



Vol. 14, No. 25 Published Every Other Wednesday Established 2007 September 8 – September 21, 2021



"But officer, I started out in the crosswalk."

## September is Pedestrian Safety Month

As part of Pedestrian Safety Month, the Ventura Police Department will have additional officers on patrol throughout September specifically looking for California Vehicle Code violations pertaining to drivers and pedestrians.

These violations include right-of-way at crosswalks, illegal turns, and not properly stopping for signs or signals, and speeding.

"A simple safety step can make a big difference. Look out for one another by slowing down when driving and stopping for pedestrians," said Ventura Police Traffic Sergeant Mike Brown. "If you're walking, be mindful of vehicle traffic, be predictable, and do not leave a curb or place of safety carelessly."

Based on data from the Governors Highway Safety Association (GHSA), 2020 had the largest ever annual increase, 21 percent, in the rate at which drivers struck and killed pedestrians. In California, pedestrian deaths accounted for 27 percent of all traffic-related deaths in 2019.

The Ventura Police Department offers steps community members can take to reduce the risk of vehicle-pedestrian collisions:

### Pedestrians

Be predictable and use crosswalks.

Do not walk or run into the path of a vehicle. No vehicle can stop instantly. At 30 m.p.h., a driver needs at least 108 feet to make a complete stop.

Be visible. Make it easy for drivers to see you by wearing light colors and reflectors.

*Continued on page 13*



Staci celebrating with Ventura's finest.

## Mothers Against Drunk Driving holds officer appreciation day

by Richard Lieberman

On Thursday, August 26, at the Museum of Ventura County, Mothers Against Drunk Driving sponsored an officer appreciation event to present officers from the Tri-Counties area with awards for the most drunk driving arrests in their individual departments. The event drew Law Enforcement from Santa Barbara, Santa Maria, Oxnard, Ventura, Santa Maria CHP and Port Hueneme, among others. A lunch sponsored by Dukes Griddle and Grill restaurant in Ventura was offered to the gathered representatives.

Opening remarks at the event were given by Georgina Avilez, Program Manager for MADD (Mothers Against Drunk Driving). She thanked the officers for their diligence and commitment to get impaired drivers off the road. She emphasized MADD's commitment to its mission "A nation without drunk and drugged driving." She also talked about MADD's mission "to end drunk driving, help fight drugged driving, support the victims of these violent crimes and prevent

underage drinking."

Following opening remarks by Avilez, Staci Brown, Program Specialist of MADD Tri-Counties, remarked to the gathered attendees, "I want to thank all of the law enforcement attendees for coming to receive awards for the most DUI arrests". She added "Congratulations and good work to all the award recipients." Brown also remarked to the attendees "We appreciate all that you do to keep our streets safe." Brown went on to offer a special thanks to the Museum of Ventura County for hosting the event.

Over forty-five law enforcement officers representing eighteen departments were honored at the event. Each recipient received a certificate and had their photos taken with Staci Brown of MADD.

Ventura Police Chief Darin Schindler also attended the event along with three members of the Ventura Police Department. "I think the MADD event is great, they do this every year; they recognize the public

safety officials that are out there taking drunk drivers off the roadway whether it be alcohol impairment, drug impairment and or some other impairment." Stated Chief Schindler.

"No one knows how many lives are saved by taking these impaired drivers off the road," It's great to recognize the officers who are doing this job," he added. When asked about solutions and police enforcement approaches to solving the dilemma of impaired driving he offered several approaches that are being undertaken now to help get some of these drivers off the road. Drunk driving checkpoints are one approach regularly used by police. "It's a deterrent in the scope of being proactive about it,". Another approach Ventura police utilize is a partnership between police and the OTS (California Office of Traffic Safety). They supply police with equipment and additional funding. Another approach is police visiting bars and restaurants on weekend nights and approaching people as they are leaving and asking "how much they have had to drink" "We ask them if they are OK to drive and if they volunteer, we have them blow into a portable breathalyzer to show them their current blood alcohol level," added Schindler.

Police agencies and MADD agree that one effective solution to the impaired driving epidemic is Sobriety Checkpoints. Checkpoints have reduced fatalities by 20 percent. Checkpoints are mandated to be publicized in advance and signs are posted at the approach to the checkpoints. Another law enforcement approach MADD supports is "Saturation Saturday" which designates the Saturday before Labor Day weekend a day to team up with law enforcement agencies nationwide to amplify the message that if you choose to drive impaired, you will get caught. Yet another method MADD supports comes from the National Highway Traffic Safety Administration "Drive Sober or Get Pulled Over". Law enforcement departments have picked dangerous parts of the year, and keep a special eye out for drunk drivers on those days, letting potential impaired drivers know that law enforcement is out there looking for and pulling over impaired drivers.

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# Community Events



*Raising funds for Pier Into The Future.*

## Each target is sponsored by a local business

Chip in for Charity is a non-competitive golfing event where participants chip their balls towards sponsored targets located within the driving range to raise funds and support local non-profit efforts. This year we are raising funds for Pier Into The Future, that is preserving and maintaining the Ventura Pier.

Each target is sponsored by a local business that has donated to our non-profit beneficiary. All sponsor donations and tickets sold through the event are donated directly to the event’s current non-profit beneficiary. As participants chip towards the sponsored targets, raffle sponsors will also be raffling off prizes for participants to win.

In addition, all participants will receive a complimentary food and drink voucher with the ability to purchase additional buckets of golf balls, and raffle tickets.

In our first year we partnered with Clean International to help them provide clean water and sanitation to underserved communities. With over 80 participants enjoying local food, drinks and hitting nearly 450 balls into the sponsored targets, we raised \$6,000 which helped Clean International provided over 1,100 families with clean water and sanitation. September 25 from 1-5pm  
Location: Olivas Links Driving Range, 3750 Olivas Park Dr, Ventura.  
Website [ChipinForCharity805.com](http://ChipinForCharity805.com)

# Ventura Art & Street Painting Festival

September 11 & 12  
10AM - 5PM

Plus!  
Walk the Promenade in September to View Chalk Art



CHALK ARTISTS | ART VENDORS | LIVE MUSIC + MARVELOUS MUG CERAMIC DEMOS

## VENTURA HARBOR VILLAGE





# Community Events

## Ventura events

by Ana Baker

The Channel Islands Chapter of Better Investing Model Club (a real working investment club that serves as an educational element for the Non-Profit national Better Investing® (501 c 3 organization) is again meeting in person in Ventura for a lunch meeting on the 3rd Wed of each month. New and prior members invited to enjoy “stock talk” and fellowship. To receive an invitation and directions to online or in person attendance, please contact Arla at (805) 987-2000 or abjcrane@aol.com.

**Sept. 12: Join us at the Olivas Adobe as we travel back in time to celebrate the history of this charming property.** “Days On the Rancho” Experience what it was like to live and work on the Rancho Sam Miguel with hands on activities, storytelling, music and more. 11-3 p.m. admission is free.

**Sept. 14: The Ventura County Writers Club is inviting anyone interested in radio, acting, writing or production.** A panel discussion with Bill DeFoi, George Vincent and Paul Montgomery will begin at 7 p.m. at the Pleasant Valley Parks and Rec complex 1605 Burnley in Camarillo. For more information go to [venturacountywriters.com](http://venturacountywriters.com) or call Breeze contributing writer Sheli Ellsworth at 805.300.1365. The event is free.

**Sept. 16: Ventura County District Attorney Erik Nasarenko will be the featured speaker at the next virtual East Ventura Community Council meeting.** Mr. Nasarenko will report on the changes he’s made and current happenings in the District Attorney’s office. The Council will also learn about the city’s Safe Sidewalks program, and hear updates on National Emergency Preparedness Month, as well as the new veterans’ housing project in East Ventura. Area crime statistics will be shared by Commander Weeks of the Ventura Police Department. Other topics may be added to the agenda, so be sure to check the group’s Facebook page for updates. The meeting will be held Thursday at 7 p.m. online via Zoom. The meeting will be recorded for later viewing on the website, [www.eastventura.org](http://www.eastventura.org). For more information, contact EVCC Chairperson, Deborah Meyer-Morris at [eastventuracc@gmail.com](mailto:eastventuracc@gmail.com).

**Sept. 18: Japanese Treasures Upscale Resale One day only. Mostly used Japanese treasures such as dolls, clothing, dishes, scrolls, etc. for sale.** Cash only no credit cards. Masks will be required. Saturday from 1-4 p.m. at the St. Matthews Methodist Church corner of Wendy and Potrero (1360 Wendy Drive in NP) For questions, email [venturacountyjacl@gmail.com](mailto:venturacountyjacl@gmail.com)

**Sept. 22: The Ventura College Area Community Council will be holding a Zoom meeting on Wednesday, at 7p.m.** Council meetings include speakers and discussion on topics of neighborhood and community interest, including public safety and economic development. 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.

**Sept 24: 7:00-9:00 pm. Richard Senate Ghost Talk & Tour. Soiled Doves Tour of Haunted Brothels in this look at the raw side of Ventura.** This was a wild place long ago and much of the growth was stimulated by Prostitution meeting the needs of cowboys, oilmen and sailors. Some of the phantom ladies of the night still walk these streets and their former places of employment. (Due to the adult subjects no one under the age of 18 will be permitted). Bank of

Books, 748 E. Main St. (805) 643-3154 Fee: \$10/ person Limited to 30 people.

**Sept. 25: Saturday, 1pm – 3pm Church of Scientology of Ventura 2151 Alessandro Drive, Ventura (805) 585-4400 [ventura@scientology.net](mailto:ventura@scientology.net). United For Human Rights open house to commemorate International Day Of Peace 2021.** Join us for this day that is devoted to strengthening the ideals of peace both within and among nations and peoples. And celebrate peace by standing up against acts of hate and by spreading compassion, kindness. Seating is limited due to social distancing requirements Special Guest Speakers: Tim McDonnell Regional Director – Peace Catalyst International, Los Angeles Fire Captain - Retired Thepo Tulku -Co-Founder Tibetan Assoc of Southern California, Monk, Lama, Rinpoche and served the Dalai Lama

## Ojai news and events

Ojai Art Center Theater invites you to brainstorm regarding the final show of the 2021 season, The Holiday Showcase. Directors Tracey Williams and Gai Jones seek a variety of community talents to perform monologues, scenes (original and scripted), songs, dances, improv, stories, and poems. All ages may participate, youth through sages, individuals, groups, and families.

Zoom informational meetings happen on Monday, September 13 or Thursday, September 16 both at 7 p.m.. To receive the Zoom link, submit your name and email prior to September 11 to [gai.jones@sbcglobal.net](mailto:gai.jones@sbcglobal.net) and [artisticdirector@ojaiact.org](mailto:artisticdirector@ojaiact.org). An in-person meeting takes place at the OACT on Tuesday, September 14 at 7 p.m.. The purpose of the meetings involves brainstorming on how people might perform/participate and share any ideas about the entire show elements and/or performers.

Rehearsals begin first week of October, and shows run the weekends of December 10-12 and December 17-19. An after show OACT party transpires on December 19.

Ideas for performances include family friendly stories about celebrations of various winter traditions and holidays such as: Christmas, Hanukkah, and others.

**Local Ojai resident Anagarika Sucinno will visit the Ojai Library at 2pm on Sunday, September 26, to offer the first of a series of talks entitled Karma and the End of Karma: Unweaving the Karma Complexity.** Two subsequent talks will take place on Sunday, October 10, and Sunday, October 24, also at 2pm. This in-person event and its participants will be subject to all current and applicable COVID-related safety protocols required by the County of Ventura.

There is much confusion and contradiction around the concept of karma. Questions of Being, free will, good and bad, life, and rebirth.

Consciously or unconsciously we live with three questions: Who am I? Why am I here? Where do I go when I die? Knowing it or not, the way we answer these questions drives the course of our individual life—and the fate of nations. That, and karma!

Though each of these three talks has a central focus, they are not isolated, but form a composite offering covering karma as it operates through individuals, collectively, and upon the life of the world.

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

The Ojai Library is located at 111 East Ojai Avenue in Ojai, CA. 10am to 8pm Monday through Thursday and 12pm to 5pm Friday through Sunday.

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**SATURDAYS**  
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**City Parking Lot**



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# VENTURA BREEZE

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Member, Ventura Chamber of Commerce

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Anywhere  
is walking  
distance if  
you've got  
the time.  
– Steven  
Wright

## Opinion/Editorial



Sheldon Brown  
Publisher-Editor

■ Drove to Ojai recently, it was 68 degrees in Ventura and 102 there. So, don't complain when it gets to be 80 here about it being too hot.

■ A reader asked about what happened to local radio station KVEN (1450 AM, "SportsRadio 1450"). Truthfully, I didn't know it existed. Probably because I am not a big sports fan.

Found out that is was a radio station licensed to Ventura, California and had been operating from 1948 to 2021. KVEN last carried sports radio programming from the national CBS Sports Radio network, with no locally originated programming. It was owned by Cumulus Media and broadcast at a power of 1,000 watts.

Cumulus shut down KVEN in July, 2021, and surrendered its license to the Federal Communications Commission. Dodgers' broadcasts were moved to sister station KQVYB on July 23. Nothing about why it shut down but probably because they didn't generate enough advertising to keep broadcasting.

■ 5782? Wow, how time goes by it seems as if it was just 5781. **Happy New Year!**

■ The California Public Utilities Commission has stopped the upgrades being done at the Ventura gas compressor on the westside while Southern California **Gas Company** meets the agency's demands. SoCalGas must also hold future public forums before continuing.

The gas company wants to replace three gas compressors with four new ones. They also want to build a warehouse and office building at the site.

Ventura Unified School District Superintendent Roger Rice has also expressed his opposition to the SoCal plans. He pointed out how close the gas compressor was to E.P. Foster Elementary School and the Boys&Girls Club.

At the moment, however, the Boys&Girls Club has closed after a dispute with the Ventura Unified School District over requirements for state grants. The club's activities and offerings were deemed not compliant with the California Department of Education after-school program grant requirements.

I certainly hope they can work this out, as the Club provides a great service for the children in the area. It has been there since 1968.

■ Popstar **Britney Spears** will not face charges for allegedly striking one of her employees. Ventura County District Attorney Erik Nasarenko, an ex-city council member, and now Ventura County District Attorney, announced that Spears would not be charged with any crimes related to an alleged incident involving her housekeeper. Spears was accused by her housekeeper of battery last month at the singer's home in Ventura County.

■ On August 5, in an attempt to restore flows to the **Ventura river**, the Santa Barbara Channelkeeper's advocacy for Ventura River reached a monumental moment when the City of Ventura stopped all pumping at its Foster Park

have been extended to include a larger area. The straight-in parking area along the Ventura seawall by Solimar Beach will be extended another 1,000 feet. This will allow many more cars to park.

"We have received an overwhelmingly positive response from the community regarding the straight-in parking rules which were implemented over the Fourth of July weekend at Solimar Beach," stated Levere.

■ Feb. 29, 2020: The **Trump** administration and the Taliban reach an agreement to withdraw US troops from Afghanistan by May 1, 2021. As part of the agreement the Taliban agreed to cut ties with Al Qaeda and refrain attacking U.S. forces. In response, the US pressured the Afghanistan government to release 5,000 Taliban prisoners.

So, don't blame Biden for withdrawing U.S. troops after 20 years, it certainly was about time. He can certainly be blamed for the terrible manner in which the evacuation was carried out.

And he was not responsible for the suicide bomber that killed troops and almost 200 **Afghans**. Suicide bombers are hard to stop (remember Kamikaze pilots during World War II.) The Taliban were responsible for making sure a bomber didn't enter the area but obviously missed this one. There was some speculation that it could have been a female because the Taliban are not allowed to "pat down" women.

This is what made this war so difficult. Because of religious and tribal differences there has been fighting there for hundred of years and (even if we stayed) for hundreds of years to come.

■ Texas' new law allowing most people to carry **handguns** in public without a permit or training came in part from the belief by many that the best way to prevent crime and stop an armed bad guy is to whip out your gun and start firing.

Statistics show that crime actually increases after such laws are implemented. And even some Texas authorities worry that having more people walking around armed will lead to more disagreements being settled through gunfire (the OK Corral returns).

Police in Washington, D.C. were searching for suspects after a Saturday evening shooting that left three people dead and three others wounded in the northwest part of the city.

A former Marine outfitted in body armor fatally shot four people, including a baby, mother and grandmother, at a property outside Lakeland, Florida. The suspect, identified as Brian Riley, 33, then engaged in a firefight with law enforcement officers before surrendering to authorities.

"It's very frustrating and we've been talking about gun violence for a long time," D.C. police Chief Robert Contee told reporters. "We know this issue is not unique to Washington, D.C., but I think it speaks to the overall sickness that we're seeing in our community and that sickness being gun violence."

■ Two weeks after the annual motorcycle rally in Sturgis, South Dakota, reported Covid infections in the state have risen nearly sixfold. South Dakota counted 3,819 new cases in the past two weeks, including seven deaths, up from 644 cases in the 14 days preceding it.



"Did you miss me?"

well field. Channelkeeper had filed a lawsuit in 2015 to challenge the City for over pumping the area. Their desire is restoring water flow to the parched river ecosystem. The agreement established a minimum river flow threshold that would result in the stopping of pumping, which has already occurred this summer. I hope this doesn't make our water even more difficult to obtain.

■ According to Ventura County Supervisor Matt LaVere (another ex-city council member), the rules that require **Rincon Parkway** visitors to pull straight into their parking spaces along the seawall

## Mailbox

Dear Ventura County Elections Division:

It is very frustrating to discover that the Mail-in Recall ballot for Governor is folded in half when you get it through the mail, and that the NO bubble is below the fold so you do not see it until you open the ballot all the way. This favors the YES bubble.

I have also been told by friends that when you order a replacement ballot, the YES and NO bubbles are both visible at the same time.

This puts the integrity of the election for me out of bounds. I call for a new statewide recall ballot with equal visibility and access to YES and NO positions. Robert Chianese  
Ventura, CA

Breeze:

Just thinking about the two little ----- who burned up the school: I wonder if it would be possible to put them to work with the crew rebuilding it? Maybe a few months of slave labor would give them a fresh perspective (I believe they'd have to be paid, but the money could go into a victim's relief fund). They'd actually learn a trade, too.

Or they'd get hurt on the job and sue the city for millions. What do I know?  
Alfred J. Lewis

Hello Sheldon,

I follow your column each week but was saddened to read your insensitivity when you commented on Phil Valentine's death with "At least he won't have a heart attack or paralysis." I thought we were above that, that's what they do, put down others, not us. This saddened me.

Hope your day is better.

Each new day is an opportunity to think better.

H. Olson

Olson:

Looking back at it I completely agree with you it was insensitive. I'll try to do better.

Sheldon

Opinion:

While waiting in line at the pharmacy for my medications, a number of thoughts came to me. I wonder if others have had similar thoughts. As a Type II diabetic its hard for me to find things to eat on the menu of most restaurants.

Continued on page 13

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



# City News



What is an Armillaria?

## A fallen tree at Mission Park

On Sunday night, August 29, the City received a call about a downed Brazilian Pepper tree at Mission Park. Upon inspection with our Urban Forestry Team and an independent contractor, the tree failed at the base due to Armillaria root rot.

What is Armillaria? It's a fungus that causes disease in many types of trees and shrubs. New infections occur when healthy roots grow close to diseased roots. Unfortunately, there is no treatment for Armillaria root rot. The disease can be managed by the consistent removal of dead trees and infected stumps.

Typically, the trees show signs or symptoms of this disease, which may

include honey-colored or brownish-yellow mushrooms in clumps around the base of the tree, shoestring mycelium, mycelial fans, and oozing from the main stem. Unfortunately, there were no visible signs to diagnose with this tree. Staff also found white mycelium inside the center of the stump and roots. This pathogen can seriously impact the structural integrity of a tree and is what ultimately caused this specific tree to fail.

City staff will continue to monitor this area for the safety of park visitors. For more information, contact the City's Urban Forestry Division at 805-652-4550 or parksandrec@cityofventura.ca.gov.

## Help us get Ventura moving!

by Phil Nelson  
City of Ventura Director of Public Works

The City of Ventura is undertaking a planning process for what is known as active transportation.

Think of it simply as any movement from point A to point B without using a vehicle. The Active Transportation Plan includes the Venturans who walk their dog, bike to a coffee shop, skateboard to class, walk to a carpool, hike Arroyo Verde Park, jog along the Pier for fitness, stroll with family to dinner on Main Street, or take a bus to work. Importantly, it includes every person who exits a car or truck when moving to a destination.

The Active Transportation Plan examines the quality, safety, and connectivity of existing networks for people walking, biking, and taking transit. As we embark on creating this ambitious roadmap, we need the community's help in prioritizing projects and programs that will make walking, bicycling, and taking transit great choices for all people who live, work, or visit Ventura.

There are so many reasons why the timing is right for Ventura to get moving. Nationwide, many active transportation efforts are underway.

U.S. Transportation Secretary Pete Buttigieg has made it one of his department's top priorities. A bipartisan infrastructure bill was recently passed by the Senate that provides money to cities to complete street

systems for walkers and cyclists, and enhance transportation services.

The latest U.S. report on greenhouse gasses emphasizes the need for every person to enhance efforts to reduce the amount of carbon dioxide pollution we each create.

And each year, the American Medical Association reinforces its message that "sitting is the new smoking." We rely heavily on cars for transportation and waste countless hours a year sitting in vehicles when we could be walking or biking to a local destination.

The City wants everyone to get involved. Such planning efforts rely on broad community support and meaningful participation from the public. In support of this effort, we are also working hard to connect with our low-income and minority households, homebound seniors, youth, young parents, and people who are familiar with what it's like to walk and bike in Ventura.

We want the public to tell us where they like to bike. Tell us where we need more sidewalks. Tell us what intersections are avoided while walking. Tell us what is important as we plan for Ventura's future walking and biking networks and transportation policies.

Sharing where active transportation improvements are needed will help the City develop a plan and complete projects that enhance public safety, mobility, health, environmental sustainability, and economic vitality. The benefits are endless!

Visit [www.ActivePlanVentura.com](http://www.ActivePlanVentura.com) to get involved, take a community survey, and register for email updates.

Help us get

*¡Ayúdenos a mantener a*

VENTURA

moving!

*en movimiento!*



The Active Transportation Plan will make walking, biking, and taking transit great choices in Ventura.

*El Plan de Transporte Activo de Ventura hará que caminar, ir en bicicleta y usar el transporte público sean opciones excelentes en Ventura.*

Here are some ways you can get involved:

*Aquí hay algunas formas en las que puede participar:*



TAKE SURVEYS

*RESPONDE A ENCUESTAS*



VISIT STAFF OFFICE HOURS

*VISITE EL HORARIO DE OFICINA DEL PERSONAL*



ATTEND POP-UPS

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PARTICIPATE IN FOCUS GROUPS

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



CALIFORNIA COASTAL CLEANUP 2021

SATURDAY SEPTEMBER 18TH

AND SELF-GUIDED CLEANUPS ALL MONTH LONG

PROTECT YOUR HAPPY PLACE





PHOTO BY © KIM RIVERO


Even after a year apart, we're still all connected, from the mountains to the ocean. Join together again on September 18th for California Coastal Cleanup Day, and help throughout the month to cleanup your neighborhood or anywhere else that makes up your happy place.

For self-guided cleanups download and use the Clean Swell data collection app to record and report your cleanup.






For more information & site locations visit:

[WWW.VCCOASTCLEANUP.ORG](http://WWW.VCCOASTCLEANUP.ORG)

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# News & Notes



Volleyball is her passion.

## Her love for volleyball lead her to become a certified volleyball referee

Colleen Garner is a volleyball fanatic. It all started in the 8th grade when she asked her mother to enroll her in the famous Al Scates Volleyball Camp in Santa Barbara.

Colleen was born in Burbank but lived in many San Fernando Valley cities. She attended John Burroughs High School and Glendale College where she played on the volleyball team.

She continued to play volleyball (her passion) after college and in 1982 was part of a co-ed team that won the national tournament. Hooked with the game she played everywhere she could night and day.

While growing up she visited relatives in Ventura for many many years and fell in love with the city. In May of this year, she made Ventura her permanent.

Her love for volleyball lead her to become a certified volleyball referee over 30-years ago. She first refereed with the San Fernando Valley Unit. And now the Channel Coast Unit where she referees high school and adult leagues. She referees throughout the area and looks forward to local high school's starting their volleyball season so that she can referee here also.

She explained "We need to take continuing referee courses because volleyball is an unusual sport because the rules are constantly changing." She needs to receive a yearly certificate to continue refereeing where they need to pass a 100-question exam.

Professionally she has worked for Body By Jake and other positions.

Many people watching the Olympics'

volleyball wondered why there was one player wearing different colors and was smaller than most of the other players so we asked Colleen to explain.

"Libero" is a back row defensive specialist, who has impeccable ball control skills and quick to get balls up and allows exciting plays to continue. They were added to international competition in 1998. NCAA women's volleyball incorporated them into the game in 2002 and high school started utilizing them in the 2006-2007 season."

The Libero wears a contrasting color from the other players uniform so the official can see them clearly on the court. They are never allowed to rotate into the front row. A great addition to the game!"

A multi-tasking lady, besides her refereeing Colleen also has her own business "Call Colleen" (818-669-9083) where she provides whatever services one needs including errands grandchild care, pet care and other personal assistant services. She also manages to work part-time at Annie's Portside apparel & clothing located at Portside Ventura Harbor.

Note: In her left hand is an electric whistle that is necessary because of the wearing of COVID masks while officiating.



Bring a kid to work.

## Introducing an "Infant at Work" program

Girl Scouts of California's Central Coast launched an "Infant at Work" program today allowing parents to bring their infant to work for up to six months. "I believe it is imperative that we do our best to support newborn parents and


guardians," says CEO, Tammie Helmuth. An infant's first few months are crucial to their development. It is during this time that the infant and their parent form a lifelong bond and a trusting, healthy relationship.

Through this new program, employees who are new mothers, fathers, or legal guardians will be allowed to bring their infant to work for up to six months. This, in turn, promotes a healthy work/life balance and honors the contribution that the employee makes to the council. "This program shows that the council's practices are what we encourage in our communities; supporting parent and infant bonding, parental well-being, healthy infant development, and breastfeeding," said Helmuth.

Parents will have the opportunity to respond to their infant's needs instantly, which will boost their cognitive development. Bonding is a process on its own, it is not something that occurs overnight, it must be nurtured and built up as time goes on. The "Infant at Work" program supports all facets of infant development. This program is invaluable for both parents and infants alike. Helmuth states: "as a female leadership organization, this program undoubtedly aligns with our mission as we know, and support, the value of parent and infant bonding during the earliest stages of life." It goes without question that Girl Scouts of California's Central Coast is delighted to introduce the new "Infant at Work" program to their workplace.

## Luckily no real fire at Balboa Middle School

On Sept. 3, at 9:35am, fire units from Ventura City, Oxnard, and Ventura County Fire departments responded to a reported structure fire at Balboa Middle School. Units arrived to find the school in session and being evacuated due to the smell of smoke in a classroom. Upon investigation it was determined that the motor of a roof mounted heating and air-conditioning unit had overheated sending light smoke and odor of electrical burning into a single classroom. The HVAC unit was isolated with the help of school district personnel on scene and no further damage was found. The classroom was cleared and deodorized by fire personnel. No injuries were reported. School district maintenance personnel were on scene to ensure proper repairs to the HVAC unit..




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No appointment needed at County Public Health clinics.

 **COUNTY of VENTURA**



# News & Notes



A truly inspirational lady.

## Local lady will be driving in an all Women’s Demolition Derby for Cancer

Bekkah Doyle is a Ventura County local living in Ventura. She used a personal tragedy to inspire her to help people in need.

She told us how she got into demo derbies as a way to raise money. “I was actually involved in a bad car accident in 2019. A car rear ended me on the 101 at 50mph freeway while I was stopped in traffic, which left me with very crippling PTSD in cars. Now I drive in demo derbies as my way of overcoming my PTSD and becoming comfortable in cars again. My mom took me to the Ventura Raceway demo derby at a very young age and it became a lifelong dream for me to drive in it one day. Now that I have finally made that dream a reality. I use my demo derby cars to help others.”

Bekkah went on to say “On Oct 9th I will be driving in an all Women’s Demolition Derby for Cancer at Irwindale Speedway, the derby is composed of female drivers from all over Southern California representing their hometowns. I’m the lone representative so far for Ventura County (I actually just drove at the recent demo derby at Ventura Raceway as the only female driver). I want to raise as much money as I possibly can so I’ve decided to sell spots on my car for people to put the names of loved one they have lost to cancer or in support of those currently battle cancel. 50% of all proceeds will be donated directly to charity. I’d love to be able to raise a significant amount to donate while also giving people a way to honor their

loved ones.”

If you would like to donate to the cause and get the names of their loved ones on the vehicle, they can email Bekkah directly at [Bekkah@lets-be-creative.com](mailto:Bekkah@lets-be-creative.com).

### Seaside Highland Games cancelled

It is with deep regret the Board of Directors for the Seaside Highland Games is compelled to announce that the 2021 Games will not take place.

Although the Board worked diligently with the Ventura County Fairgrounds to seek ways to hold the 2021 Games, the options presented by the Fairgrounds eliminated our access to major portions of the Fairground’s parking and event facilities. After much discussion, the Board determined that, given the significant limitations currently mandated by the Fairgrounds, it would not be possible to hold Games that would in any way provide the level of entertainment and quality of experience Seaside has proudly delivered for the past 17 years.

While this is an extremely disappointing result of careful and time-consuming negotiations, the Board has been assured that the Fairgrounds intend to return to full access for 2022. Accordingly, the Board is committed to providing an outstanding games experience and will be back next October the 8th and 9th for a triumphant return.



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

Do you have questions about Medicare Advantage?

I have more than 17 years of experience helping people understand their options for Medicare coverage. If you’d like to learn more about your options, and hear what SCAN has to offer, please give me a call.



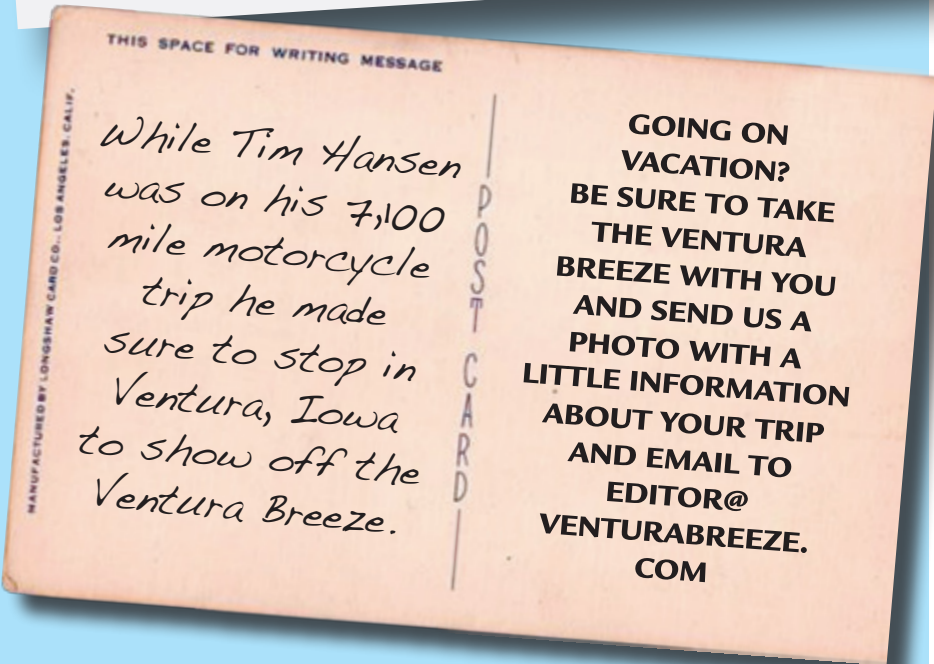
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# News & Notes



## CAPS Media 2020 – 2021

The 2020 CAPS Media Annual Report is available on the CAPS Media website for those who want to take a quick trip down memory lane. Go to [capsmedia.org](http://capsmedia.org) and click on the documents link.

The COVID-19 pandemic presented considerable challenges for the CAPS Media team throughout the year and a half, however despite the obstacles CAPS Media crews covered more than 200 live meetings, totaling more than 430 hours. City related meetings include City Council, Design Review Committee, Economic Development Strategy Committee, Historic Preservation, Measure O Oversight, Mobile Home Rent Review Board, Safe and Clean and Homeless Committee. CAPS Media broadcasts and streams many of these meetings live on CAPS Media Channel 15 and on the CAPS Media website – [capsmedia.org](http://capsmedia.org). Rebroadcast meetings exceed 580 meetings and 1600 hours.

During the past 18 months CAPS Media video crews have been producing more than 220 individual informational videos, including monthly Mayor updates, videos from other City Council Members, Ventura Police and Ventura Fire and educational tours of Olivas Adobe. For the 2020 elections CAPS Media produced its' Video Voter program featuring city council and school board candidates as well as informative videos on ballot initiatives.

Throughout the COVID crisis CAPS worked with County staff on live weekly COVID updates, as well as informative, educational, and instructional videos for the Ventura County Medical Center.

CAPS Media's KPPQ Radio crew continued providing the community with 24x7 creative, original, locally produced, non-commercial programming. The resourceful KPPQ DJs continued producing high-quality, innovative programming in their home studios week in and week out. The local crew's original programs combined with specially selected licensed programs fueled distribution 24x7 on KPPQ 104.1fm and stream worldwide on [capsmedia.org](http://capsmedia.org) and myTuner Radio.

KPPQ has trained more than 100 member/producers; produced more than 600 hours of original music shows and more than 300 hours of Ventura Community talk show programs.

CAPS Media staff educator Phil Taggart continued to mentor El Camino High School students in the award-winning ECTV media education program. A student internship and career pathways program, the students write, direct, host and edit magazine-style programs on a variety of topics. Student addressed the issues drug abuse and discrimination to

racial prejudice and more in their self-titled ECTV series.

The CAPS Media Annual includes introductions to the CAPS Media Staff: Evan Carpenter, Jamie Cawelti, Patrick Davidson, Jorge Godinez, Donald McConnell, Manny Reynoso, Elizabeth Rodeno, Gary Roll, Phil Taggart and Alex Uvari. And introduce the dedicated CAPS Media Board of Directors: Cliff Rodrigues, Chairperson, Darryl Dunn, Vice Chairperson/Treasurer, Kathleen Good, Secretary, Pam Baumgardner, Michael Velthoen, Cathy Peterson, Bill Schneider, Ashley Bautista for the County, Heather Sumagaysay and Barry Fisher, for the City of Ventura, Marieanne Quiroz, VUSD, and Tim Harrison and Lisa Putnam, Ventura College.

The California Recall Election is in full swing and every registered voter is encouraged to cast their ballot. For information on voter registration go to [countyofventura.org/elections/voter-information](http://countyofventura.org/elections/voter-information) or call 805-654-2664. Mailed in ballots must be postmarked, placed in a dropbox or delivered to a polling place by 8 pm on September 14.

All of us at CAPS Media encourage everyone to get vaccinated. The sooner we are all vaccinated the sooner we can fully enjoy our beautiful community, and the sooner we can reopen the CAPS Media Center to our Members and the public. Our thanks to everyone for continuing to Stay Safe and Stay Strong.



*The new, expanded Ventura Friends of the Library Bookstore on the first floor of Foster Library.*

### The Bookmark

## About Libraries and Friends

by Jill Forman

### Changes, changes ...Mask Rules

As the pandemic ebbs and flows, the mask rules change before they are even published!

Masks must now be worn indoors by everyone, regardless of vaccination status.

Hill Road book group met in person outdoors on their patio. Foster book group plans a hybrid in-person/Zoom meeting. Contact your group leader with any questions.

Check with the library staff at your branch to keep informed.

### Hill Road Express Hours

Do you have difficulty getting to the library during regular hours? Hill Road has an option for library patrons who need expanded times.

Express Access offers patrons admittance to the library in addition to staffed operating hours.

Applicants must present their library card, photo identification and proof of current address for verification purposes. They will sign a policy form and complete an orientation provided by the librarian.

Express hours are: 8 – 10 a.m. Monday-Wednesday; 8 a.m. – 12 p.m. Friday; 8 – 10 a.m. Saturday and 8 a.m. – 5 p.m. Sunday.

### Need To Connect? Your library can help!

Need to connect but don't have the equipment? Here is your answer.

Our Computer Kits consist of a Chromebook, hotspot, and charging cables, all in a carrying case. They check out to adults 18 and older for 4 weeks and may be automatically renewed up to 2 times if not requested by another customer. Kits must be returned to library staff; do not return to a book drop!

Find more information at our VC Connects website: [vcconnects.org](http://vcconnects.org)

Kit includes:  
A Chromebook with power cord

A hotspot

A USB charging cable and power adapter

Canvas bag

Mouse

Complimentary headset

A Note from Bookstore Manager Sandy Greenberg

### VINTAGE BOOKS

Come visit the new Vintage Books section in the VFOL bookstore in Foster library. It may surprise you! It's not just classic literature, but a look into the thoughts of everyday people in the past. Have you ever wondered what your grandparents thought was the key to a successful marriage in 1907? One book advises to "keep the honeymoon short to lessen the risk of disappointment or boredom". Another book cautions "nervous women" to consider a good orgasm as a cure for their symptoms rather than a visit to the doctor.

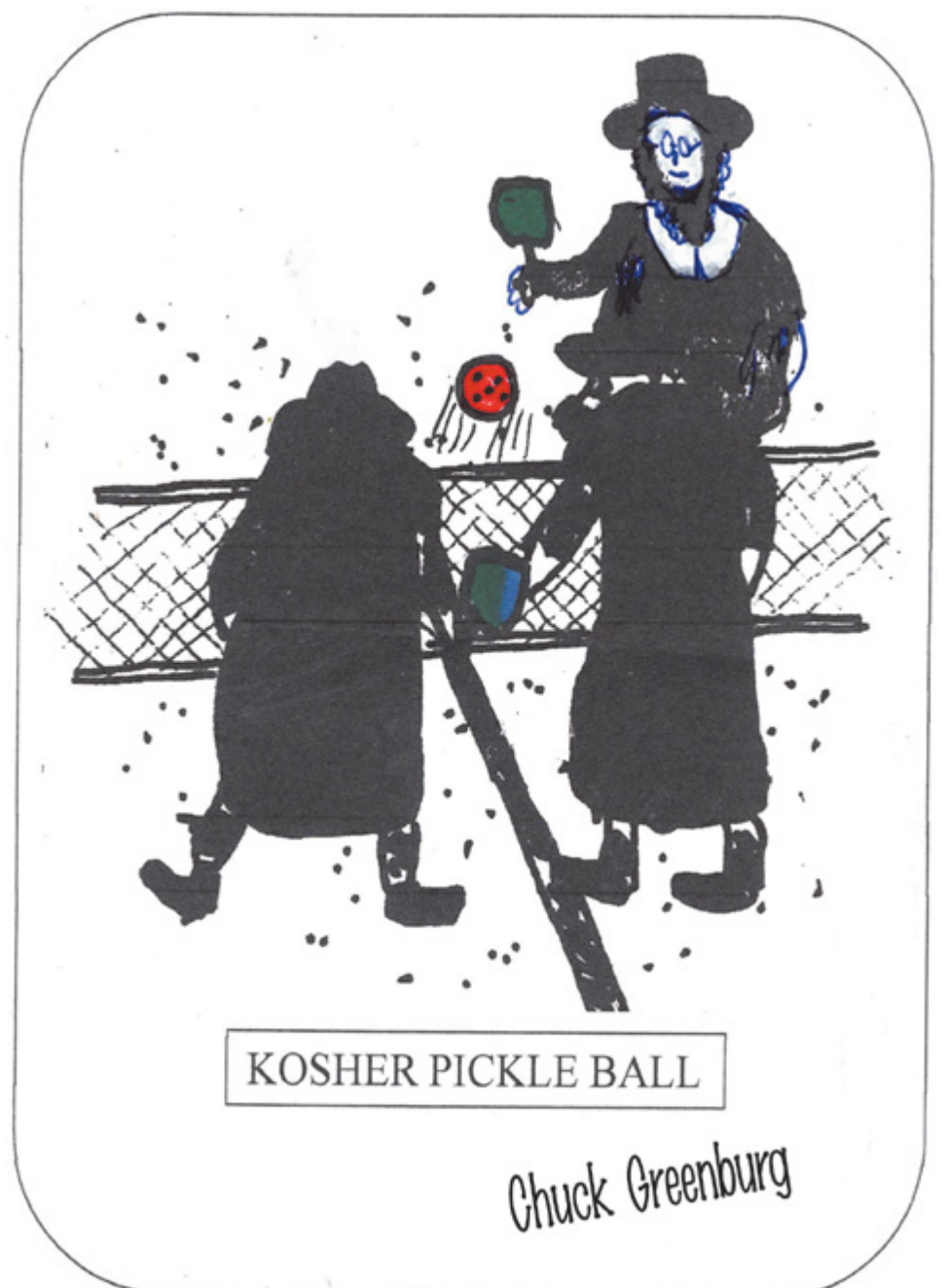
We have recipes from General Electric to use with your "new-fangled refrigerator" including creamed sardines and eggs, and ways to make an ice block more attractive. We have self-help books which can help you develop your charm or the skills to think for yourself.

Our fiction ranges from Agatha Christie mysteries to adventure on the high seas, from romance novels such as 1900s "Girl in 10,000" to hardened detective stories from the '40s.

Jump in the time machine at the Vintage Books section. It's a trip!

Join/volunteer! Give back to your community. Support your libraries.

[Venturafriendsofthelibrary.org](http://Venturafriendsofthelibrary.org). Or pick up a brochure at your local branch and mail it in. Get on the mailing list for email or hard copy newsletters.



Chuck Greenburg

Are you an amateur cartoonist? Send your cartoon to [editor@venturabreeze.com](mailto:editor@venturabreeze.com).



# Senior Living



Getting adequate sleep is very important for your health.

## Alzheimer’s disease and other dementias sleep patterns

by Erin Bryant  
From NIH Research Matters

Changes in sleep patterns are common in people with Alzheimer’s disease and other dementias. They may wake up often during the night and find it hard to get back to sleep. These sleep problems are thought to result from brain changes caused by the disease that affect the sleep-wake cycle. Studies have suggested that sleep patterns earlier in life may contribute to later dementia risk. Both insufficient sleep and sleeping longer than average have been linked to a greater likelihood of developing dementia. However, it has been hard to determine whether these sleep changes contribute to the disease or simply reflect early symptoms. Many of the studies on sleep and dementia risk have followed participants for less than a decade and focused on people over the age of 65. A study led by Dr. Séverine Sabia of Inserm and University College London examined how sleep patterns earlier in life may affect the onset of dementia decades later. The study was supported in part by NIH’s National Institute on Aging (NIA). Findings appeared in Nature Communications on April 20, 2021. The researchers examined data from nearly 8,000 people in Britain starting at age 50. Participants were assessed on a wide variety of measures, including being asked on six occasions between 1985 and 2016 how many hours they slept a night. To assess the accuracy of this self-reporting, some of the participants were

accelerometers to objectively measure sleep time. Over the course of the study, 521 participants were diagnosed with dementia, at an average age of 77. Analysis of the data showed that people in their 50s and 60s getting six hours of sleep or less were at greater risk of developing dementia later. Compared to those getting normal sleep (defined as 7 hours), people getting less rest each night were 30% more likely to be diagnosed with dementia. The researchers adjusted their model to account for other factors known to influence sleep patterns or dementia risk, including smoking, physical activity, body mass index, and medical conditions like diabetes and heart disease. They also separated out people with mental illnesses like depression, which are strongly linked to sleep disturbances. The findings suggest that short sleep duration during midlife could increase the risk of developing dementia later in life. More research is needed to confirm this connection and understand the underlying reasons. “While we cannot confirm that not sleeping enough actually increases the risk of dementia, there are plenty of reasons why a good night’s sleep might be good for brain health,” Sabia says. Quality sleep is known to play an important role in concentration and learning, as well as mood and overall health. This research was supported in part by NIA grants R01AG056477 and RF1AG062553.

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## Avoiding/Stopping various types of Senior Fraud

by Carol Leish

By being aware of different types of fraud/crimes occurring, you will become more aware of how to stop them/avoid them from happening. With knowledge, you will gain the power of ways to better cope and stop the fraud/crimes from happening to you and/or to your friends/loved ones. According to, Debbie Deem, a retired victim’s specialist for the FBI, there are different types of fraud/crimes to be aware of in order to be able to stop/avoid them from happening. Deem said that, “According to the FBI, romance imposter crimes occur when a criminal adopts a fake online identity to gain a victim’s affection and trust. The remote criminal then uses the illusion of a romantic or other close relationship to manipulate and/or steal from the victim. These criminals’ frequent social media sites, dating and word game sites, among others. Often the images sent to a victim are taken from an innocent victim who may not know their image is being used to defraud victims and break their hearts.” “The FBI has information, helpful tips, and videos that describe these crimes in more detail,” according to Deem. “Go to: <http://www.fbi.gov/scams-and-safety/common-scams-and-crimes/romance-scams>.” “Lottery and sweepstakes fraud,” according to Deem, “have been around for many years. According to AARP, the initial contact is usually a phone call, but may also be a social media post, an email,

text or even direct mail offering congratulations for winning a prize or contest. But, before you can obtain your winnings (and usually a Mercedes car in addition to the prize money), there will be various fees, taxes, courier fees, insurance and custom duties to pay before you can obtain your prize winnings. These frauds may ask for cash, to send counterfeit checks, or to demand payments in gift cards or increasingly virtual currencies using special ‘ATM’s’ specifically for cryptocurrency payments. “It’s important to know that, according to federal law, you never have to pay taxes or fees in advance of winning a prize or money. It is also illegal to participate in a foreign lottery or sweepstake. Beware of calling or taking calls from an unknown person using the Caribbean area codes of 876, 809 or 284 that suggest you have won money. If you get a call like this, just hang up. “For more information on lottery and sweepstakes fraud, link to: <https://www.aarp.org/money/scams-fraud/info-2019/sweepstakes.html>.” “The Federal Trade Commission (FTC),” according to Deem, “says that Tech support or computer repair fraud/crimes can involve one of the following things. 1) You may get a pop up on your computer screen that looks like an error message or warning that urges you to contact a ‘toll free’ number immediately because a virus or suspicious activity was found on your computer. 2) You

*Continued on page 11*

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# Senior Living



“Are you sure this counts as exercise?”

## Four tips for older adults to stay motivated to exercise

Physical activity is a great way for older adults to gain substantial health benefits and maintain independence. Try to make exercise a priority. Remember that being active is one of the most important things you can do each day to maintain and improve health. Try these tips to help you stay motivated to exercise.

Some people like to walk on a treadmill at the gym. Others find that kind of activity boring. The key to sticking with exercise is to make it interesting and enjoyable. Be creative. Do things you enjoy but pick up

the pace. Do all four types of exercise—endurance, strength, balance, and flexibility. The variety helps keep things interesting! Try some new activities to keep your interest alive.

You are more likely to exercise if it’s a convenient part of your day. Try exercising first thing in the morning. Combine physical activity with a task that’s already part of your day, such as walking the dog or doing household chores. If you don’t have 30 minutes to be active, look for three 10-minute periods. As you

progress, add more 10-minute sessions until you hit your goal!

There are many ways to fit physical activity into your regular schedule, even while you are at work! Look for easy ways to add physical activity to your regular schedule:

- Take the stairs instead of the elevator.
- Take a walk with co-workers during your lunch break. An exercise buddy can help you stick with your plan to be more active!
- Walk down the hall and talk with a co-worker instead of sending an e-mail.
- Park a little farther away from your office and enjoy the walk.
- Join your company’s fitness center if there is one.
- Search for Move Your Way: Tips for Busy Days on YouTube for more tips on fitting more activity into your day.

Many people agree that an “exercise buddy” keeps them going.

- Take a walk during lunch with coworkers.
- Try a dance class—salsa, tango, square dancing—it’s up to you.
- Use family gatherings as a time to play team sports or do outdoor activities. Women exercising together

The best way to stay motivated is to measure and celebrate your successes:

- Make an exercise and physical activity plan that works for you.
- Track your daily physical activity.
- Find new ways to increase your physical activity.
- Keep track of your monthly progress to see improvement.
- Update your exercise plan as you progress.

**Quick Tip: Rewards for Being Active**

Don’t forget to build rewards into your plan. Write down something you will do for yourself when goals are achieved. Treat

yourself to something special: a movie, a trip to the museum, a new audiobook, or a massage. Celebrate your successes!

## Tips for everyday tasks for people living with dementia

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

- Write down to-do lists, appointments, and events in a notebook or calendar.
- Set up automated bill payments and consider asking someone you trust to help manage your finances.
- Have your groceries delivered.
- Manage your medications with a weekly pillbox, a pillbox with reminders (like an alarm), or a medication dispenser.
- Ask your doctor to provide a care plan and write down care directions (or have a family member or friend take notes during the visit).

**Sleep Tips for People Living With Dementia**

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

**Tips for better and safer sleep:**

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# Senior Living

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

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

Avoid caffeine and naps late in the day.

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

Keep a telephone with emergency numbers by your bed.

Talk to your doctor if you have problems sleeping.

Healthy and Active Lifestyle Tips for People Living With Dementia

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

**Try these tips for a healthy and active lifestyle:**

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

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

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

protein and dairy products. Avoid added sugars, saturated fats, and sodium.

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

**Finding Care and Support: Tips for People Living With Dementia**

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

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

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

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

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

Learn more about support and services.

## Parkinson's support group

This Parkinson's support group brings together people going through—or who have gone through—similar experiences with Parkinson's. We provide opportunities for people to share their own personal experiences and feelings, coping strategies, or firsthand information about the disease and/or treatments. Additionally, attendees are encouraged



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to offer each other support and encouragement—especially for those newly diagnosed who are experiencing this new “life transition” for the first time.

Once a month, we team up together to provide support and information—and even some entertainment as a supplemental “activity” to what participants may already be doing in their established health programs.

Providing attendees with self-help strategies and raising awareness with all facets surrounding Parkinson's are what we strive to accomplish at each meeting. Brief informative presentations, followed by interactive participation, allow attendees to benefit from both a professional and personal perspective of the meeting's topic.

Though we provide relevant information and relatable personal experiences, our main goal is to instill better understanding of Parkinson's not only for its effect on a diagnosed person but also on caregivers. We want to empower all parties to engage in their own advocacy. Most importantly, at every meeting we listen to—and accept—experiences and viewpoints of others while providing caring understanding of everyone in the group/community.

For more information regarding this unique support group, please visit [vcneurofitness.com](http://vcneurofitness.com). Or contact Dr. Vanessa White, owner/director: [vanessa@vcneurofitness.com](mailto:vanessa@vcneurofitness.com), cell 805.300.7749.

Ventura County Parkinson's Support Group meets the third Tuesday of every month at Crosspointe Church, 5415 Ralston St., Ventura. 10:00-11:15am. Next meeting: Tuesday, Sept. 21.

**Avoiding/Stopping Senior Fraud**  
*Continued from page 9*

may also be getting a phone call from someone claiming to be a computer technician from a company such as Apple or Microsoft, saying there is a problem with your computer, asking for remote computer access to run a diagnostic test. In each of these cases, you are asked to fix a problem that doesn't exist for a fee. Or, it may result in them putting a virus or accessing personal financial information, such as your banking information.

“The FTC has very useful information on what to do to both avoid tech support fraud, as well as what to do if you are a victim. Remember that legitimate companies won't be contacting you by phone, email, text or via a popup message. Get more information at: <https://www.consumer.ftc.gov/articles/how-spot-avoid-and-report-tech-support-scams>.”

Thus, by being aware of the above types of senior fraud/crimes, you now have the tools to be able to stop/avoid it from happening.



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# This 'n' That



**Lori Kammerer**  
Government Relations  
Kammerer & Company Inc.  
**NAWBO-CA**  
Legislative Advisor



**Monique Limón**  
Member of California  
State Senate  
19th Senate District



**Dawn Dyer**  
President/CEO  
Dyer Sheehan Group, Inc.  
**NAWBO-VC**  
Public Policy Director

## NAWBO Ventura County announces September Event

The Ventura County chapter of the National Association of Women Business Owners (NAWBO VC), along with Gold Corporate Sponsor Chase Bank is pleased to announce this month's event: "Get a Seat at the Table". This event will be an expert panel discussion and will be held virtually on Tuesday, September 14, 2021 from 4:30 to 5:30 pm. Registrants may log in early at 4:00pm for social networking to connect or reconnect with their community of friends and business associates.

Expert Panel:

- Senator Monique Limón**  
Member of California  
State Senate  
19th Senate District
- Lori Kammerer**  
Kammerer & Company, Inc., Govern-  
ment Relations  
NAWBO-CA, Legislative Advisor
- Dawn Dyer, President/CEO**  
Dyer Sheehan Group, Inc.  
NAWBO Ventura County Chapter, Public  
Policy Director

The history of NAWBO (National Association of Women Business Owners) is rooted in public policy. The goal, exclaimed NAWBO'S Founding President Susan Hager, was to "Get a seat at the table or build our own table, and make sure to include other women."

NAWBO members helped draft and were instrumental in the passage of the 1988 (U.S.) Women's Business Ownership Act (H.R. 5050) which prohibited discrimination against women in obtaining business credit without male co-signors. More recent, NAWBO successes include sponsoring CA SB 826 to ensure women have a seat at the table on corporate boards. Engage with Senator Limón, and this esteemed panel of experts to learn more about current legislative measures and the importance businesswomen contribute during these historic times.

Register -Reserve your online access at <https://conta.cc/3mTVLYX>

NAWBO Ventura County - The local Ventura County chapter of NAWBO is committed to strengthening the wealth creating capacity of its members while promoting economic development within the entrepreneurial Ventura County community. Additionally, the local chapter advocates for innovative and effective change in the business culture, building strategic alliances and transforming public policy for the benefit of its members. Membership is open to women sole proprietors, partners and corporate owners as well as those companies and organizations that support women-owned businesses. Learn more: [www.nawbovc.org](http://www.nawbovc.org).

## Middle and high school teachers needed for new program

Ventura Unified School District (VUSD) has been awarded a three year NOAA Bay-Watershed and Training Grant Award for the implementation of a new and exciting environmental science program titled 'Ventura River Action Network (V-RAN) in partnership with the MERITO Foundation and with additional support from the U.C. Davis Center for Community and Citizen Science and Ventura Water.

The V-RAN program is an adaptation of MERITO Foundation's EECCOA program for VUSD science teachers and focuses on monitoring and restoring the Ventura River Watershed to support the removal of the Matilija Dam. This work will be done in collaboration with local and state environmental organizations.

V-RAN will provide free professional development field training, webinars, and science curriculum and stipends to eight science teachers per school year and live and virtual environmental monitoring experiences for

their 600-750 middle and high school students at Ventura River watershed and coast. The program will also include a STEM competition called 'the EECCOA Challenge' for students to design methods to reduce the environmental footprint of their school campus, with cash prizes for the authors of top projects.

The 158-foot-high Matilija Dam blocks a tributary of the Ventura River about 16 miles from the Pacific Ocean. Built in 1947, the dam has outlived its usefulness, and sediment fills almost its entire reservoir. With support from state and private funding, including the Open Rivers Fund program of Resources Legacy Fund, local stakeholders are working with dam owner Ventura County Watershed Protection District to plan, design, and finance the dam's removal. The removal of the Matilija Dam will benefit the community by addressing old, out-of-date infrastructure, expanding outdoor recreation opportunities, restoring habitat for steelhead trout, and enabling needed sediment to move downstream to beaches.

VUSD is now recruiting eight middle and high school science teachers to participate in the V-RAN 2021-2022 program. For more details or information on enrolling, contact Bret Klopfenstein, VUSD Science Specialist at [bret.klopfenstein@venturaedu.org](mailto:bret.klopfenstein@venturaedu.org), or Rocio. Lozano at [Lozano@meritofoundation.org](mailto:Lozano@meritofoundation.org).



This year's theme was Pirates & Mermaids!

## 11th Annual Backpack Gift-Away was huge success!

Kids & Families Together (K&FT), Heart 2 Heart, along with River Community Church, hosted the 11th Annual Backpack Gift-Away Drive-Thru event on Saturday, August 14th. The event served 182 foster/resource, kinship, adopted and bio children from 72 families, who are currently working in programs with Kids & Families Together.

It was a beautiful day at River Community Church for the 11th back to school Gift-Away event! This year's theme was Pirates & Mermaids! As with prior drive-thru events, our guests and volunteers had a great time dressing in costume and decorating

their vehicles. Pirate and mermaid themed decorations, live music, and sparkly bubbles, made the day fun for all! With over 50 jolly buccaneer volunteers, we provided backpacks filled with age appropriate school supplies, clothing and other donations. As families left the event, a box lunch was provided, allowing them the opportunity to enjoy a beautiful picnic lunch together at the beach or local park.

We are grateful to everyone who made this event possible and for helping so many children in care return to school with confidence and the supplies they need for a fun and successful school year! Thank you to our K&FT family, events planning committee, board members, partners, donors, and volunteers! Everyone helped make this year's back to school event magical.

Kids & Families Together (K&FT) is a nonprofit that has been serving foster/resource, adoptive, kinship, and birth families throughout Ventura County since 2000. K&FT works with children who have experienced trauma, abuse, neglect, loss, and multiple placements. K&FT also works with caregivers who need specialized education, support, and strategies to help raise safe, healthy, nurtured children who thrive. For more information about K&FT please visit us at: <https://www.kidsandfamilies.org/>

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



Celebration includes a T-shirt.

## Buena High 50th coming up soon

It's been 50 years since the class of '71 roamed the concrete halls of Buena High. How many friends' names can you remember? If you join us on October 15-17, 2021, for our 50th reunion, you can test your memory and maybe win a prize. A ticket will get you a T-shirt, food, reminiscing and lots of fun. A meet and greet, a BBQ, and a Continental Breakfast are part of the festivities.

Friday, October 15th, 6-9pm at Knights of Columbus Hall, 36 Figueroa St, Ventura, 93001. This will be a Meet & Greet with a variety of appetizers and snacks, and a full "No Host" bar, Cash Only.

Saturday, October 16th, 11-5pm at Camp Comfort Park, 11969 N. Creek Rd, Ojai, 93023. A catered BBQ at 1pm; snacks, desserts, music and games. BYOB, bottled water and ice provided.

Sunday, October 17th, 9-11am at Buena for a Continental Breakfast at the Orange Peel...that's right, a walk back in time at our Alma Mater!

COST: \$80 per person, includes a T-shirt with a panoramic picture of our class, or \$70 without a T-shirt. PayPal accepted, BuenaBulldog71@gmail.com (incl. full names & maiden name if applicable) or checks made out to: Lynnea Mitchell-Buena 1971, and sent to: 1375 Tamarix St., Camarillo, CA, 93010. Send T-shirt sizes to Mark Fargo: markafargo@gmail.com

There will be an Open Mic at each event, so come prepared with memories of your favorite High School moments.

A list of unfound classmates is posted on the Buena Facebook page. If you have contact info for anyone listed, please send it to: [yenbauer@aol.com](mailto:yenbauer@aol.com)

Remember that special friend in High School that you haven't seen in 50 years? Come to our reunion and reconnect! We hope to see you there.

Lynnea Barnum Mitchell, Cindy Meek Henley, Ilene Kutzmann Watson, Mark Fargo and Linda Yen.



# 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.

## Stolen Vehicle and Burglary

On August 25, at approximately 7:15 am, officers responded to the Business Park located at Goodyear Avenue and Market Street regarding a vehicle being stolen. It was reported that a suspect had just entered a business at the location and stolen a car.

While responding to the location, officers saw the stolen car turn onto Copland Drive from Telephone Road. They attempted to stop the vehicle on the dead-end street to avoid the likelihood of a pursuit, but the driver tried to flee by driving through a fence on the north end of Copland Drive. The car became disabled and the driver, identified as 31 year old vagrant Kashe Vargas, was arrested.

Vargas was booked for Burglary, Driving a Stolen Vehicle, Vandalism, and Evading. No one was injured during this incident.

## Narcotics Arrest

On August 27, at 3:30 pm, members of the Ventura Police Department SCU Narcotics unit conducted a search warrant at the above address due to an investigation into narcotics sales. Detectives using investigative tools were able to identify a primary suspect as 46 year old Ventura resident Matthew Maxfield.

During the subsequent investigation, detectives recovered methamphetamines, cocaine, and evidence of narcotics sales at the residence.

As a result of the investigation, Matthew Maxfield was arrested for possession for sale of controlled substances.

A search of the Ventura County Superior Court shows that Matthew Maxfield has prior arrests for numerous narcotics violations, kidnapping, theft, vandalism, resisting arrest, and providing false information to a peace officer.

## Vehicle Pursuit, DUI and Evading Arrest

On August 28, at approximately 11:30 pm, a Ventura Police Department Sergeant initiated a traffic stop on a white SUV that was driving recklessly southbound on Victoria Ave. The vehicle did not yield and continued northbound on the 101 freeway at a high rate of speed. The vehicle exited the freeway at Telephone Rd and then collided with a tree at Telephone Rd and Copland Dr.

The driver and solo occupant, 29 year old Oxnard resident Felipe Perez eventually exited the vehicle uninjured and was taken into custody without further incident. Officers conducted a DUI investigation and determined that Perez was under the influence of alcohol. He was arrested for felony evading and misdemeanor driving under the influence.

# Harbor Patrol Blotter

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

**8/18** 7:33am, received a report of car vandalism near Surfers Knoll parking lot. Officers investigated and found the word “Donkeys” written in surf wax on windows of the vehicle. No other damage or the perpetrator were found.

**8/19** 10:50am, received report of a water rescue, surfer in distress at the South Jetty. Officers responded in Fireboat 1 to assist a surfer who was caught in a rip current. The victim refused assistance, officers escorted to Harbor Cove.

2:15pm, received report of stingray strike at Harbor Cove. Officers obtained and delivered hot water to State Parks lifeguards for treatment of puncture wound.

**8/20** 10:35am, due to film shoot & excellent surfing conditions, observed a high volume of vehicles searching for parking around the village and beach parking lots. Officers assisted with opening closed lots & directing traffic to open spots.

11:33am, received request for hot water from State Parks Lifeguards for preventative actions for sting ray strikes at Harbor Cove, delivered hot water.

**8/21** 12:18pm, while on patrol in Rescue B-19, observed a boat club vessel in violation of speed and wake ordinance near the mid harbor area. Warnings and education of local laws and safety inspection were conducted.

2:02pm, dispatched to a stingray strike at Harbor Cove from State Parks lifeguards. Officers responded with hot water to treat the puncture wound.

11:20pm, received report of a female transient screaming at people. Officers responded and observed the subject running away onto the beach. Attempts to locate the subject on the beach and determine wellness were unsuccessful.

**8/22** 1:23am, observed and contacted a large group of juveniles loitering with their vehicles near Harbor Cove. After repeated requests to leave, the group departed.

3:53am, while on patrol, officers observed graffiti on the Harbor Cove restrooms and lifeguard tower, likely scrawled by the large group of juveniles from earlier.

**8/24** 9:01pm, observed an RV driving around aimlessly around the harbor parking lots. Officers contacted and the female drive advised her brakes don’t work. She asked if we had a cup of tea. Educated about camping ordinance.

**8/25** 4:52pm, dispatched to a vehicle shearing off a fire hydrant in front of the Ventura Yacht Club. Officers responded in vehicle and found the hydrant but unable to locate vehicle. Ventura Fire secured water flowing from the hydrant.

**8/26** 9:35am, officers assisting Ventura PD with contacting and mapping transient camp sites in the Santa Clara Riverbottom to remove the campers.


4:25-5:05pm, received two separate reports of stingray strikes from State Parks at Harbor Cove. Officers responded with hot water to treat the puncture wounds. One of the patients was struck on both left and right feet. Strikes are painful.

10:04pm, received a report of loud music near the Harbor Cove Café. Officers responded and found a group of 50+ bicyclists in the Harbor Cove parking lot dancing and frolicking. The group apologized and began to gather their bikes.

**8/28** 9:10am, officers proctoring 500-meter tryout swim for a Ventura Harbor Patrol Officer I position in the Pierpont Basin from the Fireboat for a few participants.

**8/29** 9:00am, officers proctoring another 500-meter swim for Ventura Harbor Patrol officer I. Five candidates completed the process so far.

1:01pm, Received report from State Parks of a disabled vessel in the swim area at Harbor Cove. Officers responded in



# Introduction to QuickBooks Online


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Rescue B-17, assisted TowBoat US.

**8/31** 5:16pm, received report of a disabled skiff in front of State Parks Headquarters. Officers responded in Rescue Boat 19, found the skiff anchored as reported. The skipper was taken onboard and the small craft was towed to the launch ramp.

## September is Pedestrian Safety Month

Continued from page 1

tive material, and using flashlights for added visibility at dawn, dusk, or night.

Be extra careful crossing streets or entering crosswalks at night when it is harder to see, or when crossing busier streets with higher speed limits.

Always use the sidewalk when available and avoid walking in the street alongside traffic, especially during morning and evening hours.

## Drivers

Do not drive distracted and never drive impaired.

Drive defensively, follow the speed

limit, and slow down at intersections.

Avoid blocking crosswalks while waiting to make a right-hand turn.

Funding for this program is provided by a grant from the California Office of Traffic Safety, through the National Highway Traffic Safety Administration. To learn more about the Office of Traffic Safety grant at [ots.ca.gov](http://ots.ca.gov).

## Mailbox

Continued from page 4

With more and more people coming down with Diabetes II Maybe someone should make a restaurant that deals with low or no sugar dishes-with disserts what our requirements permit. I must admit I get rather tired of salads all the time.

There are enough people with this condition to make it a going concern. Such a business my also cater to dieters as well as those of us with restrictions.

Richard Senate

### Weekly SUDOKU

Answer

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

### King Crossword

Answers

Solution time: 21 mins.

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



# The Pet Page



Dedicated to Scamp

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

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

Two upcoming clinics in September are Tuesday, September 21st at SPAN Thrift Store parking lot 110 N. Olive St. (behind Vons on Main), and a second at Albert H. Soliz Library - El Rio, 2820 Jourdan St., Oxnard, 93036 on Tuesday, September 28th.

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

## ■ Are Cats Ticklish? by Jennifer Nelson

Your cat is lying next to you on the couch pawing and playing when you decide to reach over and give her belly a little tickle. Wait, are cats ticklish? "Cats can be ticklish but, since they don't laugh, they show it in different ways," says Dr. Angelica Dimock, managing shelter veterinarian at Animal Humane Society.

"Ticklish areas include chin, cheeks, belly, and paws," says Dr. Dimock. But other areas may seem like they are ticklish but have a medical explanation. If you pet a cat along its back in a certain spot, you may see its skin twitch. That's not a ticklish reaction but rather it's a nerve reflex. Dr. Dimock says the base of their tail is another spot that some cats react to and can seem like it's a tickle spot, but again, it's more like a reaction that they have an itch.

"Cats may be itchy due to fleas, allergies, skin infections, or a disease called feline hyperesthesia syndrome," she says. Lastly, if you pet their tail base and they move their hips upward, this is a scent gland area, and they are marking you (or it could be an in-heat female who is looking for a mate!).

Tickling a cat may not be as fun for your cat as it is for humans. Cats can become aggressive if they don't like the feeling of being tickled. If you do try a tickling session, knowing your cat's warning signs when they're not happy can help prevent any injuries if they become angry or aggressive. Some common warning signs include ears back, wide eyes, freezing up (stop moving), and vocalizing. If your cat gives you any of these indications, it likely means 'please stop, I'm not enjoying that.'

Since cats usually don't make any bones about telling you they're unhappy, you should be able to get a feel fairly quickly if they enjoy tickling and where. Typically, if they're enjoying the touch they may purr, knead with their front paws, make soft movements with their tail, seem relaxed or even nudge your hand when you stop.

Tickling, especially under their chin and on their cheeks, mimics the bonding behavior that cats do with other cats so while your pet can't laugh, she can

express perfectly well if she likes your brand of tickling.

■ Stephan Carey, associate chairperson in the Department of Small Animal Clinical Sciences at Michigan State University's College of Veterinary Medicine, answers questions about the warning signs of kennel cough and explaining how its outbreak is connected to the COVID-19 pandemic.

Canine Infectious Respiratory Disease, known as CIRD or "kennel cough," is a complex of highly contagious bacteria and viruses that cause transmissible upper respiratory tract disease among dogs in group settings. As the name suggests, it can happen in kennels, boarding facilities, doggie day care centers and animal shelters, but it can really occur anywhere dogs are comingling, including veterinary clinics, dog parks and dog shows.

It is common to see mild increases in the numbers of outbreaks during the summer months every year because of increases in travel — so, increased kenneling for pets — and increased social activity among dogs at dog parks.

COVID-19 has affected all walks of life — for humans and animals alike. How has it played a part in increased kennel cough cases?

In 2020, because of the COVID-related shelter-in-place and social distancing restrictions, we saw a marked decrease in the numbers of outbreaks of CIRD. This is very similar to what happened to the 2019-2020 flu season in people. Normally the influenza season in the U.S. runs from late September through April. In 2020, the flu season was cut short by about one month because of the implementation of COVID restrictions (social distancing, hand hygiene, decreased travel) in early March. We saw the same effect on CIRD/kennel cough cases in the summer of 2020.

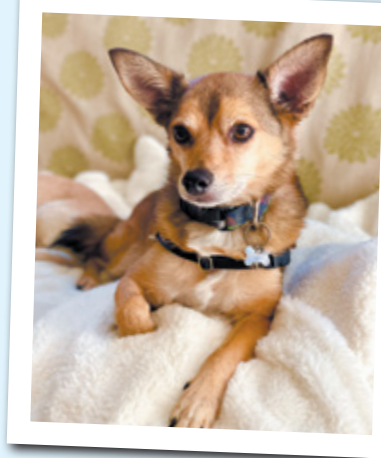
This year, we have seen a notable increase in CIRD outbreaks, particularly during the latter part of the summer. While we would expect a mild increase in most summer seasons, it's particularly notable this year nationally. There have been large outbreaks reported in New York, Florida, Massachusetts, Michigan, California, Missouri and Minnesota, and this is happening in other parts of the U.S. and in the UK as well.

The biggest contributor to this uptick is likely the increased comingling of dogs because people are going back to work and enrolling dogs in day care settings, because people are traveling and boarding their dogs in kennels, and because of increased social activities like frequenting dog parks. All of these are likely the result of the easing of COVID restrictions.

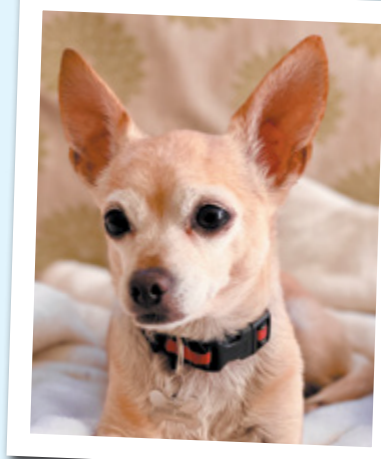
Another COVID-related factor is that many dogs likely had lapses in CIRD vaccinations during 2020-2021, as access to veterinary care was heavily impacted by COVID. Many of the CIRD vaccines need to be given annually to provide optimal protection and missing a year could increase the risk of transmission.

## Scamp Club

(Scampclub pets are not for adoption.)



I am Joey, half Chihuahua, and half Shih Tzu. I'm 12! I like to play ball and go on walks with my mom and my sister.



My name is Tink! I'm an eight-year-old Chihuahua and my mom's emotional support friend. I like to sit on my mom's hip and be carried around in a bag. I enjoy wrestling with my kitten brother.



I am LeRoy and I am a pandemic kitten born on April 1st. I love looking for mice in my apartment, but I haven't found one yet just some dogs! I also like hiding from my mom in the pots and pans cupboard!

## 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.

Like humans preventing the spread of COVID, vaccinations are among the most important things we can do to keep pets safe. While there aren't vaccines for all factors causing kennel cough, there are vaccines for the most common, like Bordetella and Canine Influenza Virus — similar to the flu shot for humans. So, being sure that your pet's vaccines are up-to-date, especially if you're in situations where they're going to be around other dogs, is the best thing to do.

The most common symptoms of kennel cough are deep coughs that sound as if something were stuck in their throats. Other symptoms include sneezing, running nose, eye discharge, lethargy, loss of appetite and sometimes fever.

If your dog is exhibiting any symptoms of kennel cough, contact your veterinarian immediately and keep them away from other dogs. Your veterinarian

can determine whether a veterinary visit is recommended. In many cases, dogs have self-limiting infections, and the recommendation may be to simply isolate the pet rather than to make a visit to the veterinarian, which could potentially increase the risk of transmission.

In dogs with more severe signs or risk factors for complicated infections — such as puppies, dogs with chronic respiratory disease or immunocompromised dogs — veterinary care may be necessary. Your veterinarian can also advise you on the need for quarantine. If quarantine is advised, plan to keep your dog away from social environments, including day care and boarding, for at least 14 days after their symptoms have resolved. This is generally how long it takes for a dog to clear the infection and no longer be contagious to other dogs.

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Must call for appointment  
(805) 584-3823



# The Pet Page

## Forever homes wanted

Corky is a 9-month-old German Shepherd X. His long legs and goofy smile make him one of C.A.R.L.'s most eligible bachelors. Corky found himself at C.A.R.L. after he was found as a stray and no one came looking for him. He is an active guy who would make a great adventure partner. If you're looking to add more love to your life, Corky is the one for you. Canine Adoption and Rescue League C.A.R.L.



Bella is a sweet older lady. She purrs on contact and “chirps” to get your attention. She has some medical issues which require special food. We're hoping to find her a home where she can live out the rest of her years. VCAS BELLA #A776520 Available: Camarillo Animal Shelter – 600 Aviation Dr.

# This 'n' That

**Moving In?  
Moving Up?  
Moving Out?**  
**I can help you with that!**  
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# This 'n' That



Volunteer members Mary Harrison, Anita Hensley, Ariel Cottrell, and Sandi Brown prepare books for the upcoming book sale/fundraiser.

## The Women's Club in Action

by Shirley Lorraine

The San Buenaventura Women's Club continues to find ways to contribute to the community. For over 80 years, the Club has been committed to fulfilling its mission of giving back to Ventura County. The Club annually supports arts in the high schools, the community concert band, Search and Rescue Dogs and groups offering housing and assistance to women and children in need to name a few. Fundraisers are held for the purpose of collecting money to be given back to chosen programs. Each May, at the end of the club's fiscal year, checks are issued to the board-approved entities.

Despite this last year of no in-person meetings, members have continued to find creative ways to raise funds to fulfill their mission. Donations back to the community for 2020 were \$9,550.00.

On September 25, 2021, the Club will be operating "Expanding Reading Horizons", a drive-through grab-bag book extravaganza. Buyers are welcome to drive in from 12:30 – 4 p.m. at the Church of the Foothills, 6279 Foothill Road, Ventura.

Volunteers have been collecting book donations for months and are now in the process of cleaning, sorting and filling the bags. Trader Joe's generously donated the paper bags which will contain a mix of hardbacks & paperbacks covering assorted genres and interests to inspire and expand reader's horizons.

For a \$10 donation per bag, pre-filled and sealed bags are handed to you – no need to get out of the car! Also available are Bonus Bags for \$15 which include a donated jigsaw puzzle.

Meetings are held the second Tuesday of each month, September to May at the Poinsettia Pavilion (originally named the Women's Club) 3451 Foothill Road, Ventura. Reservations are required for the lunch, program and business meeting. Contact Business Manager Jennifer Enoch at (805) 844-9399.

www.sanbuenaventurawomensclub.org . Membership in the 501c (3) is open to all persons 18 and over (men welcome too!). The Club and the community welcomes your participation.



Dear Wild & Scenic Film Festival guests

Thank you for joining us on August 28th for Ventura Land Trust's 12th annual Wild & Scenic Film Festival on the campus of Ventura County Credit Union.

Your support through Wild & Scenic makes its possible for Ventura Land Trust to permanently protect the land, water, wildlife and scenic beauty of the Ventura region for current and future generations. Thanks to you, Ventura Land Trust conserves and cares for nearly 4,000 acres of sensitive habitat in and around Ventura.

The Ventura Land Trust Team





by Pam Baumgardner  
VenturaRocks.com

Big congratulations to Tammy and the crew at Grapes and Hops for expanding their beverage selection to include a lovely assortment of mixed drinks, and as a result, the venue is now called Grapes and Hops with a Twist! I have to always send them love as they’ve consistently offered live music from the start. By the by, it’s been great the past few months catching their weekend afternoon matinees with music outside on their patio area on Main Street.

Cadillac Zack shows at Cantara Cellars in Camarillo kick off the month with Sugarmill Slim on Friday, September 10 with none other than Cadillac Zack as the special guest. I became a new fan of Sugarmill Slim when he played with Jimmy Vivino earlier this summer, and speaking of which, at that same show, you may remember my write up about how cool it was to see Fito de la Parra of Canned Heat sitting in for a number of tunes; well it will be a whole night of legendary hits when Fito returns with Canned Heat for a special engagement on October 14. This will most certainly sell out and I understand advance tickets are only \$40. You can get more information at CadillacZackPresents.com or text (323) 377-5291.

The 75th Ojai Music Festival runs September 16 – 19 this year with John Adams, Music Director, at the helm. I counted twelve events being held at Libbey Bowl, Soule Park, Redemption Church, and at the Zalk Theatre at Besant Hill School with performance from Rhiannon Giddens, the LA Phil New Music Group, the Ojai Festival Orchestra and more. For a full list of the programs being offered and for ticket information, go to OjaiFestival.org.

More and more music is being scheduled for that stage located at California and Main Street, downtown Ventura. You can catch Warren Takahashi every Wednesday, coming up on Sunday the 12th, it’s Dr. T and the Blues Criminals, and the following week they have Simi Rat Pack, Michelle Meadow Love & Christy P. Klotz. See listings for days and times.

Ojai Nest Fest will be held at Lake Casitas on October 2nd with Foghat headlining the veteran’s benefit. Shaky Feelin, Mike Marino, Rich Sheldon, Other Mother Brother Band, and more will be performing. This inaugural event promises to be family friendly with proceeds benefiting Veterans Independence Foundation. Go to

OjaiNestFest.com for ticket information.

I received a special announcement that Surf Rodeo was heading to Texas to partner with the BSR Surf Resort in Waco, Texas for what they calling “A fun filled weekend in October.” They added, “Don’t worry we will be back in Ventura next summer!”

Quick Notes: The Majestic Ventura Theater is back in the business of live shows this month with Lukas Nelson & Promise of the Real on Thursday, September 9; The SICC House Fundraiser at the Ventura Beach Club on Sunday, September 12, with Blackstar & Easy Death; The High Street Arts Center Theater hosts the 2021 Gala Arts Under the Stars with Mark Wood and the Parrot Head Band on Saturday, September 11; and the next Namba show is Saturday, September 18 with Kavika G and the Kosmic Geckos featuring David Gorospe.

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

## Music Calendar

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

**Boatyard Pub**  
**Ventura Harbor**  
Thursdays: Jim Friery; then Bluegrass Jam  
**Cantara Cellars**  
**126 N. Wood Road, Camarillo**  
Fri 9/10: Sugarmill Slim w/ Cadillac Zack  
Sat 9/11: Katie Shorey  
Fri 9/17: Artur Menezes  
Sat 9/18: Sandy Haley  
Sun 9/19: Natalie Wattre  
**The Cave**  
**4435 McGrath Street, Ventura**  
Music 5:30 – 8:30  
Thursdays: Bobby Apostol  
Fridays & Saturdays: Warren Takahashi  
**Copa Cubana**  
**Ventura Harbor Village**  
Tuesdays: (7 pm) McWorter, Berghoff & Jones  
Fri 9/10: Kenny Devoe (1 pm); Bill Macpherson & Jen Staves (7 pm)  
Sat 9/11: Karen Eden & Bill Macpherson (5:30 pm)  
Sun 9/12: Kenny Devoe (11 am); Bill Macpherson & Smokey (4 pm)  
Sat 9/18: Kenny Devoe (Noon); Bill Macpherson & Smokey (7 pm)  
Sun 9/19: Kenny Devoe (11 am)  
**Downtown Ventura**  
**California & Main Stage**  
Wednesdays: Warren Takahashi

(5:30 pm)  
Fri 9/10: Chris, Tim & Friends (6 pm)  
Sat 9/11: Dr. T & The Blues Criminals (2 pm)  
Fri 9/17: Simi Rat Pack (3 pm)  
Sat 9/18: Michelle Meadow Love (5:30 pm)  
Sun 9/19: Christy P. Klotz (Noon)  
**Four Brix**  
**2290 Eastman, Ventura**  
Music 6-8 pm on Fridays, Sat & Sun 1 – 3:30 pm  
Fri 9/10: Ignition  
Sat 9/11: Doc Rogers Trio  
Sun 9/12: Erinn Selkis & Eddie  
**Grapes and Hops with a Twist**  
**454 E Main St, Ventura**  
Music 8 pm unless other noted  
Thursdays: LA Jazz Experience (7 pm)  
Fri 9/10: 805 Crosscut  
Sat 9/11: Los Dudes (2 pm); Shawn Jones Trio  
Sun 9/12: Dave Parsonage (2 pm)  
Fri 9/17: Brandon Ragan Project  
Sat 9/18: Blue Motel Room (2 pm); Dive Bar Messiahs  
Sun 9/19: Colette Lovejoy (2 pm)  
**High Street Arts Center Theater**  
**45 E. High Street, Moorpark, CA**  
Sat 9/11: Mark Wood and the Parrot Head Band (6 pm)  
**Keynote Lounge**  
**10245 E Telephone Rd, Ventura**  
Fri 9/10: Whiskey Business  
Sat 9/18: Pull the Trigger  
**Leashless Brewing**  
**585 E. Thompson Blvd, Ventura**  
Music 6:30 pm except Sundays at 3 pm  
Thurs 9/9: Illunismusic  
Fri 9/10: TC King  
Sat 9/11: The Essentials  
Sun 9/12: Joe Henry III  
Thurs 9/16: Sin Chonies  
Sat 9/18: The Lucky Ones  
Sun 9/19: Katie Leigh  
**Made West Brewing**  
**1744 Donlon Street, Ventura**  
Sat 9/11: Art of Funk (4 pm)  
Sun 9/12: The Devil’s Box String Band duo (3 pm)  
Thurs 9/16: RJ Mischo (6 pm)  
Sat 9/18: Ben Schneid (4 pm)  
Sun 9/19: Gianna Bella (3 pm)  
**Majestic Ventura Theater**  
**26 S. Chestnut Street, Ventura**  
Thurs 9/9: Lukas Nelson & Promise of the Real  
Fri 9/10: The End of Summer Lockdown Show  
**Margarita Villa**  
**Ventura Harbor Village**  
Music Mon -Thurs 6-9, Fri & Sat 8-11; Sundays 5-8  
Fri 9/10: Colette Lovejoy  
Sat 9/11: Operation 90s  
Sun 9/12: Karen Eden & the Bad Apples

Fri 9/17: Whiskey Business  
Sat 9/18: Crosscut Band  
Sun 9/19: Doc Rogers Band  
**Namba**  
**47 S. Oak Street, Ventura**  
Sat 9/18: Kavika G and the Kosmic Geckos w/ David Gorospe  
**Ojai Underground Exchange**  
**616 Pearl Street, Ojai**  
Fri 9/17: Teka  
Sat 9/18: James Lee Stanley  
**Oxnard Performing Arts Center**  
**Canyon at Oxnard PACC**  
Sundays: The House Arrest Band (1-4 pm)  
**Peirano’s Market & Deli**  
**204 E. Main, Ventura**  
Fri 9/10: Bobby Campbell & Friends (6 pm)  
**The Raven Tavern**  
**1651 S. Victoria Ave., Oxnard**  
Music at 8 – 11 pm  
Fri 9/10: Vanise Terry Band  
Sat 9/11: Christopher Hawley Rollers  
Fri 9/17: Sean Wiggins  
Sat 9/18: Foo Flannels  
**Relm**  
**2390 Las Posas Rd., Camarillo**  
Music at 5:30 pm  
Fri 9/10: Morrison Drive  
Sat 9/11: Jade Hendrix  
Fri 9/17: Sam Stacy  
Sat 9/18: Shawn Jones  
**Ric’s Restaurant**  
**2500 Las Posas Rd., Camarillo**  
Sun 9/12: The Lisa Ritner Jones Trio (2:30 pm)  
**Simi Valley Town Center**  
**1555 Simi Town Center Way**  
Music at 7 pm  
Fri 9/10: Just Dave Band  
Sat 9/11: Blue Motel Room  
Fri 9/17: Honky Tonk Outlaws  
Sat 9/18: Natalie Wattre  
**The Six Chow House**  
**419 E. Main Street, Ventura**  
Music at 9:30 pm  
Sat 9/11: Groovesession  
Sat 9/18: Shakey Feelin’  
**Ventura Beach Club**  
**281 W. Main Street, Ventura**  
Sun 9/12: Blackstar, Easy Death (2 pm)  
**The Vine**  
**308 E. Ojai Avenue, Ojai**  
Saturdays: Smitty and Julija and Friends  
**Winchesters**  
**632 E. Main Street, Ventura**  
Music Thurs 5:30; Fri 7 pm; Sun 3 pm  
Thurs 9/9: Karen 805  
Fri 9/10: Milo Sledge Duo  
Sun 9/12: The Bomb  
Thurs 9/16: Big Adventure  
Fri 9/17: Blown Over  
Sun 9/19: Karen Eden & the Bad Apples







The Museum of Ventura County is pleased to announce and unveil its newest acquisition, John Nava’s *Big Platter*. A gift of Laura and William Peck, the 27-foot-long tapestry spans the north wall inside the Martha K. and Martin V. Pavilion, where numerous events, pop-up exhibits, and activities occur year-round. *Big Platter* will remain in the Pavilion as a permanent display.

**John Nava**, who lives in Ojai, studied art at UC Santa Barbara under Howard Warshaw and completed his graduate work in Florence, Italy. His work is found in numerous private, corporate, and public collections throughout the United States, Europe and Japan, including his creation of the *Communion of the Saints* tapestries for the Cathedral of Our Lady of the Angels in downtown Los Angeles.

“There is a long tradition in art of the Arcadian image — Arcadia as the setting of a harmonious image of people within nature,” explains local artist, John Nava. We find ourselves immersed in this beautiful nexus of shore, sea and sky completing the composition. I wanted to make Ventura’s own Arcadian image.”

The Museum has two locations – the main museum is located at 100 East Main Street, Ventura. The Agriculture Museum is located at 926 Railroad Avenue, Santa Paula. Both museums are open Thursdays through Sundays, 11:00 a.m. to 5:00 p.m. – [venturamuseum.org](http://venturamuseum.org).



Sunday, September 12, the Olivas Adobe is open to the public 11am-3 pm for a Day on the Rancho. In the small adobe artist **Laura J. Jespersen** has created a series of paintings “the Romance of the Adobe” featuring scenes and stories inspired by the Olivas family and those who lived on the rancho. All paintings are for sale. [www.cityofventura.ca.gov/OlivasAdobe](http://www.cityofventura.ca.gov/OlivasAdobe)

Celebrating its 12th year, Ventura Art and Street Painting Festival takes place September 11th and 12th, from 10:00 a.m. to 5:00 p.m., at the Ventura Harbor Village located at 1583 Spinnaker Drive. Festival-goers are invited to stroll and view over 26 chalk paintings from talented street artists while enjoying a diverse shopping experience that includes hand-crafted jewelry, pottery, handbags, and much more. While attending the summer festival, guests are encouraged to enjoy lunch from Harbor restaurants and sweet and tasty treats from Harbor chocolatiers, bakeries and an ice cream shop.

Additionally, this family-friendly festival invites parents and children to enjoy an interactive opportunity at the Children’s Chalk Area, organized by volunteers of the Boys and Girls Club of Ventura County. Chalk boxes and street space are available for purchase. See ad on page 2.

# Holiday Art Market Presented by SCIART

Studio Channel Islands Art Center (SCIART) Artist Talk series will present the Making/Giving virtual artist talk, Saturday, 1 to 2:30 p.m., Sept. 18. Featuring artists Daggi Wallace, Nurit Avesar, and Janet Milhomme, this talk will consider the parallels between making art and the giving of gifts. This Artist Talk will be an online event. Tickets can be purchased at <https://bit.ly/MakingGiving>. Admission is free to members; \$10 non-members. The “Perceive Me” exhibition will be on display through Sept. 25, 2021, at 2222 E. Ventura Blvd., Camarillo. For more information, visit <https://studiochannelislands.org/perceive-me/>. Studio Channel Islands Art Center

(SCIART) invites the community to the 2021 Holiday Art Market on Saturday, 11 a.m. to 5 p.m., Dec. 4, and Sunday, 12 p.m. to 4 p.m., Dec. 5. Enjoy unique gift shopping this holiday season for your family and friends while browsing through 40 professional artists studios and additional guest vendors! There will be free activities for kids, delicious food and treats available for purchase, and craft beer and wine. This market will be held at 2222 E. Ventura Blvd., Camarillo, and plenty of free parking will be available. For more information, visit <https://studiochannelislands.org/holiday-market-2021/>.



Ventura  
Art Scene



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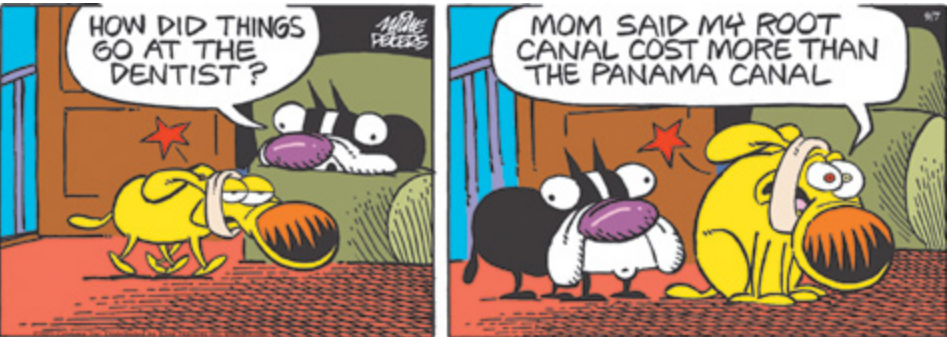


Lighter Breeze

Tiger



Mother Goose and Grimm



Barney Google and Snuffy Smith



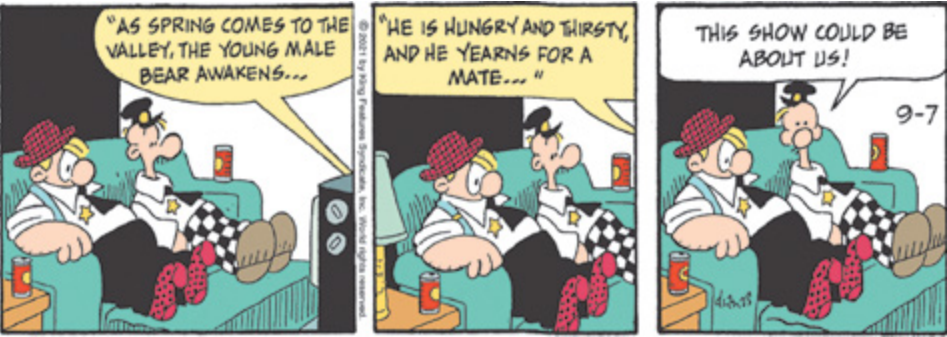
Hagar the Horrible



Moose and Molly



Sam and Silo



Solutions on page 13

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

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

Weekly SUDOKU

by Linda Thistle

Place a number in the empty boxes in such a way that each row, column, and each of the nine 3x3 subgrids contains all of the numbers from one to nine.

DIFFICULTY THIS WEEK: ♦♦♦

♦ Moderate ♦♦ Challenging ♦♦♦ HOO BOY!

Solutions on page 13

King Crossword

ACROSS

- 1 Wee dollop
- 4 "I smell —!"
- 8 Lose it
- 12 Single
- 13 Only
- 14 Chantilly, e.g.
- 15 Vitamin stat
- 16 Frost
- 17 "— Misbehavin'"
- 18 Improbable, unexpected wonders
- 21 Existed
- 22 Squid squirt
- 23 Song of praise
- 26 Frequently
- 27 "Lion" actor Patel
- 30 Intends
- 31 Dinner for Dobbin
- 32 Seethe
- 33 Sample
- 34 "Shoo!"
- 35 Crazy Horse, for one
- 36 Mountain pass
- 37 Hot tub
- 38 Insignificant sum
- 45 Car
- 46 "Who —?"
- 47 Ultimate
- 48 Leisurely
- 49 Fashion magazine

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

- 50 Multipurpose truck
- 51 Bottom lines?
- 52 Lushes
- 53 Melancholy
- 10 Teen's woe
- 11 Favorites
- 19 They give a hoot
- 20 Busy insect
- 23 Bit of butter
- 24 Knightly address
- 25 Actress Adams
- 26 Feedbag morsel
- 27 Pair with an air
- 28 Outback bird
- 29 Imitate
- 31 Many Woodstock
- 32 Edict
- 34 Guy's date
- 35 Sudden bursts
- 36 Radiates
- 37 Long-legged shorebird
- 38 Obi
- 39 Stubborn beast
- 40 Molecule part
- 41 Norway's capital
- 42 Burden
- 43 Jazz singer James
- 44 Molt

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**LIBRA** (September 23 to October 22) You should soon be hearing some positive feedback on that recent business move. An old family problem recurs, but this time you'll know how to handle it better.

**SCORPIO** (October 23 to November 21) Some surprising statements shed light on the problem that caused that once-warm relationship to cool off. Use this newly won knowledge to help turn things around.

**SAGITTARIUS** (November 22 to December 21) Your spiritual side is especially strong at this time. Let it guide you into deeper contemplation of aspects about yourself that you'd like to understand better.

**CAPRICORN** (December 22 to January 19) Your merrier aspect continues to dominate and to attract folks who rarely see this side of you. Some serious new romancing could develop out of all this cheeriness.

**AQUARIUS** (January 20 to February 18) You're always concerned about the well-being of others. It's time you put some of that concern into your own health situation, especially where it involves nutrition.

**PISCES** (February 19 to March 20) Just when you thought your life had finally stabilized, along comes another change that needs to be addressed. Someone you trust can help you deal with it successfully.

**BORN THIS WEEK:** You have a sixth sense when it comes to finding people who need help long before they think of asking for it. And you're right there to provide it.

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# Showtime

Streaming Spotlight by Cindy Summers

## Clickbait

– Netflix Originals



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

In Clickbait, Nick Brewer’s (Adrian Grenier) family is in a race against time after seeing him on an internet video holding signs that said “I abuse women” then “At 5 million views I die”. Nick’s sister Pia (Zoe Kazan) was unstoppable trying to find her brother while his wife Sophie (Betty Gabriel) worked to sooth the concerns of her two sons, Ethan and Kai. Instead of seeing Nick as a victim, most vilified him from the the signs, and the news media coverage only fueled the countdown. The eight episodes focus on the perspectives of the primary characters as the story progresses:

Sister

Being very stubborn and willful, Pia turned to the aid of a tech friend to use the internet and online detectives to determine her brother’s location from the video. While waiting at the police station the count reached 5 million and the site went offline.

Wife

Eventually it came out that they did have marriage issues, and eventually Sophie revealed she had an affair with a coworker at the school named Craig, who detectives later saw on video in an altercation at a bar with Nick.

Detective

After briefly connecting with Pia

online, Detective Roshan Amiri (Phoenix Raie) found himself in the interview room at the police station with Pia and her sister in law Sophie. Thrill chasers used an app that Roshan followed to mark locations in the city they had searched to find Nick’s body.

Mistress

Emma Beesley had a 6 month affair with Nick, but knew him as Danny Walters. She got a threatening call and after leaving her hotel was run off the road into a dumpster. Roshan and Pia visited her in the hospital and Roshan shared Nick had multiple profiles under multiple names.

Reporter

Ben Park got the exclusive interview with Emma Beesley but before it aired was dropped for an exclusive with Sophie after she threatened to sue the station. Ben felt a crime had been committed and thought he could use his skills to bring justice to those victimized.

Brother

Sarah’s brother Simon worked in a tech company and surveilled her over his concern of her suicidal threats. After she committed suicide he found texts on her phone which eventually led him to Nick Brewer. Simon realized he got the wrong guy and let Nick go after he was tried to escape

Son

Ethan (Cameron Engels) was always texting a girl named Allison who he had never met. Allison thought she could help Ethan find the catfisher through hacking, but when she sent him the info it was Kai who got the text and proceeded to the location.

Answer

The story develops and secrets are revealed with each character perspective that is cleverly shared and the Answer will surprise you.

Runtime: Season 1: 8 - 45m episodes

homework clubs, adult empowerment, nutrition and fitness, and youth leadership development.

“These programs are a vital part of what we do,” said Luz Soto, Director of Property Management and Resident & Community Services. “We are not just in the business of building housing. Building communities is an important part of our mission and it enables us to create opportunities for residents to focus on the other aspects of life – from saving money, supporting their children’s education, finding better employment, and much more.”

Liza F, a mother of three, found herself homeless and separated from her children, who were sleeping in their cars or with friends in her congregation She moved into Snapdragon II apartments in Ventura and is thrilled to have a safe, stable home. “It was hard to be apart from my boys. I had to sleep in the street and the beach.” Liza says being homeless took a toll on all of them emotionally and mentally and that having a home helps her feel like a mom again. “it’s a great feeling to feel that way again. They [Cabrillo EDC] opened the door for me. It is a beautiful place and I am very grateful and thankful for the opportunity to be a mom and a place to call my home.”

“Cabrillo EDC has been making dreams come true, one home at a time, and we are thrilled to celebrate our Ruby Anniversary this year,” said Chief Executive Officer Margarita H. de Escontrias. “We believe home is more than a

Continued on page 20

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WWW.OJAICANNABIS.COM

408 Bryant Cir. Suite G Ojai, Ca 93023



The food will go to families struggling with food needs from Ventura County.

## 40,000 pounds of donated food arrives in Ventura

Last week, a truck carrying over 40,000 pounds of food – from cases of canned salsa, peaches, peanut butter, and more – arrived at Project Understanding in Ventura to help with the organization’s efforts to feed hundreds of families in Ventura County over the next few months.

This donation was organized from the Ventura Stake (congregation) of The Church of Jesus Christ of Latter-Day Saints to assist with the needs of those in Ventura County. One of four large food deliveries to Southern California this week, this donation is a small part of the efforts of the congregations who contribute to a Humanitarian fund that helps with crucial needs around the world such as providing shelter and supplies to victims of the Haiti earthquake, assisting Afghan refugees with

shelter, food, and supplies and, like this week’s project, supporting local needs such as food inequality through organizations such as Project Understanding.

The food will go to families struggling with food needs from Ventura County. Project Understand has helped families with food insecurity with their food pantry since 1977, and many may not be aware they also help with many other community programs such as their Homeless to Home program and the successful Tutoring program with centers around the county. They are always open to having volunteers help at the food pantry as well and will be having a golf tournament on November 8th to raise funds for their crucial programs. ProjectUGolf.givesmart.com





Ventura Breeze Senior Advertising Exec. Breezy Gledhill is sure that her niece, 4-year-old Louvelle Gledhill is the cutest in the whole universe. Maybe she is right.

# This 'n' That

## Pulmonary Rehabilitation Program certified by industry leader

Community Memorial Health System is proud to announce the certification of its Pulmonary Rehabilitation Program by the American Association of Cardiovascular and Pulmonary Rehabilitation (AACVPR). This certification recognizes Community Memorial Health System's (CMHS) commitment to improving patients' quality of life by enhancing standards of care.

Pulmonary rehabilitation programs that include exercise, education, counseling and support for patients and their families help people with pulmonary problems so they can recover faster and live healthier.

CMHS serves patients with chronic lung diseases like COPD, asthma and pulmonary fibrosis, and offers the only Pulmonary Rehabilitation Program in Ventura County. Patients in the program receive exercise time and classroom time with book learning as well as learning from guest speakers like a physical therapist, occupational therapist, dietitians, and social services workers.

"As a respiratory care practitioner, it's a really rewarding thing to see when patients walk in frightened and so breathless, and they walk out much more confident and able to do more. We facilitate, but they do the hard work," said Juanita Trine, RRT-NPS, and the program's Pulmonary Rehabilitation Coordinator.

To earn accreditation, CHMS's Pulmonary Rehabilitation Program participated in an application process that required extensive documentation of the program's practices. AACVPR Program Certification is the only peer-review accreditation process designed to review individual programs for adherence to standards and guidelines developed and published by AACVPR and other related professional societies. Each program's application is reviewed by the AACVPR Program Certification Committee and certification is awarded by the association's Board of Directors.

"Certification guarantees our patients that we are following best practices, nationwide, not just locally. We are looking closely at outcomes so we can say, 'yes, our patients are feeling better' when they leave us and we can say that with facts and figures to back us up," Trine said.

Founded in 1985, the American Association of Cardiovascular and Pulmonary Rehabilitation is a multidisciplinary organization

dedicated to reducing morbidity, mortality and disability from cardiovascular and pulmonary disease through education, prevention, rehabilitation, research and disease management, and improving the quality of life for patients and their families.

## Home Energy Savings Toolkits

Javier Saucedo of Ventura County's Green Business Program will visit the Hill Road Library at 1pm on Thursday, September 23, 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.

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.

This event is free and open to the public. For additional information, contact Linda Cherry, Librarian, at (805) 677-7180.

The Hill Road Library is located at 1070 S. Hill Road in Ventura, CA. Hours of service are 10am to 6pm Monday through Wednesday, 12pm to 6pm Thursday and Friday, and 10am to 2pm on Saturday.



On Saturday, August 28, a BBQ was held at the Olivas Adobe as a thank you to all of the docents, volunteers, helpers, and future Olivas docents.

### Cabrillo EDC

*Continued from page 19*

place to live, and our success is the result of decades of passion, dedication and vision."

The Cabrillo EDC impact reaches far and wide across the community. To date, the corporation has built 48 multifamily and single-family developments throughout Ventura County. In addition to the educational programs and community services, Cabrillo EDC has awarded \$3,250 in community-building mini grants and \$77,400 in student scholarships. They look forward to future projects, which include the completion of 42 units for farmworkers in South Oxnard, and 75 units for seniors in Buellton, CA.

To learn more, please visit <https://www.cabrilloedc.org/>

## Celebrate Life on the Rancho



Join us at the Olivas Adobe as we travel back in time to celebrate the history of this charming property.

Select Sundays  
September - December 2021  
~ 11am - 3pm ~  
Admission is FREE!

SEP 12 • DAYS ON THE RANCHO

Experience what it was like to live and work on the Rancho San Miguel with hands-on activities, storytelling, music, and more.

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

Visitors must follow all posted COVID-safety guidelines. In compliance with the Americans with Disabilities Act, special needs can be met by calling 805-658-4726 or through the California Relay Service.

