



Vol. 14, No. 24 Published Every Other Wednesday Established 2007 August 25 – September 7, 2021



Marlyss Auster Visit Ventura CEO & President and Cheryl Shallenberger Vice President of Sales & Marketing accepting the National Award.

## Visit Ventura finishes in the top three in U.S. Travel Association National Award

Visit Ventura was chosen as a finalist for a prestigious ESTO Award, finishing in the top three in a nationwide competition between destination marketing organizations across the country in a contest sponsored by the United States Travel Association.

"We are beyond thrilled and so very proud of our Visit Ventura team," said Marlyss Auster, Visit Ventura President & CEO. "Finishing in the top three in a contest of this scope is a first for us, and that makes us proud. But we're proudest of the program itself, which helped support our local Ventura businesses during a very difficult time. Our aim has always been to do the next right thing to help our community, in both good times and harder times."

Winners were announced at ESTO's Awards Dinner on Tuesday, August 17 in Los Angeles, California. Ventura placed in the top three for their entry "Love, via Beer, in the Time of Covid" in the Virtual Programming category. The entry showcased Visit Ventura's "Thirsty Thursday" program, an innovative virtual program that, among other things, helped boost both business and morale

in the Ventura community during the pandemic.

The U.S. Travel Association is a national, non-profit organization representing all components of the travel industry. As the united voice of the industry, U.S. Travel prioritizes high-im-

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## Assess your cancer risk at an online seminar on Aug. 26

Community Memorial Health System is hosting a free online seminar that can help you assess your risk for developing cancer. The free seminar, titled, "Genetic Testing: What it Can Tell You About Your Risk & Prevention of Cancer," will take place at 6 p.m. on Thursday, Aug. 26.

While there is no sure way to prevent cancer, there are things everyone can do to help identify and decrease the risk of developing cancer. In some cases, evaluating your genetic makeup can provide valuable information to help estimate or predict your chance of getting cancer at some point in your lifetime.

If you have questions or concerns



EPA Administrator Michael Regan and Congresswoman Julia Brownley (D-26th District) answered many questions about the future of water.

## When the well is dry, we learn the worth of water – Benjamin Franklin

by Sheli Ellsworth

The Sons of the Pioneers recorded the melodic song "Cool Water" in 1962: All day I face the barren waste without the taste of water, cool water . . . Seventy-five years later, Ventura will face the same challenge. With the current system, demand will outpace the city's water supply by 30% as early as 2035.

A recent press conference and tour of the Ventura Water Treatment Facility with Congresswoman Julia Brownley

(D-26th District) and EPA Administrator Michael Regan introduced Ventura Water's plan for avoiding the upcoming water shortage. "It's important to get out from behind the desk in Washington, D.C., and see what's happening on the ground," Regan said. "And looking at the innovation and the creativity it takes to develop these aged facilities in a way that can withstand some of the pressures we're facing today." Ventura Mayor Sofia Rubalcava, City Councilman Joe Schroeder and City Manager Alex McIntyre also attended the event.

The two-part plan includes: tapping into state water and recovering, treating and reusing water that is currently discharged into the Santa Clara River Estuary.

Sound simple? Ventura Water has been planning and researching for over a decade to make the city's future water usage sustainable, environmentally friendly and regulatory compliant. They have met with over 25 legislators and lobbyist looking for funding. They have operated a demonstration facility for nine months and have made four annual trips to Washington, DC to meet with Congress members and Senators. They have reached out to the community

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

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

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# The celebration of Jewish New Year

Rosh Hashanah occurs on the first and second days of Tishri. Jewish Year 5782 starts at sunset on Sept.6 (The Jewish calendar date begins at sundown of the night beforehand. Thus all holiday observances begin at sundown on the secular dates listed, with the following day being the first full day of the holiday. According to the Torah, the story of creation in Genesis says “And it was evening, and it was morning day one”, “And it was evening, and it was morning; the second day”, thus night comes before day. So, for the Jewish calendar all days begin at nightfall and end the next day at nightfall including holidays.)

In Hebrew, Rosh Hashanah means, literally, “head of the year” or “first of the year.” Rosh Hashanah is commonly known as the Jewish New Year. This name is somewhat deceptive, because there is little similarity between Rosh Hashanah, one of the holiest days of the year, and the American New Year.

There is, however, one important similarity between the Jewish New Year and the American one. Many Americans use the New Year as a time to plan a better life, making “resolutions.” Likewise, the Jewish New Year is a time to begin introspection, looking back at the mistakes of the past year and planning the changes to make in the new year.

The shofar is a ram's horn which is

blown somewhat like a trumpet. One of the most important observances of this holiday is hearing the sounding of the shofar in the synagogue.

No work is permitted on Rosh Hashanah. Much of the day is spent in temple, where the regular daily liturgy is somewhat expanded. There is a special prayer book called the machzor used for Rosh Hashanah and Yom Kippur because of the extensive liturgical changes for these holidays.

The common greeting at this time is L'shanah tovah (“for a good year”). This is a shortening of “L'shanah tovah tikatev v'taihatem” which means “May you be inscribed and sealed for a good year.”

Yom Kippur, on Sept.15, also known as the Day of Atonement, is the holiest day of the year in Judaism. Its central themes are atonement and repentance. Some Jewish people traditionally observe this holy day with an approximate 25-hour period of fasting and intensive prayer, often spending most of the day in synagogue services.

Yom Kippur completes the annual period known in Judaism as the High Holy Days or Yamim Nora'im (“Days of Awe”) that commences with Rosh Hashanah.

Happy New Year to a few famous Jews:  
Albert Einstein, Sigmund Freud, Karl Marx, Leon Trotsky, Harry Houdini, Marx brothers, Steven Spielberg, Sandy Koufax, Irving Berlin (Ironically, his compositions included “White Christmas” and “Easter Parade”), Mel Brooks, Dustin Hoffman, Peter Sellers, Al Jolson, Stan Getz, Ruth Ginsburg and Mark Zuckerberg (and Jesus Of Nazareth of course).



# Community Events

## Ventura events

by Ana Baker

**Aug 25: The Ventura College Area Community Council will be holding a Zoom meeting on Wednesday, at 7 p.m.** The August meeting will focus on historic buildings and the preservation of community character through architecture. CACC represents citizens in Council District 3, currently neighborhoods north of Hwy. 126 between Dunning/Lemon Grove/Agnus on the west and Hill Road on the east. Visit the College Area Community Council website @ <https://caccventura.com> to learn more, to be added to the mailing list and to access a link to the Zoom meeting.”

**Aug 27: Richard Senate’s Ghost Talk & Tours Return 7-9 pm. Located at the Bank of Books 748 E. Main St. 805-643-3154.** Discover the ghosts of Old Ventura that lurk in saloons and re-enact 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. Advance reservations recommended.

**Aug 28: The Jewish New Year, 5782, a time for reflection and recommitment is approaching.** Congregation Am HaYam invites all to join with them in observances. S’lichot Services will take place via Zoom on Saturday, with a study session at 7:30 p.m., services at 8:15 p.m., and a second study session following. To receive the link, please call 805-469-0268. Rosh HaShanah and Yom Kippur services will be both in-person and through YouTube. Services on the first and second days begin at 9:00 am both Tuesday, September 7 and Wednesday, September 8. Kol Nidre begins on Wednesday, September 15 at 6:30 p.m. Yom Kippur services on Thursday, September 16 begins at 9 a.m. Fran Lande will lead a Study Session at 4:15 p.m., followed by Minchah (Afternoon) services at 5:15 and Ne’ilah (Concluding Services and Shofar Blasts) at 6:15. Please call 805-469-0268 to receive the link. CAH is located at 4839 Market Street, Unit C (rear). Ample free parking is available. Please call 805-644-2899 for ticket or other information or see our website at [www.amhayam.com](http://www.amhayam.com).

**Aug 29: NAMBA Performing Arts Space, Inc. presents a new play “Breaking the Code” by local playwright Claudia Hoag McGarry.** One day only, Sunday at 3 p.m. at NAMBA Performing Arts Space 47 S Oak St. in Historic Downtown Ventura. Tickets are \$20 and are available on [www.NambaArts.com](http://www.NambaArts.com). Starring Shelly Best, Gul Saeed, Heather Terbell, Claire Waterhouse, Shari Howard, Marlene Matosian. Music by Ashley Jones and Paul McGarry. Directed by Jordana Lawrence.

**Sept. 4 & 5: Happenings at the Dudley Museum.** Richard Senate, long known as Ventura County’s “Ghost Hunter” and other docents will lead tours of the 1892 Dudley Historic House Museum on Sunday September 5th from 1 to 4 p.m. Senate will be signing his books including the booklet, “Are There Ghosts at the Dudley House?” for sale in the gift shop. Tour group size will be limited. Admission is free. For information please call (805) 642-3345 or visit the website at [dudleyhouse.org](http://dudleyhouse.org).

**Sept. 4: The monthly plant sale continues at the Dudley House from 8 to 2 p.m. Bromeliads, orchids, succulents, tillandsias, rhipsalis, garden art and more.** Vendors welcome (plants only), please call Charlie at 805-746-4317. The museum is located at the corner of Loma Vista and Ashwood streets (197 N.

Ashwood).  
**Sept. 4: The Sespe Flyfishers of Ventura will again be conducting “First Saturday” introductory class on Fly Fishing and Casting the Fly Rod.** There is no charge, and all are welcome. Whether you are an experienced fly fisher or a complete novice we want to help you learn and enjoy this great sport. If you don’t yet have a fly rod, don’t worry, just come, and use one of ours. Chumash Park, Petit and Waco, 9 to 11a.m. For every one’s safety we ask all those attending to please comply with any current recommendations by the Ventura County Health Department. For more information: Bob Smith (805) 647-3522 [www.sespeflyfishers.org](http://www.sespeflyfishers.org)

## Ojai news and events

**Javier Saucedo of Ventura County’s Green Business Program will visit the Ojai Library at 2pm on Friday, September 10, to explain and demonstrate the contents of the DIY Home Energy Savings Toolkits currently available for lending from Ventura County Library locations.**

3C-REN and the Ventura County Library have partnered to create the DIY Home Energy Savings Toolkit. The toolkit includes tools, equipment, and a guide to help you save energy and increase the comfort of your home. There are items for you to keep, like LED light bulbs, outlet gaskets, weatherstripping, and water leak detection dye tablets; and tools to return, like an infrared laser thermometer and a Kill-A-Watt meter. Join this event for a demo of the kit, to ask your questions, and to learn about other sustainability programs in your area.

Javier Saucedo joined the construction trade in 1990, continuing until 2006 when he became an energy conservation specialist working with SoCalGas, SCE, and California weatherization programs. He currently leads the County’s Green Business Program, performs residential and commercial energy audits, and oversees quality control on energy saving upgrades.

This event is free and open to the public. For additional information, contact Ron Solórzano, Regional Librarian, at (805) 218-9146. The Ojai Library is located at 111 East Ojai Avenue in Ojai, CA. Hours of service are 10am to 8pm Monday through Thursday and 12pm to 5pm Friday through Sunday.

**The Ojai Storytelling Festival will present special performances for students on Friday, Oct. 29 at Libbey Bowl in Ojai at 9:30 (primary) and 11:15 (upper grades 4-12). The performances will present nationally acclaimed professional storytellers from around the United States. This year’s line-up includes Donald Davis, Regi Carpenter, Bill Harley, Diane Macklin, Kim Weitkamp, Bil Lepp and the Reverend Robert B. Jones.**


Check website for the storytellers that are scheduled for each of the performances. Each of the sessions will feature stories appropriate to the grade level attending the performance. A special group ticket price for 10 or more is just \$5 per ticket. Tickets for groups and individuals less than 10 are available on our website. For group tickets, phone 310-890-1439 or visit [www.ojaistoryfest.org](http://www.ojaistoryfest.org).


Finding Light, a new exhibition featuring artworks by the Ojai Studio Artists at the Ojai Valley Museum. Using

# Remember the past. Rejoice in the celebration that comes.


During the holiest days of the year, reflect on the lessons of the past as a guiding light to a prosperous future. Whether you will be attending services or sharing this occasion at home with loved ones, make this day one that sets the tone for the coming year.

We recognize the joyous holiday of Rosh Hashanah and wish your family the best of luck in the coming year.





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a wide variety of mediums and styles, sixty artists depict how they found light. View the exhibition for inspiration about how you too, can continue to find the light in your life.

Although viewing artwork in person is a much richer experience, an online version of the exhibition is available on the museum’s website, [OjaiValleyMuseum.org](http://OjaiValleyMuseum.org).

The exhibition will be on view through the end of October 11.

In addition to Finding Light, small exhibitions on a range of topics related to the history of the valley, and a diorama of the Sespe Wilderness, are always on view at the museum.

The Ojai Valley Museum is located at 130 W. Ojai Avenue in Ojai.

### Visit Ventura finishes in the top three

*Continued from page 1*

pact issues that matter most, identifying both the travel industry’s biggest opportunities and challenges. ESTO is an acronym for “Educational Seminar for Tourism Organizations.”

Of late, of course, the biggest challenge has been the pandemic, and Visit Ventura’s “Thirsty Thursday” program addressed those challenges head-on. The program worked with happy simplicity. Each Thursday, a Ventura winery or brewery stepped up to the virtual counter to do a live virtual tasting on Facebook, the Visit Ventura team broadcasting the tasting to its 200,000-plus viewers and beyond. Viewers bought the beer and wine beforehand. During the tasting, the brewers and vintners explained the science-cum-magic behind the tastes while viewers happily sipped and asked questions via chat. The tastings strayed beyond beer and wine, into locally made

chocolates and ice cream.

The program didn’t snowball; it galloped out of the gates. The total individual reaches of the live broadcasts ranged from 10,000 to 12,000 viewers. Brewers sold out of beer. The chocolatier sold 200 boxes of chocolates, earning roughly \$10,000 at a time when sales were not quite, but very close to, hopeless.

“We knew we wanted to help our community in the best way we could,” said Auster, who attended the Los Angeles awards ceremony with Visit Ventura Vice President of Sales & Marketing Cheryl Shallenberger. “Without visitors, our local businesses needed help. While we’re proud to be a finalist, what we’re truly proudest of is how the Ventura community stepped up to help keep our businesses in business.”

“It was a really fun program, but, on a serious note, it was something more,” added Shallenberger. “It may have just been beer and wine, but it was also a reminder of the things that matter. A positive attitude and caring. Invincible spirit. How good things always outlast the dark.”

Visit [visitventuraca.com/contact/staff](http://visitventuraca.com/contact/staff) to learn more about the Visit Ventura team and how they contribute to driving Ventura’s economy through tourism.

### Assess your cancer risk

*Continued from page 1*  
counselor.

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





# 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.

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## Opinion/Editorial



Sheldon Brown  
Publisher-Editor

■ As previously covered, **two 15-year-old students** were arrested for starting a fire at Mound Elementary School in Ventura on July 22.

The Ventura Unified School District board unanimously voted to declare an emergency which will expedite the necessary decisions as necessary to quickly resolve the situation. The district will be leasing and installing a portable building and proceed with repairing the fire damage. Demolition has been started.

The moral and legal question remains in terms of what is the appropriate action to take against 15-year-olds? Certainly, they need lots of help. Should they be incarcerated until they are 21? Will putting them in prison help or just make them worse?

I feel for their families trying to deal with this.

■ Because we have a **Sudoku** puzzle in each issue, I thought it would be appropriate to share this.

Maki Kaji, the creator of the popular numbers puzzle Sudoku whose life's work was spreading the joy of puzzles, has died. He was 69 and had bile duct cancer. Known as the "Godfather of Sudoku," its name is made up of the Japanese characters for "number" and "single." There are different levels of difficulty for each puzzle.

It wasn't until 2004, when Sudoku became a global hit, after a fan from New Zealand pitched it and got it published in a British newspaper.

■ Question: Regarding **Afghanistan**, what president said this last year? 'It had been a long and hard journey in Afghanistan. It's time after all these years to bring our people back home.'

Answer: **Trump**.

I certainly agree with Trump and feel that **Biden** is doing the correct thing. He isn't doing as well as it should have been accomplished, but after 20-years and an estimated 2 trillion dollars, the time has come to get out.

Of course, some Afghanistan people, especially women will be hurt by this, but there is really no way to deal with religious zealots no matter where, or who, they are. If this had been done with better preparation (as it should have been), eventually the results

would have been basically the same.

The Taliban rule will be draconian. But how long would the United States need to remain there to prevent this from happening? Another 20-years, forever?

The basic problem, and miscalculation, was that the Afghanistan military would fight to "save" their country. Maybe we should have known this.

Act 1: Ten Taliban (driving old beat-up trucks and old motorcycles) wearing sandals, head scarfs and civilian clothes approach an Afghanistan military base and declare "we have the place surrounded so give up."

Act 2: 50% of the military throw down there never-used weapons and give up. The other 50% change into their civilian clothes and go home.

U.S. national security advisor Jake Sullivan stated, "The Afghan military chose not to fight for their country." It appears Taliban fighters met almost no resistance from the U.S. trained military.

If they are not willing to fight for their country, I don't think that we should die for them anymore.

We can no longer be the savior for the entire world. Right now, we have enough of our own serious problems to deal with. We



The damage to the school is preliminarily estimated at over \$1,000,000.

should certainly still provide aid to situations like the one in Haiti.

Those are my thoughts. As always, I would love to hear yours. Publisher@venturabreeze.com

■ The cousin of a Texas mother of four who died recently following a month-long battle with **COVID-19** told news outlets that she asked relatives to make sure her children get vaccinated before she was intubated.

Lydia Rodriguez, who was not vaccinated and whose husband Lawrence also died this summer after contracting COVID-19, was first hospitalized in mid-July. According to

a fundraising page set up on the family's behalf, the couple were both in the ICU at the same time.

"Before she got intubated, one of the last things she told her sister was 'Please make sure my children get vaccinated,'" Dottie Jones, the woman's cousin, told the news outlet. "She would be there for her kids right now if she had been vaccinated."

Most days during the coronavirus pandemic, Cardinal Raymond L. Burke could be found strolling down the streets of Rome mask less and carrying rosary beads. The 73-year-old conservative cardinal was an early critic of social distancing and, later, an unabashed skeptic of the vaccine.

Last Tuesday, Burke announced he had tested positive for the coronavirus. Now, the cardinal is in a hospital bed in his native Wisconsin, breathing with the help of a ventilator.

Texas Gov. Greg Abbott has tested positive for COVID-19, the governor's office announced in a release.

Conservative talk radio host Phil Valentine has died following a lengthy battle with COVID-19. He was 61 years old. Recently Valentine voiced skepticism about the COVID-19 vaccine.

In December of 2020 he tweeted, "I have a very low risk of A) getting COVID and B) dying of it. If I do, why would I risk getting a heart attack or paralysis by getting the vaccine?"

At least he won't have a heart attack or paralysis.

I certainly understand that vaccines aren't 100% perfect, but of the new 10,000 COVID cases in Miami, 98% of the patients were not vaccinated.

## ■ Guns in The News:

A 3-year-old girl was killed after a 5-year-old boy shot her in Minnesota. The shooting was reported in a residence in the town of Bena, according to the Cass County Sheriff's Office. Upon arrival, deputies learned that the victim had been shot inside the home.

An autopsy is pending with the Midwest Medical Examiner's Office, and an investigation is ongoing, Burch said. It remains unclear whether criminal charges will be filed in connection with the incident against the gun owner. They certainly should be.

At least 3,371 children and teens in the U.S. were killed with guns in 2019, according to a report this year from the Children's Defense Fund, a child advocacy nonprofit organization. The group estimates that a child was killed by a gun every two and a half hours during that year.

Three people are dead, and two others are in critical condition after an overnight shooting at an East Side sports bar, according to San Antonio police. The shooting happened around 3:23 a.m., Sunday, after-hours at the Boom Boom Sports Bar (I guess Boom Boom is the sound of guns being fired.)

Police said a fight started inside of the bar between two people before it spilled into the parking lot. A man then went to his car, pulled a long gun, and started shooting rounds in the air, striking five people - two women, and three men.

The two people shot dead at an NHK factory in Frankfort, Indiana, were employees of the company - a grandmother and granddaughter who were arriving for their shift, according to the Clinton County Sheriff's Office. The alleged suspect, 26-year-old Gary C. Ferrell, an employee at the factory is in custody.

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

## Mailbox

Editor:

On the topic of the feral cat problem throughout Ventura County: Over the past 20 years I have had many discussions with Ventura County Animal Regulation and yet the problem continues. I have written numerous letters to the Ventura County Board of Supervisors on this issue, as have others that are very involved with this effort.

Most recently, I was informed that the feral cat problem was (finally) going to be discussed with the Ventura County Board of Supervisors and Animal Regulation on August 12, 2021. It has now been postponed until November 2021.

While I fully appreciate that there are many issues facing our civic leaders, the continued lack of discussion, engagement or acknowledgement to those who continue to express concern is troubling. We cannot, as good citizens, continue to ignore this massive problem with the hope that 'someone else' will take care of it or worse yet, that it will simply go away. We can no longer afford magical thinking. Solutions must be explored that enhance the ability of Animal Regulation to assist more broadly and actively

where feral cats are concerned. Also with Animal Regulation, we must collaboratively increase opportunities for feral spay and neuter surgeries.

As responsible citizens, community members and human beings, we must be the voice, the caretakers, the stewards and the advocates for animal welfare.

My second issue is people come to the SPAN Thrift Store on weekends to find a place to euthanize an animal when it is an emergency situation, i.e., hit by car, seizures, etc. and so far the only answer I can help with is go to their vet or VSMG, which runs about \$500. Ventura County Animal Regulation has licensed vet even in the daytime on weekends to do this. I feel this is wrong.

Valerie Bereman  
SPAN Thrift Store

Dear Mr. Editor (Sheldon)

I agree the city parking lots can be a horrible filthy mess. Maybe they could get the city owned Street Sweepers to brush by the parking lots once a week.

Which parking lot were you reviewing? We have a lot along the shoreline. THE

Continued on page 15

He only is happy  
as well as great  
who needs  
neither to obey  
nor command  
in order to be  
something.  
—Johann Goethe



# City News

## City of Ventura encourages residents to prepare for the next emergency

Make a Plan, Build a Kit, Stay Informed.

The City of Ventura joins the Ready Campaign during National Preparedness Month, an annual opportunity for families and communities to take a proactive approach in personal preparedness.

“Often, friends, and neighbors will be the first ones to take action after a disaster strikes and before first responders arrive,” said Mayor Sofia Rubalcava. “All groups in our community have a responsibility to be prepared. This includes our families, friends, schools, businesses, and community stakeholders.”

The 2021 theme is “Prepare to Protect. Preparing for disasters is protecting everyone you love.” The national Ready Campaign offers a weekly focus and resources on various elements of preparedness, including financial preparedness, making a family emergency plan, building a go-kit, and teaching youth.

“National Preparedness Month is the good reminder for residents to think about emergency risks in Ventura and take meaningful action to ensure that their families and neighborhoods are disaster ready,” said Daniel Wall, Emergency Services Manager for the City of Ventura. “Taking steps to prepare now improves our ability to react, respond, and recover whenever and wherever a disaster occurs.”

The City of Ventura urges everyone to take three important action steps to get prepared:

**Make a Plan:** Talk with members of your household about what to do during emergencies. Plan what to do in case of separation and choose a two meeting places- one right outside your home in case of a sudden home emergency like a fire, and another outside your neighborhood in case you cannot return home or are asked to evacuate.

**Build a Kit:** Assemble an easy-to-carry preparedness kit complete with water, non-perishable food, a flashlight, extra batteries, phone chargers, a battery-powered radio, first aid kit, and medications.

**Stay Informed:** Register for VC Alert, Ventura County’s Emergency Notification System. Call, text, or email to sign-up. Learn more at [www.VCAAlert.org](http://www.VCAAlert.org). During the month of September, the

community is invited to join the City’s Office of Emergency Services at an upcoming Neighborhood Community Council meeting to learn different aspects of preparedness for individuals, families, and communities.

**College Area Community Council:** Wednesday, August 25, at 7:00 pm.

**Westside Community Council:** Wednesday, September 1, at 6:30 p.m.

**Midtown Community Council:** Thursday, September 9, at 7:00 p.m.

**East Ventura Community Council:** Thursday, September 16, at 7:00 p.m.

**Pierpont Bay Community Council:** Tuesday, September 21, at 7:00 p.m.

**Downtown Ventura Partners:** Thursday, September 22, at 8:30 a.m.

For more disaster preparedness information, visit [www.CityofVentura.ca.gov/EmergencyPreparedness](http://www.CityofVentura.ca.gov/EmergencyPreparedness) or [www.ReadyVenturaCounty.org](http://www.ReadyVenturaCounty.org).

## City of Ventura launches new virtual public permit counter

The City of Ventura continues to focus on providing enhanced City services by delivering an improved and more convenient permit counter experience. This week, the City launched a new way to process permits online for residents and businesses.

Ventura Online Permit Services, also known as Ventura OPS, is a digital public permit counter that allows a customer to submit a permit application, upload plan sets, schedule inspections, and check on the status of an application from the City’s website.

“Our community has been patient with us while we have been earnestly implementing this improvement. The need for better technology has been critical, especially during a pandemic where many services need a virtual option,” said City Manager Alex D. McIntyre. “An online solution like Ventura OPS is paperless, streamlines the permitting process, and makes it easier for the public to apply and track permits in real-time.”

The new online permit services

portal allows a customer to create an account quickly and submit a permit application easily without coming into City Hall. Once an application is received, customers can track updates to permits and schedule inspections online. The new digital platform requires that all plans and applications be submitted electronically for ease of routing and review.

“Digitizing the City’s permit services process has been a big lift, especially since the application and review process hadn’t been fully integrated online till now,” said Community Development Director Peter Gilli. “In addition to Ventura OPS’ many public-facing benefits, the online system allows City staff to communicate on an application while providing access to performance metrics related to permits issues, average times for permit issuance, open inspections, and more. While this launch is a significant milestone, there’s a lot of work left to be done in future phases that will further improve the customer experience and permit turnaround times.”

Continued enhancements are planned over the next year and will be shared with the community as new features are introduced. The second phase of Ventura OPS will feature an integrated online payment system, improved forms, and redesigned workflows to expedite permit turnaround times further.

In addition to digital public services, City staff continues to progress on the physical “One-Stop Shop” permit center, which will be the central hub for all permits equipped with hybrid meeting spaces to communicate with applicant teams and staff members in remote locations. The new One-Stop Shop is slated for completion by Fall 2022.

For more information or to explore Ventura OPS, visit [www.CityofVentura.ca.gov/Permits](http://www.CityofVentura.ca.gov/Permits). To contact Permit Services, email [permits@cityofventura.ca.gov](mailto:permits@cityofventura.ca.gov) or call (805) 654-7869.

## The Museum of Ventura County Research Library digitizes early 20th Century footage

Made possible by a Schwemm Family Foundation grant, the Museum of Ventura County’s (MVC) Research Library has successfully digitized the

Herman Keene film collection. It is now available for viewing in an online exhibit titled, “Out And Back: Ventura County Backcountry Adventures,” [venturamuseum.org/virtual-exhibits](http://venturamuseum.org/virtual-exhibits).

Out And Back: Ventura County Backcountry Adventures follows Herman Balden Keene (1879-1965), a lifelong Ventura County resident, and former student of Santa Paula High School. The early footage captures Santa Paula in ways that may still be recognizable to viewers today. An avid hunter, Keene recorded his journey from his Santa Paula ranch, through Ventura County’s steep mountain ranges by car, and into the backcountry where he set up camp. The footage includes weather challenges Keene endured along the way, and how he survived the backcountry wilderness on his quest to hunt fox, bear and mountain lions.

MVC’s Research Library Director, Deya Terrafranca shares the importance of the footage, and the impact it has on Ventura County’s rich history, “Herman Keene’s footage captures a rare moment in time in the history of Ventura County, and is the only backcountry footage we have in our collection. It captures the juncture of the early days of car exploration of the backcountry, and at the same time the use of horses and pack animals.”

The Schwemm Family Foundation’s funding allowed library staff to send the film to the University of Southern California’s film department for archival digitization and rehousing. Once digitized, the footage was cataloged and added to the Museum’s growing collection of online items.

MVC’s Research Library accepts submissions to their digital archives. Contributors can fill out a brief online form and upload digital images and/or documents by visiting, [venturamuseum.org/library](http://venturamuseum.org/library) and clicking on, “Digital Photographs.”

The Museum of Ventura County and the Agriculture Museum in Santa Paula are both fully open and welcoming guests in-person. Admission to both locations is free for the duration of 2021. Masks are required for all visitors inside museum buildings, while vaccinated guests are welcomed to remove masks while enjoying the museums’ outdoor spaces. Please visit [venturamuseum.org](http://venturamuseum.org) for more information, and to view Herman Keene’s and other online exhibits.

The Museum of Ventura County cel-

*Continued on page 12*



**PREPARE TO PROTECT.**  
Preparing for disasters is protecting everyone you love.

[www.cityofventura.ca.gov](http://www.cityofventura.ca.gov)

**Join the City’s Emergency Services Manager at an upcoming Neighborhood Community Council meeting to learn different aspects of preparedness for individuals, families, and communities.**

✓  
Make a plan

✓  
Build a kit

✓  
Stay informed

The City of Ventura encourages you to prepare for the next emergency and take a proactive approach in personal preparedness!

- Westside Community Council: September 1 at 6:30 p.m.
- Midtown Community Council: September 9 at 7:00 p.m.
- East Ventura Community Council: September 16 at 7:00 p.m.
- Pierpont Bay Community Council: September 21 at 7:00 p.m.
- Downtown Ventura Partners: September 23 at 8:30 a.m.







# News & Notes



Patty Berry, Kerry Leiman, Steve Mac, Bob Berry and Sheila Leiman jouer Petanque.

## Petanque anyone?

The women’s club, BCNN (the Beach-cities Neighbors & Newcomer’s Club for Women in Ventura, Oxnard and Pt. Hueneme- they also have activities with men) play Petanque. It is one of our many activities (we have over 30 different types of activities in the Club). We are Pétanque enthusiasts who play at two different times. For the general public - 2nd & 4th Wednesdays at Portside Park at Portside Ventura Harbor at 2:30 p.m. (located off Harbor, Spinnaker to Navigator.) We play on the side walkways of the Volleyball court area. Also, a BCNN ladies group meets on the 2nd and 4th Tuesdays at 9:30 a.m. at Portside Park.

Ventura Petanque was started in September, 2018. We give free lessons (you can borrow our “boules”) and then you can obtain your own “boules” online at very reasonable prices. Petanque is a French equivalent to the Italian Bocce Ball game (it uses small metal Balls.) This game is suitable to any age because of the small sized metal balls which are played on dirt surfaces between 20 feet and 30 feet distance. The object is for a team to get the closest to the target ball “cochenet” (little pig). For more information <https://coast-alpatty.wixsite.com/venturapetanque> or <https://www.venturapetanque.net/>

**When the well is dry**  
*Continued from page 1*  
through facility tours, open house events and received national EPA recognition for their efforts. Climate change and the worsening drought bode poorly for the future of Ventura County. Ventura County is the “fastest-warming county” in the lower 48 states, Brownley said, referring to a 2019 survey by the Washington Post. August 19 maps from the U.S. Drought Monitor show most of Ventura County


in exceptional drought—the most severe category. Since 1971, the city of Ventura has owned the rights to a 10,000 acre foot a year of water (3.259 x109 gallons) via the California State Water Project. The proposed State Water Interconnection Project would improve the movement water from rainfall-rich Northern California to drier local areas. The seven-mile pipeline to deliver water from Calleguas Municipal Water District systems in Camarillo to the City of Ventura will

cost approximately \$50 million. The process of recovery, treatment and reusing water is a complex series of filtration. From sewage to potable water is forward-thinking leap of technology known as VenturaWaterPure. The proposed advanced water purification facility (AWPF) would: biofiltrate, ultra-filtrate, reverse osmose, UV and oxidate treat our wastewater then inject it into groundwater basins like the Oxnard Basin. Extractions would occur as needed and extracted water is “conditioned” before being released to the community at drinking water quality standards. Reuse at its best. The advanced water purification facility needs to be implemented in the next six years to meet water supply needs. The current plant on Spinnaker Drive in the Ventura Harbor, which treats eight to nine million gallons of wastewater per day, was built in 1955 and had has undergone several improvements through the decades. Ventura Water General Manager Susan Rungren said construction on the new facility will begin in November 2023 at a price tag of about \$260 million. The Senate-approved trillion-dollar infrastructure bill, which includes funding for water projects, may help fund the project if the House of Representatives passes the legislation. According to a CNN article by Kieron Monks in 2015, toilet-to-tap is not new although the thought might disgust some. Orange County Water District (OCWD) recycles used water and returns it to the drinking supply and is expanding

production to 100 million gallons per day, enough for a third of the population or 850,000 people. The website southeastasiaglobe.com wrote in 2014 that Singapore began working on recycling water in 2003 and now a third of the waste water produced by its 5.7 million inhabitants is treated. Thirty miles of tunnels transports the sewage from residential areas to huge treatment facilities where about 72,345,000 gallons of “new water” is produced each day. What about the taste? Researchers at the University of California, Riverside published a study of recycled wastewater in 2018 that focused on the taste. The UCR study asked 143 people to compare treated tap water (IDR) with conventional tap water and commercially bottled water. The waters were presented in similar cups and were unlabeled. After tasting the water, participants ranked the taste, texture, temperature and smell. Mary Gauvain, a professor of psychology at UC Riverside and co-author of the study reported that groundwater-based water was not as well liked as the indirect potable reuse (IDR) or bottled water. “We think that happened because IDR and bottled water go through remarkably similar treatment processes, so they have low levels of the types of tastes people tend to dislike.” Water is essential for life on earth. Whether or not Ventura is blessed by rain, a sustainable, environmentally friendly way of reclaiming quality water is imperative for each and every citizen. The time is now.



Deborah Jordan Ph.D. EPA Deputy Regional Administrator, City Manager Alex McIntyre, Councilman Joe Schroeder, Congresswoman Julia Brownley (D-26th District), EPA Administrator Michael Regan and Ventura Mayor Sofia Rubalcava, and were part of the treatment facility presentation.



# COVID-19 Vaccines Save Lives

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Find a vaccination site near you at **www.vcrecovers.org**

No appointment needed at County Public Health clinics.





# News & Notes



Baffa has held a variety of nonprofit management positions throughout Ventura and Santa Barbara Counties.

## Announcing Melissa Baffa as Ventura Land Trust Executive Director

The Ventura Land Trust is pleased to announce that Melissa Baffa has been selected by the Board of Trustees as its new Executive Director. Her appointment comes at a time of historic expansion for Ventura Land Trust, which in the past year has grown to hold nearly 4,000 acres of land designated for conservation and public access in Ventura County.

Baffa, a biologist, has held a variety of nonprofit management positions throughout Ventura and Santa Barbara Counties since 2008, including her most recent role as the Development Officer for Foundation and Corporate Relations with the Santa Barbara Museum of Natural History. Her recent experience also includes serving as a Science Communication Fellow for the Ocean Exploration Trust; since 2015 she has participated in three expeditions, exploring the deep sea off the coast of California and near the Galapagos Islands as a part of this appointment. Her work associated with the fellowship resulted in well over a dozen published articles in newspapers and magazines, and public speaking engagements addressing nearly 3,000 people over the past six years.

Baffa also brings a strong background in education, having taught in the classroom for a decade before transitioning to nonprofit

work, and working as an instructor with the Osher Lifelong Learning Institute at California State University, Channel Islands since 2017. She has held board and committee positions for a variety of nonprofit organizations, including KidSTREAM Children’s Museum, the Ventura County Leadership Academy, the Ventura County Women’s Political Council, the California League of Park Associations, and the Ventura County Women’s Economic Roundtable. Baffa was a member of the cohort of leaders recognized by the Pacific Coast Business Times with a 40 Under 40 award in 2013.

Baffa succeeds Derek Poultney, who has served as Executive Director of Ventura Land Trust since 2016. Baffa’s appointment adds much needed capacity to the Ventura Land Trust organization during a time of incredible growth and allows Poultney to continue his work with Ventura Land Trust as Conservation Director, leading land acquisition and stewardship.

A lifelong resident of Ventura County and an avid lover of the outdoors, Baffa understands that the protection of open spaces now is crucial to the health of our environment, and to the health of lived spaces.

“We live in a region of incredible biodiversity, and in a world of increasing impacts from climate change, pollution, and habitat fragmentation, the properties Ventura Land Trust protects will provide corridors within which nature can thrive. I can think of no greater honor than working to preserve this amazing place we call home for the people and the nature of today and tomorrow,” says Baffa.

“What Ventura Land Trust is doing is so much more than conserving land for nature’s sake. It is preserving nature for our sake as well.”

Board President Mark Watkins believes that Ms. Baffa’s installation as Executive Director positions the organization to become a cutting-edge land conservation organization and provides the capacity needed to continue to add lands and open them to the public. “We are thrilled to welcome Melissa to our team. Her experience and leadership will move Ventura Land Trust forward. We are all fortunate to live and recreate in one of the most beautiful places on earth, Melissa’s leadership for the Ventura Land Trust will help to protect that beauty and provide a healthy environment for current and future generations.”

The mission of Ventura Land Trust is to permanently protect the land, water, wildlife and scenic beauty of the Ventura region for current and future generations. Learn more and become a member at [www.venturaland-trust.org](http://www.venturaland-trust.org).

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In our last issue the “Ventura Land Trust announces 12th Annual Wild & Scenic Film Festival” article had a photo by Dan Holmes that was too small to see so here it is again.



## MADD TRI-COUNTIES



### Saturday, September 18th @ 10am

MADD is the nation's largest nonprofit working to end drunk driving, help fight drugged driving, support victims of these violent crimes and prevent underage drinking.

Our non-competitive virtual walks provide opportunities for everyone to participate in a healthy, fun activity while helping our community. With every step taken and dollar raised, participants generate funds and awareness to support MADD's life-saving mission.

### How to Register

To register for **THE 2021 WALK** visit  
[WALKLIKEMADD.ORG/TRICOUNTIES](http://WALKLIKEMADD.ORG/TRICOUNTIES)  
or scan:







# News & Notes

## Behavioral Health Services offered at Community Memorial Hospital

by Carol Leish

Maureen Hodge, LCSW, Program Manager of High-Risk Program at Community Memorial Health Systems says, “There are many outpatient programs provided by the hospital. And, we hope that the expansion of ambulatory behavioral health programs will enable our team to be able to better serve our community.”

There are three types of ambulatory services according to Hodge. “There is: 1) Behavioral Health Integration Program (BHI); 2) Caregiver Navigation Program; and, 3) Psychology.”

According to Hodge, “Recently our Center for Family Health started a Behavioral Health Integration Program which is directed towards those patients who have been diagnosed with depression, anxiety or substance use disorder. A Licensed Clinical Social Worker or a Licensed Marriage and Family Therapist meets individually with the patients to assess their level of stress, depression or other mental health issues and then connects them to services and resources. Also, they are called monthly to make sure that they are stable. In a short time, to this new program, our staff have helped to find psychiatrists, resources, or other programs that will help the patients to remain stable and feel that they can deal with life’s challenges.”

“The Caregiver Navigation Program (CGN),” according to Hodge, “is geared specifically to caregivers of patients who are facing a chronic illness or a debilitating diagnosis and is a caregiver for their child, spouse, neighbor, or loved one. A Licensed Clinical Professional provides support, resources, and weekly check ins to the caregiver in order to help the caregiver to remain stable. Three hospitals were funded by the Ventura County Community Foundation for a 3-year pilot program. At Community Memorial Health System, the program is offered to caregivers who have loved ones that are patients of the Centers for Family Health, which are the outpatient clinics of Community Memorial Health System. We have served nearly 100 caregivers and the results so far are showing that caregivers’ depression is decreasing and their resiliency is increasing just by having someone support them through their journey of being a caregiver.”

“We also have a psychologist who takes referrals for short term or crisis counseling,” according to Hodge. “The psychologist is available to help patients of the Centers for Family Health and is a resource to doctors and nurses who are working with patients who are in crises, stress, depression, anxiety, or may have substance use or other mental health issues.”

“In terms of the ultimate expansion of Ambulatory Behavior Health programs,” according to Hodge, “We would love to see our team be able to serve our community by providing 1:1 counseling, group therapy, addiction counseling and more. We look forward to making this happen in the future. We also want to expand services to our aging population, those with disabilities, teenagers, and adults who are struggling and need more support through our behavioral health wellness programs.

“Our team is committed to being a bridge, resource and support for those who are facing mental health stressors, crises, or addiction. Depression and anxiety have increased greatly since COVID-19 started, and our community is in need of mental health service/resources more than ever. We look forward to seeing Community Memorial Health System become a resource for our patients for their mental health needs.”

## Ventura County Public Health issues new health order requiring masking indoors

Ventura County Public Health has issued a new health order requiring all individuals, regardless of vaccination status, to wear face coverings when indoors in public settings, with limited exceptions. This order took effect at 11:59 p.m. Friday, August 20, 2021. Businesses and other public entities had until 11:59 p.m. on Monday, August 23, 2021, to comply. The order will be in effect until 11:59 pm on September 19, 2021, or until it is extended, rescinded, superseded, or

amended by the Health Officer.

“As of today, we reached a rate of 28 cases per 100,000, a 40% increase. I hope that this order will increase mask usage in Ventura County. I expect that this will have a beneficial effect on the increase in COVID-19 infections we are seeing,” said Public Health Officer Doctor Robert Levin.

The order directs that face coverings must be worn over the mouth and nose – regardless of vaccination status – in all indoor public settings, venues, gatherings, and workplaces, including but not limited to offices, retail stores, restaurants and bars, theaters, family entertainment centers, conference and event centers, and government offices serving the public.

Individuals, businesses, venue operators, hosts, and others responsible for the operation of indoor public

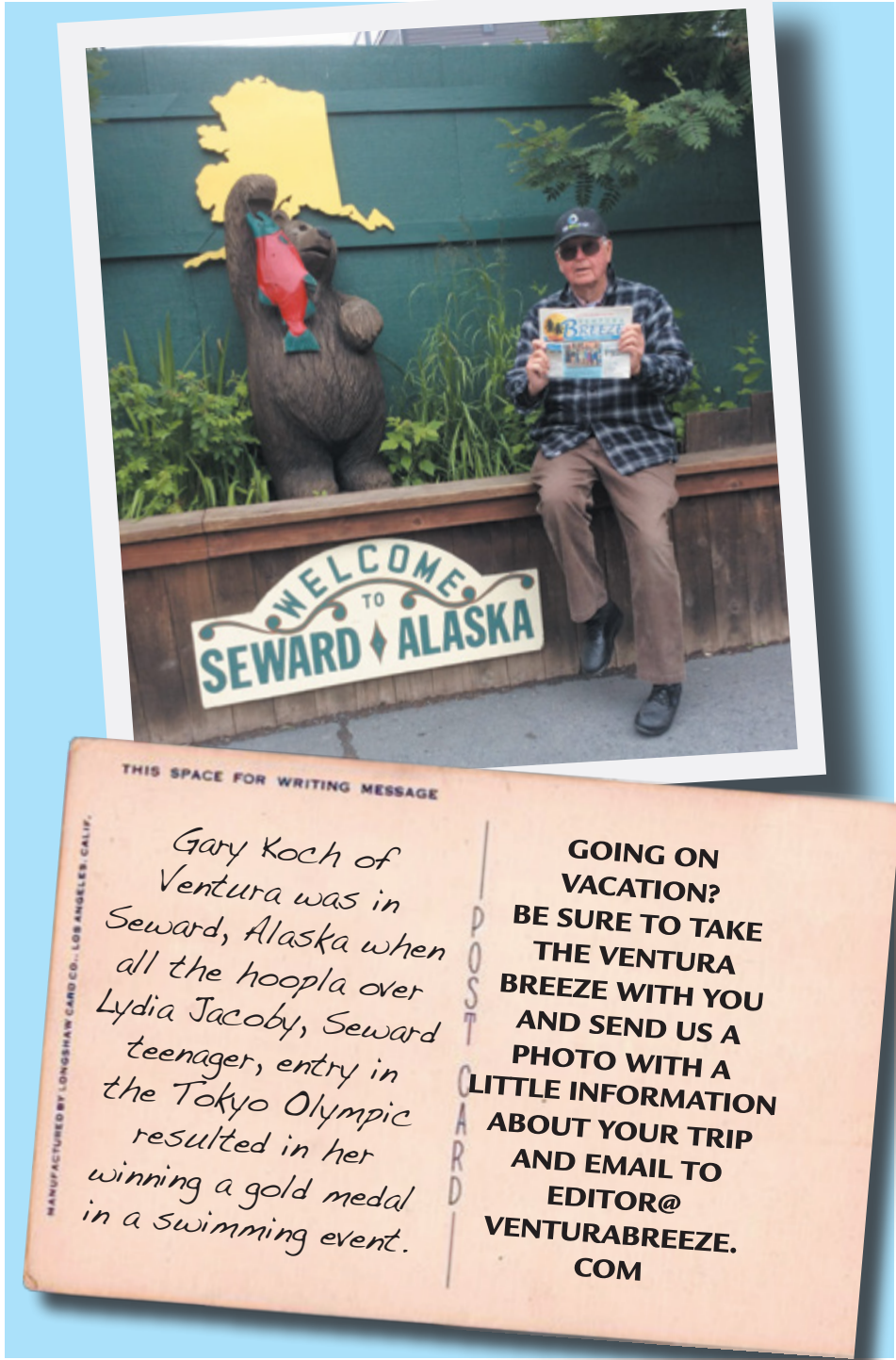
settings must:

Require all patrons to wear face coverings for all indoor settings, regardless of their vaccination status; and

Post clearly visible and easy-to-read signage at all entry points for indoor settings to communicate the masking requirements to all patrons. Signage is provided by Ventura County Public Health at [www.vcrecovers.org](http://www.vcrecovers.org).

This health order aims to reduce community transmission of COVID-19. Health officials are concerned by the substantial levels of increased community transmission, especially among unvaccinated people. In part, this is due to the widespread COVID-19 Delta variant, which is substantially more transmissible than previous forms of the virus

More information about COVID-19 available at: [www.ventura-countyrecovery.org](http://www.ventura-countyrecovery.org).




## VENTURA COUNTY'S FOURTH BUSINESS ASSISTANCE GRANT

**APPLICATION WINDOW:**  
Thursday, Aug. 19 at 8 a.m. - Thursday, Sept. 2 at 6 p.m.

**BASIC ELIGIBILITY CRITERIA**

- Must have a physical location and operations in Ventura County
- Must have been in business prior to 2021
- Annual gross revenue must be between \$25,000 and \$2.5 million
- Must have not received a County of Ventura COVID-19 Business Assistance Grant (prior grant recipients are not eligible to apply)
- Nonprofit organization must be qualified as exempt from taxation under Internal Revenue Code section 501(c)(3), 501(c)(6) or 501(c)(19)
- Must have a history of compliance with COVID-19 safety standards

For more information and to apply, visit [www.VCbusinessgrants.org](http://www.VCbusinessgrants.org) or call (888) 405-1004







# Senior Living



There are many resources to call to prevent fraud.

## Gaining more knowledge to deal with senior fraud

by Carol Leish

There are many resources to deal with senior fraud. You can contact various websites for information. You can also call various phone numbers for assistance. Thus, by using various tools, you'll be better able to protect yourselves.

According to Carey Aldava, Manager of Ventura County Adult Protective Services Program, "Unfortunately, according to AARP, a MetLife study determined that 55% of financial abuse in the United States is committed by family members, caregivers, and friends. Often, undue influence is used as a means of exploiting the elder or dependent adult financially. In a brief issued by the National Center on Law and Elder Rights in June 2017, undue influence is defined as: 'Someone using their role and power to exploit the trust, dependency, and fear of others. They use the power to deceptively gain control over the decision-making of the other person.'"

Aldava emphasized by saying, "If you suspect elder or dependent adult abuse, call the Adult Protective Services 24-Hour Abuse Reporting Hotline at: 805-654-3200. To request information, visit [vchsa.org/aps](http://vchsa.org/aps) or call Adult Protective Services at: 805-658-4453."

Debbie Deem, a retired victim's specialist for the FBI, discussed where to report fraud and how to seek help. "If you are a victim of a computer, phone or other fraud crime, please report it to: [www.ic3.gov](http://www.ic3.gov) if it is a computer/cyber related fraud; or, to: [www.reportfraud.ftc.gov](http://www.reportfraud.ftc.gov) if it is a fraud involving the phone or mail.

"In Ventura County, it should also be reported to your local law enforcement and Adult Protective Services (if older or dependent adults) are involved.

"For those age 60 and over, the US Dept. Justice has a helpline-at the National Elder Fraud Hotline: 1-833-372-8311 that can help provide referrals, support and even help in filing the above reports. Services are available for those in almost every language."

"There are some common ways to avoid being defrauded," according to Deem. She elaborated upon this by saying: "1) Learn to

screen your calls from unknown numbers and use voice mail to decide before calling anyone back that you do not know. This provides you with time to further investigate if the person calling you is real. 2) Keep your computer updated with proper antivirus and other applications updated. 3) Don't use the same password for email and other websites. 4) Use a password manager to help to remember a different password for each computer application. 5) Use privacy setting on social media accounts like Facebook. 6) Keep your settings to private, and don't 'friend' strangers, even if they appear to be friends with someone you know. 7) Use multifactor authentication protecting your accounts on line with something you know (password) and something you have (such as your cell phone). The website: <https://stopthinkconnect.org/> has additional computer help."

By becoming aware of what steps of avoidance to take; who to contact if necessary; and, various websites to gain knowledge, you'll be able to better able to cope with/avoid the possibilities of senior fraud.

"There are some common ways to avoid being defrauded," according to, Deem. "These include: 1) Learn to screen your calls from unknown numbers and use voice mail to decide before calling anyone back that you do not know.; 2) Keep your computer updated with proper antivirus and other applications updated.; 3) Don't use the same password for email and other websites.; 4) Use a password manager to help remember a different password for each computer application.; 5) Use privacy settings on social media account life Facebook.; 6) Keep your settings to private.; 7) Don't 'friend' strangers, even if they appear to be friends with someone that you know.; and, 8) Use multifactor authentication protecting your accounts on line with something you know (password) and something you have (such as your cell phone). <https://stopthinkconnect.org/> has additional computer help."

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Breeze publisher Sheldon (on the right) enjoys playing with John at the court at Portside Ventura Harbor. He hopes to beat him some day.

## Try to keep up with this senior tennis player

When not on the tennis courts, John B. Bennett has had a long career in motion picture and television production, and it's still active in the profession.

He began his tennis career early, at just 10-years-old. He competed on his high school team and played in college for UCLA. John started playing senior tournaments in the 35 division a long time ago. John Bennett played, and won, plenty of tournaments. This is just a few of his most memorable wins and achievements.

2001: Number one ranking in Southern

California.

2015: National grass and hardcourt third place in singles and doubles. Has held a national ranking of number 2 in singles and number 3 in doubles. Has held an SCTA ranking of number one in singles and number 2 in doubles.

Bennett has whipped juniors into shape in the SCTA Youth vs. Experience matches at the LA Tennis Club. He has also been a strong supporter of local tournament competition, and has been a participant in nearly every Senior Grand Prix championship over the past 33 years.



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## Senior Living



*This is not the best way to remember your daily chores.*

## What Is Vascular Dementia?

Vascular dementia is caused by conditions such as stroke that disrupt blood flow to the brain and lead to problems with memory, thinking, and behavior. Vascular dementia is the second most common dementia diagnosis, after Alzheimer’s disease, and can occur alone or alongside another form of dementia.

Vascular dementia is caused by conditions that damage blood vessels in the brain and interrupt the flow of blood and oxygen to the brain. In the research community, these conditions are known as vascular contributions to cognitive impairment and dementia (VCID). The brains of people with vascular dementia often show evidence of prior strokes, thickening blood vessel walls, and thinning white matter – the brain’s con-

necting “wires” that relay messages between regions.

Not everyone who has had a stroke will develop vascular dementia. A person’s risk for dementia after stroke depends on the size and number of strokes and the brain regions affected. Vascular dementia can also result from other conditions that impede blood flow and delivery of oxygen to the brain, such as narrowing of the arteries.

High blood pressure, problems with the heartbeat’s rhythm, diabetes, and high cholesterol can increase a person’s risk of vascular dementia. By controlling or managing risk factors, you may lower your chance of developing cognitive impairment and dementia.

Symptoms of vascular dementia can appear suddenly and may progress slowly



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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.

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# Senior Living

over time. Symptoms often look similar to those of Alzheimer’s disease, but memory loss is more prominent in Alzheimer’s, whereas problems with organization, attention, and problem-solving may be more obvious in vascular dementia.

- People with vascular dementia may experience:
- Difficulty performing tasks that used to be easy, such as paying bills
  - Trouble following instructions or learning new information and routines
  - Forgetting current or past events
  - Misplacing items
  - Getting lost on familiar routes
  - Problems with language, such as finding the right word or using the wrong word
  - Changes in sleep patterns
  - Difficulty reading and writing
  - Loss of interest in things or people
  - Changes in personality, behavior, and mood, such as depression, agitation, and anger
  - Hallucinations or delusions (believing something is real that is not)
  - Poor judgment and loss of ability to perceive danger

Symptoms may depend on the size, location, and number of damaged areas of the brain.

To diagnose vascular dementia, a doctor may ask about problems with daily activities, conduct memory or thinking tests, and speak with someone who knows the person well to see if symptoms of dementia are present. Medical history, lifestyle, and brain imaging tests are often used to help determine whether vascular dementia is the cause of symptoms.

No treatments are available to reverse brain damage that has been caused by a stroke. Treatment for vascular dementia focuses on preventing future strokes. Medications to prevent strokes, such as blood thinners, may

help decrease the risk of further damage to the brain. Medications that help treat the symptoms of Alzheimer’s disease might benefit people with early vascular dementia. A doctor may also recommend treating risk factors, such as high blood pressure or high cholesterol, through medications and lifestyle changes.

A healthy lifestyle is important to help reduce risk factors of vascular dementia. This includes eating well, limiting alcohol, not smoking, exercising, and managing stress.

If you are concerned about vascular dementia symptoms, talk with your doctor. If you or someone you know has recently been diagnosed, explore the resources on this website and linked below to find out more about the disease, care, support, and research.

## Osher LifeLong Learning Program

The music tradition of Cuba; understanding Russia today; how oceans shape our planet; and California in American popular culture are all part of CSU Channel Islands Osher LifeLong Learning Program (OLLI). Our fall semester consists of 10 Zoom and 5 in-person courses that will enable adults aged 50 or over to sample OLLI’s university level courses taught by faculty and experts from many different walks of life. Classes, which last for either four weeks or 8 weeks. Registration starts mid August. Classes start on September 13th. See the list of courses and register by visiting [go.csuci.edu/OLLI](http://go.csuci.edu/OLLI).



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## Which vaccines do older adults need?

As you get older, your doctor may recommend more vaccinations, also known as shots or immunizations, to help prevent certain illnesses. Talk with your doctor about which of the following vaccines you need. Make sure to protect yourself as much as possible by keeping your vaccinations up to date.

### COVID-19 vaccines

Studies show that COVID-19 vaccines are effective at keeping people from getting COVID-19. Getting a COVID-19 vaccine will also help keep you from getting seriously ill even if you do get COVID-19. We are still learning how effective COVID-19 vaccines are against new variants of the virus.

The Centers for Disease Control and Prevention (CDC) recommends that everyone age 12 and older get vaccinated.

### Flu vaccines for older adults

Flu (short for influenza) is a virus that can cause fever, chills, sore throat, stuffy nose, headache, and muscle aches. Flu is very serious when it gets in your lungs. Older adults are at a higher risk for developing serious complications from the flu, such as pneumonia.

The flu is easy to pass from person to person. The virus also changes over time, which means you can get it again. To ensure flu vaccines remain effective, the vaccine is updated every year.

Everyone age 6 months and older should get an annual flu vaccine, but the protection from a flu vaccine can lessen with time, especially in older adults. Still, you are less likely to become seriously ill or hospitalized because of the flu if you get the vaccine. A flu vaccine is especially important if you have a chronic health condition such as heart disease or diabetes.

There are flu vaccines designed specifically for people age 65 and older. Medicare will pay for the vaccine, and so will private health insurance plans. You can get a flu vaccine at your doctor’s office or local health department, as well as at some grocery and drug stores.

### Vaccines to help prevent pneumonia

Pneumococcal disease is a serious infection that spreads from person to person by air. It often causes pneumonia in the lungs and it can affect other parts of the body.

There are two pneumococcal vaccines: PPSV23 and PCV13. According to the CDC, adults who are age 65 and older should get the PPSV23 vaccine. Some older adults may also need the PCV13 vaccine. Talk with your health care professional to find out if you need both pneumococcal vaccines.



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Your Hometown Paper

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

Ventura BREEZE



# This 'n' That

## Ventura street names have interesting origins

by Richard Senate

The Street names in Ventura reflect her long and colorful past. Each one has its own story to tell. The Street we call today “Main Street” was once known as “El Camino Real” the famed royal road that linked all the Missions in Spanish Times. With the coming of the Yankees they wanted to divest themselves of anything that sounded Spanish so the name was changed official by Ordinance #10 in 1867 by the new city of San Buenaventura.

The oldest street name that survives today is that of “Figueroa” that stands before the old Mission. Contrary to legend, it wasn’t named after the popular California Governor of that name. It is named for the local blacksmith named Figueroa who had an adobe on that street in 1850. “Palm Street” was named for the three tall date palms planted at the Mission by the padres. Sadly these tall trees, once landmarks are gone. Perhaps we should plant new ones to replace them?

“Oak Street” was given that name because a large oak tree one stood on the roadway. It first appears on the maps in 1869. “California Street” is

believed to have been given its name when California became a state in 1850. It ran from Main Street to the spot on the beaches where boats landed before the construction of the pier in 1872.

“Thompson Street” gets its name from local farmer “Dixie” Thompson who was known for his dancing horsed that performed in local parades. It was originally called “Meta Street” and used as a horse racing track in Mission Times. “Poli Street” was named for popular landowner and doctor Dr. Manuel Antonio Rodriguez de Poli. He was our first town doctor. He had a large adobe on the place where it turns to connect with the Ventura Avenue.

“Ventura Avenue” was originally called “Canada Street” before its name was changed by an act of the state Assembly in 1872. Another odd street name is “Sanjon Street”. It is not named after an unknown Catholic saint, even if it sounds that way. It was a Yankee corruption of its true name--”Zanja” that means a man made ditch or canal. The names of our street tell a unique story of our community.

“A library card provides opportunity discovery and access to a rich and diverse world. It empowers you to make change and experience new stories.” Marley Dias, Library Card Sign-up Month Honorary Chair.

**State Ballot drop-off sites at libraries**

In an effort to encourage participation in the election process, mailed ballots can be dropped off at many locations including the Avenue and Satocoy Libraries.

**One County/One Book**

In case you are not familiar with this event, here is a Wikipedia entry: “...a generic name for a community reading program that attempts to get everyone in an area to read and discuss the same book.”

The selection this year is Your House Will Pay by Cha, a gripping story of racial tensions, murder, families and revenge, based on a real 1991 event in Los Angeles.

**Check Facebook for events**

I can cover only a few of the programs and events offered by our libraries. The Facebook page Ventura County Library has them all. A quick glance today shows STEAM activity, Art Lessons, Storytime and Bilingual Storytime. Take a look!

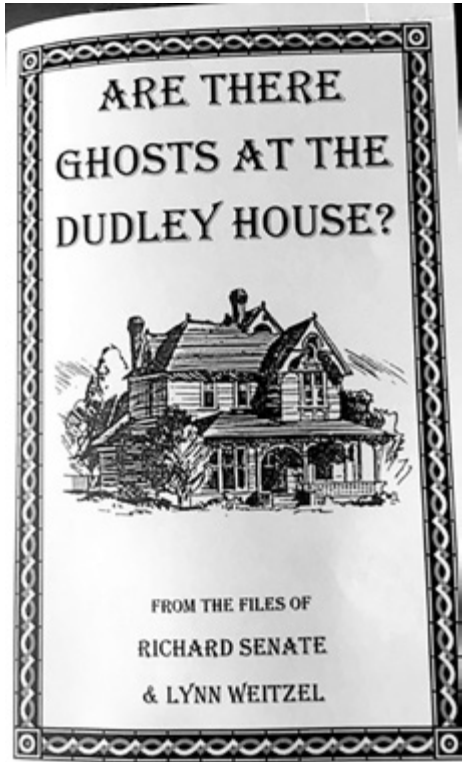
**Mask recommendations**

Currently, the library is encouraging masks indoors, regardless of vaccination status. This could change at any time; ask the library staff at your branch.

Join the Ventura Friends of the Library

The Friends support Ventura’s libraries both financially and with volunteer hours. For over 50 years, we have been the face of the public in our care for the library system. Join us and help sustain this essential part of our community. [Venturafriendsofthelibrary.org](http://Venturafriendsofthelibrary.org).

their “ghost files” and written a compilation of reports dating back almost twenty years. “Are There Ghosts at the Dudley House?” is a booklet available for purchase at the Dudley House gift shop (open first Sundays 1-4) for \$6. Both authors will be guiding tours on September 5 and October 3 from 1-4.



*Ghost files is a compilation of reports dating back almost twenty years.*

The museum is located at the corner of Loma Vista and Ashwood streets (197 N. Ashwood) in Ventura. The booklet can also be purchased by sending a check for \$7.87 which includes tax and shipping to: San Buenaventura Heritage, P. O. Box 6803, Ventura, CA 93006. For more information call (805) 642-3345 or visit the website at [dudleyhouse.org](http://dudleyhouse.org).

### The Bookmark

## About Libraries and Friends

by Jill Forman

Summer is ending, but the libraries are busier than ever.

**Library book groups**

Just a reminder – book groups are meeting in person in August and September, as of now. Here are the selections for the next meetings:

Hill Road Library – I’ll Be Gone In the Dark by MacNamara. Copies are available at the branch. August 31 at 5 p.m.

Foster Library – Hunter Moon by Caputo. September 4, 10 a.m. –noon.

**Online Book Store**

You can still buy gently-used books online at great prices. New offerings weekly with pickup at the Foster bookstore.

**Summer Reading Program**

As always, a big success: 1,061 kids and teens participated, and 237 adults. Prizes are being given out; pictures of the winners and their prizes can be seen on the library’s Facebook page.

**Treasures in the bookstores**

Of course, all books are treasures. But, at both the Foster and Hill Road sales sites there are amazing books up to 100+ years old. The bindings and illustrations are unusual, sometimes beautiful, and every book is like a history lesson. There are novels, travelogues, occasionally children’s books, every genre you can think of. They are in separate shelves labeled “Vintage,” and are reasonably priced.

**September is library card sign-up month**

So much opens up for someone who gets a library card. Books, both traditional and e-books. Laptops you can use at the branch. Access to all library services. And it’s FREE!

## Are there ghosts at the Dudley House?

This is a question the guides at the historic house museum are sometimes asked during the first Sunday open house tours. Well, now there is an answer!

Published authors and tour guides Lynn Weitzel and Richard Senate -- known nationally as Ventura County’s “Ghost Hunter” -- have dipped into

**The Museum of Ventura County**

*Continued from page 5*

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

COUNTY of VENTURA

### Help shape the future of Ventura County's Supervisorial Districts

Every 10 years after the U.S. Census, the County of Ventura's Board of Supervisors performs a **redistricting process** to balance the population in each of the County's five districts.

It's time to share your ideas about how the Board of Supervisors' districts lines should be drawn for the next decade! Districts determine who represents you and your community.



Attend a virtual **Community Meeting** to share your input about how district lines should be drawn. Spanish interpretation available.

- ✓ Aug. 31 - 6-8 p.m.
- ✓ Sept. 2 - 6-8 p.m.
- ✓ Sept. 9 - 6-8 p.m.
- ✓ Sept. 11 - 10 a.m.-12 p.m.
- ✓ Sept. 13 - 6-8 p.m.

Learn more and share your ideas at [ventura.org/redistricting](http://ventura.org/redistricting) ☎ 805-654-2998 ✉ [redistricting@ventura.org](mailto:redistricting@ventura.org)



# 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.

## Brandishing and Possession of a Loaded Firearm in a Vehicle Arrest

On August 10, at approximately 9:45 am, officers responded to a call of a subject brandishing a gun from the parking lot of Enterprise Rental Cars. An employee from the business advised the subject, later identified as 30 year old Port Hueneme resident Michael Guerrero, was pointing the weapon randomly at vehicles driving by. Several Ventura Police officers responded to the location.

Officers located Guerrero in the parking lot of Enterprise. He matched the description of the suspect and was detained. During the investigation, it was determined Guerrero was brandishing a taser at people and he had a loaded concealed 9mm handgun in his vehicle. Guerrero was told he was under arrest and began challenging officers to fight. Fortunately, officers were able to de-escalate the situation and took Guerrero into custody without incident.

Guerrero also had additional firearms located at his residence in Port Hueneme. Major Crimes detectives obtained a search warrant for the firearms to prevent Guerrero from using them to endanger the community again. Detectives located and seized eight additional guns, one of which was an assault rifle. Guerrero was booked in Ventura County Jail.

## Narcotics Arrest

On August 12, at approximately 8:00 am, members of the Ventura Police Department SCU unit conducted a search warrant at the above address due to an investigation into narcotics sales and operating a drug house. Detectives using investigative tools were able to identify a primary suspect as Michael Nelson.

During the execution of the search warrant, investigators located evidence of narcotics use. Detectives also recovered several forms of narcotics, including heroin, methamphetamines, suboxone, and oxycodone.

As a result of the investigation, 41 year old Ventura resident Michael Nelson was arrested for possession of a controlled substance. Travis Harkey, 37 year old Ventura resident, was arrested for possession of a controlled substance. Charlotte Bauer, 32 year old Ventura resident, was arrested for possession of a controlled substance.

A search of the Ventura County Superior Court shows that Michael Nelson has prior arrests for property crimes, narcotics violations, including arrests for possession for sales of a controlled substance. Travis Harkey has a previous arrest for public intoxication. Charlotte Bauer has prior arrests for resisting arrest, narcotics violations, identity theft, vehicle theft, theft, and burglary.

## Sex Offender Compliance Sweep

On August 11, the Ventura Police Department in partnership with the Ventura County Probation and State Parole conducted a series of sex offender compliance checks within the City of Ventura. The offenders searched were on active CDCR State Parole and/or Probation in the County of Ventura. Compliance checks are done regularly to ensure high risk offenders are following their court ordered restrictions.

Officers visited 15 offenders'

residents and of those four arrests were made:

James Robles, 51 years old, was arrested for felony possession of a controlled substance and possession of tear gas Steven Perry, 54 years old, was arrested for a felony violation of parole

Joseph Hooton, 27 years old, was arrested for felony possession of a controlled substance and felony violation of parole. Michael Lievre, 39 years old, was arrested for an outstanding warrant for lewd conduct and a felony parole warrant

## Stolen Vehicle and Drug Sales Arrest

On August 17, at approximately 2:45 pm, a Ventura Police Department patrol officer saw a stolen vehicle in the area of Telegraph Rd. and Ashwood Ave. The officer followed the vehicle, stolen in Santa Barbara County on July 27, and initiated an enforcement stop. The vehicle yielded in a parking lot in the 5100 block of Telegraph Rd, and patrol officers took 29 year old Goleta resident Christian Juarez into custody without incident. Investigating officers searched the vehicle and located meth-amphetamine, heroin, and evidence of narcotics sales.

Juarez was arrested for unlawful taking of a vehicle, possession of methamphetamine, possession of methamphetamine for sale, possession of a controlled substance, and three outstanding warrants.

# Harbor Patrol Blotter

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

**8/04** 11:15am, received a request to check the well being of a dog in a locked vehicle in the village. Officers responded and were able to ensure the dog was safe. 12:01pm, received report of a panga aground near oil piers from US coast guard.

**8/05** 2:33pm, dispatched to an unconscious person at 1559 Spinnaker Dr. Officers responded with AMR/VFD to the call. Patient was assessed then transported.

5:20pm, dispatched to a fall victim at Ventura Isle Marina promenade, a 94 y/o female. Patient was assisted and refused any further treatment.

5:35pm, dispatched to person not breathing in the Ventura Marina Community. Officers responded, found a patient long deceased, no resuscitation possible.

**8/06** 3:40pm, received report of 4 swimmers stranded on the detached breakwall. Officers responded with State Parks and safely returned the group to shore.

**8/07** 1:25pm, observed two PWC's inbound at a high rate of speed. Officers contacted the operators, and one had a medical emergency. The pair were escorted to the launch ramp and the patient refused treatment, self-transported.

5:50pm, received report of suspicious person parked in a vehicle near 1691 Spinnaker Dr. wearing a masquerade mask and acting strangely. Officers responded and were able to remove the individual from the parking lot.

**8/08** 6:06pm, received report of a StandUp paddle board aground near Seaward Ave with no one around. Officers responded in Fireboat and after brief investigation the operator of the

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vessel had ditched the board earlier and was rescued.

10:31pm, received request for escort to the harbor due to thick fog from a motor vessel 5 miles offshore. Officers responded, found the vessel and using radar were able to safely guide the lost craft back to the harbor in dense fog.

**8/10** 11:23pm, while on patrol in vehicle, officers observed a large group of skunks crossing the street near the Ventura Boat Yard into the settling ponds. Provided traffic control for the group to safely cross Spinnaker drive.

**8/11** 11:59pm, monitored VPD responding to report of shots fired near the Launch ramp. Officers advised of fireworks ignited at Marina Park. VPD confirmed that no shots were fired as reported and that fireworks were mistaken for gunfire.

**8/12** 10:03pm, contacted about an intoxicated transient in his vehicle attempting to drive. Officers made contact and after several attempts were able to convince him otherwise. His keys were taken and he was advised they

would be returned.

**8/13** 8:50am, officers heading to the pier in the Fireboat to monitor the State Parks Junior Lifeguard swim around the pier.

1:36pm, returned the keys that were impounded from the intoxicated male transient who was attempting to drive while under the influence. He was upset.

**8/14** 11:45am, received several reports of a sick/injured sea lion near Portside C-dock officers responded, and observed a sea lion "thermo-regulating" on the dock. No injuries or sickness observed, just a sealion sunbathing.

**8/15** 11:20am, received report of a sting ray strike at Harbor Cove from State Parks lifeguards, they are requesting hot water to treat the puncture wound. Officers responded in truck with hot water to treat the wound. Patient self-transported.

**8/17** 5:18am, received a report of a disabled 16ft skiff near the breakwall. Officers responded in Rescue B-19 and towed the vessel safely back to the launch ramp.

Weekly SUDOKU

Answer

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

King Crossword

Answers

Solution time: 25 mins.

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





# The Pet Page



## Dedicated to Scamp

My name is Laura Lindsay. I'm the new Ventura Chapter Leader for Love on a Leash, the San Diego-based national non-profit organization certifying pet therapy teams to provide comfort and healing to people in our community.

In Ventura, we're looking to expand our chapter and grow the number of pet therapy teams to meet the increased demand for pet therapy services in this post-COVID environment. School is starting soon and life will become far more complicated for families across our county. Add to that a growing fear of the Delta virus, controversy around vaccines and vaccine booster shots, continued economic challenges for families and businesses in our community and that leads to increased stress. I anticipate there will be growing needs for our after-school Paws for Reading programs in our local libraries, visits with home-bound seniors in our senior centers, staff and patient visits in local hospitals and behavioral healthcare centers, visits adults with developmental disabilities, and scheduled wellness days to help reduce stress at our local colleges and schools.

In order to meet this demand, we need to do three things:

Identify any already-certified local pet therapy teams who are available and wanting to volunteer to work.

Identify local pet owners who would like to become certified pet therapy teams able to volunteer in Ventura.

Help educate the general public on the difference between therapy dogs, service dogs, and emotional support dogs; how utilizing certified Pet Therapy Teams can strengthen existing programs; and the value of pet therapy teams in helping to reduce stress in our local environment.

You can learn more about this organization at [www.loveonaleash.org](http://www.loveonaleash.org).

Thanks for your time and for anything you can do to help this important cause.

Laura Lindsay  
Chapter Leader,  
Love on a Leash Ventura Chapter  
(914) 610-8918  
[lauraleighlindsay@gmail.com](mailto:lauraleighlindsay@gmail.com)

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

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

Two upcoming clinics are: Tuesday, July 31st at the Albert H. Soliz Library - El Rio, 2820 Jourdan St., Oxnard, 93036 and a second clinic on Tuesday, September 7th at Shiells Park, in the parking lot, located at 649 C St., Fillmore, 93015.

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

The U.S. Food and Drug Administration announced that approximately 51,000 packages of Simply Nourish frozen dog food has been recalled by its manufacturer, Wet Noses Natural Dog Treat Company of

Monroe, Wash.

The affected dog food contains elevated levels of Vitamin D, the FDA said.

Consumers are advised to stop feeding the products listed below to their dogs. Dogs ingesting elevated levels of Vitamin D may exhibit symptoms such as vomiting, loss of appetite, increased thirst, increased urination, excessive drooling, and weight loss. Vitamin D when consumed at very high levels or over a long period of time can lead to serious health issues in dogs including renal dysfunction.

Consumers who have dogs that have consumed any of the products listed below and are exhibiting these symptoms, should contact their veterinarian.

Affected Simply Nourish frozen dog food products were distributed at select PetSmart stores nationwide.

The products are packaged in 2lb and 4.5lb packages across specific date ranges.

No illnesses have been reported to date, and no other products are affected, according to the FDA.

The recall was initiated after a routine nutrition test confirmed elevated Vitamin D levels on certain Simply Nourish frozen dog food products. Subsequent investigation indicates the problem arose as a result of the vitamin mix dosage being significantly reduced by the vitamin mix manufacturer, and this change was not detected or properly communicated. As a result, the dosage was not reduced.

Consumers who have purchased Simply Nourish Frozen Food are urged to return it to the place of purchase for a full refund.

Consumers with questions may contact the company at 1-800-938-6673 from Monday to Friday, 8 a.m. to 4:30 p.m. PST.

The Food and Drug Administration is warning pet owners that Midwestern Pet Foods, Inc.'s products have been "associated with the illness or death of hundreds of pets who had eaten the company's dry dog food."

The FDA said Tuesday it has issued a warning letter to the Evansville, Indiana, family-owned company because inspections of manufacturing plants revealed evidence of violations.

As of Aug. 9, the federal agency said it was aware of "more than 130 pet deaths and more than 220 pet illnesses that may be linked to eating brands of pet food manufactured by Midwestern," which may contain potentially unsafe levels of aflatoxin, a byproduct of mold.

"The FDA is dedicated to taking all steps possible to help pet owners have confidence that the food they buy for their animal companions is safe and wholesome," Steven Solomon, director of the FDA's Center for Veterinary Medicine, said in a statement. "Samples of dog food were found to contain high levels of aflatoxin."

When given the choice between a free meal and performing a task for a meal, cats would prefer the meal that doesn't require much effort. While that might not come as a surprise to some cat lovers, it does to cat behaviorists. Most animals prefer to work for their food — a behavior called contrafreeloading.

A new study from researchers at the University of California, Davis, School of

## Scamp Club

(Scampclub pets are not for adoption.)



Hi: My name is Myrtle, don't blame me that is what my Ventura owner's named me. I don't know how old I am. I like chasing the dog around the backyard who I never catch.

## Join Scamp Club

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

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

Veterinary Medicine showed most domestic cats choose not to contrafreeload. The study found that cats would rather eat from a tray of easily available food rather than work out a simple puzzle to get their food.

"There is an entire body of research that shows that most species including birds, rodents, wolves, primates — even giraffes — prefer to work for their food," said lead author Mikel Delgado, a cat behaviorist and research affiliate at UC Davis School of Veterinary Medicine. "What's surprising is out of all these species cats seem to be the only ones that showed no strong tendency to contrafreeload."

In the study, Delgado, along with co-authors Melissa Bain and Brandon Han of the UC Davis School of Veterinary Medicine, provided 17 cats a food puzzle and a tray of food. The puzzle allowed the cats to easily see the food but required some manipulation to extract it. Some of the cats even had food puzzle experience.

"It wasn't that cats never used the food

puzzle, but cats ate more food from the tray, spent more time at the tray and made more first choices to approach and eat from the tray rather than the puzzle," said Delgado.

Cats that were part of the study wore activity monitors. The study found that even cats that were more active still chose the freely available food. Delgado said the study should not be taken as a dismissal of food puzzles. She said just because they don't prefer it, doesn't mean they don't like it. Delgado's previous research shows puzzles can be an important enrichment activity for cats.

Why cats prefer to freeload is also unclear. Delgado said the food puzzles used in the study may not have stimulated their natural hunting behavior, which usually involves ambushing their prey.

The study was published in the journal *Animal Cognition*. The research was supported by Maddie's Fund and the National Center for Advancing Translational Sciences.



We are standard poodles, Rocket and Winnie, we have been active pet therapy dogs in Ventura for several years.

**Low Cost Spay & Neuter**  
Tuesday, August 31st  
Albert H. Soliz Library - El Rio  
2820 Jourdan St.,  
Oxnard, CA 93036  
Must call for appointment  
(805) 584-3823

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**\$10 Low/No Income Spay & Neuter**  
Tuesday, September 7th  
Shiells Park parking lot,  
649 C Street, Fillmore, CA 93015  
Must call for appointment  
(805) 584-3823

**www.spanonline.org**



The Pet Page

Forever homes wanted

Lindsey and Lucky are Chow Heeler mixes who came from a home that had too many dogs. They are still shy with volunteers, but we are hoping after some decompression time they will warm up. Their lives were turned upside down when they came to CARL, so we understand they need their time to get used to everyone. They are a bonded pair and would need a home together. We were told that they are great with other dogs and older children. They are available for foster or adoption. Canine Adoption and Rescue League C.A.R.L



Stephan is a sweet and gentle bunny with excellent litter box habits. He is a bit shy at first but comes out of shell as he warms up. He is eager for a loving and safe indoor home where he can enjoy endless pets and let his personality shine. Please email the Ventura County Animals Services' Bunny Brigade at [VCASBunnyBrigade@gmail.com](mailto:VCASBunnyBrigade@gmail.com) and ask for ID# A775580 to learn more about Stephan and our adoption process. For information on house rabbit care and enrichment, visit <https://www.facebook.com/VCASBunnyBrigade>.

This 'n' That

**Mailbox**  
*Continued from page 4*  
CONCRETE MULTI-STORY ONE NEXT TO ALOHA.

Along with Ancient Aliens and Spinach you could add Broccoli, Grits, Collard Greens, Mustard greens, Turnip greens, Poke Sallet, Corn Pone, and anything that crawls up out of the mud and looks like a tiny Lobster.

I look at the Aliens from a different perspective. They left this junk here because they didn't want in their world. As for Popeye, he didn't look much like an Earthling before or after Spinach. Olive Oyl and Bluto could have been Disney character before Micky Mouse.

Regarding newspapers, it went on to say; "Especially notable is a loss of reporting in smaller towns, suburbs and real areas. Leaving thousands of American Communities with no local coverage." A way that the government might help the failing news industry is by way of a bill that has bipartisan support in Congress."

This goes to show that once in a "Blue Moon" Congress can agree on some things. (PS You're right we don't have a Blue Moon this month, but it's coming someday!).

"This country has, for whatever reason, also refused to produce the network routers."  
Donald J. Trump. I DIDN'T SAY TRUMP SAID THIS.

For a moment I thought you were going all the way back to Al Gore, but he was only a wannabe President.  
Michael Gordon

Folks:  
San Buenaventura could run out of water. Really. We have only local supplies to rely on and they are very low and dependent on fall and winter rains (in 2021-22) for real re-supply. We need lots

of rain to fill our lake, river, streams and aquifers. Will they come? If you think this is just a severe drought, you might think so. If you think climate change has shifted water and air currents in new, possibly permanent directions, steering rain away from us, then no.

As we fret over the size and height and the number of new housing units in our city, we need to ask where will the water come from to supply these new residents? We are told the new buildings are more efficient users of water, but what water? Obviously water we existing residents depend on. We are soon going to feel the squeeze of new water restrictions, based on diminishing local supplies and the impact of thousands of new local residents in the new housing buildings.

How do we get the public and our City Council and Planning Commission and staff members and local elected to stop developing new housing until we have adequate water to support it and keep existing residents supplied with what we need? Our slow or stubborn response to these environmental realities could hurt us locally and globally.

We must petition our local government to develop only what we have water to support, based not on historical models but new environmental realities facing us every day.  
Bob Chianese

Ventura Breeze  
If the moon should tumble from the sky?

It retains the right to fish in the sea

Climb a ladder to shooting stars,  
Hang the fog with a morning chill.

Release a tide the seashore follows,  
An ocean crash beneath our knees.

Our coast is brilliant, in Pacific colors,  
The gentle waters of a Ventura breeze.

by Jeff Russell

This 'n' That

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

**I can help you with that!**

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Answer in a Breeze



*Question: What is that huge building going up across from the WAV?*  
*Viv Brown*  
Answer: It is the Mar Y Cel development located at 24 East Santa Clara Street (District 1).  
A mixed-use development with 140 apartment units with 14 affordable units (6 low, 8 very low), 6,500 square feet of commercial space, and a parking garage on a 2.4 acre site.  
The city sold the last parcel on the block to the development team in 2014. The parcel was previously owned by the city's defunct redevelopment agency.





by Pam Baumgardner  
*VenturaRocks.com*

Just when you think we're out of the woods, the mask mandate is back; embrace it. While you and I may be vaccinated others are not. No need to get angry, no need to stress, just do what is right for the greater good and let's put this pandemic behind us as soon as we can. And just another aside, no need to shame those who choose not to get vaccinated. They already know they're wrong. JUST KIDDING!!! Both sides can still contract Covid, and both sides can still spread it, but it's been proven that the vaccinated are less at risk for being hospitalized.

While we're on the subject, a quick shout out and kudos going out to venues/restaurants who boldly close due to Covid cases amongst some of their staff. It's the responsible thing to do, and if they investigate and see where improvements can be made to secure a safer environment for both staff and customers, even better.

I have great news! In the former Oak and Main location (and before that Rookees), The Six Chow House is now open and plans on offering music Thursday through Sunday. According to their Instagram account (thesix-ventura), they'll be specializing in farm to table cuisine and mixology cocktails. It's gorgeous and I hope it proves to be another feather in the cap of Ventura's music scene.

The Spencer Makenzie's 12th Annual End of Summer Block Party runs august 27-29 this year at Surfer's Point Live (Ventura Fairgrounds parking lot at the corner of Harbor Blvd and Figueroa). The main event is the Throw Down Cornhole Tournament all three days and it turns out this is the largest cash cornhole tournament in the world. To keep the party going, both Friday and Saturday will feature live music (see listings). To secure tickets and to find out more go to [www.SurfersPointLive.com](http://www.SurfersPointLive.com).

Hueneme Beach Festival is a free event with music over the weekend of August 28 and 29 featuring a number of heavy hitters including Fausto Cuevas y La Moderna (tours with Stevie Wonder), Ozomatli, and Think:X which features Scott Page (Pink Floyd, Supertramp), Stephen Perkins (Jane's Addiction), Kenny Olson (Kidd Rock & Norwood Fisher (Fishboone). See [HuenemeBeachFestival.org](http://HuenemeBeachFestival.org) for dates, times and parking information.

Congratulations to Gary & Karen on Four Brix 10-year anniversary. They'll be celebrating

over the weekend of September 3 starting with Inna Rude Mood on Friday evening, then Dean Delorenzo & Lisa Meegan Trio on Saturday afternoon with The Brix Brothers keeping the party going on Sunday at Noon.

Quick Notes: Tickets are now on sale for the Ojai Music Festival which runs September 16-19 this year; the Collection has schedule monthly concerts in their field with Yachtley Crew this month on Wednesday, August 25; Alan Parsons Live Project plays Libbey Bowl on Saturday, August 28; and the Ventura Harbor Comedy Club's monthly "Bubbly, Brunch & Latin Jazz" series features Oscar Hernandez's Alma Libre on Sunday, August 29.

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](mailto:Pam@VenturaRocks.com), and for updated music listings daily, go to [www.VenturaRocks.com](http://www.VenturaRocks.com).

## Music Calendar

*For more up-to-the-date listings go to [VenturaRocks.com](http://VenturaRocks.com)*

**Boatyard Pub**  
**Ventura Harbor**  
Thursdays: Jim Friery; then Bluegrass Jam  
**Cantara Cellars**  
**126 N. Wood Road, Camarillo**  
Fri 8/27: Lionel Young  
Sat 8/28: Mid Life Crisis  
**The Cave**  
**4435 McGrath Street, Ventura**  
Music 5:30 – 8:30  
Thursdays: Bobby Apostol  
Fridays & Saturdays: Warren Takahashi  
**The Collection at River Park**  
**Oxnard, CA**  
6:30 – 8 pm  
Wed 8/25: Yachtley Crew  
**Constitution Park**  
**601 Constitution Park, Camarillo**  
Sat 9/4: Raymond Michael  
**Copa Cubana**  
**Ventura Harbor Village**  
Tuesdays: (7 pm) McWorter, Berghoff & Jones  
Fridays: (1 pm) Kenny Devoe  
Saturdays: (10 am & 4 pm) Kenny Devoe  
Sundays: (10 am) Kenny Devoe  
**Crown & Anchor**  
**2891 Thousand Oaks Blvd, Thousand Oaks**  
Thursdays: (5 pm) Teresa Russell  
**Four Brix**  
**2290 Eastman, Ventura**  
Music 6-8 pm on Fridays, Sat & Sun 1 – 3:30 pm  
Sat 8/28: Epitome of Dreams

Sun 8/29: Cary Park  
Fri 9/3: Inna Rude Mood  
Sat 9/4: Dean Delorenzo & Lisa Meegan Trio  
Sun 9/5: The Brix Brothers  
**Grapes and Hops**  
**454 E Main St, Ventura**  
Music 8 pm unless other noted  
Thursdays: LA Jazz Experience (7 pm)  
Sat 8/28: Brandon Ragan (2pm); Dive Bar Messiahs (8 pm)  
Sun 8/29: Shawn Jones (2 pm)  
Fri 9/3: The Salty Suites  
**The Greek**  
**Ventura Harbor Village**  
Thursdays: Kenny Devoe (4-6 pm)  
**Hueneme Beach Festival**  
**550 Park Avenue**  
1 pm to 6 pm  
Sat 8/28: LAW, Fausto Cuevas y la Moderna, Ozomatli  
Sun 8/29: Diggin' Dirt, Arise Roots, Think:X  
**Keynote Lounge**  
**10245 E Telephone Rd, Ventura**  
Sat 8/28: Old School  
**Leashless Brewing**  
**585 E. Thompson Blvd, Ventura**  
Music 6:30 pm except Sundays at 3 pm  
Thurs 8/26: Dylan Cunningham  
Fri 8/27: Tommy Foytek  
Sat 8/28: TC King  
Sun 8/29: Skunk Funk  
**Libbey Bowl**  
**210 Signal Street, Ojai**  
Sat 8/28: Alan Parsons Live Project  
**Made West Brewing**  
**1744 Donlon Street, Ventura**  
Thurs 8/26: RJ Bloke  
Sat 8/28: Anchor & Bear  
Sun 8/29: RJ Mischo  
Sat 9/4: Milo Sledge  
**Margarita Villa**  
**Ventura Harbor Village**  
Music Mon -Thurs 6-9, Fri & Sat 8-11; Sundays 5-8  
Fri 8/27: The Tossers  
Sat 8/28: Operation 90s  
Sun 8/29: John Young & Friends  
Fri 9/3: Vinyl Gypsies  
Sat 9/4: Dive Bar Messiahs  
Sun 9/5: CRV  
**Ojai Underground Exchange**  
**616 Pearl Street, Ojai**  
Fri 8/27: John Zipperer  
Sat 8/28: Shane Alexander  
Sun 8/29: Fourth Floor (Adam Levy)  
**Oxnard Performing Arts Center**  
**Canyon at Oxnard PACC**  
Sundays: The House Arrest Band (1-4 pm)  
**Peirano's Market & Deli**  
**204 E. Main, Ventura**  
Sat 8/28: Jodi Farrell & Jim Rankin  
**The Raven Tavern**  
**1651 S. Victoria Ave., Oxnard**

Fri 8/27: Breaking Bored  
Sat 8/28: Jetlemons  
**Relm**  
**2390 Las Posas Rd., Camarillo**  
Music at 5:30 pm  
Fri 8/27: Oleander Falls  
Sat 8/28: Lainey Taylor  
Fri 9/3: Scott Rusch  
Sat 9/4: Fianna Bella  
**Rock & Roll Pizza**  
**305 Arneill Road, Camarillo**  
Tues 8/31: Charman & Get Bent  
**Rock & Roll Pizza**  
**5255 Cochran St., Simi Valley**  
Sun 8/29: Chris Murray (5 pm)  
Fri 9/3: Truck Stop Mix Tape, Bonnie Root, the Holy Broken & Three on a Match (9 pm)  
**Simi Civic Center Plaza**  
**On Tapo between 118 & Alamo, Simi Valley**  
Sat 8/28: Ignition  
**Simi Valley Town Center**  
**1555 Simi Town Center Way**  
Fri 8/27: Wicked Sabbath  
Sat 8/28: Reign  
Fri 9/3: Doc Rogers Band  
Sat 9/4: Captain Cardiac & the Coronaries  
**Surfers Point Live**  
**10 Harbor Blvd, Ventura**  
The Throw Down Cornhole & Music Festival  
Fri 8/27: Dave Rey w/ the Acoustic DNA Project; Mandex  
Sat 8/28: cover bands featuring AC/DC, Journey, Guns n Roses  
**Topa Topa Brewing**  
**104 E. Thompson Blvd., Ventura**  
Thurs 8/26: ToneBlok  
**Vaquero y Mar**  
**435 E. Thompson Blvd., Ventura**  
Tuesdays: The Sea Hunters & Friends  
Thursdays: Delta by the Beach  
Sun 8/29: 805 Allstarz w/ Howie Anderson  
**Ventura Harbor Comedy Club**  
**1559 Spinnaker Dr., Ventura**  
Sun 8/29: Oscar Hernandez's Alma Libre (Noon)  
**Ventura Harbor Village**  
**1583 Spinnaker Drive**  
Music 1 pm  
Saturdays: Steel Drums  
Sun 9/5: Karen Eden & the Bad Apples  
**Winchesters**  
**632 E. Main Street, Ventura**  
Music Thurs 5:30; Fri 7 pm; Sun 3 pm  
Thurs 8/26: Saint Pierre  
Fri 8/27: Doc Ventura  
Sun 8/29: CRV  
Thurs 9/2: Will Breman  
Fri 9/3: Jodi Farrell & Jim Rankin  
Sun 9/5: Ray Jaurique Duo  
**1901**  
**740 South B Street, Oxnard**  
Music 6:30 – 9:30 pm  
Fri 8/27: Teresa Russell  
Sat 8/28: Corey Hugh







Pacific Point Fine Arts will be showing artwork of painter and sculptor **Tim Hill**. Last weekend of August. Come and enjoy the one of a kind quirky vision of Cars, Trucks and Flying Pigs. Weekend of August 28 and 29 with live music. 3172 Bunsen Ave., Ste J, Ventura

Ascension, oil and acrylic with iron oxides on canvas, **Jill Sattler**



Members of the Buenaventura Abstract Artist Collective, an offshoot of the Buenaventura Art Association, will exhibit their recent work starting Friday in Studio 99, BAA's new gallery space at Bell Arts Factory, 432 N. Ventura Ave., Ventura.

The artworks by 17 painters from throughout the region, from Lompoc to Santa Monica, will be on display through Sept. 25. An opening reception will be 6-9 p.m. Sept. 3 in conjunction with Ventura's monthly First Friday gallery crawl.

Studio 99's operating hours during the COVID-19 pandemic are limited to noon-4 p.m. Fridays and Saturdays, and other times by prearranged appointments. Masks are optional and encouraged for all vaccinated visitors and required of unvaccinated adults.

The Abstract Artists Collective was founded in January 2020 and has been meeting on Zoom since July 2020. Every month, 15-20 artists gather online to present and discuss their paintings, which do not aim to represent external reality but to achieve its effects using shapes, forms, colors, and textures.

Meetings are held the first Wednesday of the month. For information on joining this group, please contact Joe Osborne at joss1952@gmail.com.

Buenaventura Art Association, founded in 1954, also has an outlet at Harbor Village Gallery & Gifts at Ventura Harbor, and artworks on display at SpiceTopia and Very Ventura, downtown shops on Main Street. BAA directors, staff and volunteers are seeking additional business partnerships to expand exhibit space and artist exposure.

For more information about BAA and its programs, call the gallery at 805-648-1235 or visit [buenaventuraartassociation.org](http://buenaventuraartassociation.org).



Why not get two mugs?

## Marvelous Mug – take 2

Since this is our second Marvelous Mug Marketplace why not get two mugs? The artists at the Ventura Pottery Gallery know how important morning rituals are – Keurig, pour-over, cold brew or green tea – and they are busy throwing or hand-building hundreds of mugs for you to choose your next favorite one. Mugs are lead-free, microwave and dishwasher safe. And if that isn't enough, the first twenty purchases each day will receive a free cup of coffee from Top

This Chocolate, just around the corner from the Gallery.

We invite you to stop by during the Ventura Art & Street Painting Festival, Saturday, Sept. 11 and Sunday, Sept. 12 from 11-6 each day. Over 30 ceramic artists will be featured in a special outdoor exhibit of just mugs. Throwing and hand-building demonstrations will take place all weekend outside the gallery. Step inside to see a Gallery bursting with functional and sculptural ceramics.

The Ventura Pottery Gallery is located at 1567 Spinnaker Drive, Suite 105 in Ventura Harbor. The gallery is open seven days a week from 11-6.

The Ventura County Potters' Guild is non-profit and was founded in 1957 and continues its mission of promoting ceramic arts through the Gallery, workshops, and monthly meetings. The monthly meetings are open to the public and feature ceramic demonstrations or presentations. More information can be found at [www.venturapottersguild.org](http://www.venturapottersguild.org). Can't make it to the gallery? Please visit our Online Store at [www.venturapotteryonline.com](http://www.venturapotteryonline.com).

# Ventura Art Scene

**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](http://www.jamesfgray.com)  
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<https://youtu.be/rqv5S8jghq4>

**Books make great gifts!**

**Trash, Recyclables and Green Waste Pick Up Delay Due to the Labor Day Holiday**

Due to the Labor Day holiday on Monday, Sept. 6, trash, recyclables and green waste will be collected one day later than usual the entire week of Sept. 5-11 in the Cities of Ventura and Ojai.

**Thank you and Happy Holiday**  
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Ventura City Fire units were dispatched to a report of a large vehicle fire at Walker St. & Moon Dr. Fire and police personnel responded and arrived to find a motorhome fully involved with fire. Heavy smoke was visible for a long distance. Two adult occupants and a cat were able to escape from the vehicle unharmed. While they were driving, they noticed smoke and flames coming from the engine compartment and were able to stop and safely exit unharmed.



# Lighter Breeze

Tiger



Mother Goose and Grimm



Baby Blues



Hagar the Horrible



Crock



Todd the Dinosaur



Solutions on page 13

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

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

## 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 3x3 box contain all of the numbers from one to nine

DIFFICULTY THIS WEEK: ♦♦♦♦

♦ Moderate ♦♦ Challenging  
♦♦♦ HOO BOY!

Solutions on page 13

## King Crossword

### ACROSS

- Soviet space station
- Dance move
- Actress Fisher
- out a living
- Abode
- Punch
- Shares with followers on social media
- Fury
- MSN rival
- Fuming
- Cop's badge
- Flamenco cheer
- Triumphed
- Half a dozen
- Travels by jet
- Throat clearer
- Jewel
- Early Peruvian
- Cleaning agent
- Fawn's mom
- Junior
- Carried out
- French cathedral city
- Tea urn
- Business mag
- Pressing thing?
- "The Handmaid's Tale" author
- Atwood
- King of the

1	2	3	4	5	6	7	8	9	10	11
12			13				14			
15			16				17			
		18			19		20			
21	22			23		24				
25			26		27		28		29	30
32			33		34		35		36	
37				38		39		40		41
			42		43		44		45	
46	47	48			49		50			
51					52		53			54
56					57				58	
59					60				61	

- jungle
- Always
- Notable time
- "I did it!"
- Faction
- Cowboy moniker
- Green sauce
- Haifa native
- Bridge coup
- Olympic sled
- On in years
- Misery
- Sprite
- Clear the decks?
- Jolly laugh
- Use a shovel
- Deleted
- Behind closed doors
- Nobel Prize subj.
- Without
- "Material Girl" singer
- Extinct bird
- VII doubled
- Asylum seeker, perhaps
- Titled women
- jiffy
- Sediment
- "Carmen" solo
- Disposition
- Sitarist
- Shankar
- Roulette bet
- Before
- Levy

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**ARIES** (March 21 to April 19) A more harmonious aspect favors all relationships. Family ties with mates and children are strengthened. Libra is Cupid's choice to win the amorous Aries' heart.

**TAURUS** (April 20 to May 20) The bold Bull is ready to take on fresh challenges. Expect some opposition as you plow new ground -- but supporters will outnumber detractors.

**GEMINI** (May 21 to June 20) An upcoming job change could mean uprooting your family to a far-distant location. Weigh all considerations carefully before making a decision one way or the other.

**CANCER** (June 21 to July 22) A long-standing problem is resolved by a mutually agreed upon compromise. You can now focus on getting the facts you'll need for a decision you'll soon be asked to make.

**LEO** (July 23 to August 22) The Big Cat needs to be wary of what appears to be a golden investment opportunity. That "sure thing" could turn out to be nothing more than a sack of Kitty Glitter.

**VIRGO** (August 23 to September 22) You give of yourself generously to help others, but right now you must allow people to help you. Confide your problems to family and trusted friends.

**LIBRA** (September 23 to October

22) Relationships benefit from a strong harmonious aspect. Things go more smoothly at work. Someone you thought you'd never see again asks for a reconciliation.

**SCORPIO** (October 23 to November 21) A minor distraction interferes with travel plans, but the delay is temporary. Meanwhile, expect to play peacemaker once again for feuding family members.

**SAGITTARIUS** (November 22 to December 21) Keep that positive momentum going on the home front. Arrange your schedule to spend more time with your family. You'll soon have news about that job change.

**CAPRICORN** (December 22 to January 19) Control that possessive tendency that sometimes goads you into an unnecessary display of jealousy. You could be creating problems where none currently exist.

**AQUARIUS** (January 20 to February 18) A new project holds some challenges you hadn't expected. But don't be discouraged; you'll find you're more prepared to deal with them than you realized.

**PISCES** (February 19 to March 20) Yours is the sign of the celestial Chemist, so don't be surprised if you experience a pleasant "chemistry" betwixt yourself and that new Leo in your life.

**BORN THIS WEEK:** You enjoy being fussed over, as befits your "royal" Leonine nature. You also have a strong loyalty to family and friends.

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# Showtime

Streaming Spotlight by Cindy Summers

## Nine Perfect Strangers

– Hulu Originals



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

Tranquillum House holistic resort is the setting for *Nine Perfect Strangers*, where nine people from all walks of life gathered together to attend a pricey 10-day “Mind and Body Total Transformation Retreat” led by a mysterious Russian woman named Masha (Nicole Kidman). The program included regular practices like healthy eating, massage, meditation, acupuncture, etc. but also some strange and unusual things like blood tests and Masha actually saying in her welcome speech that she was in complete control and planned to “f%#@# with all of them”.

Only 10% of applicants are accepted and Masha intentionally groups people together to also help them benefit from healing interactions with each other, believing that their individual issues will help trigger more revealing and sharing of truths that lie deep inside the minds of her guests.

Frances Welly (Melissa McCarthy) was a famous author on her way out, looking to find herself after being scammed in an internet romance.

High school teacher Napoleon Marconi (Michael Shannon) and his wife Heather (Asher Keddie) were dealing with the suicide of their son three years ago along with their 21 year old daughter Zoe (Grace Van Patten), who was his twin, and were given a substantial discount to

attend due to their limited finances. Tony Hogburn (Bobby Cannavale) was a football player whose career ended early due injuries and now struggles with alcohol and drug addictions related to his physical recovery. Jessica Chandler (Samara Weaving) is a social media influencer with hidden self-esteem issues and at the retreat in the hope of also repairing her love relationship with her husband Ben (Melvin Gregg).

Carmel Sneider (Regina Hall) stated her goals at the retreat were to work on self-esteem, weight loss and confidence.

Lars Lee (Luke Evans) is always quick with critical comments about the program and attendees, and appears to have some hidden agenda in being at the resort.

Upon arriving, all guests are required to relinquish all phones, laptops, etc. as well as any other items that don’t fall in line with the designed wellness practices, such as alcohol and drugs of any kind. Masha’s boutique health-and-wellness resort promises guests healing, transformation and a path to a better way of living, which she created after a life of climbing the corporate ladder and ending up being ambushed in a parking garage where she was shot and died, but came back to life with a renewed sense and commitment to creating Tranquillum House.

Assisted by her dedicated employees Yao (Manny Jacinto) and Delilah (Tiffany Boone), Masha guarantees attendees will leave with an entirely new sense of wellness and outlook on life, though little did they know there was more than they knowingly agreed to in the personally designed nutritional shakes they had every morning. The resort is definitely not what it seems to be and with each passing day, the guests discover many secrets about each other and the resort’s host.

Runtime: Season 1: 8 - 50m episodes

# Metrolink expands Ventura County Saturday service

Metrolink has announced the expansion of Ventura County Line Saturday service, adding service to and from three additional stations: Camarillo, Oxnard, and Ventura-East.

Metrolink launched Saturday service on the Ventura County Line on May 29 with one roundtrip connecting Moorpark, Simi Valley, Chatsworth, Northridge, Van Nuys, Burbank Airport, Burbank Downtown, Glendale and Los Angeles Union Station. The service is made possible from funding provided by the Ventura County Transportation Commission (VCTC) and Los Angeles Metro.

The expanded Saturday service will depart the Ventura-East Station at 8:15 a.m. and will arrive at Union Station at 10:07 a.m. The return trip leaves Union Station at 4:28 p.m. and arrives at Ventura-East at 6:16 p.m. Travelers wanting to travel northwest can depart Union Station at 4:28 p.m. on Saturday and return Monday. Metrolink train times can be seen at [metrolinktrains.com/schedules](https://metrolinktrains.com/schedules).

Travelers to Los Angeles arrive at historic Union Station, where they

are just a short walk or Metro connection from destinations including Olvera Street, Grand Central Market, Chinatown, Angels Flight and many other attractions. Families can also stop at destinations along the way, such as the Arroyo Simi Bike Path, CSU Northridge and the Burbank Airport.

“When Metrolink Saturday service first launched from Moorpark in May, we received numerous requests to extend the service to Ventura,” said VCTC Executive Director Darren Kettle. “We are excited to add Saturday service to the East Ventura, Oxnard, and Camarillo stations. The extended service will make it easier for more Ventura County riders to explore Los Angeles by train.”

Adults can purchase a \$10 Weekend Day Pass that is valid for unlimited rides on Metrolink trains on Saturday or Sunday. And with Metrolink’s Kids Ride Free on Weekends fare, as many as three children aged 17 and younger ride for free with a paying adult, so the new service will offer more affordable connections to summer fun. Paid Metrolink fare includes free transfers to the Los Angeles County Metro bus, subway and light rail system.

The air on all trains is recirculated through antimicrobial air filters that destroy 99.98% of viruses and bacteria. Masks are required on all platforms and trains, and you can ensure you have plenty of space for physical distancing

# WE ARE OPEN!



**Welcome Back! We missed you.**  
The Museum of Ventura County and the Agriculture Museum in Santa Paula are now officially open!

**Our hours are Thursday–Sunday from 11am to 5pm.**



**Museum of Ventura County**  
100 East Main St. Ventura, CA 93001  
805.653.0323



**Agriculture Museum**  
926 Railroad Ave. Santa Paula, CA 93060  
805.525.3100



Ventura City Fire units were dispatched to a report of a vegetation fire in the area of Peninsula St. and Harbor Blvd. Emergency personnel responded and arrived to find a growing fire in an encampment area and nearby vegetation that was best accessed from the southbound lanes of the 101 freeway, south of Seaward Ave. Fire crews made an aggressive attack on the fire and prevented it from spreading to a nearby eucalyptus windrow. The fire was contained and completely extinguished within an hour. CHP units were on scene to assist with needed traffic control on the freeway. The cause was determined to be an unattended cooking fire in the encampment.

by using the online tool How Full is My Train? Each train car also has two hand sanitizer stations, and cars are cleaned and disinfected throughout the day using hospital-grade products. More information can be found at <https://www.goventura.org/getting-around/metrolink-saturday-service/>.





### Italian Restaurant, Market and Deli

*Enjoy complimentary Organic Altura coffee with any breakfast entree purchased before 10 am on Sundays*

204 East Main Street Ventura  
www.peiranomarket.com  
(805) 628-9028

Tuesday - Thursday 11:00 AM - 3:00 PM  
Friday & Saturday 11:00AM - 9:00 PM  
Sunday 9:00 AM - 3:00 PM

*Call us for all your catering needs!*

## TREE TOWN



These striking yellow blossoms adorn Ventura every summer. The *Cassia leptophylla* (Gold Medallion Tree) is a broad semi-evergreen tree that grows to 25 feet tall and 20 feet wide and is drought tolerant. In early to mid-summer, the clusters of 3- to 5-inch wide deep yellow flowers appear. This is the most common and reliable of the *Cassias* in southern California – it was first planted in the Los Angeles County Arboretum in 1958, and has been an increasingly popular and very reliable and beautiful canopy tree in Ventura County landscapes. The name *Cassia* is from the ancient Greek ‘*Kassia*’, a name for the *kassian* plants that provided *senna* leaves and pods for medicinal use.

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

## This ’n’ That



*“I have appreciated the opportunity to work in the VCCCD community over the past eight years.”*

### VCCCD Chancellor Greg Gillespie announces retirement in 2022

Since joining the Ventura County Community College District, Greg Gillespie, Ph.D., has continually strived to provide students with access to high-quality, relevant educational programs and support services, first as president of Ventura College, and currently as VCCCD chancellor. After eight years of service to the District, Gillespie has announced his retirement, effective the end of June 2022.

During his tenure as chancellor, Gillespie spearheaded initiatives promoting diversity, equity and inclusion (DEI) to support the varying needs of the District’s students, employees and the greater community. This includes building a culture that encourages equity and social justice.

“I have appreciated the opportunity to work in the VCCCD community over the past eight years. We have experienced quite a journey together,” Gillespie said. Gillespie notably steered the District through the COVID-19 pandemic, collaborating with the District’s board of trustees and senior leadership for operations to continue at Moorpark, Oxnard and Ventura colleges and Ventura College East Campus. The District followed guidance from Ventura County Public Health, California Department of Health and Cal/OSHA to ensure the health and well-being of students, faculty and staff throughout the pandemic and instituted remote learning and hybrid courses, so students could continue their studies safely.

“Chancellor Gillespie has guided us through the pandemic with a focus on the needs of our students, faculty, classified staff and three colleges,” said Board Chair Joshua Chancer. “With Dr. Gillespie’s leadership, we have seen a greater emphasis on certificate and degree completion, allowing students to achieve their full potential in the classroom and progress into

careers and further education.” Chancer indicated the District will soon start the search process for a new chancellor. Gillespie will work closely with the board to ensure a smooth transition in District leadership.

Before joining the District, Gillespie served as vice president for instruction and student services at Yavapai College, Prescott, Ariz. He has nearly 30 years of experience in the community college system and has served in faculty, director, dean, vice president and president positions at four different community colleges in Arizona, California and Washington.

In his remaining time with the District, Gillespie will continue serving on the Ventura County P-20 Council, which advances the strengthening of educational and career opportunities in the community from pre-school through college, United Way of Ventura County and other local organizations.

“There is much work ahead of us in the coming year. We are challenged to learn everything we can from what has occurred in the past 18 months, preserving the best of practices—past, present and future—and integrating them into our emerging new normal,” said Gillespie.

### Ex-city manager becomes VCTC Interim Executive Director

The Ventura County Transportation Commission (VCTC) has named Mark Watkins Interim Executive Director.

Watkins will succeed VCTC Executive Director Darren Kettle, who in July was named chief executive officer (CEO) of Metrolink, Southern California’s regional passenger rail.

The Commission reached an agreement with Watkins during a special meeting. Watkins’ start date will be Sept. 7, and he is expected to serve in the position for four to five months while the Commission completes the search for a permanent executive director.

Watkins is a familiar face in local government in Ventura County. Most recently, he was the city manager of Ventura, a position he held for four years before retiring at the end of 2017. Before that, Watkins was the public works director and assistant city manager in the City of Thousand Oaks for several years. A Ventura resident, he is currently president of the Ventura Land Trust Board of Trustees.

Ventura County Supervisor and Commission Chair Kelly Long stated “We look forward to working with Mr. Watkins over the next several months as we search for the next permanent leader of VCTC.”

Watkins thanked the Commission for the opportunity to return to public service temporarily.

“I’m excited to help VCTC navigate through this transition and to keep critical projects and initiatives moving forward without interruption,” Watkins said.

The Ventura County Transportation Commission is the regional transportation planning agency committed to keeping Ventura County moving.