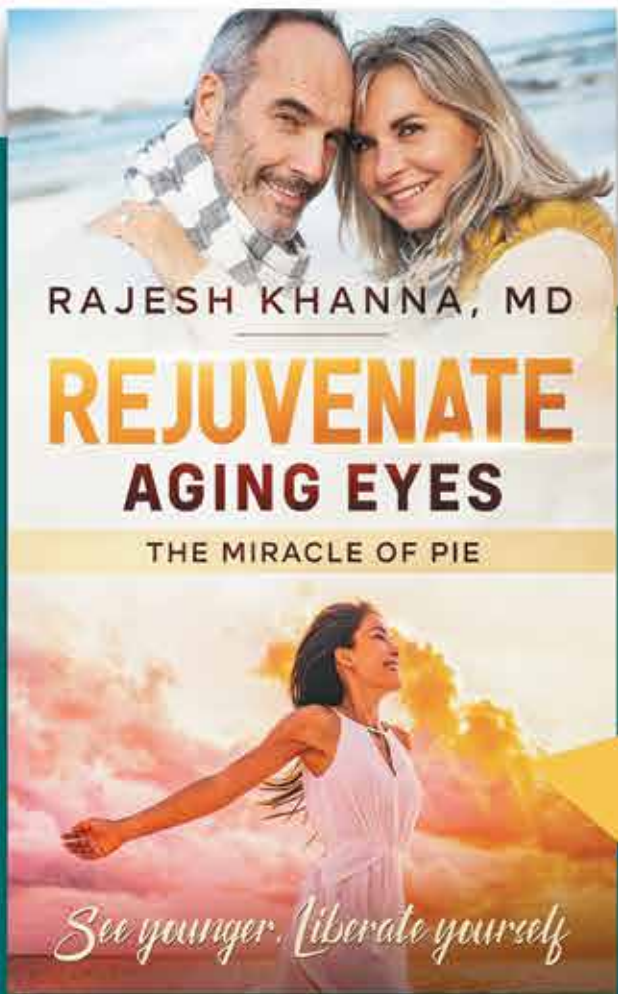
CALL: 805-250-4530
BOOK YOUR CONSULT TODAY

LASIK OR PIE

LASIK OR PIE - THAT IS THE QUESTION.

Dr.Khanna who has over two decades of skill and experience in refractive surgery will use the latest advanced technology to help you choose the best for your eyes in your quest for stellar vision.

Read Our Bestseller to Learn More



FREE
BOOK
WITH CONSULT

*MSRP \$49.95

Patient Testimonials

"I personally felt more comfortable in your office then any other place I have been in the 40 years I was treated."

"This was the best experience ever!"



BEVERLY HILLS WESTLAKE VILLAGE INGLEWOOD

\$0 DOWN 0% APR 36 MONTH INSTALLMENTS

 **Khanna Vision Institute**
Khannainstitute.com

News & Notes



Weston is a smart and caring 14-year-old foster child from Columbia.

Adopt a bright and caring and personable teenage boy from Kidsave Summer Miracles Program

by Carol Leish

Sueanne Chadbourne is a lawyer who does personal injury, governmental defense and social services work. Her husband, Stephen, does operations/distributions for a medical device company. William (Weston) is staying with their family here in Ventura. They also have their own 16-year-old son.

Sueanne said, “Recently my family welcomed a smart and caring 14-year-old foster child from Columbia. Weston, who doesn’t have a family of his own, will be with us in our home for five weeks. As an older kid, his chances of finding an adoptive family in Columbia are slim to none. We are hoping that this visit with us will give him the opportunity to meet parents who will love and care for him. He is staying with us and he is hoping to meet prospective parents here who will nurture and support him. He traveled here with Kidsave, a nonprofit organization that helps older kids who need families find their forever homes.”

“Kidsave’s Summer Miracles Programs gives older orphans from overseas the chance for a family.” Their website: www.kidsave.org, also says, “Kids travel to the United States for a memorable 5 week stay. While the kids are here, they learn about the U.S. culture, attend summer camp, and experience life with an American family.”

“With your support, our innovative programs both here and abroad give older kids in foster care a voice and a choice in who they get to know and who will ultimately become their forever family. And, with an estimated 8 million children living in institutional care worldwide, and more than 440,000 in foster care here in the U.S., the need has never been greater.”

Sueanne Chadbourne emphasized that, “Weston has a great temperament. He is looking for a new start. He is great with little kids and great with pets, too. He is sweet and well-behaved. He is definitely mature for his age of only being 14 years old.”

“He is polite, loving, and and a funny young man that loves being outside. He

is a great bike rider and loves soccer and basketball. He hopes to become a lawyer when he grows up. He has so much to offer and is a joy to be around. He’s a special kid who deserves to be in a loving family that can support his every step of life.”

Those interested in giving Weston a chance to grow in a supportive home, please contact either, Lauren Reicher Gordon (Sr. VP and Director Family Visit Program), at (310) 642-7201; or, Madeline Thrachtenberg (Summer Miracles Assistant Program Manager), at (310) 241-3083. Or email either of them at: summermiracles@kidsave.org. By becoming an adoptive family, you will be giving Weston the chance to thrive in a loving and supportive home.



Sensory kits are designed to comfort those with disabilities.

Sensory kits presented to every ambulance in the county

On Monday, July 26, at 3:30 pm, at Gold Coast Ambulance, 200 Bernoulli Circle, Oxnard the Autism Society Ventura County presented sensory kits to every ambulance in the county The sensory kits are designed to comfort those with disabilities when in an emergency situation. This partnership has been long in the making.

Continued on page 12

Senior Living



With live music filling the air, attendees sampled chili from six competitors.

Aegis Living Ventura doubles fundraising goal for the Alzheimer’s Association

On Friday afternoon, July 16, residents and staff of Aegis Living Ventura, a local assisted living and memory care community, gathered with partners, friends, and family members for a chili cook-off to raise funds for the Alzheimer’s Association and their Longest Day initiative.

The Longest Day is a yearly fundraiser for the Alzheimer’s Association, centered on the summer solstice and longest day of the year on June 20. Supporters from around the globe ban together to raise funds at events like the chili cook-off. Proceeds from the Aegis Living event went directly to support the Association’s California Central Coast Chapter.

“Today was a proud moment for our community,” shared Sam EL-Rabaa, Aegis Living Ventura’s general manager. “To see the outpouring of support for the Alzheimer’ Association from our community partners, families, residents, and public was so uplifting, but the best part was seeing how much residents were enjoying themselves.”

With live music filling the air, attendees sampled chili from six competitors: Ventura Post Acute, Coastal View Health Care, Assisted Home Health and Hospice, Mission Home Health and Hospice, Oakhurst Hospice, and Aegis Living. Each competitor decorated their own table and tent, and many residents got into the spirit, wearing festive costumes and dancing to the music.

“We had a great turnout today,” said Denise Tyner, chili competitor from Ventura Post Acute. “We’re proud to be associated with this event and the attention it brings to the Alzheimer’s Association.”

Assisted Home Health and Hospice took home the “Best Chili” trophy, with Aegis Living’s Mary Sawyer snagging the “Best Presentation” award thanks to her creative table décor.

The event was a rousing success. The initial fundraising goal of \$500 was almost doubled by the end of the day, with nearly \$1,000 raised for the Alzheimer’s Association. Plans are already underway to make the chili cook-off into an annual event.

“Today was amazing,” said Sawyer. “It was a day of celebrating not just the fact that we are getting back to normal, but also celebrating those residents living with Alzheimer’s and offering support to our families.”

All in attendance, especially Aegis Living residents, couldn’t have been happier to be out and about, and for such a great cause.

Tips for caregivers and families of people with dementia

A caregiver, sometimes referred to as a caretaker, refers to anyone who provides care for another person. Millions of people living in the United States take care of a friend or family member with Alzheimer’s disease or a related dementia. Sometimes caregivers live with the person



YOUR LOCAL INSURANCE RESOURCE CENTER

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

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



REGENCY PALMS
SENIOR LIVING
OXNARD, CA

ASSISTED LIVING • MEMORY CARE • SHORT-TERM STAYS



CARE FOR A CAREFREE LIFE

SUMMER SPECIAL!

\$99 RENT

FOR 2ND & 3RD MONTHS*

TAKE A TOUR TO BE ENTERED TO WIN 50" FLAT SCREEN TV**

Promotion ends 7/31/21. *Promotion does not include care costs.
**First 10 initial & in-person tours will be eligible.

CALL TODAY TO RESERVE YOUR SPACE!

805-416-0118

Virtual tours available.

1020 Bismark Way | Oxnard, CA 93033
RegencyPalmsOxnard.com

License #: 565850112



or nearby, other times they live far away. For many families, caring for a person with dementia isn’t just one person’s job, but the role of many people who share tasks and responsibilities. No matter what kind of caregiver you are, taking care of another person can be overwhelming at times. These tips and suggestions may help with everyday care and tasks.

Early on in Alzheimer’s and related dementias, people experience changes in thinking, remembering, and reasoning in a way that affects daily life and activities. Eventually, people with these diseases will need more help with simple, everyday tasks. This may include bathing, grooming, and dressing. It may be upsetting to the person to need help with such personal activities. Here are a few tips to consider early on and as the disease progresses:

Try to keep a routine, such as bathing, dressing, and eating at the same time each day.

Help the person write down to-do lists, appointments, and events in a notebook or calendar.

Plan activities that the person enjoys and try to do them at the same time each day.

Consider a system or reminders for helping those who must take medications regularly.

When dressing or bathing, allow the person to do as much as possible.

Buy loose-fitting, comfortable, easy-to-use clothing, such as clothes with elastic waistbands, fabric fasteners, or large zipper pulls instead of shoelaces, buttons, or buckles.

Use a sturdy shower chair to support a person who is unsteady and to prevent falls. You can buy shower chairs at drug stores and medical supply stores.

Be gentle and respectful. Tell the person what you are going to do, step by step while you help them bathe or get dressed.

Serve meals in a consistent, familiar place and give the person enough time to eat.

Communication can be hard for people with Alzheimer’s and related dementias because they have trouble remembering things. They also can become agitated and anxious, even angry. In some forms of dementia, language abilities are affected such that people have trouble finding the right words or have difficulty speaking. You may feel frustrated or impatient, but it is important to understand that the disease is causing the change in communication skills. To help make communication easier, you can:

Reassure the person. Speak calmly. Listen to his or her concerns and frustrations.

Try to show that you understand if

Continued on page 11

ASSISTED LIVING ~ MEMORY CARE



An award-winning full-service Assisted Living and Memory Care community providing peace of mind, and maximum comfort tailored to the needs of each resident.

- Spacious apartments
- Heartland Assisted Living & Legacies Memory Care program
- Gourmet Chef prepared meals

- Near to St John's Medical Center, local shopping including Camarillo Outlets
- Tailored activities program
- And, much more!

TOUR TODAY ASK ABOUT OUR MOVE-IN SPECIALS

805-413-4460



Lic#565802425

 2211 E Gonzales Rd | Oxnard, CA 93036 | PacificaOxnard.com

Senior Living



A volunteer helping plant at the Senior Nutrition Garden.

VCAAA wins national awards for Senior Nutrition Garden, COVID-19 Response

The Ventura County Area Agency on Aging is the recipient of three National Mature Media Awards and an Innovations Award from the National Association of Area Agencies of Aging (n4a). Projects that received acknowledgement include the Senior Nutrition Garden, LIVEWell, and the Robotic Pet Companion and Walk with Ease video productions, both of which are being recognized among the nation’s best marketing, communications, and educational materials produced for older adults.

The VCAAA’s Senior Nutrition Garden, which won an Innovations Award, was honored for expansion efforts designed to increase harvests and provide even more fresh, organic produce to older adults living in Ventura County. The 2021 n4a Aging Innovations and Achievement Awards recognizes Area Agencies on Aging (AAAs) and Title VI Native American Aging Programs that develop and implement cutting-edge approaches to support older adults, people with disabilities and their family caregivers. Among the selection criteria was the ease with which other agencies could replicate the program in their communities.

LIVEWell, which won a Bronze Award from the National Mature Media Awards, is the premier resource guide for older adults, people with disabilities, and caregivers in Ventura County. LIVEWell is published annually with content available in English and Spanish.

The VCAAA Robotic Pet Companions video production received a Bronze Award from the National Mature Media Awards, while the Walk with Ease video production received a merit award. Both were produced as part of the VCAAA’s COVID-19 Response

“The VCAAA is honored to receive this recognition and is proud of the impact our marketing and communication efforts have made on the community, particularly through the COVID-19 crisis,” said Victoria Jump, Director of the VCAAA. “We take pride in the work we produce and strive to find new ways to strengthen our methods of communication so that we can continue to empower Ventura County residents to remain healthy and engaged in the community.”

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

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

When you or a loved one needs a caring, team approach to services in the home, we can help.





CareGivers

Home Health

Palliative Care

Hospice

(805) 642-0239

Call for more information or a complimentary assessment

1996 Eastman Avenue, Suite 101 | lmvna.org

Senior Living

Seven great vacation spots for seniors in the U.S

by Jennifer Bell

in an independent senior living community and looking for some adventure? Now is a great time to get out and see the country. The U.S is widely diverse and has so many great destinations for seniors to visit.

Alaska

Alaska is like no other place in the US. From glaciers to the untamed wilderness, Alaska has it all. The best part is you can experience the best sights on an Alaskan cruise. Cruises allow you to enjoy the creature comforts of a hotel with views of glaciers, waterfalls, stunning coastline, and whales. For those that stay inland, there are 17 national parks for nature hiking and tours.

Sedona, Arizona

A bit further south than Alaska, you can find yourself in Sedona, Arizona, just a two-hour drive from Phoenix. Sedona has a great mild climate and is a great place to visit for any lifestyle. You can sightsee the amazing red rocks or relax at one of the spas or resorts. Its location offers excellent wilderness opportunities like hot air balloon rides, star gazing, and Jeep tours.

Key West, Florida

Want a taste of the Caribbean without leaving the country? Then Key West should be on your list. There are plenty of sights to see for the inner history buff, like the Hemmingway home and the Southernmost Point of the Continental

US. There's also plenty of opportunities to relax, and take in the sunsets too.

Santa Fe, New Mexico

Santa Fe is one of the oldest state capitals in the US. It boasts opportunities in and out of the city, from unique museums to golf. In this walkable city, you can experience a variety of art galleries and museums. The mild climate, much like Sedona's, is one of the main benefits of the city. Live music and Turquoise are also big here and support the local economy.

U.S National Parks

Seniors have access to a lifetime pass to the U.S national parks for just \$80 or \$20 annually. This will grant you access to unique locations like The Grand Canyon and Yellowstone, to name a few. A big plus is that traveling companions get in free with you, up to three adults.

Colonial Williamsburg, Virginia

Williamsburg and the surrounding areas like Jamestown are a must-see for any history fan. The living museum of Colonial Williamsburg transports you back in time to see how the colonists lived. The museum is staffed with historical characters to immerse you in the setting. The area is excellent for shopping and relaxing, among other things like golf are all nearby.

Hawaii

Hawaii is a beautiful tropical state



full of opportunities for active seniors. From volcanoes and natural formations, there are a lot of opportunities to get out and explore. Historical landmarks like pearl harbor and the USS Arizona are also popular tourist attractions. If you want a fun, relaxing option, there are plenty of beachfront resorts for you to relax and put your feet up at.

Jennifer Bell is a freelance writer, blogger, dog-enthusiast, and avid beachgoer operating out of Southern New Jersey.

Tips for caregivers

Continued from page 9
the person is angry or fearful.

Allow the person to keep as much control in his or her life as possible.

Respect the person's personal space.

Build quiet times into the day, along with activities.

Keep well-loved objects and photographs around the house to help the person feel more secure.

Remind the person who you are if he or she doesn't remember, but try not to say, "Don't you remember?"

Encourage a two-way conversation for as long as possible.

Try distracting the person with an activity, such as a familiar book or photo album, if you are having trouble communicating with words.



Experience the difference at

The Palms At Bonaventure

Assisted Living & Memory Care

The Palms at Bonaventure strives to enhance your independence with a community of compassion, care, and understanding. Our goal is to provide each resident with the unique personal care they need, while helping to maintain the highest quality of life. Our health services staff includes a full time RN, LVN and caregivers, so you can have peace of mind knowing you are safe and secure.

IT'S ALL INCLUDED IN YOUR REASONABLE MONTHLY RENT:

- Three chef-prepared meals daily
- Scheduled local transportation
- Weekly housekeeping and linen service
- All utilities paid (except telephone)
- Safety call system in every apartment
- Library and fitness center
- Planned activities, events and day trips

ADDITIONAL SERVICES AVAILABLE:

- Medication management including diabetic care
- Assistance with bathing, dressing, and mobility
- Health monitoring and more



For more information on our gracious lifestyle,
 please call 805-301-6652

111 North Wells Road, Ventura, CA 93004
RCFE#565802467



INDEPENDENT LIVING, ASSISTED LIVING, & MEMORY CARE



Cypress Place
SENIOR LIVING

OPEN YOUR
DOORS
TO NEW
EXPERIENCES



Offering spacious & bright floorplans and top-line amenities!

SUMMER SAVINGS!
**2 Year Rent Freeze Plus
20% Off Rent For 6 Months**

Subject to availability. See management for details.

Call Today to Learn More!
805-835-4072
www.cypressplaceseniorliving.com
1200 Cypress Point Lane | Ventura, CA 93003

**VOTED
BEST
RETIREMENT
COMMUNITY
IN VENTURA!**



A MERIDIAN SENIOR LIVING COMMUNITY Lic # 567609978



Senior Living

What do I need to tell the doctor?

Share any symptoms you have

A symptom is evidence of a disease or disorder in the body. Examples of symptoms include pain, fever, a lump or bump, unexplained weight loss or gain, or having a hard time sleeping.

Be clear and concise when describing your symptoms. Your description helps the doctor identify the problem. A physical exam and medical tests provide valuable information, but your symptoms point the doctor in the right direction.

Your doctor will ask when your symptoms started, what time of day they happen, how long they last (seconds? days?), how often they occur, if they seem to be getting worse or better, and if they keep you from going out or doing your usual activities.

Take the time to make some notes about your symptoms before you call or visit the doctor. Worrying about your symptoms is not a sign of weakness. Being honest about what you are experiencing doesn't mean that you are complaining. The doctor needs to know how you feel.

To provide the best care, your doctor must understand you as a person and know what your life is like. The doctor may ask about where you live, what you eat, how you sleep, what you do each day, what activities you enjoy, what your sex life is like, and if you smoke or drink. Be open and honest with your doctor. It

will help him or her to understand your medical conditions fully and recommend the best treatment choices for you.

Your health has a big impact on other parts of your life. Your doctor may ask you how your life is going. This isn't being impolite or nosy. Information about what's happening in your life may be useful medically. Let the doctor know about any major changes or stresses in your life, such as a divorce or the death of a loved one. You don't have to go into detail; you may want to say something like: "It might be helpful for you to know that my sister passed away since my last visit with you," or "I recently had to sell my home and move in with my daughter."

The coronavirus pandemic and physical distancing requirements can also bring about feelings of loneliness and social isolation. These feelings are associated with higher risk for depression, anxiety, and heart disease. It is important to let your doctor know when these feelings occur and how often.

You may have some concerns or wishes about your care if you become seriously ill. If you have questions about what choices you have, ask your doctor. You can specify your desires through legal documents called advance directives. In general, the best time to talk with your doctor about these issues is while you are still relatively healthy. Medicare and private health insurance may cover these discussions with your doctor. One way to bring up the subject is to say: "I'm worried about what would happen in the hospital if I were very sick and not likely to get better. Can you tell me what generally happens in that case?"

This 'n' That

The Bookmark About Libraries and Friends

by Jill Forman
Ventura Friends of the Library book sale and community event

There will be a giant book sale on Saturday July 31 and Sunday August 1 at the lovely Dudley House Historical Museum, 197 North Ashwood Avenue (corner of Loma Vista.)

Quality used books will be arranged by genre/category and will be displayed in car trunks, on outside tables, and downstairs in the Community Room.

Saturday book sale hours will be 9 a.m. – 3 p.m. In addition, there will be a plant sale, benefiting the Dudley House, Saturday 8 a.m. – 2 p.m. in the front garden. The Downtown Lions Club will cook up a hot dog lunch 11 a.m. – 2 p.m. Saturday, to benefit the Lions' Sight and Hearing projects.

Sunday the book sale continues 12 noon – 3 p.m. As a bonus, Dudley House docents will be offering free tours of this historical treasure on Sunday 1 p.m. – 4 p.m.

Come one or both days, find that perfect summer read, have lunch, celebrate the season and our community, and support local organizations!

Library events back in person

In the last column I covered the book groups at Foster and Hill Road branches. In case you missed it, here is the information again:

Foster meets the first Saturday of the month 10-12. August's book is The

Roundhouse by Erdrich. Information: emma.mayer9866@gmail.com.

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.

Ukelele Jam is also back! Mondays 7 p.m. – 10 p.m. at Foster.

The Mobile Library is spreading joy and reading all over the place this summer. Too many appearances to cover here. On the VCLSA website, their schedule is available under the Events tab. Or ask your local librarian.

Summer Reading Challenge

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

Create a profile for each family member.

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

Lego Challenge – bilingual program

Pick up a set of bricks and the flyer at your local library. Build something, name it, take a picture and submit it. 50 bricks! Keep them! FUN! Through August 22.

Book donations at Hill Road

We are grateful but overwhelmed. Please limit yourself to one bag of donated books at a time.

Friends of the Library bookstores open for business

Foster store has moved to a larger space on the first floor. Tuesday – Saturday 1 p.m. – 4 p.m. Lots more books!

Hill Road book sale shelves are available during library hours. Adults' and kids' books, fiction and nonfiction, DVD's, CD's and puzzles.

Volunteers needed

The Ventura Friends of the Library is

looking for a few good volunteers. They are the heart and soul, not to mention the hands and backs, of our organization. The used book warehouse, the book store, the periodic sales and many other facets of the Friends depend on the good will, and effort, of our volunteers. Plus it's a lot of fun. If you'd like to join us, contact bookstore@venturafriendsofthelibrary.org.

Sensory kits presented to ambulances
Continued from page 8

The kits contain noise cancelling headphones, a sensory friendly pain chart and multiple fidget tools to soothe, regulate and relax. The Society is also

dedicated to providing training and support for both caregivers and first responders in these situations.

An emergency can be a scary time for all involved. Autism Society Ventura County's goal is to connect with and provide the training needed to both recognize and communicate effectively in order to prevent escalated situations within the neurodiverse community. Ventura County alone has an estimated 20,000 Autistic diagnoses, and we are dedicated to supporting all affected by Autism including Autistic individuals, caregivers and family members.

Autism Society Ventura County www.autismventura.org

DO YOU A WANT TO BE CARTOONIST? SEND YOUR CARTOON TO EDITOR@VENTURABREEZE.COM TO BE INCLUDED IN A FUTURE ISSUE

Ventura BREEZE www.venturabreeze.com Your Hometown Paper

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.

Discharging a Firearm in Public Arrest

On July 12, at approximately 12:45 am, officers responded to a call of a gunshot fired to the front of The Tavern located at 211 E. Santa Clara Street. Officers conducted an investigation and determined the suspect was observed inside the bar with a semi-automatic pistol. Security contacted the suspect and escorted him outside. Once outside, the suspect drew the handgun, fired it in the air, and ran east on Santa Clara Street.

Officers canvassed the area and located 24-year-old Santa Paula resident Michael Zepeda, who matched the description of the suspect loitering near the parking structure located at 555 E. Santa Clara Street. Officers also recovered the handgun. Zepeda was arrested and booked in Ventura County Jail for Penal Code Sections 246.3- Negligent Discharge of a Firearm and 25850(a)- Carrying a Loaded Firearm in Public.

Prowling and Possession of a Loaded Firearm Arrest

On July 15, at approximately 3:15 am, officers responded to a call for service regarding a suspect seen trying to enter unlocked cars in the area of the 5500 block of Lafayette Street. Officers canvassed the area and located a male matching the description of the suspect and detained him. During the investigation the suspect was identified as 30 year old Juan Ortiz, and he was placed under arrest for Prowling.

Ortiz was also found to possess a loaded handgun, drug paraphernalia, controlled substances, and burglary tools. He was booked in Ventura County Jail.

Narcotics Arrest

On July 16, at 4:00 pm, members of the Ventura Police Department SCU Narcotics unit, with the assistance of patrol officers, and a Ventura Police K9 conducted a search warrant at the above address due to an investigation into narcotics sales. Detectives using investigative tools were able to identify a primary suspect as Elizabeth Valenzuela.

During the execution of the search warrant and the subsequent investigation, detectives recovered narcotics and evidence of narcotics sales inside Valenzuela's vehicle.

As a result of the investigation, 39-year-old Ventura resident Elizabeth Valenzuela was arrested for possession for sales of a controlled substance.

Benjamin Acosta, 33-year-old Ventura resident, was arrested for possession of a controlled substance.

Robert Farrell, 42-year-old Ventura resident was arrested for possession of brass knuckles and a controlled substance.

Shooting

On July 21, at 3:30 am, the Ventura Police Command Center received a 911 call of a shooting victim at Simpson St and Ventura Av. Responding officers arrived on scene and located a 20-year-old male victim lying on the sidewalk suffering from a gunshot wound.

Ventura Fire and AMR ambulance arrived and transported the victim to the Ventura County Medical Center.

The ensuing investigation revealed that the victim was east of Ventura Av

on Simpson St when he was shot at numerous times and was struck once in the torso.

The victim is currently at the Ventura County Medical Center in critical condition. Anyone with information about this shooting is asked to call Detective Espinosa at 805-339-4497.

Stolen Vehicle Arrest

On July 23, at approximately 9:00 pm, a Ventura Police Officer was patrolling in the area of Victoria Av and Moon Dr. when he observed a stolen Ford Edge driving in front of him. Officers stopped the vehicle and contacted the occupants.

During the investigation, it was determined 50 year old Joseph Nichols was driving the car, and it was stolen from Thousand Oaks. Nichols also illegally possessed fentanyl and indicia of sales of the drug. He was arrested and booked in Ventura County Jail for driving a stolen vehicle, possession for sales of a controlled substances, possession of stolen property, and outstanding warrants.

The passenger, 25-year-old Dorothy Beltran, was arrested and booked into Ventura County Jail for possession of a controlled substance, possession of stolen property, and outstanding warrants.

Harbor Patrol Blotter

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

7/5 2:30pm, received report of an unconscious male transient on the sidewalk near 1591 Spinnaker. Officers responded and the individual was responsive to shouting to ascertain his condition, the male refused assistance and left the area.

7/6 6:00pm, received a report of a male transient aggressively panhandling, using vulgar language in the village. Officers responded, assisted with removal.

11:37pm, received report of transient camping in his truck 1867 Spinnaker parking lot. Officers responded and contacted the individual. Advised he was heading out on Island packers boat tomorrow. Advised to not camp in the future.

7/7 4:00pm, received dispatch to chest pain at VHV store. Officers responded and assisted VFD/AMR with care. AMR transported patient to hospital.

7/8 3:40pm, received report of a stingray strike at Harbor Cove. Officers responded with hot water for State Parks lifeguard injured during physical training.

7:47pm, dispatched to water rescue at Ventura Boatyard near crewboat. Officers responded and assisted a heavy-set female unable to get out of the water. She was pulled out and was released at the scene without any injuries.

7/9 6:54pm, received report of illegal fishing at Ventura West Marina G-dock from a tenant. Officers responded and educated then removed the fishermen from area.

7/10 11:22pm, received report of a fight near 1567 Spinnaker in the parking lot between 12 males. Officers responded with VPD and dispersed the crowd.

7/13 5:51pm, received report of a vessel sinking in the sandtrap

Ventura Executive Suites



Located at: 701 E. Santa Clara St.
Ventura CA., 93001
(805) 653-2381
Website:
Www.venturaexecutivesuites.com
Email:
Info@venturaexecutivesuites.com

**Ventura Executive Suites**
**Ventura Executive Suites**

We Offer:

- ◆ Free Phone & Internet (on a 1 year lease)
- ◆ Fully Furnished Offices
- ◆ Private Gym
- ◆ Full Time Receptionist
- ◆ Access to Conference Room
- ◆ Access to Fax/Printer Room
- ◆ Virtual Office Services Available



One MONTH of Rent FREE!!

*On select units

from State Parks lifeguards. Officers responded in Fireboat, passed a tow line to the capsized vessels skipper. The 2 POB's were rescued by lifeguards and the boat towed to the launch ramp were patrol was able to right the vessel. No injuries reported.

7/14 3:50am, received report of a transient sleeping in the Village courtyard. Officers responded and were able to check the wellness, then remove the individual.

7/15 8:30am, preparing to tow a 55ft impounded vessel to the boatyard for destruction. The vessel sinking for some time, was towed and hauled out.

7/16 4:57pm, received a report of a large peddle boat was caught in the wind near the barranca, entrance to the keys. Officers responded and assisted the trapped boat.

11:55pm, received complaint that transients were camping in the launch ramp restrooms. Officers responded and found the transients as reported, they were educated about the violation and removed

with their property.

7/17 11:12pm, dispatched to a fall victim near 1591 Spinnaker restrooms. Officers responded and assisted VFD/AMR with an intoxicated uncooperative male. VPD was requested and the patient arrested then transported to hospital for hd injury.

7/18 11:00am, received complaint of a large church group at Harbor Cove, disturbing the peace. Officers investigated, educated the group of permitting, noise level.

12:33pm, received report of stingray strike at Surfers Knoll. Officers responded with hot water to treat the injury; patient self-transported to hospital.

6:20pm, dispatched to water rescue at the Ventura Pier. Officers responded in Fireboat to assist a windsurfer in distress. Subject returned to shore.

6:40pm, received report of a vessel "shooting-the-pier" from State Parks. Officers responded and educated the skipper at the launch ramp.

Weekly SUDOKU

Answer

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

King Crossword

Answers

Solution time: 21 mins.

F	L	O	W		H	O	H	O		J	E	T
L	O	V	E		O	D	O	R		A	T	A
A	B	U	T		L	E	T	S		V	A	C
W	O	M	B		M	A	A		C	A	T	O
				L	I	E		I	S	R		
C	A	S	A	L	S			R	E	A	D	O
O	M	A	N	I				A	Z	U	R	E
P	O	L	K	A	S		A	N	Y	H	O	W
				E	D	U		E	S	Q		
T	E	X	T		B	E	G		U	H	O	H
A	L	B			A	B	L	E		I	O	T
R	I	O			B	E	L	A		L	U	T
S	E	X			A	D	E	N		T	R	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 regularly provides \$10 spays and neuters for low income households with cats and dogs.

Two upcoming clinics in August are: Tuesday, August 10th at Shiells Park, in the parking lot, located at 649 C St., Fillmore, 93015, and a second one on Tuesday, August 24th at the Albert H. Soliz Library - El Rio, 2820 Jourdan St., Oxnard, 93036.

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

Can Dogs Get Poison Ivy?

You and your pooch just spent a perfect summer afternoon hiking when you look over and see her rolling around on the forest floor in a cluster of what appears to be poison ivy. The telltale shiny, notched three-leaf vine clusters are known to make humans red and itchy. But can my dog get poison ivy, too?

"Yes, dogs can get a rash from poison ivy," says Dr. Aziza Glass, Freshpet veterinarian in Houston, Texas. Although some of our furry companions may fare better than others. "Some dogs' fur protects and keeps their skin from being in contact with urushiol oils that cause the itchy rash," says Dr. Glass. If you have an old English sheepdog, he'll fare better than a Chinese crested since dogs with thin, hairless, or short coats are more at risk of developing the rash.

If you're fairly certain the offending plant was poison ivy or poison oak, the best thing pet parents can do is give their pooch a bath right away. "Be sure to have gloves on when bathing them as their coats may retain oils from the poison ivy," says Dr. Glass. Also, use an oatmeal shampoo or an anti-inflammation dog shampoo that will not only remove the urushiol oil but also help to soothe their skin.

You'll need to wash any towels you use, your clothing, and anything else your pup has come into contact with before the bath, like his collar, leash, bedding, or the back seat of your car. This will help reduce the transmission of oils to you, back to him, or anyone else in the family.

What are the Symptoms of Dogs with Poison Ivy or Oak?

If your dog has come into contact with poison ivy, physical signs to watch out for include:

- Redness
- Swelling
- Scratching where the rash developed
- Blisters
- Restlessness, lethargy, panting heavily, or trouble breathing may indicate an allergic reaction that requires immediate veterinary care

Check areas of thin, short, or no hair where your dog is most likely to develop the rash such as the armpits, groin, belly, and even the nose.

Even more dangerous for your dog than developing the rash is eating the plant. "For many, it will give them an upset stomach. But for some dogs this can cause a severe allergic reaction that could cause your pet to go into anaphylactic shock, causing airways to constrict and prevent breathing," says Dr. Glass.

This is an emergency that requires immediate veterinary care. If you suspect your dog has ingested poison ivy, watch him closely to see if he's vomiting or has diarrhea. Contact your vet for advice.

After you've washed your pet, continue to monitor his behavior and check whether he's still touching the rash. "If your dog is still scratching or trying to lick the rash, you can apply a cold compress to the rash area or keep a fan on your pet. The cool air will help to soothe the skin and reduce irritation," says Dr. Glass.

If needed, apply the appropriate size recovery cone or cloud collar to prevent him from further irritating the rash area.

If your dog has been in contact with poison ivy, know that he can also pass it on to you or even your other pets. You can contract the rash from petting a dog's coat who's been exposed to the plant and still has some sap or oil on his coat. Your other pets can get it too if one of them rubs up against the pup with poison ivy or oak. This makes it crucial that you wash your pet and everything he's come in contact with before the bath, including other pets, bedding, or furniture just to be safe.

The hallucinogenic portion of marijuana (and other things) is extremely toxic to dogs and cats.

by Dr. Cathy Lund

City Kitty Veterinary Care for Cats, Providence

We love our pets. That's why we take care of their illnesses and protect them with vaccinations, and why we seek out quality foods and engage their mental health with visits to the dog park.

But giving them drugs or treatments that we think are safe can harm our pets. It is troubling when The Providence Journal publishes an interview with a local dog trainer that makes it seem as though marijuana is both safe and effective for many medical problems of dogs and cats.

Tell that to the young couple who rushed their 3-year-old Labradoodle to the veterinary emergency center after the dog collapsed from intractable seizures. The dog survived, but may have liver damage, all from eating two marijuana cookies. The couple had no idea that marijuana is toxic to pets, and certainly wouldn't have given their beloved dog those "treats" if they had known the truth.

Scamp Club

(Scampclub pets are not for adoption.)



Belle is a two-and-a-half-year-old Papillion. Belle is a very special social dog. Her favorite things are to Greet everyone with a smile and kiss, play fetch, chew on her bones, long walks, play on the beach, and cuddle up with us (George & Debra) at night when she goes to sleep. She brings a smile to so many and makes there day.

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.

The hallucinogenic portion of marijuana, THC, is extremely toxic to dogs and cats. Our pets have many more receptors for these compounds in their brains, which is why the chemical can overwhelm their bodies. They can die from ingesting too much of this drug.

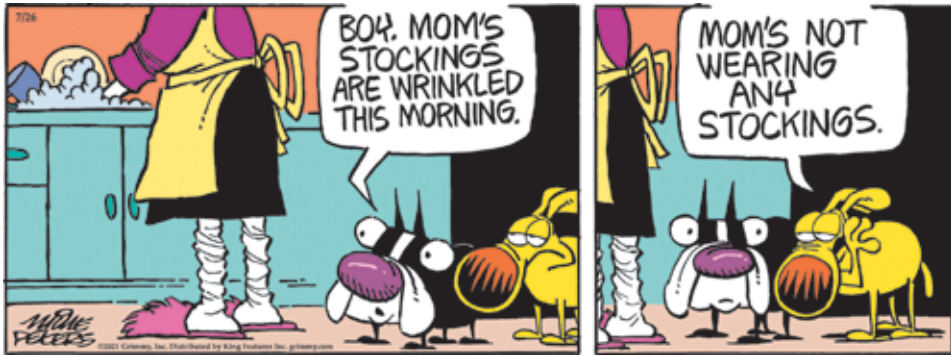
Interestingly, the non-hallucinogenic component of marijuana, CBD, may have some safe application in veterinary medicine, and when used under the appropriate guidance of your veterinarian, may be helpful in moderating pain and stimulating appetite.

We think of our pets as family members, and it is natural to believe that our foods and our medicines are safe. But how many of us know that chocolate, and even raisins, can be toxic to dogs, or that your cat might die from eating a single Tylenol capsule or a piece of a lily flower or stem?

Our pets are not people, and veterinarians are doctors for animals, trained to provide expert advice about what is safe and effective and what isn't. Veterinarians know how important pets are to their families, and can discuss the pros and cons of various treatment options. What we will not do is recklessly promote the use of products that might injure our patients, simply because they are widely used in humans or perceived as some alternative, and therefore "safe" treatment.

No loving pet owner wants to hurt his or her pet, but we know it is tempting to try products or treatments out of a desire to find a cure or relieve pain. Your veterinarian is ready to provide the guidance and insight necessary to sort through what are often confusing and contradictory reports. As your pet's health-care advocate, we absolutely want to keep your pets both healthy and happy.

Mother Goose and Grimm



Rhymes With Orange



SPAN Thrift Store

SPAY/NEUTER ANIMAL NETWORK

Requesting Donations of Clothing, Tools and Small Kitchen Appliances

WE ARE OPEN!

10am - 4pm Tues, Thurs & Sat

Call us today!

805.641.1170

\$10 Low/No Income

Spay & Neuter

Tuesday, Aug 10th

Shiells Park parking lot.

649 C Street, Fillmore, CA 93015

Must call for appointment

(805) 584-3823

\$10 Low/No Income

Spay & Neuter

Tuesday, Aug 24th

Albert H. Soliz Library - El Rio

2820 Jourdan St., Oxnard, CA 93036

Must call for appointment

(805) 584-3823

110 A & B N. Olive St., Ventura CA 93001

www.spanonline.org

The Pet Page

Forever homes wanted

Hi: I'm Cookie, an energetic 5-year-old Shepherd X rescued from an LA Shelter. I was turned in by my owner because I didn't care for the new dog that came into the home. Even though I was there first, I was the one who had to go. I don't react to the other dogs at the kennel, so if you have a fur baby in the home already, please bring him/her along so we can do a meet and greet. Thankfully C.A.R.L. took me in and will help me find my true forever home. If you're interested in meeting me, please fill out an online application. Canine Adoption and Rescue League C.A.R.L.



ID #A771092. Ventura County Animal Services - Camarillo location - 600 Aviation Drive
Oliver A771092

Adoptable Oliver is a sweet boy who adores snuggles from people and bunnies alike. Oliver would make an excellent candidate for a bunny date, as he loves to make friends with other shelter rabbits during Bunny Playgroup. The Ventura County Animal Services Bunny Brigade is pleased to be able to resume bunny dates for single rabbits. Email vcasbunnybrigade@gmail.com and ask for

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

Taking Reservations Now



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



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

Grooming & Play Yards Available.

www.carlspetcarecenter.com

This 'n' That

Ocean Water Quality Monitoring
Continued from page 6
either side of each posted sign. Warning signs will remain posted until ocean water quality meets State standards. Any items that may have come in contact with ocean water should be avoided. If contact occurs, wash thoroughly with soap and water.

Any shellfish on or from Ventura County beaches may have also been exposed to this contamination and should not be eaten.
Ocean Water Quality Monitoring Program staff will continue with weekly bacteriological sampling of Ventura County beaches. Results for specific beaches are also available on

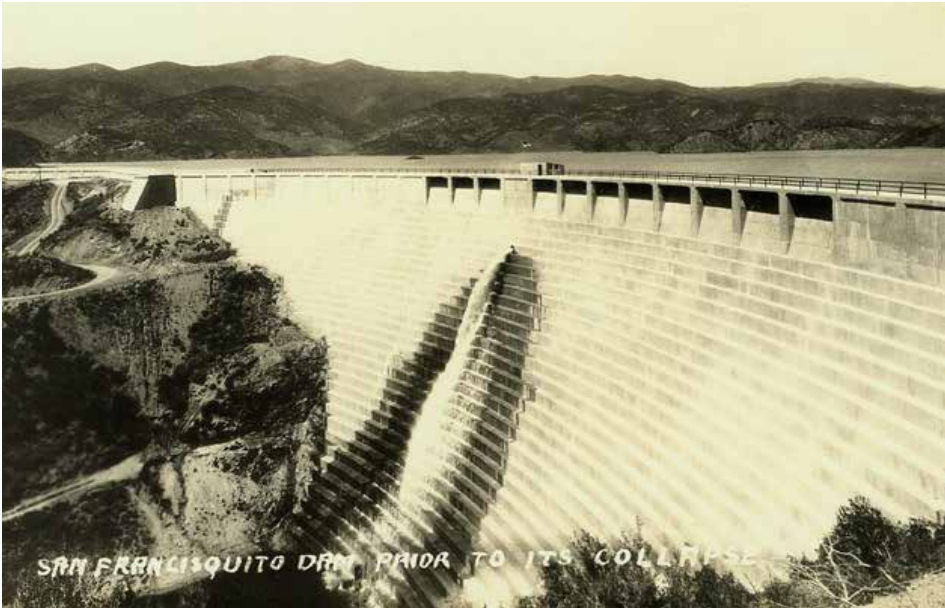
the Environmental Health Division hotline (recorded information), 805/662-6555, and on the Ocean Water Program Web page at: www.vcrma.org/ocean-water-quality-monitoring-program
You can also view any current beach advisories and learn about the State ocean water quality standards on the VC Safe Beaches app, available for Android and Apple devices.

Mailbox
Continued from page 4
trees in the park. The few areas with shade around the park are in constant use. The huge fig tree is a wonder, but very uncomfortable to sit beneath. There is currently very little shade in the park.
6. We must think long term. There are Coral Trees in Santa Barbara that are almost 300 years old. These 3 Coral Trees on Main Street are not even close to the end of their natural lives. The key issue here is maintenance. The planters must be maintained. The trimming and watering issues are maintenance issues.
7. Homeless people should not be an issue. Homeless people are everywhere and this issue should be addressed at the root of the problem (our federal tax structure and government spending.) The Ventura Partners are doing a good job with the homeless and the restrooms.

I believe everyone in attendance on Saturday agreed with most of these ideas. In fact it was unanimous that the existing Coral Trees remain intact. We all agree it would be a travesty to remove these beautiful trees.
Sincerely,
Mary Volpe

The Ocean Hears
View the Dawn; it overlooks a sunrise,
A visible song; is nature's voice.
Our tide hastens a full moon,
A Pacific sign; tomorrow's fog is near.
Seagulls build their home on a pier,
The silent hint; they soar beneath.
Sunset longs to give a Ventura morning,
And Grant the Dawn to chorus the day.
Can anyone silence the ocean?
By Jeff Russell

Looking Back



A Monument to a Disaster

by Richard Senate

On the night of March 12, 1928, at exactly 11:57pm, the newly constructed St. Francis Dam failed. The six-hundred-foot-long concrete structure was filled to the top with the runoff of a great rain storm. The dam had been leaking hours before it burst. No witnesses survived the dam break that sent twelve billion gallons of water roaring down the Santa Clara River Valley. It smashed into power plant number two then devastated a construction camp at Saugus. Out of the work crew only six bodies were recovered.
The wave of water then hit Santa Paula flooding some ten thousand acres of fruit orchards and farmlands under six feet of water. The terrible wave took an estimated four hundred and fifty lives that night and that is only an estimate. The

great flood of 1928 would be listed as the second worst disaster to ever hit California (The first being the earthquake and fire that destroyed much of San Francisco in 1906 taking three thousand lives). After the waters receded only two hundred and seventy-three bodies were recovered. Many badly battered and nude, the surging waters made many bodies unrecognizable. The majority were believed to have been buried in the mud of the Santa Clara or washed out to sea. Some of the recovered dead were discovered at the mouth of the Santa Clara River in Ventura. Only a few were identified and buried at Ivy Lawn Cemetery. Many were buried in an unmarked mass grave. Today no marker exists to tell the tale of this terrible night of horror.
Only one monument stands today in



Santa Paula. It depicts, in statuary form, two motorcycle policemen who risked their lives to race ahead of the raging waters to warn people of the coming disaster, saving hundreds of lives. The unmarked graves at Ivy Lawn should be marked to tell of this awful event and the lives lost that night so long ago. Maybe a statue should be made and put up at the mouth of the Santa Clara River, or at the Ventura Harbor. It should be some inspirational form with a descriptive plaque to tell of this event for the edification of future generations. This event shouldn't be forgotten.



by Pam Baumgardner
VenturaRocks.com

You know the music scene is alive when large venue events sell out; such was the case for the Tequila and Tacos Music Festival over the weekend of July 24 & 25 with Vanilla Ice, Tag Team and Ozomatli performing. I will concede, the beverage of choice may have been the driving force behind the ticket sales, but the stage was rockin' and that's always a cool thing. Next up for Surfer's Point Live (Fairgrounds' parking lot), Scotty McCreery & Rodney Atkins on Friday, July 30, and then the Spencer Makenzie's Throw Down Cornhole & Music Festival over the weekend of August 27-29 with Mandex, Dave Rea & the Acoustic DNA and three tribute bands covering the music of AC/DC, Journey & Guns & Roses. For more details and ticket information, go to SurfersPointLive.com.

I'm also happy to see the Ventura Theater lining up shows and the first one is one you should seriously think about seeing. Not only is Lukas Nelson son to Willie, but he collaborated with Bradley Cooper on A Star is Born, and his band IS the band in the movie. The band's brand of Country Rock is a fun vibe and the talent is stellar, so you won't want to miss Lukas Nelson & Promise of the Real on Thursday, September 9.

More show at Ventura Theater:
The End of Summer Lockdown Tour - Friday, September 10
Mon Laferte - Wednesday September 22
Drakeo the Ruler - Friday October 1
Black Label Society: Doom Trooping over North America tour - Saturday, October 2
Yung Bleu - Tuesday, October 5
Pennywise w/ Dead Kennedys - Thursday, October 7
Pennywise w/ Strung Out - Friday, October 8 (sold out)
Elefante, Inspector - Friday, Oct. 15
The Struts - Tuesday, November 2
GWAR - Tuesday, November 23
The Dead South - Tuesday, Dec. 7
The Slackers - Friday, December 10

The Hueneme Beach Festival falls over the weekend of August 28 and 29, and I was looking over their impressive line-up of artists performing both days and was delighted to find out this one is also free to the

public. Saturday features LAW, Fausto Cuevas y La Moderna, and Ozomatli, then on Sunday it's Diggin Dirt, Arise Roots and Think:EXP. I love that the organizers put so much thought into their lineup, and so, just in case you didn't know, a little bit about a few of the acts performing:

Fausto Cuevas is that caliber of musician that tours with Stevie Wonder's band, most recently the 2014-2016 during the Key of Life world tour, though he's performed previously with Stevie Wonder at the 2008 Democratic National Convention and at the 25th Anniversary of the Rock n Roll Hall of Fame at Madison Square Garden in 2009. The man is that good, and the grooves he lays down are immediately infectious so prepare to dance.

Ozomatli performed a few years ago during the Ventura Music Festival and more recently in July at the Tequila and Tacos Music Festival at Surfer's Point Live. The six-piece band plays primarily Latin, hip hop and rock music and has quite the following, and again, prepare to dance.

Think:EXP is a supergroup with members Scott Page who has worked with Pink Floyd, Supertramp and Toto, Stephen Perkins of Jane's Addiction & Porno for Pyros, Kenny Olson of Kidd Rock and Norwood Fisher of Fishbone. The website, www.thinkesp.co describes the group, "Think:EXP strives to revolutionize the entertainment industry by bridging the gap between the human spirit and technological innovation with one-of-a-kind live, immersive concert experiences." That certainly piques my interest!

Quick Notes: Tickets are now on sale for the Ojai Music Festival; The Garage on the east end of town took advantage of the pandemic downtime and now has a new look; Spencer the Gardener will return to Winchesters on Sunday, August 8 with their brand of fiesta party music; and Nardcore Tuesday nights continue at Rock & Roll Pizza in Camarillo with Bootleg Brigade and Last Point on August 3, and Sick Boy on August 10.

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

Art City Studios
197 Dubbers Street, Ventura
Wed 7/28: Fantuzzi & Friends, Jason Brock

Boatyard Pub
Ventura Harbor
Thursdays: Jim Friery; then Bluegrass Jam

Cantara Cellars
126 N. Wood Road, Camarillo
Thurs 7/29: John Mayall
Sun 8/1: Milo Sledge Trio
Canyon at Oxnard PACC
Oxnard Performing Arts Center
Sat 7/31: Which One's Pink
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 7/31: UNDRCVR Band
Copa Cubana
Ventura Harbor Village
Tuesdays: McWorter Berghoff & Jones (7 pm)
Sat & Sun: Ken Devoe (Noon – 6 pm)
Sat 7/31: Teresa Russell

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
Sun 8/1: Johnny & the Love Handles

Gigi's Cocktail Lounge
2493 Grand Ave., Ventura
Fri 7/30: Delta by the Beach w/ Randy Rich
Grapes and Hops
454 E Main St, Ventura
Music 8 pm unless other noted
Thursdays: LA Jazz Experience (7 pm)
Fri 7/30: The Salty Suites
Sat 7/31: Dive Bar Messiahs
Sat 8/7: Dianne Miller Band

The Greek
Ventura Harbor Village
Thursdays: Kenny Devoe (4-6 pm)
Keynote Lounge
10245 E Telephone Rd, Ventura
Sat 7/31: Old School
Leashless Brewing
585 E. Thompson Blvd, Ventura

Music 6:30 pm except Sundays at 3 pm
Thurs 7/29: Daniela Cardillo
Fri 7/30: Keyth Garica
Libbey Bowl
210 Signal Street, Ojai
Wednesdays: Ojai Summer Band

Made West Brewing
1744 Donlon Street, Ventura
Sun 8/1: the Devil's Box String Band Duo (3 pm)
Margarita Villa
Ventura Harbor Village
Music 8-11; Sundays 5-8
Fri 7/30: The Tossers
Sat 7/31: Operation 90s
Sun 8/1: CRV
Fri 8/6: Vinyl Gypsies
Sat 8/7: Dive Bar Messiahs

Ojai Underground Exchange
616 Pearl Street, Ojai
Fri 7/30: Eliya Frantz w/ Ester Sophia Ray
Sat 7/31: Lola & the Back Beats
Sat 8/7: Dan Navarro
Peirano's Market & Deli on the Terrazza
204 E. Main Street, Ventura
Sun 8/1: The Swillys (11 am)

The Raven Tavern
1651 S. Victoria Ave., Oxnard
Fri 7/30: HE
Sat 7/31: Jayden Secor

Relm
2390 Las Posas Rd., Camarillo
Fri 7/30: The Fabulous Hangovers
Sat 7/31: Eliya Frantz
Fri 8/6: Matthew Grant
Rock & Roll Pizza
305 Arneill Road, Camarillo
Tues 8/3: Bootleg Brigade, Last Point

Tues 8/10: Sick Boy
The Shores
1031 Harbor Blvd, Oxnard
Sat 7/31: CRV

Simi Civic Center Plaza
On Tapo between 118 & Alamo, Simi Valley
Sat 7/31: Ticket to Ride
Vaquero y Mar
435 E. Thompson Blvd., Ventura

Tuesdays: The Sea Hunters & Friends
Thursdays: Delta by the Beach
Sundays: 805 Allstarz
Winchesters
632 E. Main Street, Ventura
Music Thurs 5:30; Fri 7 pm; Sun 3 pm
Thurs 7/29: The Swillys
Fri 7/30: Blue Motel Room
Sun 8/1: Karen Eden & the Bad Apples
Thurs 8/5: Karen 805
Fri 8/6: Mark Masson
Sun 8/8: Spencer the Gardener

1901
740 South B Street, Oxnard
Music 6:30 – 9:30 pm
Fri 7/30: Corey Hugh
Sat 7/31: Saratonein
Fri 8/6: The Murphy's
Sat 8/7: David Cipriani

Ventura Music Scene



Gerd Koch and Carole Milton, Jungfrau, Switzerland, 1986, photo by Donna Granata.

Ventura Art Scene



The Journey Together: Abstract Paintings from Lifetime Partners Gerd Koch & Carole Milton

The public is cordially invited to attend “The Journey Together: Abstract Paintings from Lifetime Partners **Gerd Koch & Carole Milton**.” This memorial art exhibition is scheduled August 7 through September 2 at the Ojai Art Center, with a free public Reception & Celebration of Life on Sunday, August 8, 5-8 p.m. featuring live music and refreshments. The Ojai Art Center is located at 113 S. Montgomery St., Ojai. Gallery hours are Tuesday through Friday 10 a.m. to 4 p.m., Saturday and Sunday 12 p.m. to 4 p.m.

Gerd Koch was born Jan 30, 1929, in Detroit, MI to doting parents who had emigrated from Wuppertal, Germany. Gerd received a Bachelor of Fine Art degree in 1951 from Wayne State University, MI and in 1967, a Master of Fine Art at the University of California, Santa Barbara.

Carole Milton was born July 18, 1931 in Yakima, WA.

At eighteen, Carole was accepted to the University of Washington where she hoped to study Art, but her parents refused to let her pursue a major of “loose morals and heathen values.” So, as Carole told it, she went after her “MRS degree.” A year later she married Saylor Milton, who would become a Science teacher at Santa Paula High School. Before having children, she was a secretary and when she became a homemaker, she enjoyed dabbling in oil painting.

This 'n' That

Tri-county regional launch of the California Electric Vehicle Infrastructure Project

Ventura County Air Pollution Control District (APCD), Ventura County Regional Energy Alliance (VCREA) and their partner, Clean Power Alliance (CPA) are excited to announce the upcoming tri-county regional launch of the California Electric Vehicle Infrastructure Project (CALeVIP) on July 27.

The tri-county CALeVIP Project seeks to rapidly expand the electric vehicle (EV) charging infrastructure in Ventura, Santa Barbara and San Luis Obispo counties and is funded through a combination of grants from California Energy Commission (CEC) and local partners. The CALeVIP Project is administered by the nonprofit Center for Sustainable Energy.

On December 8, 2020, in an effort to leverage grant funding from CEC, the APCD Board approved investment of \$1.5 million over a three-year period towards installation of EV charging stations in Ventura County through CALeVIP. The CPA Board of Directors then approved one year of funding worth \$570,000 on May 6, 2021. Due in part to these funding contributions from APCD and CPA, there will be nearly \$6 million available to fund

an estimated 650 new chargers, including 70 fast chargers in Ventura County, the largest one-time investment yet.

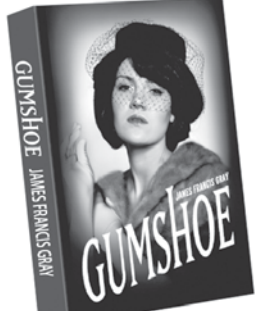
CALeVIP offers rebates for the purchase and installation of both Level 2 and DC fast chargers with increased funding for multi-unit dwellings, disadvantaged communities, and low-income communities. Funds are available on a first-come, first-served basis.

The program launched on July 27.

Because of the high interest regarding the project and expectation that funds may be reserved within hours of program launch, APCD and CPA recommends that all interested parties register and attend the webinar (register here) and begin working with an eligible EV charger vendor. These vendors will help prepare materials to submit applications at the program launch. More information at <https://calevip.org/incentive-project/south-central-coast>.

Extensive research of the Santa Barbara Channel for sustainable mussel farming

Over the past six years, through two successful Sea Grant awards, in partnership with expert volunteers and consultants, developed extensive research of the Santa Barbara Channel for sustainable mussel



Gentlemen, I give you “Gumshoe.”

Written in the first person, you are John L. Peterman III, Esquire.

Detective/ladies-man extraordinaire

Set in 1948 Hollywood, film noir

Visit www.jamesfgray.com

See reviews on [amazon.com](https://www.amazon.com)

<https://youtu.be/rqv5S8jghq4>

Books make great gifts!

farming.

The Port District sought to pre-permit 2,000 acres for Mediterranean mussels for the benefit of private aquaculture farmers – especially small commercial fishermen who lack the financial capacity to secure federal

and state permits and approvals - to land product at Ventura Harbor.

This effort produced several technical studies, including a first-of-its-kind navigational risk assessment for a domestic aquaculture project.



A walk for Cuba was held on Sunday, July 27, starting at the Ventura Pier and ending at San Buenaventura City Hall. A brunch was held at the Comedy Club that included exiles from Cuba. They have a rich history as descendants of Carlos Manuel de Cespedes, known as the Father of Cuba.

Lighter Breeze

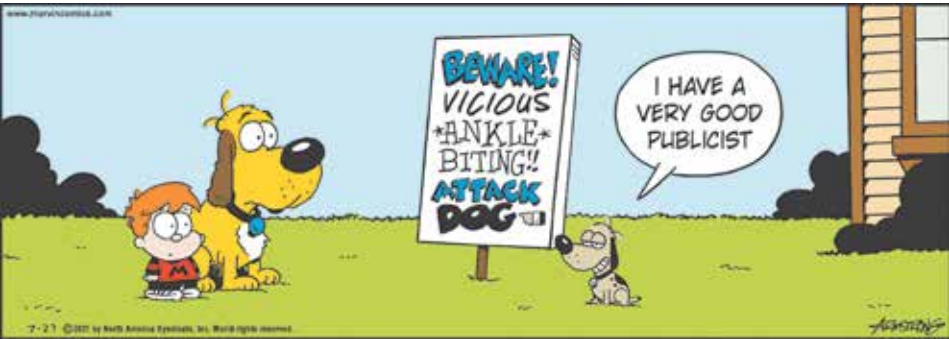
Zits



Mutts



Marvin



Beetle Bailey



Crock



Todd the Dinosaur



Solutions on page 13

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

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

Weekly SUDOKU

by Linda Thistle

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

DIFFICULTY THIS WEEK: ♦♦

♦ Moderate ♦♦ Challenging ♦♦♦ HOO BOY!

© 2021 King Features Synd., Inc.

Solutions on page 13

King Crossword

ACROSS

1 Circulate

5 Jolly laugh

9 Lustrous black

12 Zero, in tennis

13 Scent

14 — glance

15 Border on

16 Reply to "Shall we?"

17 Rug cleaner, briefly

18 Gestation location

19 Goat's plaint

20 Roman censor

21 Fib

23 Medit. nation

25 Cellist Pablo

28 Keep perusing

32 Muscat resident

33 Sky blue

34 Lively dances

36 "Be that as it may ..."

37 Sch. URL ender

38 Atty.'s title

39 Libretto

42 Plead

44 "Oops!"

48 Priestly garment

49 Competent

50 Tiny bit

51 2016

6 Classic theaters

7 Empty talk

8 Hosp. areas

9 Coffee

10 Coup d'—

11 Mexican entree

20 Hodgepodge

22 Homer classic

24 Penn and Connery

25 Police officer

26 "I love," to Livy

27 Bando of baseball

29 "Gee, ya think?"

30 Spanish gold

31 Just out

35 Filled in

36 Sea off Greece

39 Old salts

40 Author Wiesel

41 PlayStation alternative

43 Vogue rival

45 60 minutes

46 "Beetle Bailey" dog

47 Vague

49 Lawyers' org.

DOWN

1 Imperfection

2 Timber wolf

3 Egg

4 Stick-in-the-mud

5 Baker Street sleuth



ARIES (March 21 to April 19) You face the possibility of raising your relationship to another level. However, your partner might demand that you make promises for which you're not sure you're ready.

TAURUS (April 20 to May 20) As changes continue, expect things to get a little more hectic at your workplace. An unexpected travel opportunity could open new career prospects.

GEMINI (May 21 to June 20) Confront the person who caused your hurt feelings and demand a full explanation for his or her actions. You'll not only recover your self-esteem, but you'll also gain the respect of others.

CANCER (June 21 to July 22) That personal problem in the workplace is compounded by someone's biased interference. Stand your ground, and you'll soon find allies gathering around you.

LEO (July 23 to August 22) You don't accept disapproval easily. But instead of hiding out in your den to lick your wounded pride, turn the criticism into a valuable lesson for future use.

VIRGO (August 23 to September 22) That former friend you thought you'd cut out of your life is still affecting other relationships. Counter his or her lies with the truth. Your friends are

ready to listen.

LIBRA (September 23 to October 22) What appears to be an unfair situation might simply be the result of a misunderstanding. If you feel something is out of balance, by all means, correct it.

SCORPIO (October 23 to November 21) A stalled relationship won't budge until you make the first move. Your partner offers a surprising explanation about what got it mired down in the first place.

SAGITTARIUS (November 22 to December 21) A co-worker shares some startling news, but before you can use it to your advantage, make sure it's true. The weekend favors family matters.

CAPRICORN (December 22 to January 19) Your usual conservative approach to family situations might not work at this time. Keep an open mind about developments, and you might be pleasantly surprised.

AQUARIUS (January 20 to February 18) Plans might have to be put on hold because of a family member's problems. Don't hesitate to get involved. Your help could make all the difference.

PISCES (February 19 to March 20) Relationships in the home and in the workplace need your careful attention during this period. Be careful not to allow misunderstandings to create problems.

BORN THIS WEEK: You have a keen, insightful intellect and enjoy debating your views with others who disagree with you. You also love to solve puzzles -- the harder, the better.

(c) 2021 King Features Synd., Inc.

Showtime

Streaming Spotlight by Cindy Summers

Jolt

– Amazon Originals



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

Though Lindy (Kate Beckinsale) seemed like your everyday beautiful, witty woman, beneath the surface she secretly battled uncontrolled murderous impulses. She struggled her entire life to deal with her rare neurological disorder and as a child was committed to a facility to keep others safe from her sporadic rage-filled impulses. She was under continued specialized psychiatric care since her childhood with Dr. Munchin (Stanley Tucci), who developed a special vest fitted with electrodes that Lindy could use to shock herself back into control when she felt rage coming on.

Through therapy and the use of the vest, Lindy and Dr. Munchin agreed that she was ready for and actually needed to start interacting with other people again to help with her therapy. Lindy had been distanced from everyone since she was a child, so the concept of friendships and relationships was completely foreign to her.

She finally met a man named Justin (Jai Courtney) who she had an immediate and unusual connections with on their very first date. Lindy felt confident enough to bring Justin back to her place and reveal her specialized tech vest to him, which he embraced without pause and after their second date she had come to know a feeling of normalcy with Justin she had never had her entire life.

When Justin didn't show for their third date, Lindy called his apartment and the phone was answered by Detective Vicars (Bobby Cannavale), who informed

her that Justin had been murdered. This seemed impossible to Lindy, and she asked for proof by requesting to go to the morgue to see his body, which Vicars denied. This put Lindy on the radar of Vicars and his partner Detective Nevin (Laverne Cox) causing Lindy to be their prime suspect due to her violent past.

Wanting to find Justin's killer, as well as prove her innocence, Lindy started her own investigation using her uncontrolled violence all along the way. She started by breaking into the police evidence room and stealing the evidence box for Justin's case. Finding a lead from his wallet, Lindy set out to follow the chain of clues until she found Justin's killer. Her search was frequently interrupted as Detectives Vicars and Nevin pursued her as the prime suspect, as well as now adding breaking into the police department and theft of evidence property.

Nevin was convinced that Lindy was guilty due to her past, but Vicars believed she was innocent and on several occasions came to Lindy's aid to help her avoid capture and continue her revenge-filled quest to find who murdered her boyfriend. The clues eventually led Lindy to well-known master criminal and villain Gareth Fazel, who mocked her thinking she was no match for him and his powerful criminal empire. Lindy was in revenge mode though and there was no stopping her.

After Fazel met his demise, Justin appeared in the penthouse to reveal to Lindy that he had faked his death to spur Lindy into action to kill Fazel, learning that Justin was CIA and Fazel was his target. Justin revealed that had actually known about Lindy's condition from the start and had worked with Dr. Munchin who told him everything about Lindy's condition. Discovering that she was played by Justin and Dr. Munchin, Lindy set out on a new revenge-filled quest that ultimately revealed she was part of a CIA program all along since childhood, Rated: R (Language Throughout, Strong Violence, Sexual Content) Runtime: 1h 31m

CMHS among the leading American internal medicine programs awarded grants

Community Memorial Health System will work to enhance equity and inclusion in healthcare with the help of a \$5,000 grant that will fund new workshops about diversity within its Internal Medicine residency program.

"Reducing any kind of bias and building trust with each other and with our patients is critical to ensuring our healthcare system truly meets the needs of all our patients," said project leader Dr. Michelle Azimov, the Director of Medical Education for CMHS' Graduate Medical Education Program.

"By discussing different forms of discrimination and bias among various groups of people, we hope to raise awareness of how these issues may be present in our hospitals so we can enhance trust, reduce bias, and create a

more inclusive learning environment," she said.

Grants totaling \$287,500 were awarded to 32 medical schools and training programs by five leading physician organizations: the Alliance for Academic Internal Medicine (AAIM), the American Board of Internal Medicine (ABIM), the ABIM Foundation, the American College of Physicians (ACP) and the Josiah Macy Jr. Foundation. Grants are for \$20,000, \$5,000 or \$2,500.

CMHS applied for – and received – a \$5,000 grant for a two-year-long program. CMHS explained in its application, "As educators, we share a strong commitment to promote public health, safety, and equity. Part of effectively doing so requires acknowledging and addressing structural and institutional racism and other forms of oppression within our clinical learning environment."

America's medical community is seeking to reduce bias and discrimination in healthcare, which has slowly eroded trust in the healthcare system and among healthcare providers. The physician organizations hope their grants will help address the root causes of distrust in the medical care system and among clinicians, and improve outcomes for patients in underserved communities.

CMHS seeks to foster trust and a better sense of belonging within its

Come Find Your Shangri La



OPEN EVERYDAY 9AM TO 7PM

21+ w/ Valid ID
18+ w/ Medical ID
STATE PERMIT # C10-0000474-LIC

WE NOW DELIVER!

ORDER ONLINE

Save 20% at checkout w/ Code: **Breeze20***

*One Use Per Customer - Discounts Do Not Stack

WWW.SLCC.ORG
WWW.OJAICANNABIS.COM

408 Bryant Cir. Suite G Ojai, Ca 93023

Internal Medicine residency program by raising awareness of bias and by teaching its staff the communication skills to recognize and reduce bias and discrimination.

CMHS will develop and host six educational Dialogues Around Diversity workshops with Internal Medicine residents and faculty, covering the issues of race/ethnicity, the LGBTQ experience, religion, gender, and intersectionality. Specialty speakers will facilitate conversations around bias and discrimination through a vignette based on their personal and/or clinical experience. A licensed clinical psychologist, Dr. Ronda Doonan, will moderate the sessions, which also will examine how racism, sexism and bias against various groups operate in CMHS' policies, practices, norms, and values.

The sessions' impact will be evaluated through a participant survey after each, and with follow-up focus groups.

Most residential property did not suffer adverse market value conditions

County Assessor Dan Goodwin announced the certification and delivery of Ventura County's annual assessment roll to Auditor-Controller Jeff Burgh Monday, June 28, on time and includes adjustments for impacts of the pandemic.

"My office has been following the economic impact of the pandemic closely. Restricted access to workplaces and other virus-related effects have taken their financial

toll on many business's property values," said Dan Goodwin, County Assessor. The office was proactive in reviewing these property declines on commercial and industrial properties and with documented support from these businesses determined the appropriate temporary declines in values. Most residential property did not suffer adverse market value conditions during 2020.

Due to a lower inflation factor about 209,000 properties received a modest increase of 1% instead of the usual 2% increase, which was set by a 1978 ballot measure known as Prop 13. However, some properties may see a larger increase due to their recent sales history or new construction.

The Local Roll now contains a record \$152 billion in assessed value. The County saw a tenth consecutive annual increase in total roll value with this year's assessment roll increasing 3.6% over last year, which is remarkable given the challenges our community has faced.

At this time, the Assessor's Office is preparing to send assessed value notices to about 250,000 taxpayers in Ventura County by late July 2021. There are several tax savings programs, which were also applied to disabled veterans, hospitals, churches, colleges, museums, and non-profit organizations such as low-income housing. This year, over \$4.5 billion was exempted from the roll, an increase of 3.86% over last year.

For questions about the value notice or claims about assessed values that may be more than market value on January 1, 2021, please contact Assessor staff at (805) 654-2181 or visit the website at assessor.countyofventura.org. Assessment Appeal Applications can be filed with the Clerk of the Assessment Appeals Board between July 2 and September 15 by calling (805) 654-2251 or by visiting ventura.org/cob/aab.

Moving In?
Moving Up?
Moving Out?

I can help you with that!

BERKSHIRE HATHAWAY | California Properties
HomeServices

© 2020 Berkshire Hathaway HomeServices California Properties is a member of the franchise system of BHH Affiliates LLC. BHH and the BHH logo are registered service marks of Columbia Insurance Company, a Berkshire Hathaway affiliate.



ADELA TRAINOR

DRE 01985025

805.701.7694

TEAMTRAINOR12@GMAIL.COM





Nearly a third of Ventura County eleventh graders say they have tried vaping.

Combatting teen vaping is focus of new website

The Ventura County Office of Education has launched a new website called The Triple Threat to Teen Health that’s aimed at combatting the serious problem of teen vaping. The website is available in English and Spanish at vaping.vcoe.org. “While many may think vaping is a safer alternative to smoking cigarettes, the most popular vaping products all contain nicotine and have a high potential for addiction,” said Dr. César Morales, Ventura County Superintendent of Schools. “This new website gives parents, guardians, students and educators an important tool to learn about the real risks that vaping poses to our students,” he said.

Nearly a third of Ventura County eleventh graders say they have tried vaping. Many young people are attracted to the thousands of sweet flavor options and slick new device designs used by the vaping industry. In addition to vaping nicotine products, students are using e-cigarettes to consume concentrated cannabis (marijuana). Both nicotine and cannabis use can permanently affect adolescent brain development.

Just before the start of the coronavirus pandemic, the Centers for Disease

Control and Prevention was investigating cases of severe lung injuries caused by the vaping of these unregulated cannabis products. A recent Stanford University School of Medicine study showed a strong link between youth vaping and an increased risk of lung injury related to COVID-19 infection. Additional research by the University of California and Stanford University has found a concerning connection between nicotine, cannabis, and electronic vaping products.

In an effort to address this risk, the Ventura County Office of Education’s Comprehensive Health and Prevention Programs department has created a new website called The Triple Threat to Teen Health. The site is intended for use by parents, guardians, families, and school staff. It provides an initial introduction to these three intersecting issues that pose a significant health risk to today’s young people. It also offers local resources for those who would like to learn more or to get help with addiction.

While the California Healthy Kids Survey (CHKS) shows that Ventura County students’ use of conventional cigarettes has been on a downward

This ’n’ That

TREE TOWN



Ventura has many empty tree wells along our city streets. If you have one in your neighborhood, you can contact the City of Ventura Urban Forestry department and request that a street tree be planted. The city crew takes care of 30,000 trees, and new trees need watering for the first two years, so it is very helpful if residents volunteer to water them. Please call 805 652-4541 to request a tree, and help our urban forest canopy grow!

www.venturatrealliance.com

New emergency alerting system on VPD cars


The Ventura Police Department’s patrol vehicles are now equipped with new Hi-Lo sirens, a different sound than traditional sirens, used to alert residents to evacuate.


The new warning system will be used when VPD has issued an evacuation order, and in all disasters where there is an immediate threat to life, including wildfires, earthquakes, and floods.


The Hi-Lo warning system is a European-style alert that rocks back and forth between two fixed pitches, one high and one low. Regular emergency sirens sound more like a repeated yip-yip-yip or wailing sound. To receive emergency notifications use VC Alert at www.vcalert.org

To hear the new Hi-Lo Warning System, visit www.cityofventura.ca.gov/EvacuationOrders or watch the video on the City’s YouTube channel at www.youtube.com/cityofventura.

COVID-19 VACCINES WORK

 Safe

 Effective

 Free

No appointment needed. Find a vaccination site near you at www.vcrecovers.org

Want to plan ahead? Schedule an appointment at MyTurn.ca.gov or **833-422-4255**

