

Student participants range from grades 9 – 12.

Robotics Team 4414: HighTide presents Tidal Tumble Competition

Local Robotics Team 4414: HighTide was recently showcased as a part of SessaMfg's celebration of 42 years in business. Guests got a close look at the HighTide Robotics Lab, talked with team members and learned about this STEM program. Michael Sessa addressed the crowd and congratulated the award-winning team. He said, "Having the Team 4414 lab within the company has been a win-win collaboration ... the team has access to a manufacturing facility and our company SessaMfg. has tremendously gained by our student summer paid internship opportunities that potentially lead to future employment."

Team 4414: HighTide is an industry-based robotics team. Student participants range from grades 9 – 12 and attend school at Buena, Foothill, El Camino or Ventura High. The team provides a hands-on learning atmosphere and opportunities to compete through FIRST Robotics. Mentor Jonathan Sessa said, "Students on HighTide are trained by industry professionals on computer aided design, CNC manufacturing, and software programming. These skills are then put to the test when the team constructs a new robot every year in 6 weeks to compete

against other teams worldwide."

COVID brought many teams to a halt and some folded, however HighTide continued to hone their skills, enhance their robots and recruit new team members.

Continued on page 20



A makeshift abode is typical of housing for unsheltered people living in the watershed.

Large scale cleanup of homeless encampments at the Santa Clara River bottom continues

by Richard Lieberman

In coming weeks, a collaborative effort to clean up the watershed will begin. The cleanup effort will concentrate on watershed cleanup, removal of homeless encampments, and relocating homeless individuals by connecting

them to safe and reasonable shelter and supportive services to help individuals with longer term accommodations.

During the past several years, the population of homeless on the river bottom has increased and clearly demonstrated the need for long term solutions. The increased population of homeless people has made the problem more acute. The large population of homeless poses a real threat to public health, sanitation, and environmental health. At the same time, the on-going pandemic has caused a decrease in the number of shelter beds available, exasperating the current problem. In Ventura a chronic shortage of affordable housing contributes to the dilemma.

The county Board of Supervisors is spearheading the effort, led by the Supervisors of the impacted areas, including Supervisor Matt LaVere, ex-mayor of Ventura. They have embarked on a program that will, in the short-term, cleanup the watershed (river bottom) and address the long-term problem of homelessness.

"Supervisor Carmen Ramirez and I have taken an important first step the

Continued on page 20

Ventura looks to add big box retailers behind auto center

The City of Ventura is working on its Olivas Park Specific Plan area, next to Highway 101 and the Ventura Auto Center, to extend a road in hopes of attracting big-box retailers, such as IKEA.

In 2019, the council adopted an Olivas Park Specific Plan that allowed flexible development of the site. The area consists of multiple parcels (16) totaling 139.0 acres, which are mostly undeveloped. Of the 139 acres, approximately 53% of the land is developable, 22% designated as open space, 9% include the levee and road construction, and 16% is already developed.

The Olivas Park Specific Plan sets forth a plan for the infrastructure

necessary to develop the area, establish maximum flexibility to support commercial and/or industrial development of the area, and establish an efficient review process, to allow the City to respond to potential developments that provide jobs and strengthen the local tax base.'

The City Council unanimously approved terms for a potential development agreement worth \$35 million to extend Olivas Park Drive and construct a levee in the flood plain along the Santa Clara River. Completion of a levee/floodwall that is approximately 5,400 linear feet in length along the north side of the Santa Clara River will be required.

Continued on page 2



Harvest your fall savings at the Ventura Townhouse

Call for details 805.919.8312

VENTURA TOWNEHOUSE

CALIFORNIA'S CROWN JEWEL IN RETIREMENT LIVING

License No. 565801810

www.venturatownhouse.com



WITH THE CONTINUED SUPPORT OF OUR ADVERTISERS, DONORS AND READERS, WE CONTINUE TO BRING LOCAL NEWS AND INFORMATION TO VENTURA (NOW IN OUR 14TH YEAR). THE COVID PANDEMIC HAS AFFECTED ALL SMALL BUSINESSES, AND LOCAL NEWSPAPERS HAVE BEEN DEEPLY IMPACTED AS WELL AS THEY ARE SOLELY DEPENDENT ON ADVERTISING REVENUE. WE CONTINUE TO ASK OUR LOYAL READERS TO HELP SUPPORT THE BREEZE. WE LOOK FORWARD TO CONTINUING OUR MISSION OF BRINGING YOU THE INFORMATION IMPACTING VENTURA.

THERE ARE THREE WAYS TO CONTRIBUTE. YOU CAN SEND A CHECK, PAY BY CREDIT CARD OR ON PAYPAL AT <https://venturabreeze.com/donate/>

YES, I WANT TO SUPPORT THE VENTURA BREEZE.
VENTURA BREEZE, PO BOX 832, VENTURA 93002

CREDIT CARD INFORMATION

NAME_____

CARD NUMBER_____

EXPIRATION DATE_____

CODE ON BACK_____

ZIP CODE_____

ADDRESS NUMBERS ONLY_____

AMOUNT_____

WE GREATLY APPRECIATE OUR LATEST (OR RETURNING) CONTRIBUTORS **JOHN & SUSAN KNAPP, JUDITH BEAY** AND THOSE WHO CHOOSE TO REMAIN ANONYMOUS.

DO YOU WANT TO BE LISTED AS A DONOR? YES ____ NO ____

THANK YOU FOR SUPPORTING THE VENTURA BREEZE!

City News

City of Ventura receives highest certification score for its Investment Policy

The City of Ventura’s Finance Department was awarded one of the highest accreditation scores by the California Municipal Treasurers Association (CMTA) for its Fiscal Year 2021-2022 Investment Policy. The City Council adopted the updated investment policy in June 2021.

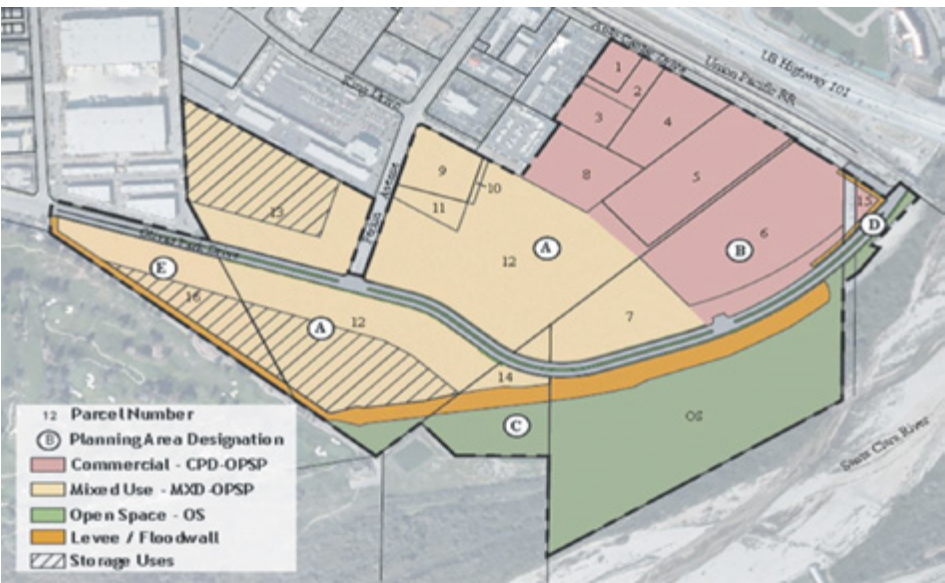
The City received 99 out of 100 points, one of the highest scores awarded by CMTA’s Investment Policy Certification Program. This year marks the first time Ventura has received the CMTA cer-

tification for its comprehensive updated investment policy.

“We are honored to receive such high remarks from the CMTA. The score and certification demonstrate our commitment to prudent and efficient investment and overall cash management of taxpayer funds,” said Finance and Technology Director Michael Coon. “The City’s treasury team worked tirelessly to update the City’s investment policy and ensure its full compliance.”

For a policy to be certified, it must adhere to California’s Government Code and be approved by three different reviewers on 18 areas spelled out in the Investment Policy Certification Program. Certification topics include policy, scope, delegation of authority, ethics, and conflicts of interest.

CMTA was founded in 1958 and began the Investment Policy Certification program in 2012 with support from the California Debt and Investment Advisory Commission. It’s open to all government agencies within California.



The site likely won’t be fully developed for up to 10 years.

Ventura looks to add big box retailers

Continued from page 1

Under the agreement, the city would pay for the road extension and the three property owners would pay for the levee. The property owners are John Hofer’s Hofer Properties LLC, Allen Camp’s Ventura Olivas Company LLC and Louis Wolff’s MBL Golf Course.

Last Monday’s City Council meeting approved key terms of the potential development agreement. City staff members hope to bring the final proposed deal to the council early next year. The city’s share of the total costs is estimated to be \$25.5 million which includes the roadway, demolition of a Montalvo Community Service District facility, a new sewer line and sewer connection fees.

Traffic mitigation fees, collected to

offset the impact of new development on the existing road network, will be used to pay for the project. The fund’s current balance is about \$19.9 million.

Councilman Doug Halter said he has heard about the project for the 36 years he’s lived in Ventura. “It’s an asset for this community,” Halter said.

Officials believe the improvements would provide the city an estimated \$60,000-\$280,000 in annual property tax revenue, which doesn’t include new sales tax generated, which is anticipated to be significant. Auto Center tax revenues account for about \$4.5 - \$5 million in annual revenue, around 20-25% of total annual sales tax collected.

The site likely won’t be fully developed for up to 10 years, the staff report said, and future revenues wouldn’t be realized for the same duration.



THIS SPACE FOR WRITING MESSAGE

MANUFACTURED BY LONGSHAW CARD CO., LOS ANGELES, CALIF.

Carter Moore,
James Taylor,
Christine
Cardoso-Moore
and Sedona Moore
at Brooks Falls in
Alaska sharing the
Ventura Breeze.

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



Fiddling away at the Olivas Adobe during a Sunday of celebrating this charming property during Days On The Rancho.

Community Events

Ventura events Ojai news and events

Oct. 2: The “Sespe Flyfishers of Ventura” will again be conducting our “First Saturday” introductory class on Fly Fishing and Casting the Fly Rod. There is no charge, and all are welcome. Whether you are an experienced fly fisher or a complete novice we want to help you learn and enjoy this great sport. If you don’t yet have a fly rod, don’t worry, just come, and use one of ours. Please join us at Chumash Park, Petit and Waco, 9 - 11 a.m., in East Ventura, off Telephone Rd. For every one’s safety we ask all those attending to please comply with any current recommendations by the Ventura County Health Department. For more information: Bob Smith (805) 647-3522 www.sespeflyfishers.org

Oct. 6: Ventura County Garden Club will meet for a docent led tour of the Ventura Botanical Gardens on Wednesday at 11 a.m. Guests are welcome. Admission is \$7. For more information contact Christine Gallagher at, cgal537@icloud.com

Oct. 8, 9, 10 & 15: Namba Performing Arts Space is launching the First annual Women’s Voices Festival, in the spirit of Hollywood Fringe, Solo Fest, and LA Women’s Theater Festival. We will be showing 8, culturally diverse solo stories performed by the award-winning women who wrote them. Each show has received awards, laurels and peer recognition while sharing stories from women in diverse communities. Location 47 S. Oak Street. Tickets sold online at NAMBA arts website. www.nambaarts.com

Happenings at the Dudley House

October 3: Richard Senate, long known as Ventura County’s “Ghost Hunter” and other docents will lead tours of the 1892 Dudley Historic House Museum on Sunday from 1 to 4 p.m. Senate will be signing his books including the booklet, “Are There Ghosts at the Dudley House?” for sale in the gift shop. Tour group size will be limited. Admission is free.

October 9: Plant & Collectibles Sale; 8 a.m. to 2 p.m.
The monthly plant sale continues at the Dudley House with collectibles added. The usual bromeliads, orchids and succulents will be on sale along with “treasures” donated to the museum through the years. Plant and collectibles vendors please call Charlie at 805-746-4317 for details.

October 23: 31st Annual Youth Stamp Fair. 10 A.M. TO 3 P.M.
Everyone is welcome: the young, young at heart, those who inherited a collection and those who ran across their own old collections. Learn how to start a collection, how to identify your stamps and more.

Sponsored by The Ventura County Philatelic Society (established in 1928). For further information see website <http://venturacountyphilatelicsoc.org> or call (805) 667-8042

The museum is located at the corner of Loma Vista and Ashwood streets (197 N. Ashwood) in Ventura. For information please call (805) 642-3345 or visit the website at dudleyhouse.org.

The Ojai Storytelling Festival (October 28-31, 2021) will present acclaimed storyteller Donald Davis at this year’s 20 Ojai Storytelling Festival. In addition to his performances, he will also be conducting a workshop on the “Art of Storytelling”. Donald Davis was born in a Southern Appalachian mountain world rich in stories. While he heard many traditional stories about Jack and other heroic characters, he was most attracted to the stories of his own family and places of origin. During his twenty-five-year career as a United Methodist Minister, Donald began to use stories more and more. He was also asked to begin performing at festivals and in other settings until he retired from the church to tell stories full time. The author of eighteen books and more than forty original recordings, Donald is the recipient of both the Circle of Excellence and the Lifetime Achievement Awards from the National Storytelling Network. Davis was at the very first Ojai Festival and is returning again to headline this year’s festival. Tickets for the festival are available at www.ojaistoryfest.org.

Ever wish you could be involved in an art heist? In three weeks, you can feel like you have by joining the Great Art Theft 2021 at the Ojai Art Center. For the price of a ticket, you can feel the rush as you and the other bandits sip cocktails and picnic on the patio while you await the chance to pluck a beautiful piece of fine art off the gallery wall or sculpture from its pedestal.

Prospective burglars may purchase a ticket for \$85. Join your community for an afternoon of great fun at this annual fundraiser, Sunday, September 26, 2021, from 3–6 p.m.
The Art Center finessed over 70 pieces from the best artists in town to donate their work for the event. Peter Fox will emcee the afternoon as names of attendees are called for their chance to pilfer the artwork they covet. Tell the driver to keep it running out front. You might pull off one of the biggest heists of the year!

“This year will be different. The gathering and drawing of names will be at tables on the patio. Everyone will receive a mini-picnic box of yummy goodies to enjoy along with beer, wine, and our surprise special drink.”- Teri Mettala, OAC executive director.

Some of the artists on display are Mark Tovar, Patricia Kuebler, Karen Lewis, Sandy Treadwell, Duane Danmeyer, Richard Franklin, Celeste Evans, Tom Hardcastle, Leslie Marcus, James Menzel Joseph, and many more.

It’s an enjoyable afternoon outdoors that benefits the Ojai Art Center. Because of the previous year’s restrictions due to COVID-19, financial assistance is greatly appreciated as the Center plans for 2022.

Tickets are on sale online or at the Center’s office during regular business hours, Tuesday through Sunday, 10 a.m. to 4 p.m. All proceeds go to the Ojai Art Center, located at 113 S. Montgomery St. For more information, call the Art Center at (805)-646-0117 or go online at www.ojaiartcenter.org.

Having second thoughts
about where you made your
PREARRANGEMENTS?



– WE HONOR –
PREARRANGEMENTS
made at any other funeral home.

If you’re concerned about changes at the funeral home where you’ve made prearrangements, *we have good news...we’ll honor them.*

If you would like information regarding transferring your prearrangements to our firm, or any other way we can help, please call us.



JOSEPH P. REARDON
FUNERAL HOME & CREMATION SERVICE
757 E. Main St. • Ventura, CA 93001
805-643-8623
FD#883



BOYKO & REARDON
TELEGRAPH ROAD MORTUARY & CREMATION
15 Teloma Dr. • Ventura, CA 93003
805-765-4137
FD#2390

ReardonFuneral.com

©adfinity®



We’ve been
thinking ...
it’s been
35 YEARS,
and it’s time
to **SHAKE UP**
our brand!



► Strategic Planning

► Brand Identity & Logos

► Video & Radio

► Print & Digital Marketing

► Web Design

► Relations (PR, Community & Government)

Ready to shake up yours?!



(805) 498-8718 • mustangmktg.com
340 N. Westlake Blvd., Ste. 200, Thousand Oaks, CA 91362



VENTURA BREEZE

Your Hometown Paper

Member, Ventura Chamber of Commerce

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

PUBLISHER-EDITOR

Sheldon Brown
publisher@venturabreeze.com

PUBLISHER EMERITUS

Staci Brown
Assistant to the PUBLISHER
Ana Baker

CONTRIBUTING WRITERS

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

CONTRIBUTING PHOTOGRAPHERS

Richard Lieberman · Michael Gordon

DISTRIBUTION

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

ACCOUNT EXECUTIVES

Breezy Gledhill · Cindy Summers

WEB/ONLINE ADVISOR

Cindy Summers

PRINT PRODUCTION

Alfred J. Lewis/studioNothing

PRINTING

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

CONTACT US:

EVENTS & HAPPENINGS
events@venturabreeze.com

OPINIONS

opinions@venturabreeze.com

ARTICLES AND PHOTOS

editor@venturabreeze.com

THE PET PAGE

scampclub@venturabreeze.com

ADVERTISING

advertising@venturabreeze.com

Ventura Breeze

PO Box 832
Ventura, CA 93002
Phone 805.653.0791



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

Opinion/Editorial



Sheldon Brown
Publisher-Editor

■ Good news - the Ventura Chamber Fall Business Expo “Haunting at the Harbor” has returned after pausing because of COVID. It is on October 7, 4-7pm at

the Four Points by Sheraton Ventura Harbor. Lots of food and vendors and the Ventura Breeze will have a booth there so come by and say hello. You can even buy a genuine Ventura Breeze T-shirt for only \$15. Masks will probably be required.

■ In this issue, we have an article regarding a high school **robotics** program. I was fortunate to attend this event. It is amazing what these students are accomplishing from fabricating all of the parts to making these robots do wonderful things like picking up balls and shooting them into a high basket.

■ Apparently Republicans believe in fair elections but only if they win. Otherwise, elections are rigged against them. In California’s **Newsom recall**, challenger Larry Elder, the leading Republican, started saying unsubstantiated claims that the election was rigged against him even before it was held.

Elder appealed to his supporters to use an online form to report fraud, which claimed it had “detected fraud” in the “results” of the California recall election. Our democracy is being destroyed by this kind of thinking, and response to legitimate and fair elections (where have we heard this before)? If this continues it could be the end of our democracy.

The Sacramento Bee Editorial Board stated, “Fortunately, California voters largely saw through the lies, turning up in relatively large numbers and producing a decisive result. But if every democratic exercise is subjected to baseless distrust, democracy itself can no longer be assured.”

Elvia Díaz writing in the Arizona Republic wrote, “The California recall offers more proof that Republicans will accept elections as legit only if they win. That’s a sure way to destroy democracy.”

I am happy that “no” prevailed, not because I approve or disapprove of Newsom, but the election never should have taken place to begin with. The whole thing was a joke and cost “us” over \$275 million. Recall is not meant to be a mid-term election where you replace one party with another without justification. Our recall system is terribly flawed and needs to be completely re-written. Things have changed since 1911 when it was first approved.

If recall (and impeachment) is to be used at all it should be for serious offenses, malfeasance, and crimes, not for one party to have the opportunity to remove the other party prior to the next election (which will take place in less than a year).

In order to put a recall on the ballot in California, voters must submit petition signatures equal to only 12% of the votes cast in the last gubernatorial election.

And there is in place a succession of leadership. If a governor is removed for any reason then the lieutenant governor relaces them just like when a president is removed the vice-president takes over. The recall process must be reformed.

■ What is going on in this country? There’s extra security at Carmine’s Restaurant on the Upper West Side of New York after a hostess was attacked by a group of tourists from Texas. They refused to show **proof of vaccination** in order to eat inside.

The 24-year-old hostess was punched, slapped and her necklace ripped off after she asked the group for proof of vaccination, a new city policy to dine indoors. She was just doing her job. Like I said above, “If this continues it could be the end of our democracy.”

■ I’ve explained before, don’t blame the city if a 4-unt apartment building goes up next to you on a single resident lot or there is no place to park on the street. Gov. Gavin Newsom has approved two measures to take local zoning ordinances away from city controls. This is meant to solve California’s struggles with **soaring home prices** and the affordable housing

shortage that we have.

He signed the legislation, despite almost 250 cities objecting because it will undermine local planning and zoning regulations.

“The housing affordability crisis is undermining the California dream for families across the state, and threatens our long-term growth and prosperity,” Newsom said. “Making a meaningful impact on this crisis will take bold investments, strong collaboration and political courage from our leaders and communities to do the right thing and build housing for all.”

Also, Newsom also signed SB 10, creating a process that lets local governments streamline new multi-family housing projects of up to 10 units built near transit or in urban areas. That new legislation also simplifies zoning requirements under the California Environmental Quality Act, which developers complain can slow down projects for years.

These laws will basically get rid of most single-family zoning. It is estimated that the state needs up to 2.5 million homes in the coming years to ease the state’s housing shortage. A new state Housing Accountability Unit will watch cities progress in creating new housing.

■ Sports column - I look forward to a time when there are more **touchdowns** than field goals in a pro football game. And speaking of pro-football, the wife of pro-player Raheem Mostert says she was inundated with hateful social media messages after the San Francisco 49ers running back was sidelined in a game with a knee injury.

According to Devon Mostert, fans sent her “hundreds, thousands” of direct messages on Sunday that included telling her that Raheem should “kill himself” and “be cut.” She pleaded with fans to cease the “heartless” commentary.

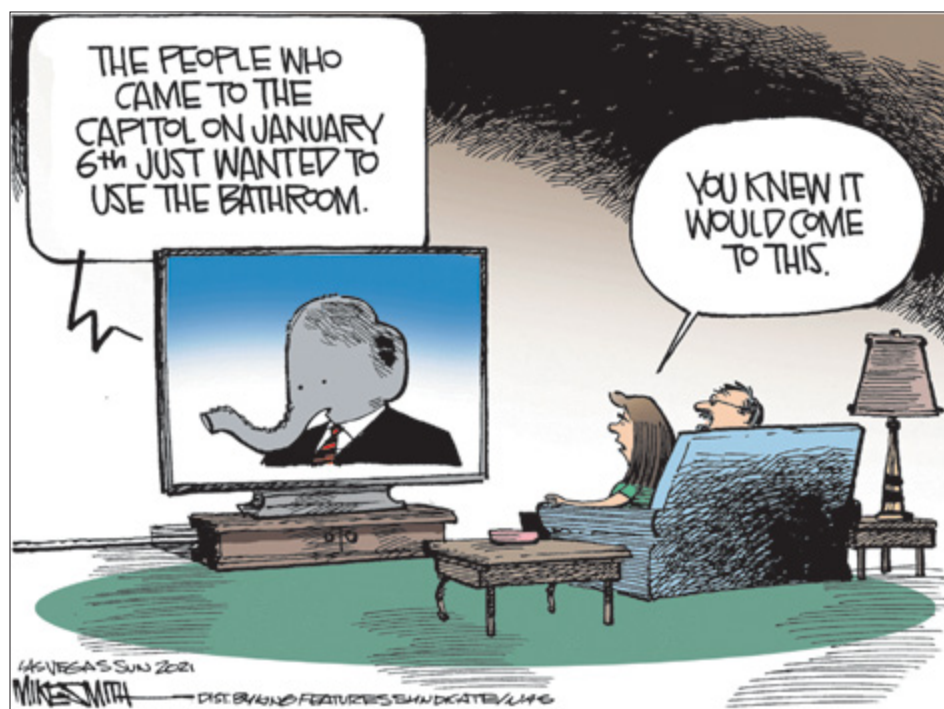
I would love to see these fans go out there and get pummeled for a few plays.

■ Three people were **shot** and wounded at a baby shower in Pennsylvania after an argument over gifts. Police officers were dispatched to the Kinloch Volunteer Fire Department facility in Lower Burrell, Pennsylvania for a shooting inside the facility.

This was not an active shooter event, but rather an isolated family incident during a baby shower. A preliminary investigation showed the incident began as a family argument about gifts at the baby shower. It escalated into a physical fight and then gunfire. At least it was over something important like baby gifts.

*Like the Jurassic Park films using recovered DNA to genetically resurrect an extinct species may be moving closer to being a reality with the start up of a new company that plans to bring back woolly mammoths thousands of years after the last of the giants disappeared. With \$15 million of funding, Harvard University genetics professor George Church, known for his pioneering work in genome sequencing and gene splicing is hoping the company can usher in an era when mammoths “walk the Arctic tundra again.”

The rumor that he has obtained DNA from **George Washington** has not been verified but certainly sounds like a great idea.



Harvest Colors

The fertile soil of Autumn colors,
Was a harvest year of plentiful return.

Many seeds that grow into the deep ground,
Are a promise of hope for the coming year.

We welcome the gain of our many efforts,
A crop that yields in all four seasons.

We’re a family that sits at a Pilgrims table,
Thankful for life’s bountiful gifts.

Thanksgiving begins with a gift.

By Jeff Russell

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

To be
wronged
is nothing
unless you
continue to
remember it.
– Confucius

News & Notes



How do you get to join Ventura joggers?

Ventura Jogger’s Club was founded in January of 2019

A safe space to get your body moving with fun activities and involvement in local events and charities – welcome to Ventura Jogger’s Club. Upon hearing the name of our community group, people often ask, “Do I have to jog?”. The short answer is no – but we hope after seeing how much fun we have that they’ll eventually join in on our most popular event. The name itself gives a nod to how we began – with community jogs. Now, we lean in to showing up as a group of recreationalists who care about moving our body for the purpose of movement and meeting like-minded individuals who enjoy the myriad of activities we present. We open our club to anyone and everyone, stressing that we do not tolerate discrimination of any kind – and do our best to involve all those who want to join us.

Ventura Jogger’s Club was founded in January of 2019 by Candace Larson. Candace is not a Ventura native but visited many times as a child and fell in love with the area – knowing someday she’d call this area home. She doesn’t describe herself as a runner and didn’t begin jogging until shortly before founding the club. Candace moved to Ventura in 2017, knowing a few family friends and quickly discovered how difficult it can be to make friends as an adult. After a quick battle with pancreatic cancer, her father passed in 2018 and shook her foundation. This massive life change led to a search on how to do things differently, and with the push of Whitney Riles at Findings Market in Downtown Ventura, she started Ventura Jogger’s Club.

The club got their name out with just an Instagram account and a few posts announcing their first event. The first jog had 14 new friends show up, and from there they’ve seen over 300 people come through – some who show up for every event, and others they see every now and then. Event dates are announced at the beginning of each month, for the month ahead, to help joggers plan their weeks. Each jog is about 2 miles and ends at a brewery or a coffee shop to encourage community. The purpose of the club is to move your body, yes, but also to engage and meet new people. Connection and collaboration are at the core of human interaction and while you can jog solo, why not jog with a group that pushes you forward?

How do you join the club? Just show up! On our website, [\[jogclub.com\]\(http://jogclub.com\), you’ll find more information on all our upcoming events and how to reserve your spot. We are currently offering jogs, hikes, yoga, and community clean-ups. We also collaborate with other organizations and businesses around town for special events, like our most recent .05K with Ventura Coast Brewing Company and Mile26, and our upcoming Slobshball Tournament. Most events are no cost, but with a formal yoga instructor and some that include delicious beer, we provide those at a low rate. Follow us on Instagram at \[@vtajogclub\]\(https://www.instagram.com/vtajogclub\) for more information and we hope to see you out there!](http://www.vta-</p></div><div data-bbox=)

CMHS offers low-cost mammograms and seminar for expectant parents

Community Memorial Health System is dedicated to providing the best screening and imaging technologies to all women in the community. Early detection of breast cancer saves lives. Call now to schedule your mammogram!

In recognition of National Breast Cancer Awareness Month, CMHS is offering low-cost breast imaging to all women who schedule a screening during October at the Breast Center at Community Memorial Hospital in Ventura or at Ojai Valley Community Hospital.

During October at the Breast Center in Ventura, Automated Breast Ultrasound (ABUS) is available for patients with dense breasts for \$150. Automatic Whole Breast Ultrasound (ABUS) is FDA-approved and used in combination with mammography for those who have dense breast tissue. Also at the Breast Center in October, 3D Breast Tomosynthesis is available for \$90. Digital tomosynthesis creates a 3-dimensional picture of the breast using X-rays and is the latest

breast imaging technology approved by the FDA. At Ojai Valley Community Hospital during October, traditional 2D mammography is available for \$65. (These discounted rates are the cash price paid at the time of service and cannot be applied toward the patient’s deductible.)

To schedule a mammogram or screening, call the Breast Center at 805-948-5093 or call Ojai Valley Community Hospital at 805-640-2250. Visit the Breast Center at bc.cmhshealth.org to learn more about the services and screenings offered. The Breast Center is the first medical facility in Ventura and Santa Barbara counties to be a designated Breast Imaging Center of Excellence by the American College of Radiology. The Breast Center is located at 168 N. Brent St., suite 401 in Ventura.

Every new parent has a unique birthing experience. Community Memorial Health System is inviting parents-to-be to join a free online seminar that can help expectant parents get the most out of their unique birthing experience. The free seminar takes place at 6 p.m. on Thursday, Sept. 30.

Getting ready for a new baby is an exciting time filled with many preparations. Community Memorial Hospital is here to support expectant parents as they plan for their baby’s birth. Join the CMH maternity team for this special event as CMH shares information about the hospital, its resources and support, and what to expect at the hospital. The seminar also features a virtual tour of CMH’s Mother Baby Unit and a live question and answer session with CMH maternity experts.

To attend, please RSVP at www.cmhshealth.org/RSVP. This event is hosted by Community Memorial Health System as part of its 2021 Speaker Series Online.

Mustang Marketing looks to the future with new brand identity

Mustang Marketing, Ventura County’s premier full-service marketing agency, has unveiled a new brand identity. The updated logo embodies the qualities that have made the company successful over the past three decades while also capturing its future.

“Since 1986, our clients have come to depend on our ability to infuse the right combination of seriousness, fun, strategy and creativity into marketing pieces, and this logo represents all of those traits,” said Mustang Marketing President Dianne McKay. “While staying true to what we’re known for, we’re also excited by what lies ahead, and this new identity clearly reflects that, too.”

The fresh logo has a clean and modern feel with a forward-facing arrow on the left to symbolize the future. The more dominant right portion – which, once compared to an angled party hat, could never be seen as anything else – underscores the company’s focus on marketing while at the same time suggesting fun and creativity.

After much color exploration, Mustang has also added a new hue to its palette. The company had wanted to include blue in its brand identity for some time and finally found the perfect bold blue to complement the purple that has always been Mustang’s primary color.

“This new branding really does reflect my vision for the company,” said McKay, who has been part of the Mustang team since 2010 and assumed ownership in 2020 after founder Scott Harris retired. “We have a strong foundation of helping our clients reach their goals, and we’re going to continue to do that for many years to come.”

Mustang has recently completed some high-visibility projects, including the new logo for the County of Ventura and its ongoing COVID-19 creative, as well as the rebranding for Rancho Simi Recreation and Park District. Current clients include Community Memorial Health System, the City of Ventura, the City of Thousand Oaks, Conejo Valley Unified School District, Conejo Recreation and Park District, American Medical Response (Ventura, Santa Barbara and Yolo counties), Ventura County Credit Union, Casa Pacifica, The Collection at Riverpark, the Greater Conejo Valley Chamber of Commerce, United Way of Ventura County, New Horizons, Pindler, Mission Linen Supply, PSSI Global Services, Warner Pacific, and Klein Products Inc.

Ventura County-based Mustang Marketing is a woman-owned full-service marketing, advertising and communications company that has served Southern California businesses since 1986. Mustang offers strategic planning, branding programs, print/electronic ad campaigns, social media campaigns, corporate identities, and public, community and government relations. Visit mustangmktg.com for more information.



ALDI grocery has opened its newest store at 4717 Telephone Rd. ALDI operates more than 2,000 stores in 37 states and is on track to become the third-largest U.S. grocery retailer by store count by the end of 2022.



News & Notes



NAWBO Ventura County installs 2021-2022 Board

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 the installation of its new Board of Directors on August 17th virtually, via Zoom as part of its Summer Celebration. The Honorable Sofia Rubalcava, Mayor of Ventura, installed the new slate of officers who represent a broad spectrum of industries, leadership and business acumen.

2021-2020 NAWBO Ventura County Board of Directors:
-President – Seana-Marie Sesma, Mary Jane Services Network and Your PR girls
-President Elect – LaVada English – L. English Consulting
-Immediate Past President – Kamie Abraham, Sagemark Consulting
-Secretary – Catherine Cooley, Peaceabl
-Membership Director – Karen Smith, Personalized College Choice
-Programs Director – Dr. Tora Brown, Brand Strategist
-Public Policy/Advocacy Director – Dawn Dyer, Dyer Sheehan Group, Inc.

The Board of Directors is joined by active leadership Chairs Michelle Carlen, Alignment Advising who will lead the Mastermind program and the NAWBOoks Pivoting Pages book club will be chaired by Jane Tierney, purple link.

Newly inducted NAWBO VC President Seana-Marie has seen new ways of doing business this past year, with growth in so many industries. Our NAWBO sisters are building their client base in other states and other cities in CA. We are all recog-

nizing that we are just a click away from anything we need or want to support ourselves in business and in life. As an organization, we are “Taking a stand for Women”. It is our personal mission as a board to take a stand for what is needed, to speak up when something needs to be said and to push forward through all challenges. We, the NAWBO VC Executive Board and I want to emphasize our values in Diversity, Equity, Inclusion and Belonging. Every member and woman in business is important to us. We are taking a stand with black women business owners, all people of color and all women in the fight against inequality. We have zero tolerance for the mistreatment of any member and believe that our collective positive forces and voices are stronger than any divisive actions against our beliefs. As a business woman I am learning to advance my ways of being, thinking and doing. I have been attending workshops and learning from great coaches

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.

The Bookmark

About Libraries and Friends

by Jill Forman

Note from Online Bookstore manager Leslie Bellmore

Did you know our Friends Online Bookstore offers you the ease of browsing and ordering online, then quick and easy pick up at the Foster Bookstore? Volunteers with backgrounds in teaching and library administration carefully select these books to be not only engaging, worthwhile reading material but in great condition. We update offerings weekly: newer fiction and non-fiction, audiobooks, children’s picture books, youth fiction and non-fiction, puzzles, and some gardening and language titles. Orders placed Monday through Thursday will be available Saturdays; orders placed Fridays through Sundays will be available Tuesdays. The Foster bookstore is open 11am to 4pm Tuesdays through Saturdays, but the Online store is always open.

Craft Kits at your local branch

Craft kits are available at the branches on varying schedules. There is everything needed for some project, art creation, or who knows what the kids might find! Check with the staff at your local branch to find out when they are available.

Libraries Branching Out

Libraries offer so much. Our beloved Ventura libraries have activities from STEAM projects to ukulele jams, poetry groups, art lessons and so on. As life gets back to normal (we hope) they will once again offer speakers, concerts and other in-person events.

Here is a sampling of what libraries in other areas are offering:

Seed sharing – to teach people about regional flora, expand seed access and help preserve biodiversity (Gardiner, N.Y.)

Tool Lending – garden, carpentry, even kitchen tools (Berkeley.)

Health Visits – schedule, complete pre-visit check-in, even attend a telemedicine appointment (Pottsboro, Texas.)

Memory Kits – for a family member with memory problems, these are based on “reminiscence therapy,” using familiar items to call up deeply-held memories (no location given.)

Sporting Goods – (15 libraries in Southeast Michigan, partnering with local groups like the YMCA.)

DIY Home Energy Savings Toolkits – A great opportunity to learn and get the tools you need to become energy-efficient. A demonstration of kits available from 3C-REN and the Ventura County Library –

at the Hill Road Library

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 Toolkit.

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, weather-stripping, and water leak detection dye tablets; and tools to return, like an infrared laser thermometer and a Kill-A-Watt meter. Join this event for a demo of the kit, and to learn about sustainability programs in your area.

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.




There are openings in most areas for new recruits at CMH.

Giving back to the community


Looking for a way to give back to the community? The Auxiliary at Community Memorial Hospital is looking for volunteers. This group provides many services throughout the hospital and there are openings in most areas for new recruits. Though the time requirements are minimal, the contribution made by volunteers is great. Interested in joining us? Leave a message at 805-948-4299, or pick up a brochure and information at the CMH booth at the Farmer’s Market at the Collection every Saturday.




COVID-19 Vaccines Save Lives



Safe




Effective



Free

Schedule an appointment at [MyTurn.ca.gov](https://myturn.ca.gov) or **833-422-4255**
Find a vaccination site near you at www.vcrecovers.org
No appointment needed at County Public Health clinics.



COUNTY of VENTURA



News & Notes



Phil Bohan passing on his check to Food Share.

VCCU board member donates \$10,000 to nonprofits in honor of retirement

As a member-owned, not-for-profit financial institution, Ventura County Credit Union supports the local community in a variety of ways, including offering its board members \$10,000 at retirement to donate to nonprofits of their choice. In honor of his recent retirement from the board, Phil Bohan chose to contribute \$5,000 to each Food Share and Casitas Rowing.

“Food Share has done a remarkable job of addressing the basic nutritional needs of our most vulnerable communities, and I am proud to support their efforts,” Bohan said. “The Casitas Rowing family continues to support the health and athleticism of our local youth and adults through its rowing programs. My thanks to both organizations for your efforts, and best of luck in continuing to grow and thrive.”

In Ventura County, one in six people is facing food insecurity. Since 1978, Food Share has been fighting hunger by providing food to those in need. Food Share’s staff and volunteers distribute more than 20 million meals annually

through its 190 pantry and program partners. As Ventura County’s regional food bank, Food Share provides food for over 75,000 hungry friends and neighbors monthly. For more information, visit <https://foodshare.com>.

Casitas Rowing was founded in 2008 by a group of volunteers and passionate rowers led by Wendy and Eric Gillett. The organization now provides rowing to over 5,000 people throughout the community every year via annual programs, summer camps and partnerships with local schools. Casitas Rowing is run by a board comprised of business owners, ecologists, doctors, district attorneys, business executives, economists and more. To learn more, go to <https://www.casitasrowing.org>.

Each year VCCU participates in and/or sponsors more than 500 local events and collaborates with numerous local businesses, schools and nonprofits to benefit the community. For more information about VCCU and its community involvement, visit <http://www.vccuonline.net>.



VCLA hosted a welcome mixer.

VCLA connects and cultivates a diverse network of passionate capable leaders

The Ventura County Leadership Academy (VCLA) hosted a welcome mixer for their 27th cohort, kicking off their upcoming year that begins this month and ends in May of 2022.

Special thanks went out to the VCLA board and featured speakers: Brad “Brick” Conners, VCLA Board President
Dr. Steve Elson, VCLA Board

Treasurer Robert Harrell, VCLA Board Secretary Jennifer Caldwell, VCLA Board Director Darren Kettle, VCLA Board Director Sheriff Bill Ayub, VCLA Alumni, Cohort XXIII
Danielle Borja, VCLA Alumna, Cohort XXIV
Dr. Julius Sokenu, VCLA Alumni,



WELCOME CAL-FRESH/EBT SHOPPERS!

market  match program now available to double your food dollars with local, fresh fruits and vegetables!

Here's How:

- 1) Swipe your CalFresh card at the Market Information Booth and Receive CalFresh tokens
- 2) Receive **FREE** additional market  match tokens, up to \$15 per day.
- 3) Spend \$15, get \$15 - matched **FREE** dollar for dollar once every day.
- 4) Purchase fresh food in the market with your market tokens.

Stop by the Market Information Booth to Redeem your CalFresh Benefits

MIDTOWN VENTURA
WEDNESDAYS
9:00am-1:00pm
PACIFIC VIEW MALL
on Main Street

DOWNTOWN VENTURA
SATURDAYS
8:30am – 12noon
SANTA CLARA & PALM STREETS
City Parking Lot



CONNECT WITH US: 805.529.6266

Follow our markets on Social Media by visiting our website at www.vccfm.org

 @vccfm
 @vccfm



At approximately 8:15 p.m., on August 25, on the pier a homeless man, unprovoked, swung a 24-inch weighted pipe at 62-year-old Julie Howard’s face knocking her out. A tooth was lost at the scene and two other were cracked one having to be extracted. Orbital fracture, concussion and multiple lacerations were also part of the damage. The suspect was arrested at the scene and is being held without bail. This was his fifth known strike.



News & Notes



NBVC FFF campaign was a record setting one.

NBVC fights hunger in local community with large donation to food shelter

Naval Base Ventura County (NBVC) tops Navy Region Southwest with this year's contributions to the annual U.S. Department of Agriculture (USDA) Feds Feed Families (FFF) campaign, by collecting 18,985 pounds of goods, donated to Food Share of Ventura County on Aug. 31, 2021.

2021 marks the 12th annual volunteer government-wide FFF food drive, which encourages employees from all federal departments and agencies to give in-kind contributions (food, services, and time) to food banks and pantries. This year's campaign highlights a summer of giving in June through August, along with seasonal reminders to donate throughout the year.

"NBVC FFF campaign was a record setting one," said Lt. Cmdr. Yoon Choi, chaplain, NBVC. "With the help of commissary patrons, Sailors, Marines, and tenant commands, the Seabee Chapel onboard NBVC, Port Hueneme, donated nearly 19,000 lbs. of goods to Food Share of Ventura County."

Since Feds Feed Families launched in 2009, this campaign has collected more than 99 million pounds of food for donation. In 2020 alone, federal employees donated more than 7 million pounds.

"2021 was so successful that we are already thinking about ways to improve and help the community," said Choi. "We are seeking to partner with the commissary and Food Share to open our own food pantry available to active-duty members and dependents."

Food Share distributes more than 17 million pounds of food, or more than 20 million meals annually through its 190 pantry and program partners. Food Share is a member of Feeding America, the nation's largest hunger-relief network of food banks, as well as the California Association of Food Banks.

"We have served as Ventura County's regional food bank since 1978; providing food for over 140,000 hungry friends and neighbors monthly," said Jennifer Caldwell, chief development officer, Food Share of Ventura County. "NBVC contributed to our mission by donating over 15,000 pounds of food through the Feds Feed Families program. This is a great accomplishment; we appreciate their effort and look forward to future engagements to serve the community."

"This is a great reminder that part of our mission includes community service," said Capt. Robert "Barr" Kimmach III, command-

ing officer, NBVC. "Volunteerism represents the Navy's core values of honor, courage and commitment. Each summer this program demonstrates that the spirit of generosity and goodwill is strong throughout our ranks. Thank you, Chaplain Choi for leading the effort and thank you all who participated. Although NBVC produced big numbers, it is important to recognize that all contributions, no matter the size, help those who need it."

Harriet H. Samuelsson foundation awards \$530,000 in grant funding

The trustees of the Harriet H. Samuelsson Foundation have awarded grants totaling \$530,000 to 11 local non-profit organizations providing remote and in-person services to youth and adolescents during this ongoing COVID-19 pandemic. Grants ranged from \$10,000 to \$125,000, and were allocated as follows:

- \$50,000 to the Assistance League of Ventura County to provide special education and therapeutic interventions to 30 special needs preschool children showing significant communication delays and non-verbal cognitive skills
- \$75,000 to the Boys & Girls Club of Greater Ventura for wrap-around support services for youth recovering from academic, social, emotional, and physical challenges associated with COVID-19 school closures; adding a Positive Action Social/Emotional Learning Program; relocating the Addison Club site in 2021-22; and opening a Teen Center in the Fall of 2021
- \$125,000 to the Boys & Girls Club of Moorpark and Simi Valley for Power Hour (homework help/tutoring), Triple Play (making healthy choices), and STEM (Science, Technology, English, and Math) programming
- \$75,000 to the Boys & Girls Club of Santa Clara Valley for on-site and virtual educational instruction; access to iPads for check-out to assist with programming or schoolwork; and subscription access to Buzz Math and MagicBlox to build and maintain math and reading skills
- \$15,000 to the Cabrillo Economic Development Corporation for group and individual mental health therapy; volunteers to provide assistance with homework, college applications, and scholarship opportunities; acquisition of a case manager; and Lexia Core5 and DreamBox reading and math software
- \$25,000 to the Girl Scouts of California's Central Coast to provide services building leadership, science, and math skills for approximately 410 low-income, predominantly Latina girls ages 5-17
- \$75,000 to the Hairy Cell Leukemia Foundation to support six research studies in Hairy Cell Leukemia (blood cancer) and inform scientific research in other malignancies
- \$10,000 to Many Mansions for online and in-person programming for 100 youth, including Homework Club, Camp Many Mansions, Youth Friday Enrichment, Teen Friday Enrichment, and supportive activities (Spring Fair, game nights, donation drives, and holiday events)
- \$17,000 to Reins of H.O.P.E. for eight monthly horse therapy sessions for incarcerated youth at the Ventura County Juvenile Facilities in Oxnard
- \$43,000 to the St. John's Healthcare Foundation for the purchase of 10 new GE Monica Novii fetal monitors, which are non-invasive, waterproof, Bluetooth Wireless sensor patches

that display fetal heart rate, maternal heart rate, and uterine activity

- \$20,000 to the Ventura Police Community Foundation (formerly Ventura Police Activities League) for after-school program supplies (i.e., homework supplies, exercise and sports equipment, art and music supplies, and games)

Grants are awarded in the spring and fall of each year. The deadline for letters of interest for spring 2022 grants is September 30, 2021. For more information about the Harriet H. Samuelsson Foundation, including instructions on how to apply for a grant, please visit the Foundation's website at www.samuelsson-foundation.org.

The Harriet H. Samuelsson Foundation was established in 2005 upon the death of Harriet H. Samuelsson, 96, an Oxnard philanthropist. The Foundation awards over \$1 million in grants each year to: organizations providing services for the health, education, guidance, or welfare of Ventura County youth; St. John's Regional Medical Center for the purchase, maintenance, and support of fetal monitors; and organizations conducting cancer research.

Channel Islands Maritime Museum announces indigenous film showcase

The Channel Islands Maritime Museum (CIMM) is happy to announce its first film showcase event "Home Waters: Coastal Communities and Maritime Traditions," a selection of four short films. Through animation, cinema verite, and classic documentary formats, four directors take us across North America and Canada to explore coastal indigenous lifeways.

In "Now Is the Time" and "Homecoming: Journey to Limuw" we see the revival of ancestral Haida and Chumash traditions after the impact of colonization. In "Lake" we watch a group of Metis women net fishing. Finally, in "Nibiising," we see the importance of caring for the places we call home. This showcase serves to show that Indigenous traditions continue to thrive today. The showcase will be followed by a panel discussion

"Caring for our waters and maintaining strong relationships to place is not a thing of the past," says CIMM Collections and Exhibitions Manager, Olivia Morris, who curated the film showcase. "If anything, it is even more relevant today as we face a wide variety of serious and challenging issues as they relate to The Ocean and environments we all share."

Home Waters will be presented on October 9, 2021, starting at 3:00 pm until 5:00 pm at the Channel Islands Maritime Museum located at 3900 Bluefin Circle in Oxnard. Tickets for the event will become available on August 15 through the Museum's website at cimmvc.org. Ticket Prices will be \$10 for adults, \$7.00 for seniors, \$5.00 for youths aged 6-17 years. Museum members receive discounted ticket pricing of \$7.00.

Founded in 1991 and located in Oxnard's Channel Islands Harbor, the Museum's galleries feature rare and beautiful maritime paintings dating back to the 1600's, more than sixty world-class models of historic ships, rotating thematic fine arts exhibitions, and interactive exhibits that encourage visitors to expand their horizons about everything maritime. The Museum is open to the public Thursday through Sunday, Noon until 4:00 pm and Monday, 10:00 am until 4:00 pm.

TREE TOWN

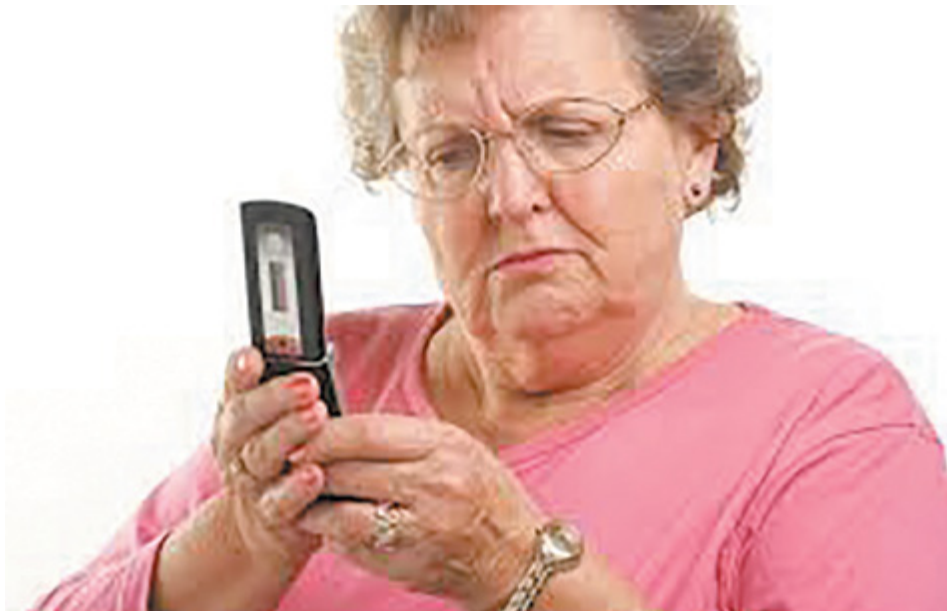


The Red Flowering Gum tree (*Eucalyptus ficifolia*) is the Official Tree of the City of Ventura. It is native to Australia, first introduced to California in 1873. It became popular as a drought-tolerant evergreen street tree decades ago. There are many mature Red Flowering Gums on Thompson Blvd and Seaward Avenue. The bright red or pink blooms are most visible in late summer, and are attractive to bees.

www.venturatreealliance.com



Senior Living



"Oh, my goodness my grandson was in a car accident."

Avoiding/Stopping more types of senior fraud

by Carol Leish, MA

Debbie Deem, a retired 'Victim's Specialist' for the FBI, discussed various types of fraud in order for others to be aware of how to cope/stop them from happening.

Deem said that, "Regarding Government and business imposter fraud, the Federal Trade Commission (FTC), has an important warning about it. The FTC says that these, remote criminals contact you, usually via phone or text, saying that they are with the government, such as the IRS claiming that you owe back taxes. Or, that they are with Social Security insisting that your Social Security number has been 'suspended' or 'stolen.' Or, they may claim to be a Medicare representative who is asking for your Medicare number or offering to sell you equipment or tests, or perhaps another health care agency (especially regarding a COVID-19 related issue).

"They may also be impersonating utility companies, package deliveries jury duty or a bank that 'threatens' to close your account unless you take action. These calls sound legitimate and may threaten you with bad consequences unless you make a payment immediately or provide certain financial information. The payment is usually demanded immediately often with gift cards or increasingly crypto currency. If you get a call like this, hang up. Government and other legitimate businesses will not call you, email or text you to demand money or personal information.

For more information link to: <https://www.consumer.ftc.gov/articles/how-avoid-government-impersonator-scam>."

"In terms of family (and friend) emergency fraud, Deem said that, "the Federal Trade Commission has several warnings about criminals using the phone, texting or emailing while pre-

tending to be a relative or friend in an emergency (often a grandchild). The person calling may say that there has been a car accident, and that your loved one has been hospitalized, or has been taken to jail. Impersonators pretend to be doctors, lawyers, consulate staff and even pretend to be the family member themselves.

"The criminal imposter insists that you send money (sometimes repeatedly), quickly and secretly. They may even keep you on a cell phone until you have completed a transaction wiring money, sending gift card information, or sending funds via virtual currency. If you receive a call or text like this-hang up and don't pay. For more information go to: <https://www.consumer.ftc.gov/blog/2018/07/scammers-create-fake-emergencies-get-your-money>."

Deem said that, "The US Postal Inspection Services has information useful in learning about money mules, which is defined as a person who receives, and transfers money obtained from victims of fraud. Criminals may enlist victims to be money mules (or money movers) in work at home fraud schemes such as reshipping packages. It may also originate in lottery/sweep-stake fraud or romance crimes.

"Victims may believe that they need to forward money or open a bank account and forward it to someone in hopes of receiving lottery money or to help in getting a romance imposter out of a difficult situation. However, transferring money/valuables on behalf of others only benefits criminals and may lead to serious consequences for the 'mule.' Being involved as a money mule is money laundering, even if you do not know that is the result of your innocent actions, is illegal."

"For information concerning money

mules," Deem says to," look at: <https://www.uspis.gov/news/scam-article/money-mule>."

With more knowledge of the above types of fraud and about money mules/money movers, you will be better able to avoid/stop fraud and to protect yourselves.



"Besides helping in medical research we can also be fun pets."

Rebooting immune cells' metabolism shields the aging brain in mice

Scientists recently discovered a process by which immune cells can drive aging in the brain, and how to block this pathway to improve memory and maze navigation in older mice. The findings suggest a potential avenue to develop new treatments for cognitive conditions like Alzheimer's disease. The study, led by researchers from Stanford University, was published in Nature on Jan. 20.

Inflammation is part of the immune system response to infection or injury. But as people age, they may have chronic low-level inflammation, which is linked

to age-related diseases and cognitive decline.

Normally, immune cells — including a group of cells called macrophages — create immune responses that protect the brain, such as disposing of abnormal forms of proteins that are tied to neurodegeneration. But as people — and mice — age, immune cells can start encouraging inflammation rather than protecting against it.

A compound called prostaglandin E2 (PGE2) is involved in regulating inflammation. PGE2 levels increase during aging and in neurodegenerative diseases. The researchers wanted to know how PGE2 might affect macrophages and the aging process. When they looked at macrophages from older mice and people older than 65, they found that these vintage immune cells produced more PGE2 than those of younger mice and humans.

By adding PGE2 to macrophages from both older mice and older humans in the lab, the researchers found that when this compound linked up to a receptor on the macrophages' surface, it changed the way the macrophages' metabolism worked. Instead of producing energy, the macrophages now stored their fuel. These energy-sapped cells switched from being immune system protectors to actually driving more inflammation.

But when the researchers added compounds that prevented the macrophages from taking in PGE2, the macrophages switched back to burning fuel. Next, the researchers turned to mice that were genetically engineered to prevent macrophages from taking in as much PGE2, as well as to normal mice treated with compounds that blocked PGE2 intake. The macrophages of these

Continued on page 11

REGENCY PALMS
SENIOR LIVING
OXNARD, CA

ASSISTED LIVING • MEMORY CARE • SHORT-TERM STAYS

SENIOR
LIVING AT
ITS BEST

SUMMER SPECIAL!

\$99 RENT

FOR 2ND AND 4TH MONTHS*

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

Promotion ends 9/30/21. *Promotion does not include care costs.
**First 10 tours per week eligible.

VOTED
BEST PLACE
TO WORK

2021 Oxnard
Community &
Business
Awards

CALL TODAY TO RESERVE YOUR SPACE!

805-416-0118

Virtual tours available.

1020 Bismark Way | Oxnard, CA 93033

RegencyPalmsOxnard.com

License #: 565850112





**YOUR LOCAL INSURANCE
RESOURCE CENTER**

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

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



There are many things that may be risk factors of depression.

What is depression?

Depression is a serious mood disorder. It can affect the way you feel, act, and think. Depression is a common problem among older adults, but clinical depression is not a normal part of aging. In fact, studies show that most older adults feel satisfied with their lives, despite having more illnesses or physical problems than younger people. However, if you've experienced depression as a younger person, you may be more likely to have depression as an older adult.

Depression is serious, and treatments are available to help. For most people, depression gets better with treatment.

Counseling, medicine, or other forms of treatment can help. You do not need to suffer — help and treatment options are available. Talk with your doctor if you think you might have depression. There are several types of depression that older adults may experience: Major Depressive Disorder — includes symptoms lasting at least two weeks that interfere with a person's ability to perform daily tasks Persistent Depressive Disorder (Dysthymia) — a depressed mood that lasts more than two years, but the person may still be able to perform daily tasks, unlike someone with Major Depressive Disorder Substance/Medication-Induced Depressive Disorder — depression related to the use of substances, like alcohol or pain medication Depressive Disorder Due to A Medical Condition — depression related to a separate illness, like heart disease or multiple sclerosis.

Other forms of depression include psychotic depression, postmenopausal depression, and seasonal affective disorder. Find detailed descriptions of different types of depression from the National Institute of Mental Health.

If you are thinking about harming yourself, tell someone who can help im-

Senior Living

mediately.
Do not isolate yourself.
Call a trusted family member or friend.
Call 911 or go to a hospital emergency room to get immediate help.
Make an appointment with your doctor.
Call the toll-free, 24-hour National Suicide Prevention Lifeline: 800-273-TALK (800-273-8255) or 800-799-4TTY (800-799-4889).

There are many things that may be risk factors of depression. For some people, changes in the brain can affect mood and result in depression. Others may experience depression after a major life event, like a medical diagnosis or a loved one's death. Sometimes, those under a lot of stress — especially people who care for loved ones with a serious illness or disability — can feel depressed. Others may become depressed for no clear reason.

Research has shown that these factors are related to the risk of depression, but do not necessarily cause depression:

- Medical conditions, such as stroke or cancer
- Genes — people who have a family history of depression may be at higher risk
- Stress, including caregiver stress
- Sleep problems
- Social isolation and loneliness
- Lack of exercise or physical activity
- Functional limitations that make engaging in activities of daily living difficult
- Addiction and/or alcoholism — included in Substance-Induced Depressive Disorder



Try to avoid long naps late in the day.

Fatigue in older adults

Everyone feels tired now and then. But, after a good night's sleep, most people feel refreshed and ready to face a new day. If you continue to feel tired for weeks, it's time to see your doctor. He or she may be able to help you find out what's causing your fatigue. In fact, your doctor may even suggest you become more active, as exercise may reduce fatigue and improve quality of life.

Sometimes, fatigue can be the first sign that something is wrong in your body. For example, people with rheumatoid arthritis, a painful condition that affects the joints, often complain of fatigue. People with cancer may feel fatigued from the disease, treatments, or both.

Many medical problems and treatments can add to fatigue. These include:

- Taking certain medications, such as antidepressants, antihistamines, and medicines for nausea and pain
- Having medical treatments, like chemotherapy and radiation, or recovering from major surgery
- Infections
- Chronic diseases like diabetes, heart

INDEPENDENT LIVING, ASSISTED LIVING, & MEMORY CARE



HAVE MORE FUN IN RETIREMENT LIVING

Offering spacious & bright floorplans and top-line amenities!

50% OFF RENT

OCTOBER, NOVEMBER & DECEMBER

Room & Board only. Subject to availability. See management for details.

Call Today to Learn More!

805-835-4072

www.cypressplaceseniorliving.com

1200 Cypress Point Lane | Ventura, CA 93003

A MERIDIAN SENIOR LIVING COMMUNITY

Lic # 567609978



**VOTED
BEST
RETIREMENT
COMMUNITY
IN VENTURA!**



Senior Living

disease, kidney disease, liver disease, thyroid disease, and chronic obstructive pulmonary disease (COPD)

Untreated pain and diseases like fibromyalgia

Anemia

Sleep apnea and other sleep disorders

Managing a health problem may make the fatigue go away. Your doctor can help.

Can emotions cause fatigue?

Are you fearful about the future? Do you worry about your health and who will take care of you? Are you afraid you are no longer needed? Emotional stresses like these can take a toll on your energy.

Not getting enough sleep can also contribute to fatigue. Regular physical activity can improve your sleep. It may also help reduce feelings of depression and stress while improving your mood and overall well-being. Yoga, meditation, or cognitive behavioral therapy could also help you get more rest. Talk with your doctor if your mental well-being is affecting your sleep or making you tired.

Some lifestyle habits can make you feel tired. Here are some things that may be draining your energy:

Staying up too late. A good night's sleep is important to feeling refreshed and energetic. Try going to bed and waking up at the same time every day.

Having too much caffeine. Drinking caffeinated drinks like soda, tea, or coffee late in the day can keep you from getting a good night's sleep. Limit the amount of caffeine you have during the day and avoid it in the evening.

Drinking too much alcohol. Alcohol changes the way you think and act. It may also interact with your medicines.

Being bored can make you feel tired.

That may sound strange, but it's true. If you were very busy during your working years, you may feel lost about how to spend your time when you retire. When you wake up in the morning, you may see long days stretching before you with nothing planned. It doesn't have to be that way.

Engaging in social and productive activities that you enjoy, like volunteering in your community, may help maintain your well-being. Think about what interests you and what skills or knowledge you have to offer and look for places to volunteer.

Try to avoid long naps (over 30 minutes) late in the day. Long naps can leave you feeling groggy and may make it harder to fall asleep at night.

Rebooting immune cells

Continued from page 9

older mice did not become sources of inflammation; instead, the cells continued to have the metabolism of a younger mouse's macrophages.

To test whether blocking the PGE2 pathway could help with cognition, researchers put the mice through several memory and maze tests. They found that older mice in the study — with their more youthful macrophages — performed just as well as younger mice and significantly better than older control mice. The results suggest that maintaining macrophages' normal metabolism can forestall aging-related cognitive declines in mice. Finding this new pathway that affects how macrophages respond during aging could help researchers look for potential new treatments for aging-related problems with thinking and memory.



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



CareGivers

Home Health

Palliative Care

Hospice

(805) 642-0239

Call for more information or a complimentary assessment

1996 Eastman Avenue, Suite 101 | lmvna.org



Well Balanced Meals



Social Opportunities



Safety & Security

Enjoy Peace of Mind

At The Palms at Bonaventure Assisted Living and Memory Care, we provide peace of mind with caregivers who are available 24/7 so you can feel safe and secure. There is always a member of our family available, so you can relax and enjoy new friends and family. In addition to the amenities included in the base rent, we also offer additional personal services at an additional cost, and because we focus on individual needs and preferences, you only pay for the services you need.

For more information about our caring lifestyle, please call

805-301-6652

The Palms At Bonaventure
Assisted Living & Memory Care

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





This 'n' That



Stefany Gonzalez

Carrie Bristow

United Way welcomes new team members to support United to End Homelessness

United Way of Ventura County has hired two new team members to support its United to End Homelessness Ventura County initiative. Carrie Bristow is now serving as housing navigation and retention case manager for the nonprofit, and Stefany Gonzalez has joined the team as housing navigator.

In her new role as housing navigation and retention case manager, Bristow is responsible for overseeing and ensuring housing stability for formerly homeless households during bridge housing and after placement into permanent housing. She also develops and maintains relationships with community supportive service and housing partners, as well as the household being supported.

Prior to joining the United Way team, Bristow served as a social worker for County of Ventura Homeless Services and as case manager at Turning Point Foundation. She holds a master's degree in clinical and counseling psychology from Capella University.

As housing navigator, Gonzalez is responsible for developing relationships with community housing partners to secure leads and housing opportunities for clients experiencing homelessness. In addition to performing field work, she creates and maintains a database of housing leads for service providers to use to find potential housing.

Before joining the United Way team, Gonzalez served as an agent/intake specialist for Alert Communications, as well as a social work intern for Ventura County Continuum of Care Alliance and for Genesis Programs Inc. She is on track to receive her Master of Social Work in May 2022.

"We could not be more excited to welcome Carrie and Stefany to United Way of Ventura County," said Eric Harrison, the nonprofit's president and CEO. "They each bring a tremendous passion for ending homelessness and being part of the solution — along with significant expertise in their fields — to our team, and we look forward to all we will accomplish together."

For more information about United Way of Ventura County, go to <https://vcunitedway.org>. To learn more about the United to End Homelessness Ventura County initiative, visit <https://unitedtoendhomelessnessvc.org>.

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

Choose the right car seat

The Ventura Police Department joins the California Office of Traffic Safety to raise awareness about the importance of keeping children in the correct car seat for their age and size.

During Child Passenger Safety Week, September 19-25, the Ventura Police Department will conduct child passenger safety enforcement to ensure drivers are securing children in the correct safety seat for every trip, each time.

"Motor vehicle injuries remain one of the leading causes of preventable deaths among children. Getting a car seat professionally checked and learning how to properly install it can prevent childhood injuries and protect the youngest passengers in our communities," said Sergeant Mike Brown.

According to the National Highway Traffic Safety Administration (NHTSA), 46% of car seats are not installed correctly.

Under California law, children under two weighing less than 40 pounds and less than 40 inches tall are required to be in a rear-facing car seat. Children under the age of eight or less than 4' 9" tall must be secured in a car or booster seat. The fine for not securing a child in the correct child safety seat is \$490.

Parents and caregivers can schedule a free car seat installation or car seat check by appointment only at the local Ventura California Highway Patrol (CHP) office by visiting www.CHP.ca.gov or calling 805-662-2640.

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 and VPD's educational efforts, visit www.OTS.ca.gov or contact Emily Graves, Community Outreach Specialist with the Ventura Police Department, at egraves@cityofventura.ca.gov.

Ventura County Public Health extends indoor mask order

Ventura County Public Health has extended the indoor mask order, requiring all individuals, regardless of vaccination status, to wear face coverings when indoors in public settings, with limited exceptions. The order will continue to be in effect until October 19, 2021 or until it is extended, rescinded, superseded, or amended by the Health Officer. "Our current case rate of 19.3 is still considered widespread community transmission by the Centers for Disease Control and Prevention and the California Department of Public Health," said Public Health Officer Doctor Robert Levin. "We need to see a continued decrease in the case rate and hospitalizations before safely lifting indoor masking requirements to help prevent future surges."

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

Individuals, businesses, venue operators, hosts, and others responsible for the

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

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

This health order aims to reduce community transmission of COVID-19. Health officials are concerned by the substantial levels of increased community transmission, especially among unvaccinated people. In part, this is due to the widespread COVID-19 Delta variant, which is substantially more transmissible than previous forms of the virus. Recent information from the Centers for Disease Control and Prevention also indicates that even fully vaccinated individuals can in some cases spread the Delta variant to others, and so indoor use of face coverings provides an important added layer of protection.

More information about COVID-19 available at: www.venturacountyrecovers.org.

A community reading program

The Ventura County Library is proud to announce its fourth annual One County, One Book community reading program. One County, One Book aims to unite the Ventura County community around a common narrative, spreading interest in and facilitating discussions about the selected book. One County, One Book 2021 is truly a countywide initiative, and aims to spark community discussion, foster a stronger sense of community, and promote a love of reading and literature. The 2021 One County, One Book program is sponsored by the Ventura County Library Foundation.

This year's One County, One Book selection is *Your House Will Pay* by Steph Cha. From the official description, *Your House Will Pay* is "A powerful and taut novel about racial tensions in LA, following two families—one Korean-American, one African-American—grappling with the effects of a decades-old crime."

All members of the public are invited to join Steph Cha for the featured One County, One Book author talk and Q&A, which will take place virtually via Zoom. Additional details about this author talk, including how to register, will be posted on our website. In the meantime, save the date for this event, taking place at 2pm on October 30, 2021.

Other special One County, One Book programs include a Faculty Panel Discussion presented by California Lutheran University. University faculty and staff members will discuss the themes of *Your House Will Pay*, and participants may attend either in person or via livestream. Admission is free, but registration is required. This event will take place at 6pm on Wednesday, October 6, 2021.

To participate in One County, One Book, pick up a copy of *Your House Will Pay* from one of our 12 library branches or our Mobile Library. In addition to our regular holdings, beginning in September each library will have an Honor Book Shelf set up with additional copies.

Once you have read the book you will be ready for our October events. Visit our website at www.vencolibrary.org/library-events for more information as programs are scheduled.



A ribbon cutting ceremony grand opening was held for Juice Swell a new fully organic, vegan restaurant serving healthy fast eat-in and take out dishes located at 1052 South Seaward Ave. Cutting the ribbon was Stephanie Caldwell, President & CEO of Ventura Chamber of Commerce, Chef James Quandt, and owner Keith Repult. Photo by Richard Lieberman.

Police Reports

by Cindy Summers

Police reports are provided to us by the Ventura Police Department and are not the opinions of the Ventura Breeze. All suspects mentioned are assumed to be innocent until proven guilty in a court of law.

Brandishing, Criminal Threats Arrest

On September 12, at 2:15pm, Ventura Police Patrol Officers responded to a report of an interrupted car burglary in the 200 block of North Garden St. The victim reported that he confronted a group of juveniles attempting to gain entry into his vehicle. One of the juveniles brandished a knife at the victim and threatened to stab him. Patrol officers arrived on scene within four minutes of the call and located the suspect in the area of South Garden St. and South Olive St. The suspect, a 15- year-old male, was taken into custody without incident.

The suspect was arrested for brandishing, criminal threats and gang enhancement. A second juvenile was also arrested for gang enhancement. The victim was not injured.

Woman Assaulted on Bike Path - UPDATE with Arrest

On September 1, at approximately 12:30 pm, the Ventura Police Command Center received a 911 call of a female who had been attacked while walking on the bike path near Kimball Park

On September 5, an alert community member saw a subject riding on a bicycle near Johnson Dr and Thille St. He recognized the person from the photographs and the artist's rendering from a prior press release.

The community member called the police and responding officers contacted the subject who was identified as 28 year old Martin Arias. Detectives were contacted and the investigation continued.

On September 7, Detectives searched Arias' residence and located evidence that linked him to the original incident. Arias was subsequently arrested and booked into Ventura County Jail for felony false imprisonment with violence, attempted sexual battery, and a violation of parole.

Arias has prior convictions for attempted robbery, multiple counts of sexual battery and multiple counts of indecent exposure.

Narcotics Arrest

On September 8, at approximately 1:45 pm, members of the Ventura Police Department SCU 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 62 year old Ventura resident Donald Adams.

During the subsequent investigation, detectives recovered large quantities of methamphetamines, fentanyl, heroin, and evidence of narcotics sales in the motel room and vehicle.

As a result of the investigation, Donald Adams was arrested for transportation and possession for sale of controlled substances.

Joseph Nichols, 50 year old Ventura resident, was arrested for possession for sale of controlled substances.

Vincent Hernandez, 33 year old Ventura resident, was arrested for possession of a controlled substance and an out-of-county warrant.

A search of the Ventura County Superior Court shows that Donald Adams has prior arrests for numerous narcotics violations, including transportation and sales of narcotics, DUI, domestic violence, resisting arrest, and

providing false information to a peace officer.

Joseph Nichols has prior arrests for numerous narcotics violations, including narcotic sales, DUI, forgery, and theft.

Vincent Hernandez has prior arrests for numerous narcotics violations, theft, vehicle theft, residential burglary, robbery, possession of burglary tools, resisting arrest, and providing false information to a peace officer.

Guns and Narcotics Arrest

On September 11, approximately 4:45 pm, a Ventura police K9 Officer and Patrol Officer conducted proactive enforcement in the 3000 block of E. Main St. for ongoing narcotics activity.

During their crime suppression efforts, officers contacted and detained 48 year old Ventura resident Christian Montijo with two other subjects. Officers discovered and recovered fentanyl, evidence of narcotics use, and two loaded unserialized firearms (commonly referred to as ghost guns). Narcotics detectives responded and assisted in the investigation.

As a result of the investigation, Christian Montijo was arrested for felon in possession of a firearm and ammunition, furnishing illegal drugs, and possession of narcotics paraphernalia.

A search of the Ventura County Superior Court shows that Christian Montijo has prior arrests for numerous narcotics violations, DUI, theft, burglary, identity theft, and providing false information to a peace officer.

Harbor Patrol Blotter

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

9/7 9:15am, received a complaint from a boater about the Coast Guard boarding a vessel in the fog in the entrance yesterday. An inbound vessel nearly collided with them during the contact. Advised to contact Coast Guard for more info.

7:45pm, educated the operator of a Swan peddle boat about operating after sunset and operating outside of the harbor near the entrance.

9/8 5:00am, received report of a person falling off the dock into the water near 1691 Spinnaker Dr. Officers responded but were unable to locate anyone in the water.

10:20am, received a mayday call from a boat dead in the water, 3 miles offshore. Officers responded in Rescue B17 and towed the vessel to the fuel dock. Likely 130 gallons of fuel were siphoned from his vessel. Once fueled it started up.

7:52pm, dispatched to a fall victim at Ventura Marina Community. Officers responded and assisted VFD/AMR with the call. Lift assist only, no medical.

9/9 12:03pm, while on patrol in Fireboat, officers observed a juvenile humpback whale near the Harbor Entrance. Officers observed, it appeared not in danger.

5:33pm, while on patrol in the fireboat, officers educated the operator of a PWC (personal watercraft) about speed and wake ordinance in the main channel.

6:04pm, dispatched to an Ocean rescue, swimmer in distress at Surfers Knoll. Officers responded by truck



WHERE WE
LIVE SHAPES
HOW WE LIVE

Are you a mission-minded corporation, foundation, or individual seeking to make a socially responsible impact in Ventura County?

Add to our County's collective prosperity while earning a modest return on your investment. Investing in Housing Trust Fund Ventura County's **Everyone Deserves a Home** Revolving Loan Fund, through our Community Impact Note, provides unique opportunities to develop safe, equitable homes in socially and economically diverse neighborhoods.



HOUSING
TRUST FUND
VENTURA COUNTY
Everyone deserves a home

Invest in affordable housing and positively impact the trajectory of people's lives in Ventura County.

The leading early-funding lender for developers creating affordable workforce housing options in Ventura County.

805-384-1144 | housingtrustfundvc.org | linda@housingtrustfundvc.org

and in the fireboat to the call. A long-distance swimmer was outside the surfline, in no distress. Advised swim closer to shore.

9/10 6:03am, while on patrol officers observed a tree had fallen from Harbor Blvd onto Navigator near the Holiday Inn Express. Later, Crews removed the tree.

10:05am, while on patrol in RB17, officers observed a humpback whale approximately ½ mile off the Harbor Entrance. Also observed thick Red Tide.

9/11 6:00am, flags placed at half mast to honor the victims of 9/11.

8:10am, contacted by a surfer about a hypothermic swimmer being assisted into the beach by swim club. Activated EMS and officers began treatment for hypothermic symptoms for an 18 y/o female. Patient was transported by AMR.

9:20am, receiving reports of a whale in harbor, officers in the Fireboat and Rescue B17 were attempting to persuade a humpback whale to leave the main channel of the harbor, keeping inbound/outbound vessels

away from mammal.

10:59am, dispatched to chest pain in the Ventura Marina Community. Officers responded and assisted VFD/AMR. 68 y/o female transported to hospital.

5:21pm, received report of two whales in the harbor. Officers responded in the Fireboat and found a baby whale near the entrance and one outside the harbor.

9/12 11:30am, Art Walk in the village has the area at capacity for people and parking.

5:50pm, dispatched to a medical at 1691 Spinnaker Dr, Island Packers. Officers responded with VFD/AMR to assist with the call.

8:54pm, received a request to open a locked parking lot so a vehicle could get out. After brief investigation, discovered the person was in CI Harbor.

9/13 8:34am, dispatched to an ill person at 1591 Spinnaker. Officers responded and found a 51 y/o male who drank too much alcohol. Transported to hospital.

Weekly SUDOKU

Answer

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

King Crossword

Answers

Solution time: 23 mins.

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

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.

The upcoming clinics is Tuesday, September 28th at Albert H. Soliz Library - El Rio, 2820 Jourdan St., Oxnard, 93036.

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

■ An Idaho Falls animal control officer reported finding an Alaskan Malamute inside a hot vehicle at the Grand Teton Mall. The dog's owner is now charged with misdemeanor animal cruelty and she pleaded not guilty.

When the animal control officer found the dog, they noted the outside air temperature at 80 degrees. The dog was lying down, panting and whining. A thermometer placed inside the car noted it was 98 degrees. Court documents do not indicate how long the dog had been left in the car.

Animal control took the dog to a vet clinic where they gave the dog fluids. The veterinarian who cared for the dog noted dog's temperature had risen to over 103 degrees, which is far too hot for a Malamute.

About midway through treatment, the woman arrived at the clinic, paid the bill and the animal was returned to her. If convicted, the woman faces up to six months in jail and/or a \$5,000 fine.

As the western United States and eastern Idaho faces record-breaking heat this summer first responders and health experts have issued warnings about how hot temperatures can reach in a car.

■ By Amy Quinton | UC Davis

UC Davis leaders, veterinarians and California legislators have unveiled a new emergency program to help rescue animals in disasters. Called the California Veterinary Emergency Team and administered by the UC Davis School of Veterinary Medicine, the program will support and train a network of government agencies, individuals and organizations to aid domestic animals and livestock during emergencies.

California is providing \$3 million a year for the California Veterinary Emergency Team, under legislation authored by Sen. Steve Glazer and incorporated into the state budget recently signed by Gov. Gavin Newsom. The program will be modeled after the UC Davis-led Oiled Wildlife Care Network, created in 1994 to mobilize volunteers and professionals to rescue and treat shorebirds and other wildlife that are injured during oil spills.

A primary goal of the new California Veterinary Emergency Team is to increase response capacity and help standardize disaster response across

counties, bringing together disparate and fragmented groups. Currently, the California Animal Response Emergency System, or CARES, within the California Department of Food and Agriculture is charged with managing evacuation and care of animals during emergencies. They also work with community animal response teams and nonprofit organizations.

■ Parents of a child with autism might wonder if a pet cat would be a good fit for the family. Now, research suggests both children with autism and cats benefit when a feline joins the household.

Gretchen Carlisle, a research scientist at the Missouri University Research Center for Human-Animal Interaction, in Columbia, Mo., and her colleagues studied the pet dynamic from both sides.

"It's not only important to examine how families of children with autism may benefit from these wonderful companion animals, but also if the relationship is stressful or burdensome for the shelter cats being adopted into a new, perhaps unpredictable environment," Carlisle said in a university news release.

Carlisle's team monitored shelter cats after being adopted by families with at least one child with autism. The cats were screened using a profile to identify those with a calm temperament. The researchers made home visits to check on the cats two to three days after adoption and every six weeks for 18 weeks.

To test cats' stress, Carlisle's group looked for levels of the stress hormone cortisol in the cats' feces, and found it decreased over time, she said.

Kids on the autism spectrum may have sensitivity or sensory issues and occasional problem behaviors accompanied by loud, sudden outbursts, Carlisle said. Because of those concerns, screening cats for a calm, easy-going temperament may increase the odds of a better match.

This research may help animal shelter staff overcome the financial and management hurdles that can result when cats are returned to shelters if there is not a good fit with the adopted family, she noted.

"Obviously, the shelters want to place all of their cats in homes, but some families may require a more specific fit, and using research-based, objective measurements for screening temperament may help increase the likelihood of successful, long-term matches," Carlisle said. "Our hope is that other scientists will build on the work of our exploratory study so shelter cats and families of children with autism might benefit."

The report was published Sept. 6 in the journal Frontiers in Veterinary Science.

■ Your Dog May Get Jealous Even if It Just Imagines You Petting Another Dog by David Nield

Nearly 4 in 5 dog owners report instances of jealousy from their

Scamp Club

(Scampclub pets are not for adoption.)



We are dog buddies hanging out at an Oxnard beach. I hope that we are eligible to belong to the Scampclub.

Join Scamp Club

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

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

pooches, and new research suggests those behaviors can be triggered even if a supposed rival for affection and attention is out of sight.

As we cannot quiz canines about their thoughts or feelings, the study is a useful insight into what might be going on inside a dog's mind when it sees (or doesn't see) something that it thinks it needs to be jealous of.

In humans, jealousy is thought to be closely linked to self-awareness, so the research also has something to say about whether or not dogs are actually aware of themselves.

Bastos and her colleagues ran exercises with 18 dogs, which looked on while their owners sat next to either a realistic-looking fake dog or a fleece cylinder. The fake dog acted as a rival for affection, and the cylinder acted as a control.

Once the dogs had observed the scene with their owners and the fake dog, a barrier was put up blocking the view of the fake dog but not the owner or the owner's motions. Researchers then tipped the fake dog over and tapped the owner on the shoulder, signaling that they should pretend to pet and talk to the now-gone fake dog.

The owners were, in fact, petting a fleece-covered shelf at this point, an effort on the researchers part to avoid

the owners providing any unconscious cues to the canine on how to react. Owners used generic phrases - "You are such a good dog!" - to avoid getting their pet excited.

The fake dog remained on the scene, too, but was located 1.5 meters (4.9 feet) from the owner, was always facing the owner, and within view of the actual dog.

Three human-like signatures of jealous behavior were observed. First, the behavior only emerged when a perceived social rival was involved, and second, it emerged even for out-of-sight interactions with this rival.

Thirdly, because the fake dog was either imagined to be present during the first scenario or was actually present even when the dog owners were petting the cylinder, the researchers could say that the jealous behavior happened as a consequence of the interaction and not just because of the presence of the other dog.

"These results support claims that dogs display jealous behavior," says Bastos. "They also provide the first evidence that dogs can mentally represent jealousy-inducing social interactions."

The research has been published in Psychological Science.

SPAN Thrift Store
SPAY/NEUTER ANIMAL NETWORK
Requesting Donations of Clothing, Tools and Small Kitchen Appliances
WE ARE OPEN!
10am - 4pm Tues, Thurs & Sat
Call us today!
805.641.1170 110 A & B N. Olive St., Ventura CA 93001 www.spanonline.org

\$10 Low/No Income
Spay & Neuter
Tuesday, Sept. 28th
Albert H. Soliz Library - El Rio
2820 Jourdan St., Oxnard, CA 93036
Must call for appointment
(805) 584-3823

IF YOU DON'T
ADVERTISE IN THE
VENTURA BREEZE
YOU ARE GOING
DIRECTLY TO JAIL!

The Pet Page

Forever homes wanted

Meet Kodiak! He is a 6-year-old Chow mix. He is on the small side for a Chow. He came to CARL when a good Samaritan found him at her doorstep and couldn't find his owner. Kodiak was a perfect house guest, getting along with the resident 7-year-old and small dog. Since being at the rescue he doesn't seem bothered by any of the dogs. Kodiak loves meeting new people and offering a proper paw. If you're looking for a friendly, fluffy guy who enjoys all the pets and walks, Kodiak is the one. Canine Adoption and Rescue League C.A.R.L.



Scarlett is a beautiful 17-year-old calico with gorgeous long hair. Her favorite past time is getting soft chin scratches, then finding the best spot for a cat nap. She is a petite girl looking for a mellow household that also enjoys the occasional cat nap. Camarillo Animal Shelter
600 Aviation Drive,
Camarillo, CA 93010
Kennel: 301 Animal ID: A778733
City Found: Ventura.
Adoption Process: www.vcas.us/AdoptionProcess

This 'n' That



This was the birthplace of the modern Ortega Chili Company that exists today.

The Mystery of the Ortega Adobe

by Richard Senate

She stands at 215 W. Main St., Ventura. Forlorn and almost forgotten. She is perhaps the least visited of Ventura's many historic sites. The Ortega Adobe is the last of the simple adobes that once made up the row of buildings that made up the community long ago. She is the last of the Middle-Class houses that were once Ventura. Built in 1857 by Emigdio Miguel Ortega this much used building harbors a mystery, almost unknown to many.

In its many years it served the

Ortega Family as a residence for Sr. Ortega, his Chumash wife and their many children. After the death of Emigdio it was inherited by his son Emilio. He had a unique hobby, collecting and growing chilis. He raised and transformed a New Mexico pepper that was large and tasty, becoming known as an Ortega Chili (If you ever had a Mexican food you have tasted one). In 1897 he started a small canning company in the old house he called the "Pioneer Ortega Chili Company." It was one of the first

This 'n' That

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

I can help you with that!

BERKSHIRE HATHAWAY | California Properties
HomeServices

© 2021 Berkshire Hathaway HomeServices California Properties is a member of the franchise system of Real Estate LLC. BHHHS and the BHHHS logo are registered service marks of Columbia Insurance Company, a Berkshire Hathaway affiliate.



ADELA TRAINOR

DRE 01985025

805.701.7694

TEAMTRAINOR12@GMAIL.COM

DUKE'S GRIDDLE & GRILL

"BEST BUNS ON THE BEACH"



**Full Bar / Lunch and Dinner/
Weekend Breakfast / Pet Friendly-
Patio's / Games**

Dine in/Takeout 805-667-8411

1124 S. Seaward Ave. Ventura

**Order Online at
Bitchinburgers.com**

canning businesses in the state.

This was the birthplace of the modern Ortega Chili Company that exists today. With the success of this business, Emilio sold the house and moved to Los Angeles where he built a factory and Victorian house for his family. It was purchased by Chinese merchant who rented it out as a laundry, then as a Mexican Cantina where dinners ate under the shade of a large grapevine. It was rented by the Shell Oil Company as offices for the nearby oil fields. For a time it was a pottery shop and then, during prohibition, an illegal speakeasy (it was never hard to get a drink in Ventura). Then, it even served, for two years, as the station house for the Ventura Police Department. It was used as the Veterans of Foreign Wars Hall and later the Boys and Girls Club.

Rather than tear it down, it was restored by the City of Ventura, under the direction of Archaeologist Bob O. Browne as a museum in 1968. It certainly has a long history and contributed to the growth of Ventura. But, what of the mystery? In the 19th Century, before the coming of the pier or the railroad, wood was hard to come by, so Emigdio and his son Ramon rode up the Santa Clara River Valley to the Fillmore area where their was an abandoned and melting ruined adobe. Stories say it was built years before and the family had been killed by Native People. They took the beams and hauled them all the way back to Ventura for the roof.

The mystery is--who were the people who built that early adobe? There is no records of such a structure there and the Chumash were known to be peaceful. What could have happened to cause an attack that would slay a whole family? Was it really Chumash? Could it have been someone else? Who built this early structure? Today the Ortega Adobe has just three rooms and a porch, but long ago it was larger, half of the structure was lost in an 1860s flood that took half the house. Emigdio, a local ranch foreman, didn't have the resources to rebuild and simply lived in what was left of the house. It stands now lonely, a forgotten relic of another time, her wall now silent when once they were alive with activity and music.



by Pam Baumgardner
VenturaRocks.com

While I'm not going to guarantee an opening date for the Grape, they are oh so very close to opening their doors to what I'm sure will be the hottest jazz club in the County. I got the grand tour and the place is amazing!!!

We've been very fortunate to have Will Breman performing at local venues downtown Ventura (Winchesters and Grapes and Hops with a Twist) having been a semifinalist on NBC's the Voice just a couple years ago (season 17). His mentor from the show, John Legend, just did a concert at the Santa Barbara Bowl last week and Legend brought Will on stage to perform Joe Cocker's version of "With a Little Help from my Friends." I spoke to Will about it and he told me, "Singing with John was literally the most perfect timing. Before the pandemic, I had bought tickets for my mom, because she was celebrating her 50th birthday. Ultimately my entire family got to go, which was wonderful. Mom and dad had zero clue [he'd be performing], and I could see them freaking out from their floor seats. Working with John in any respect has been straightforward and easy. At this point it was like catching up with a dear friend. I didn't expect the nerves I got in the moment, but it had also been the first time in two years that I ever sang for an audience that big." Freakin' awesome, right?!! Will was kind enough to do an episode of Ventura-RockSpot with me earlier this year, you can view it at VenturaRockSpot.com (along with dozens of other interviews). Will Breman will also be featured at the Topa Mountain Music 2021 Benefit Concert coming up at Ojai's Libbey Bowl on October 9. Headlining the show will be the White Buffalo along with performances from Bryan Titus Trio, Lee Koch Band, Jems and more. Go to Topa-MountainMusic.org for ticket information.

Ojai Nest Fest scheduled for Lake Casitas on October 2nd has been postponed.

Social Distortion (including long-time band member and well-known musician in numerous bands around town, Brent Harding) just got added to the list of concerts for October at the Majestic Ventura Theater playing a date on Wednesday, October 6. Other shows include Drakeo the Ruler on October 1, Black Label Society on October 2, Yung Blue on October 5, two Pennywise shows, the one with the Dead Kennedys on October 7 and the one with Strung Out on October 8, and then it's Elefante, Inspector on October 15. The venue is now requiring a negative COVID-19 test result within 72 hours of the event you're attending or proof of vaccination for entry. Masks are also required at all times except while actively eating or drinking.

I'm also happy to report there will be live music at Bombay's on Saturday, September 25, starting at 6 pm in the back room and this one is all ages. With a small \$5 cover, you'll get Brian Mikasa with Ardi on drums performing new music along with opening sets from Kyle

Hunt and Hol!day (Tyler Treves' new project). It's being branded as a listening party, so respect and give them your attention; should be a great way to kick off a Saturday night downtown.

Quick Notes: Maria Calire is out touring with Martha and the Motels; with less daylight, Margarita Villa has adjusted their live music to 7-10 on the weekends; Tony Ybarra is opening for Blood Sweat & Tears at the Canyon Club in Agoura Hills on September 24;

Tuesday Blues Day continues past summer at the Copa Cubana with Jerry Mcworter, Shawn Jones, Ed Berghoff and Sam Bolle; the Temptations play Libbey Bowl in Ojai on Sunday, September 26; Kyle Smith record release party will be held at the Six Chow House on Thursday, September 23; the monthly Bubbly, Brunch & Latin Jazz at the Ventura Harbor Comedy Club will feature Justo Almario, Abraham Laborial and Bill Maxwell on Sunday, September 26; and Surf 'N' Suds returns to San Buenaventura State Beach on Saturday, October 9, with music from Jacob Marquez and the Good Vibes along with Mestizo & DJ Hecktik.

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 Ventura-Rocks.com

Azars

2215 Michael Dr., Newbury Park

Sat 10/2: Reign

Boatyard Pub

Ventura Harbor

Thursdays: Jim Friery; then Bluegrass Jam

Bombay Bar & Grill

143 S. California St., Ventura

DJs Friday – Sunday

Sat 9/25: Brian Mikasa, Kyle Hunt, Hol!day, Ardi (6 pm)

Cantara Cellars

126 N. Wood Rd., Camarillo

Sat 9/25: Slogan

Fri 10/1: Cadillac Zack presents Mara Kaye

Sat 9/2: What the Funk

The Cave

4435 McGrath St., Ventura

Music 5:30 – 8:30

Thursdays: Bobby Apostol

Fridays & Saturdays: Warren Takahashi

Copa Cubana

Ventura Harbor Village

Tuesdays: (7 pm) McWorter, Berghoff & Jones

Sat 9/25: Karen Eden & Bill Macpher-

son (7 pm)

Downtown Ventura

California & Main Stage

Wednesdays: Warren Takahashi (5:30 pm)

Fridays: Brandon Ragan (5 pm)

Sat 9/25: Gaby Moniel (noon); Singular Nature (5 pm)

Sun 9/26: On a Mission from GOD players (12:30 pm)

Sat 10/2: Tribal Me (11 am); Dr. T & the Blues Criminals (5 pm)

Sun 10/3: Simi Rat Pack (11 am)

Four Brix

2290 Eastman, Ventura

Music 6-8 pm on Fridays, Sat & Sun 1 – 3:30 pm

Fri 9/24: Karen Eden & Bill Macpherson

Sat 9/25: Katie Skene Duo

Sun 9/26: Jacob Marquez & the Good Vibes

Fri 10/1: Diane Lotny & guests

Sat 10/2: Teresa Russell & Stephen Geyer

Grapes and Hops with a Twist

454 E Main St., Ventura

Music 8 pm unless other noted

Thursdays: LA Jazz Experience (7 pm)

Fri 9/24: Brian Faith Band

Sat 9/25: Dive Bar Steve (2 pm); Guy Martin

Sun 9/26: Shawn Jones acoustic (2 pm)

Sun 10/3: The Swillys (2 pm)

Keynote Lounge

10245 E Telephone Rd, Ventura

9/25: Sin Chonies

Leashless Brewing

585 E. Thompson Blvd, Ventura

Music 6:30 pm except Sundays at 3 pm

Thurs 9/23: Matt of Blown Over

Fri 9/24: Dylan Cunningham

Sat 9/25: Jacob and the Good Vibes

Sun 9/26: Brittney Burchett

Thurs 9/30: Lauren Barth

Libbey Bowl

210 Signal St., Ojai

Fri 9/24: DSB

Sun 9/26: The Temptations

Fri 10/1: Queen Nation

Lookout & Grill

2800 S. Harbor Blvd., Oxnard

Wednesdays: Tommy Foytek's Variety Show

Made West Brewing

1744 Donlon St., Ventura

Thurs 9/23: Anchor & Bear (6 pm)

Sat 9/25: Milo Sledge (4 pm)

Thurs 9/30: RJ Bloke

Sat 10/2: Ben Schneid

Majestic Ventura Theater

26 S. Chestnut St., Ventura

Wed 9/22: Mon Laferte

Fri 10/1: Drakeo the Ruler

Sat 10/2: Black Label Society

Sun 10/3: Yung Bleu

Margarita Villa

Ventura Harbor Village

Music Mon -Thurs 6-9, Fri & Sat 7-10;

Sundays 5-8

Fri 9/24: The Tossers

Sat 9/25: Studebaker Hawk

Sun 9/26: Freedom of Expression

Fri 10/1: Vinyl Gypsies

Sat 10/2: Dive Bar Messiahs

Sun 10/3: Karen Eden & the Bad Apples

Namba

47 S. Oak St., Ventura

Sat 9/25: Mark Hummel

Sat 10/2: Susie Glaze New Folk Ensemble

Ojai Underground Exchange

616 Pearl St., Ojai

Fri 9/24: Gary Myrick & Geoff Pearlman

Sat 9/25: Luis Munoz Trio

Oxnard Performing Arts Center

Canyon at Oxnard PACC

Sundays: The House Arrest Band (1-4 pm)

Prime Restaurant

2209 E. Thompson Blvd., Ventura

Tuesdays: Danny D

The Raven Tavern

1651 S. Victoria Ave., Oxnard

Music at 8 – 11 pm

Fri 9/24: Jayden Secor

Sat 9/25: Brittney Burchett

Relm

2390 Las Posas Rd., Camarillo

Music at 5:30 pm

Fri 9/24: George Krikes

Sat 9/25: The Fabulous Hangovers

Rock & Roll Pizza

5255 Cochran St., Simi Valley

Fri 9/24: Kings of Queen

San Souci

21 S. Chestnut St., Ventura

Fri 9/24: Free Love Project

Simi Valley Town Center

1555 Simi Town Center Way

Music at 7 pm

Fri 9/24: Doc Rogers Band

Sat 9/25: Journey USA

The Six Chow House

419 E. Main St., Ventura

Music at 9:30 pm

Thurs 9/23: Kyle Smith CD release party

Fri 9/24: ADD

Ventura Harbor Comedy Club

1559 Spinnaker Dr.

Sun 9/26: Justo Almario, Abraham

Laborial & Bill Maxwell

The Vine

308 E. Ojai Ave., Ojai

Saturdays: Smitty and Juliya and Friends

(7 pm)

Sundays: Fire on the Mountain (2 pm)

Waterside

3500 S. Channel Island Blvd., Oxnard

Wed 9/22: Teresa Russell

Winchesters

632 E. Main St., Ventura

Music Thurs 5:30; Fri 7 pm; Sun 3 pm

Thurs 9/23: Saint Pierre

Fri 9/24: The Swillys

Sun 9/26: Wumbloozo



Bar side of The Grape, opening soon in midtown Ventura.

Ventura Music Scene



You could win “Sacred Spring, Delphi,” a painting by Gerd Koch.

Put some local color in your home or office

Buenaventura Art Association is holding a monthlong Collectors’ Auction and Exhibit of works by notable area artists in its Ventura Avenue gallery. Most pieces on display Oct. 1-30 will be offered in a silent auction, including large paintings by Phyllis Doyon and the late Mary Michel. Attendees at preview receptions 6-8 p.m. Sept. 29 and 2-4 p.m. Sept. 30 (or both) will see all items in advance, before the general public and before the auction launches online.

Tickets, \$10 per person, include automatic entry into raffle drawings for prints, restaurant certificates and other prizes to be held every half hour during the previews, plus free BAA Champagne flutes and music. The tickets are available online at buenaventuraartassociation.org and will be sold at the door. Opening public reception for the show will be 5-8 p.m. Oct. 1, in conjunction with Ventura’s First Friday gallery crawl. Another highlight of the October fundraiser will be selecting the winner of “Sacred Spring, Delphi,” a painting by Gerd Koch. Raffle tickets are \$50 each or three for \$100. Hours at Buenaventura Art Association, in Studio 99 at Bell Arts Factory, 432 N. Ventura Ave., Ventura, are noon-4 p.m. Fridays and Saturdays.



On Sept. 11 & 12 the Ventura Art & Street painting festival was held at the Ventura Harbor Village. It featured chalk painters, art vendors and entertainment.

Ventura Art Scene



YOU'RE INVITED: Ventura Compressor Modernization Project COMMUNITY TOWN HALLS

WE'RE UPGRADING THE INFRASTRUCTURE THAT PROVIDES AFFORDABLE, RELIABLE ENERGY THAT HELPS KEEP HOMES WARM & THE LIGHTS ON IN VENTURA, AND UP & DOWN THE CENTRAL COAST

SoCalGas will host a series of community town hall meetings, both in-person and virtual, to provide residents an opportunity to learn about the compressor facility, ask questions, share concerns and provide feedback on the planned modernization project with our team. We look forward to hearing from you.

Register for in-person meetings and link to the virtual meetings at:
socalgas.com/VenturaTownHalls



©2021 Southern California Gas Company. All copyright and trademark rights reserved. N20C093A

Lighter Breeze

Mother Goose and Grimm



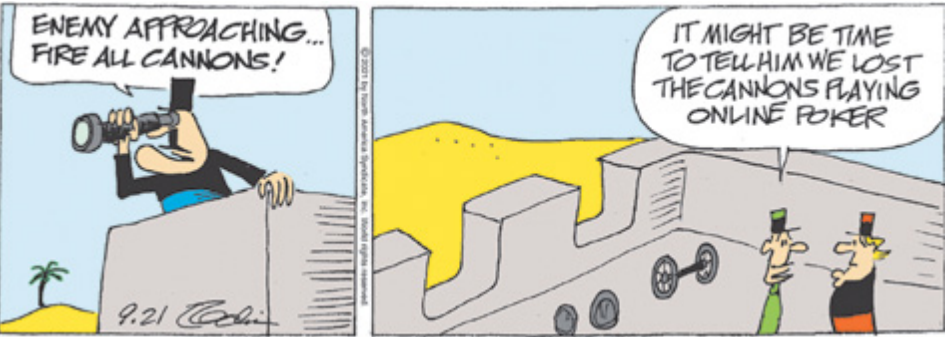
Zits



Arctic Circle



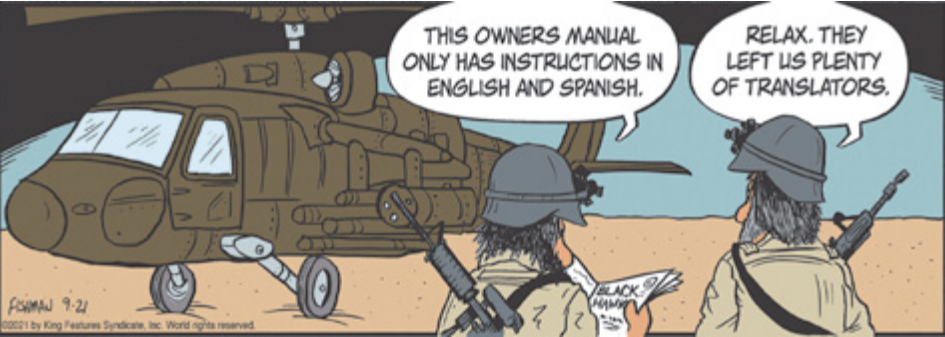
Crock



Shoe



Mallard Fillmore



Solutions on page 13

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

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

Weekly SUDOKU

by Linda Thistle

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

DIFFICULTY THIS WEEK: ♦

♦ Moderate ♦♦ Challenging
♦♦♦ HOO BOY!

Solutions on page 13

King Crossword

ACROSS

- 1 Havana's land
5 For each
8 — Valley, Calif.
12 Miles away
13 Parisian pal
14 Former Yankee slugger, to fans
15 Abe Lincoln's first home
17 Cello's ancestor
18 In the style of
19 Shiny, as a photo
21 Trombone part
24 Swizzle
25 Ireland
26 Backyard structure

- 30 Old Oldsmobile
31 Move to one side
32 — roll (winning)
33 Theme park attraction
35 Landed
36 Mater lead-in
37 Test score
38 Spider's creation
41 Spill catcher
42 Location
43 Cozy spot on the slopes
48 Sandwich

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			

- shop
49 Last (Abbr.)
50 Jeopardize
51 Pieces for one
52 Evening hrs.
53 Hose woe
tune
8 Relishes
9 Eye part
10 Cattle calls?
11 In a lazy way
16 Hearty quaff
20 Joyful tune
21 Lowly worker
22 Stead
23 Press agent?
24 "The March King"
26 "OK" gesture
27 Spanish greeting
28 Oklahoma city
29 See socially
31 Only
34 Alpha State
35 Garden shelters
37 Baseball's Hodges
38 Scoundrels
39 Sandwich treat
40 Phone inventor
41 Morsels
44 Carrier to Amsterdam
45 Cacophony
46 Fed. property manager
47 Heart chart (Abbr.)

© 2021 King Features Synd., Inc.



LIBRA (September 23 to October 22) Confidence grows as you work your way through some knotty situations. Watch out for distractions from well-meaning supporters that could slow things down.

SCORPIO (October 23 to November 21) Consider spending more time contemplating the possibilities of an offer before opting to accept or reject it. But once you make a decision, act on it.

SAGITTARIUS (November 22 to December 21) You're in a very strong position this week to tie up loose ends in as many areas as possible. Someone close to you has advice you might want to heed.

CAPRICORN (December 22 to January 19) Congratulations. This is the week you've been waiting for: After a period of sudden stops and fitful starts, your plans can now move ahead with no significant disruptions.

AQUARIUS (January 20 to February 18) You're in an exceptionally strong position this week to make decisions on many still-unresolved matters, especially those involving close personal relationships.

PISCES (February 19 to March 20) The new moon starts this week off with some positive movement in several areas. A special person becomes a partner in at least one of the major plans you'll be working on.

BORN THIS WEEK: You work hard and get things done. You also inspire others to do their best. You would do well heading up a major corporation.

(c) 2021 King Features Synd., Inc.

Showtime

A View from House Seats

Conejo Players now live on stage!

by Shirley Lorraine

Conejo Players opened the romantic comedy *Almost, Maine* last Friday evening to an enthusiastic audience. It certainly felt good to be back in theater seats instead of sitting at my computer. *Almost, Maine*, a two-act play by John Cariani, takes place in a series of vignettes, each telling stories of friendship, love, loss, and relationships in general. All the scenes are lit with a dazzling sky full of Northern Lights, under which the participants fall in various ways in and out of its magical spell.

The quaint, fantasy town is named because of its location – almost at the top of the United States, and almost in Canada. They would be a town if they would get organized. But for now, they’re just almost.

The vignettes, each featuring a different couple and situation, explore the absurdity, awkwardness, and challenges inherent in the process of looking for love, finding love, losing love, and reconciling one’s feelings of love. In short, there is a lot packed into each scene, with the compilation forming the whole all wrapped under the spell of the evening.

Smoothly directed by Beth Eslick, the vignettes are replete with quirky personalities who bring forth some fascinating and unusual viewpoints on life and love. Author Cariani has opened a decidedly unique umbrella over a very large subject. It was delightful to experience new explorations and insights into the age-old theme.

Each scene stands alone, although references are occasionally made to the other characters, who are all residents of this small town. The use of minimal scenery changes enhances each scene

against the projected background of a beautiful Northern Lights sky, allowing the actors to remain the focal points. The writer’s use of short pieces with a common underlying theme works well to spotlight each couple’s particular situation, giving each full attention and the audience something to ponder.

The very capable cast includes Robert Chambers, James Coblenz, Carl Garcia, Rose Hunter, Eric Pierce, and Heather Lynn Smith. All portray multiple distinct characters.

The actors are all excellent. Pacing is well controlled. In several scenes with quieter moments, volume dropped significantly despite each actor wearing microphones. This was opening night and no doubt each will re-adjust to on-stage projecting as they go. After all, it’s been a long 18 months and we all are readjusting. With joy.

Attendees are required to show proof of vaccination prior to entering the theater and must wear masks while inside. All appropriate precautions are being taken. Be advised – there are no physical programs. Audience members are asked to scan the QR code on the lobby wall to access cast information on their cell phones. Just another minor adjustment as we move forward.

I found the evening to be a breath of fresh air. You should go.

Almost, Maine runs through October 3 with performances on Fridays and Saturdays at 8 p.m., Sundays at 2 p.m. and Thursday, September 23 at 8 p.m. (805) 495-3715 or info@conejoplayers.org, or visit the website at www.conejoplayers.org for reservations.

Streaming Spotlight by Cindy Summers

Joe Bell

– Amazon Prime Cinema



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

In May 2013, an Oregon father named Joe Bell (Mark Wahlberg) started a walk across America to New York to raise awareness about bullying after his son committed suicide. *Joe Bell* is based on the true story of the events that lead to his son Jadin’s (Reid Miller) suicide and Joe’s later efforts to talk to anyone who would listen to his son’s story, while also reconciling with the loss of his son and his role in the reasons for his son’s actions.

Nearly a year prior to taking his life, Jadin had told his parents that he was being picked on at school by some guys because he was different, specifically because he was gay. His mother Lola (Connie Britton) expressed concern and support, while his father Joe told him to stand up for himself and fight, but Jadin said he couldn’t fight the whole school for his whole life.

Jadin was a sophomore and the only male cheerleader at La Grande High School. Though his dad said he supported him being a cheerleader, he didn’t want Jadin to practice in the front yard of their house

and insisted that he practice cheerleading with his friend in the backyard. There was only one time Jadin’s parents went to a football game to support him, but his dad caused them to both leave early, not being able to handle the negative comments from other parents and harassment from other students about his son being a cheerleader.

Jadin was secretly dating a football player from his school, but they broke up because his boyfriend’s parents didn’t know he was gay. Jadin kept his sights on going to New York and starting a new life there. Jadin was receiving threatening texts and was physically bullied at school, but the administration didn’t seek to protect him, only to blame him stating that they lived in a small town and a formal complaint could cause them more trouble. The principal even suggested he transfer schools or seek therapy.

Feeling hopeless, he called his friend Marcy, but she was heading out of town with her mom and didn’t realize how desperate Jadin was, suggesting that he go to their house for the weekend but he said he didn’t want to be alone and couldn’t go home. That night Jadin didn’t go home and hung himself the next morning from the playground equipment at the local elementary school. In real life, Jadin died in the hospital two weeks later after being taken off life support.

Joe shut down and stayed in his room for weeks and when he finally emerged, he said that he was going to walk across America to New York and talk to people about bullying. Though he had no plan and no money, he was convinced this was what Jadin wanted him to do. In six

OPERASB

Kostis Protopapas, Artistic | General Director

PRESENTS

THE MARIACHI OPERA

Cruzar la Cara de la Luna

(To Cross the Face of the Moon)

MARIACHI STARRING

LOS CAMPEROS



GRANADA THEATRE • OCT 1 & 3



Octavio Cardenas Daniel Montenegro Efraín Solís

NEW!

"YOU DECIDE" TICKET PRICING! CALL (805) 899-2222 FOR DETAILS



Scan for Tickets!

months, he had traveled from La Grande Oregon, through Twin Fall to Idaho, Salt Lake City, Utah and in Steamboat Springs, Colorado was briefly visited by his wife and youngest son Joseph.

Joe’s “Walk for Change” was followed by social media and news organizations along the way that helped to spread his anti-bullying message, but it came to a sudden, unexpected end in Lincoln County, Colorado after 6 months and 1,000 miles traveled.

Rated: R (Teen Partying|Language|Some Disturbing Material|Offensive Slurs)

Runtime: 1h 34m

Opera SB opens season

Opera Santa Barbara opens its ambitious 21|22 Season with the company premiere of the celebrated Mariachi opera, *Cruzar la Cara de la Luna* (“To Cross the Face of the Moon”). Performances will be held Friday, October 1, at 7:30pm and Sunday, October 3, at 2:30pm at the Granada Theatre. This production marks the company’s first production at the Granada Theater since November 2019, and the first performance of the theater’s fall season.

With music by José “Pepe” Martínez, founder of the Mariachi Vargas de Tecatlán, and lyrics by Martínez and acclaimed American stage director Leonard Foglia, the 75-minute operetta tells the multi-generational story of one family’s journey across decades and borders to find one another and to make a home together.

“We are thrilled to be returning to the Granada with a work that is approachable in so many ways”, said Opera Santa

Barbara Artistic and General Director Kostis Protopapas. “For us this is the time to open up our doors wide and make theater a place of healing for everyone in our community. We are all thirsty for live music and a sense of community right now, and *Cruzar* is the ideal vehicle for this emotional reopening, with its signable tunes, moving story, and message of resilience and regeneration,” said Protopapas.

To that effect, the company has announced that a limited number of tickets for this season’s productions will be available to all patrons on a name-your-own-price basis. The name of this new initiative, made possible by a grant by the Walter and Holly Thomson Foundation, Bank of America, N.A., Co-Trustee, is *You Decide!* “This means that any patron who finds our published prices too high is invited to make their own decision on how much to pay”, said Protopapas. “Producing opera with professional singers, orchestra, and stagehands is very expensive, and tickets typically cover less than 50% of the cost. Still, we want our performances to be accessible to everyone, and trust patrons to choose their own price knowing that every dollar goes towards supporting vibrant, live, Santa Barbara-made music theater.”

Directed by Octavio Cardenas (*Madama Butterfly*, 2019) and conducted by David Hanlon, who conducted the 2010 Houston premiere, Opera Santa Barbara’s new production of *Cruzar la cara de la luna* features Grammy-Award winning, Los Angeles-based Mariachi Los Camperos, who performed the opera at its New York City premiere in 2017 and the Houston revival in 2018. Some of Opera Santa Barbara’s favorite artist perform the principal roles: Tenor Daniel

Continued on page 20



\$499 Fall Special!



Ventura Executive Suites

Located At:

701 East Santa Clara Street

Ventura Ca., 93001

(805) 653-2381

Our Fall Special:

One FREE MONTH of rent!
(on select units)

Plus, FREE phone and internet! (on a 1 year lease)

Virtual Offices starting at \$50!!

Find Us At:

Ventura Executive Suites

Ventura Executive Suites

Website:

www.venturaexecutivesuites.com

Email:

Info@venturaexecutivesuites.com



Ventura Executive Suites offer fully furnished offices, Conference room access, Private gym, Access to printer/fax room, Fully stocked kitchen, 24/7 access, Full time receptionist

This 'n' That

Robotics Team 4414 High Tide

Continued from page 1

During the showcase celebration, 17-year-old Anshul Bajaj announced a new venture hosted by the team~ Tidal Tumble, an off-season robotics competition for FIRST Robotics teams. “After two cancelled seasons, I wanted to bring a competition opportunity to Southern California, to inspire and engage students,” said Bajaj, Event Director. “We are bringing students from all around California to compete here in Ventura October 15-17.” Bajaj believes that off seasons are a great way for younger team members to try their hand at competition, accelerate their learning and get more involved.

This year, due to Covid-19, the event is not open to public spectators. The team is currently seeking FIRST Robotics teams to participate as well as volunteers and sponsors.

Tidal Tumble is generously sponsored by: SessaMfg, FASTSIGNS of Ventura, Kearney Family, Narayan Family, Shew Family, Taylor Family, and Wulff Family.

For more information: tidaltumble.com.

campus we are going to do some focused efforts surveying everyone; finding out who is willing to take health services and possible shelter.” LaVere also notes “Frankly this is life saving for these individuals. If we get a rainstorm, which is going to happen, with climate change we are seeing more and more intense storms. If we get a flow through there, people could drown and die”.

There have been many efforts in the past to cleanup and evacuate unsheltered individuals from the river bottom. Still, the camps remain occupied. Just throwing them off the property will just scatter the occupants into nearby neighborhoods and commercial zones. The city, the county, and the federal government will be placing large sums of money to combat and solve the problem of homelessness in the long term. “It must be done in conjunction with housing and services in order to get a long-term solution,” added LaVere.

Perhaps this time with a major influx of city, county, state and federal financial resources we will be able to make real progress in solving the dilemma of the unsheltered encampments in the river bottom.

Opera SB opens season

Continued from page 19

Large scale cleanup of homeless

Continued from page 1

past few months focused on an effort to look at the encampments. We saw a significant growth in encampments and increasing crime rates in the neighborhoods around the river bottom. We saw this as a real opportunity to both tackle the cleanup from an environmental perspective and being able to provide services for those at the encampments. This week we specifically focused on the cleanup of abandoned encampments,” he said. “In three days, we removed 188 tons of trash just from the abandoned encampments,” he added.

Project Room key, an effort to lease a motel in Ventura (The Vagabond) had ended but has been extended through January of this year. The motel was able to house over two hundred unsheltered from Ventura and Ventura County. The county established a program “the coordinated entry system countywide homeless management information system” (HMIS) along with 8 one-stop service centers throughout the county that help connect individuals to housing and supportive services, including whole person care, recuperative care, food assistance, rapid housing, emergency shelters, permanent supportive housing, and transitional housing.

“This has to be a multi-pronged effort. First, let’s clean up the trash in the abandoned encampments, and for the remaining active

Montenegro, Mario in Opera SB’s 2020 Il Postino, and baritone Efraín Solís, Malatesta in last April’s Don Pasquale, take up the roles of the half-brothers Rafael and Mark; former Opera SB Chrisman Studio Artists Kelly Guerra and Sergio Gonzalez, play the young couple of Chucho and Lupita. Bernardo Bermudez takes on the central role of the immigrant pater familias Laurentino, alternating between ages 25, 50, and 75, and Jessica Gonzalez-Rodriguez is his beloved wife Renata; Chrisman Studio Artist Raphaella Medina makes her Opera SB debut as the American-born granddaughter Diana. The set, which alternates between contemporary Houston, 1950’s Mexico, and the Chihuahuan Desert is designed by Adam Crinson, with lighting design by Brandon Baruch, both in their Opera Santa Barbara debuts. The performance will have songs and spoken dialogue in Spanish and English, with English supertitles projected above the stage.

Only 50% of the Granada Theater’s capacity of 1500 seats will be sold. Detailed health protocols can be found on the Granada website

Reserved tickets can be purchased online at granadasb.org, and are currently priced at \$189, \$149, and \$89. You Decide! (pay-what-you-can) tickets are available by phone only, through the Granada Box Office, at (805) 899.2222.



This drawing of the Holly Hill House was drawn by Breeze publisher Sheldon Brown in 1983.