



VENTURA BREEZE

Your Hometown Paper

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CAN-tree is Food Share's biggest food and fund drive of the year.

Annual Can-Tree Food Drive Event returns

Food Share, Ventura County's largest hunger-relief organization, is bringing its most popular community event back for the holidays! The 10th Annual CAN-tree food drive will take place in Figueroa Plaza, and in locations along Main Street, Ventura, from Thursday, December 9 through Sunday, December 12, 2021.

The event, which brings individuals, families, and local businesses together to collect and build hundreds of canned food "trees" is Food Share's biggest food and fund drive of the year and is a critical source of food for the thousands of people still struggling with food insecurity in Ventura County.

There are lots of ways to get involved. Participants can Collect & Build, Buy & Build, Sponsor a Tree or, new this year, Sponsor a Hero. Additionally, the high-profile event, which draws thousands of visitors, offers a range of other sponsorship opportunities. There's also a chance to win one of 13 coveted awards including the CAN Crusher, the People's Choice, and the Mayor's Choice, all of which will be featured on Food Share's website, social media pages and newsletter.

For more information visit: foodshare.com/cantree or reach out to Jennifer Caldwell, at jcaldwell@foodshare.com.



What will the future downtown look like? Photo by Richard Lieberman.

Ventura City Council moves toward making Main Street Moves a more permanent attraction

The Ventura City Council voted 7-0 at its meeting on November 8 to make Main Street Moves long-term with a full closure of five blocks in Downtown Ventura, retaining the existing curb, gutter, and sidewalk configuration through a flexible design approach.

Discussions included maintaining a pedestrian-friendly area in keeping Main Street closed to traffic from San Buenaventura Mission to Fir Street, with an additional focus on potentially keeping California Street closed to traffic.

"During the pandemic, the City reim-

agined the use of public spaces and joined with Downtown Ventura Partners to launch Main Street Moves, which helped many local businesses not only survive but thrive," said Mayor Sofia Rubalcava. "Thousands of people have expressed strong support for keeping streets closed and maintaining outdoor dining and shopping areas. It's exciting to hear that kind of positive public response as we look at design, cost, and logistics for supporting a semi-permanent downtown street closure for Main Street Moves."

The design approach includes the installation of bollards at the intersections and furnishings that are removable, allowing the modification of the closure as needed with the evolution of downtown and the needs of the space. The design would open back up the existing sidewalks, use the existing angled parking spaces for businesses to use for outdoor seating and dining in the form of parklets, and keep the existing travel lanes free and clear to accommodate delivery trucks, service vehicles, and emergency vehicles.

The City Council also voted to have City staff work with consultants to study traffic impacts, environmental impacts, obtain a bid for removable bollards, and design standards for the parklets, all which will guide the process to the full closure. Additionally, an appointed ad hoc committee will be created to focus on improvements and cohesive design to the Mission Park and Figueroa Plaza.

To encourage participation for both restaurants and retailers, staff will create a fee and lease structure for use of the public right of way space to support the activation of the street and have critical mass of participants.

In December 2021, the continuation or issuance of a new interim special use permit for Main Street Moves will be brought to City Council while staff finalizes the full closure program with the necessary studies. Main Street Moves currently operates under a Special Use Permit and Temporary Emergency Ordinance, which are set to expire on January 7, 2022.

Visit www.cityofventura.ca.gov/OutdoorDiningProgram to learn more about Main Street Moves and view reports, and survey results.

Ventura County Fairgrounds Board of Directors elects new President, Vice President

The Ventura County Fairgrounds announced 2021 Board of Directors elections. Leah Lacayo will serve a 2-year term as president of the Board and Armando Lopez has been elected to the position of Vice President. The 2-year terms will include the return of the annual Ventura County Fair.

Lacayo is serving her 2nd appointment to the Ventura County Fairgrounds Board of Directors. She has previously served as Board President in 2005 and 2014. Lacayo also serves on the Board of Directors at California State University at Channel Islands and the Ventura County Community Foundation. Her community service includes the Ventura

County Women's Political Council, Congress of California Seniors Education & Research Fund and the Congress of California Seniors, the Destino Fund and the Jewish Labor Committee Advisory Board.

Lopez has served the Board of Directors since 2003 He serves as a liaison to the Ventura County Fairgrounds Foundation. He is a partner in Plaza Development Partners LLP and currently serves on the Ventura County Family Justice Center and the Children's Workshop. His community service also includes El Concilio de Condado de Ventura, the Ventura County Community Foundation

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VENTURA HARBOR VILLAGE 

City News

Ventura PD to host Coffee with a Cop Holiday Toy Drive

Community members are invited to join the Ventura Police Department for coffee, conversation, and a toy drive at Coffee Bean and Tea Leaf, located at 1780 S. Victoria Ave. The free event will be hosted on December 9, 2021, from 8 a.m. – 10 a.m.

Coffee with a Cop provides an opportunity for residents, students, and kids to engage with local police officers and ask questions, share feedback, and get to know the men and women who patrol Ventura's neighborhoods.

New, unwrapped toys and gift cards donated at this Coffee with a Cop will support the 12th annual Castro Family Toy Drive serving patients and siblings of the Children's Center for Cancer and Blood Diseases at the Ventura County Medical Center (VCMC).

"This is the first Coffee with a Cop event we've hosted since the pandemic started. Coffee with a Cop serves as a great opportunity for the community to get to know our officers, build relationships, and engage in community-wide conversations," said Police Chief Darin Schindler. "This free event will support a great, local cause while providing quality time with our residents."

The majority of contacts Ventura Police Officers have with the public often happen during emergencies

or extremely emotional incidents. Those situations are not always the most effective time to have a friendly conversation with officers. Coffee with a Cop breaks down barriers and allows for a relaxed, one-on-one interaction.

Residents unable to attend to donate a toy are encouraged to drop-off toy donations for the Castro Family Toy Drive at the Ventura Police Headquarters, located at 1425 Dowell Drive.

For additional information, please contact Emily Graves, Community Outreach Specialist with the Ventura Police Department, at egraves@cityofventura.ca.gov.

In 2008, Corey Castro was seven years old and was treated for Gorham's Disease at VCMC, a rare bone disease. As a patient, he was asked if he wanted to pick a toy from the center's toy box. Corey discovered the toy box needed more toys. Corey and his sister Paige asked their family if they could help fill the box for other children receiving treatment. The Castro Family, in partnership with the Ventura Police Department and the Ventura Police Community Foundation, worked to make that dream a reality and has since provided toys and gifts to more than 2,500 patients and their siblings. The 2020 toy drive kept the toy box full through August, 2021.

Ventura Police Department awarded grant

The Ventura Police Department was awarded a \$205,000 grant from the California Office of Traffic Safety (OTS) for a one-year enforcement and education program to deter dangerous and illegal driving, biking, and walking behaviors that increase the risk of crashes in the community.

"Impairment, speeding, and other dangerous behaviors jeopardize the safety of everyone on the road," said Sergeant Michael Brown. "This funding allows us to provide necessary traffic enforcement to reduce the growing trend of DUI, bicyclist, and pedestrian-involved crashes by educating the public on safe road behaviors."

The grant will fund additional enforcement measures and traffic safety programs, including:

DUI checkpoints and patrols specifically focused on suspected impaired drivers.

Enforcement operations focused on suspected distracted drivers in violation of California's hands-free cell phone law.

Bicycle and pedestrian safety enforcement operations focused on driver behaviors that put vulnerable road users at risk.

Bicycle skills and training courses that educate youth on safe riding behaviors.

Patrol with an emphasis on top violations that cause crashes: speeding, failure to yield, stop sign and/or red-light running, and improper

turning or lane changes.

Community education presentations on traffic safety issues such as distracted driving, DUI, speeding, and best walking and biking practices.

Officer training and/or recertification: Standard Field Sobriety Test (SFST), Advanced Roadside Impaired Driving Enforcement (ARIDE) and Drug Recognition Expert (DRE).

Funding for this program was provided by a grant from the California Office of Traffic Safety, through the National Highway Traffic Safety Administration. The one-year grant will run from October 1, 2021 through September 30, 2022.

Senate Bill resources available for City of Ventura residents and businesses

Starting January 1, 2022, the City of Ventura will be required to comply with California's Senate Bill (SB) 1383. SB 1383 aims to reduce methane emissions by diverting organic material from landfills by establishing statewide food waste recycling requirements for cities. The City is rolling out food waste recycling for all residents, businesses, and multi-family properties to



City News

comply with the mandate. “Food waste includes items like bones, nuts, dairy, bread, fruit, vegetables, meat, and more,” shared Public Works Director Phil Nelson. “The City’s Environmental Sustainability team has worked diligently to ensure our community has resources to assist with these new state regulations to recycle food waste and reduce air pollutants like methane gas.”

Residents in single-family homes must bag their food waste and place it in their yard waste cart. Once at the sorting facility, the bagged organic waste will be separated and composted into soil products. Businesses and multi-family properties can expect to be contacted by E.J. Harrison & Sons to set up yard waste and food waste collection services unless they apply and qualify for an exemption.

Businesses can request exemptions if they generate very little organic waste or if they do not have space for additional containers. Exemption waivers must be filed before SB 1383 regulations take effect on January 1, 2022.

The statewide law was enacted in 2016 by Governor Brown. to reduce emissions of short-lived climate pollutants (SLCP’s), which contribute to global warming and negatively affect human health. SLCPs remain in the atmosphere for less time than carbon dioxide, but potentially cause more damage due to their potency. By collecting and composting organic waste, SB 1383 aims to reduce the state’s greenhouse gas emissions by preventing the release of methane into the atmosphere.

The first reading of a new ordinance to comply with SB 1383 was presented to the City Council on October 25, 2021, which covered the regulatory requirements and available resources for residents and businesses. A second reading of the ordinance is scheduled for November 8, 2021.

The City’s Environmental Sustainability team will host virtual workshops for residents and businesses to provide information about new requirements, answer questions, and encourage participation. Visit www.cityofventura.ca.gov/es to learn more.

VenturaWaterPure to receive \$1.7 million in grant funds

The City of Ventura’s proposed water reuse program, VenturaWaterPure, anticipates \$1.7 million in federal funding from the U.S. Bureau of Reclamation’s (BOR) Title XVI Water Reclamation and Reuse Program.

VenturaWaterPure is among a shortlist of projects funded by the Water Infrastructure Improvements for the Nation (WIIN) Act, pending Congress’ approval. This award is in addition to the \$2.4 million that the City received from the program in 2018.

“It is encouraging to see VenturaWaterPure selected to participate in these competitive State and Federal funding programs,” said Mayor Sofia Rubalcava. “The City will continue to

pursue grants and cost-sharing opportunities like this to minimize the financial impact to our residents and maximize value to our community.”

Through the Title XVI program, the U.S. Bureau of Reclamation provides grants to communities to reclaim and reuse wastewater, impaired groundwater, and surface water. Funding may be used for the planning, design or construction of water recycling and reuse projects

“With record-low rainfall across California, water reuse projects such as the VenturaWaterPure program are critical to protecting our communities against drought and climate change,” shared VenturaWaterPure Program Manager Linda Sumansky. “VenturaWaterPure will provide a reliable, drought-resistant water supply to the City of Ventura, a solution that is needed now more than ever.”

The VenturaWaterPure program is also being considered for a low-interest loan through the Environmental Protection Agency’s Water Infrastructure Finance and Innovation Act (WIFIA) program. If awarded, the City will receive a \$125 million loan to fund the design and construction of the program’s Advanced Water Purification Facility. The City is expecting to receive formal loan approval in early 2022.

VenturaWaterPure will recover, treat, and reuse water that is currently discharged to the Santa Clara River Estuary. At a new purification facility, water will be treated using advanced technology for potable reuse. The multi-benefit program will create a new local water supply, meet legal requirements, and improve water quality for Ventura customers.

The program remains in the design phase, with construction anticipated to begin in 2023. To learn more about the VenturaWaterPure Program, visit www.VenturaWaterPure.net.

Grant Program awards \$140,000 in funding to selected organizations

Applications for the City of Ventura’s Cultural Funding and Community Partnerships Grant Programs will be available the first week of December. The Community Partnerships Grant Program awards \$140,000 in funding to selected 501(c)(3) nonprofit social and environmental service organizations that support and serve the needs of Ventura residents. The Cultural Funding Grant Program awards \$90,000 in funding to selected 501(c)(3) nonprofit arts and cultural organizations that support and serve the needs of Ventura residents. The application deadline for both grant programs is Tuesday, January 25, 2021, before 5pm. To learn more, visit the City of Ventura’s website at: www.cityofventura.ca.gov/grants.

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VENTURA BREEZE

Your Hometown Paper

Member, Ventura Chamber of Commerce

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

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Never try to
tell everything
you know. It
may take too
short a time.

– Norman
Ford

Opinion/Editorial



Sheldon Brown
Publisher-Editor

■ I receive some emails from readers who do nothing but **insult me** and call me rather unflattering names. Most also make statements like “why would a person with any brains bother reading your article.” Seems rhetorical as they are clearly reading my article. For these readers, I’d recommend that they don’t read my publisher letter since it bothers them so much.

Or, if they do continue to read, send me an email that intellectually expresses thoughts about what I write and why you think I am wrong.

■ State Senator Monique Limon, D-Santa Barbara, and our own Assembly-member Steve Bennett, D-Ventura, have announced plans for a state bill prohibiting **gun shows** at the Ventura County Fairgrounds.

There is some question if this action would be legal. Fair board directors want to talk to lawyers, and Gov. Gavin Newsom, before deciding whether to ban gun shows at the state-owned fairgrounds.

Fairground Directors voted 4-3 to hold a discussion as soon as possible with legal counsel on the liability that could come with ending gun shows held there. They expressed concerns about litigation threats from Crossroads of the West, the gun show operator, who won a \$500,000 settlement in a lawsuit over a similar ban at another fairgrounds.

They did vote to prohibit the sale of “ghost gun” kits, which enable people to build firearms that do not contain traceable serial numbers.

You know my position on **gun ownership**, but you might be surprised to know that I am against prohibiting gun shows at the fairgrounds. There needs to be a fine balance between rights and concerns.

It’s our gun laws that need changing. It should not be legal for a 17-year-old (or anyone else for that matter) to walk down the street carrying a high-powered military rifle for protection. There should be some restriction on the types of guns sold. Perhaps high-powered rifles really don’t belong in the hands of most citizens so should be prohibited.

■ Guns in The News

Three people were shot and three more injured during a shooting at a packed shopping mall in Durham, North Carolina. Responding officers found three people had been shot in an incident between two groups of people who knew each other. Remember when this just became a fist fight?

A 5-year-old boy in Pennsylvania was shot and killed by his 6-year-old sibling after they were left unsupervised in a room with an unsecured firearm. Three children had been left alone in a bedroom with the gun.

A 15-year-old boy was charged with attempted first-degree murder in connection with a shooting that injured six high school students at a Colorado park. He is alleged to have been the driver of a Chrysler 300, one of two vehicles involved in the shooting that occurred about 12:45 p.m. at Nome Park, less than half a mile from Aurora Central High School.

A passenger was going through the screening process when “somebody recognized that there was a weapon in the bag,” an airport spokesperson stated. “When either the officer went in or when the passenger went in to get it, it accidentally discharged. The passenger “took off and was able to make it outside of the airport.”

Jeffery Lynn Johnson, 58, who appeared in “Tiger King: Murder, Mayhem and Madness,” died by an apparent suicide during an argument with his wife. Johnson’s wife, Charity, told police her husband killed himself in front of her during an argument in their garage. Their 4 and 5-year-old children were inside the house at the time.

A Thanksgiving dinner turned tragic inside a Pennsylvania home when a 25-year-old man was shot and killed by a stray bullet that pierced through a window. Edilberto Miguel Palaez Moctezuma, was eating Thanksgiving dinner with his family at the time and had nothing to do with the shooting, according to authorities.

Metro Police are investigating a shooting in Nashville that left three dead and several others injured. The shooting occurred inside an apartment in the 2800 block of Torbett Street around 9:45 p.m. Police said seven people were shot, and three have died from their injuries.

■ An estimated 3,000 **Chumash Indians**

were buried on the Ventura Mission grounds in downtown. The church office building sits on top of the land.

The Rev. Tom Elewaut has agreed to memorialize the Chumash as soon as possible. An Indigenous Peoples Day is being planned and a monument to honor the deceased Chumash.

This is certainly needed to honor this tribe who were basically made to work on the mission as slaves.

■ Does this make sense? We were watching the **Dallas Symphony Orchestra** and Metropolitan Opera Symphony Orchestra (they were playing Mahler’s Symphony no. 1) on PBS. All the string instrument musicians were wearing masks and the wind instruments (of course) performers were not. I know it’s symbolic, but rather absurd.

■ A federal judge has sentenced the U.S. Capitol rioter known as the **“QAnon Shaman”** (for his horned headdress) to 41 months in prison for his role in the deadly Jan. 6 attack by followers of then-President Donald Trump. Good keep it coming.

■ The Defense Department is launching the Airborne Object Identification and Management Synchronization Group, a unit that will be charged with finding and identifying **UFOs** in restricted airspace, officials said Tuesday.

The new group will replace the U.S. Navy’s Unidentified Aerial Phenomena Task Force. The move comes after the U.S. intelligence community verified a number of unexplained aerial sightings earlier this year and admitted it could not explain the phenomena. The Defense Department said it takes the subject of airborne objects very seriously, whether the objects are identified or not.

I wonder what kind of idiots would want to come to earth unless it is to show the inhabitants how not to run a planet. I hope they show up so we can ask them.

■ A federal judge took aim at former President Donald Trump for lying about voter fraud during the 2020 presidential election, saying that former Vice President **Al Gore** had a better standing to challenge the 2000 election results but that he was “a man” and walked away.

“Al Gore had a better case to argue than Mr. Trump, but he was a man about what happened to him,” Senior District Judge Reggie Walton said of Gore’s decision to end his presidential bid following weeks of legal battles. “He accepted it and walked away.”

■ Mexico’s Supreme Court ruled that it is unconstitutional to punish **abortion**, unanimously annulling several provisions of a law from Coahuila, a state on the Texas border, that had made abortion a criminal act.

The decision will immediately affect only the northern border state, but it establishes a historic precedent and “obligatory criteria for all of the country’s judges,” compelling them to act the same way in similar cases, said court President Arturo Zaldívar. “From now on you will not be able to, without violating the court’s criteria and the constitution, charge any woman who aborts under the circumstances this court has ruled as valid.”

If a country that is 83% Catholic can think rationally about abortion why can’t Texas (and others)?

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

Mailbox

Unsafe in Ventura Harbor

Ventura Harbor used to be a safe place for pedestrians to walk, but that is no longer true. People riding bicycles have taken over the pedestrian walkways using them as a bike trail. This has become a very big problem for the safety of pedestrians because bikers will not, and do not yield to pedestrians. They seem to believe that they have the right-of-way, and become quite angry with pedestrians when they do not immediately yield to them.

There are approximately 15 signs posted in the harbor that prohibit bicycle riding on pedestrian walkways, and there is a designated bike lane around the harbor. Bicycles, skateboard, and roller skates on pedestrian walkways in Ventura harbor is a \$60 fine. Security, and management acknowledge the problem, but they do not enforce the regulations.

For 25 years I have walked in Ventura harbor every day but, as of late, I tend to avoid it. Sadly, Ventura harbor is no longer a safe for pedestrians. I am just

tired of having to run out of the way of people riding bicycles.

Writer wished to remain anonymous. We don’t normally print these, but it seemed important so made an exception. We have attempted to get a response from the Harbor but haven’t yet.

Letters to the Editor

Proposed Logging in the Los Padres Forest is Unacceptable.

As a life-long resident of Ventura County I realize how lucky I am to live between the ocean, two rivers and our majestic mountains in the Los Padres National Forest. Many local residents enjoy recreating in the Los Padres at Pine Mountain, Mount Pinos, and other wild areas.

The US Forest Service is currently proposing the removal of thousands of trees and old growth vegetation at four locations in our backcountry; an area that totals over eight square miles. The Forest Service argues that this project will improve wildland health and improve fire

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News & Notes



Recently Mike Powers, Ventura County CEO and Ashley Bautista were at CAPS.

County CEO and PIO drop in on ECTV team at CAPS Media Center

Recently Mike Powers, Ventura County CEO and Ashley Bautista, County PIO held an impromptu workshop with El Camino High in the ECTV program at the CAPS Media Center. Mr. Powers and Ms. Bautista were in the CAPS Media studio to record a cross-country interview, which was observed by the ECTV students. Afterwards the pair took the time for an informal meeting with the ECTV team discussing journalism, social media, marketing, career paths and more. The students will follow up with a more formal on camera studio interview with Mr. Powers.

ECTV (El Camino Television) is part of the Ventura Unified School District's Visual and Performing Arts career pathways initiative. In weekly immersive workshops students explore all aspects of media, journalism and storytelling production including television, radio, social media, podcasting and more. The students utilize all of the resources of the CAPS Media Center including cameras, editing computers, the studio soundstage and radio control room. The ECTV program is mentored by Phil Taggart (electronic journalism and storytelling) and Elizabeth Rodeno (radio and podcasting).

Out in the community CAPS Media crews continue to support the County's efforts to spread the word on the vital necessity of COVID vaccinations. Most recently CAPS produced a series special videos featuring doctors and other media professionals encouraging families to have young children vaccinated in compliance with recent guidelines. The COVID Vaccinations for Kids videos are distributed on the County website and multiple social media outlets in English, Spanish, and Hindi.

The CAPS Media Board of Directors meet in November and reviewed a staff presentation that included a brief summary of the multiple projects produced and managed by CAPS Media staff between July and October of this year. The report referenced more than 70 separate video productions for the City of Ventura, County of Ventura and other agencies. The government agencies distribute the media on various platforms including websites and multiple social media outlets. In addition CAPS Media airs the information on channel 6 and/or 15 as well as streaming on the CAPS website and social media sites. The report also highlighted more than 200 hours of originally produced radio programs for CAPS Radio KPPQ.

In addition the staff report included information on a facet of CAPS Media

efforts that are often overlooked or taken for granted. During the 4 month window (July - October) CAPS Media staff provided the ongoing responsibility and oversight to manage, record and distribute multiple meetings held in Ventura City Hall chambers. The diversity of meetings included City Council meetings, administrative public hearings, arts and culture commission, design review committee, historic preservation committee, parks and recreation committee and more. In total CAPS Media staff managed 36 separate meetings during the four months totaling more than 88 hours of community information.

As the COVID 19 emergency continues to shadow the Ventura community, the CAPS Media Center will continue to remain closed to Member/Producers and the public until further notice. CAPS Member/Producers can submit programming via the online portal at capsmedia.org for broadcast and streaming on CAPS public access television Channel 6 and on CAPS Radio KPPQ 104.1FM.

All of us at CAPS Media encourage everyone to get vaccinated. The sooner we are all vaccinated the sooner we can fully enjoy our very special community. We hope you all Stay Safe and Stay Strong during these challenging times.

Providing hope to families in crisis this holiday season

Every year, Teddy Bear Cancer Foundation (TBCF) kicks off their Season of Hope campaign by requesting various in-kind donations for Project Turkey, Project Christmas and Holiday Drive-Thru parties to spread cheer and needed resources to local families battling pediatric cancer.

TBCF has a goal to deliver meals and grocery gift cards to at least fifty families this year. "For families struggling with economic hardship due to a cancer diagnosis, or worse still, stuck in the hospital for treatment, this joyful time of year can sometimes become a nightmare.

Every year TBCF delivers Christmas, or a family's chosen holiday in December, to over thirty families battling pediatric cancer in the tri-counties with presents for each child in the family and culturally

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Great food and friendship was shared at Thanksgiving lunch. Photos by Patricia Schallert.

"This is just the beginning"

The Salvation Army held a food distribution and Thanksgiving lunch for the community at the Housing Authority of the City of San Buenaventura located at 1153 Village Way, Ventura.

The holidays were off to a wonderful start with a Thanksgiving lunch for the Housing Authority residence on the Westside of Ventura. Over 250 plates were served with a traditional Thanksgiving meal of turkey, stuffing, mashed potatoes, veggies and all the fixings. The Salvation Army, Ventura is so grateful

to the Housing Authority staff for the wonderful collaboration. Volunteers from Ventura Downtown Lions, EPIC, Ventura Downtown Rotary, Ventura Rotaract served the lunch and helped distribute over 100 turkeys and pantry items to make a Thanksgiving meal at home.

"This is just the beginning. This pandemic forced us to isolate, but we wanted to create an opportunity to, once again, sit at a table with friends and family to share a meal" stated Captain Juan Torres.

appropriate décor and gift wrapping. The goal of Project Christmas is to alleviate the financial stress, as well as the time and energy associated with shopping for gifts. Often, it is simply not possible for parents to go shopping as they are under severe financial constraints and can't leave their sick child; COVID-19 has only added to these stresses.

The TBCF Programs team invites the community to help bring hope and holiday cheer to the families by sponsoring a child for \$100. Volunteers can shop for the child's wish list directly or provide a monetary donation and have TBCF do the shopping. Additional donations (monetary or in-kind) are accepted for a family's holiday tree, decorations, \$50 gift cards for meals, and goodies like hot-cocoa and candy canes.

In partnership with Cottage Hospital, and through support of the Linden Family Foundation, TBCF aims

to spread holiday cheer and provide a memorable event with their highly anticipated annual holiday party in December.

Donations of \$25 gifts for ages 0-12 or \$25 gift cards for teens are greatly appreciated to support TBCF's holiday drive-thru events. TBCF aims to provide gifts to over two hundred children through the holiday drive-thru events.

For questions about donations or to sponsor a child or family for Project Christmas, please contact Tessa Boyce, Community Outreach Manager at tessa@teddybearcancerfoundation.org or 805-617-0847 or visit teddybearcancerfoundation.org/project-holiday.

To donate toys and gift cards valued at \$25 each, community members can drop them off or ship them to: Teddy Bear Cancer Foundation, Attn: Holiday Party, 3892 State St, Ste. 220, Santa Barbara, CA 93105.



**Moving In?
Moving Up?
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Community Events

Ventura events

The Ventura Investment Group has reconvened and is meeting in the rear room of Denny's Restaurant at the corner of Telegraph and Ashwood each Monday at 10:30 a.m. All people interested in investment are welcome.

Dec. 11: The Channel Islands Maritime Museum will once again be hosting the Holiday Lighting of the Tall Ship Mast in the Museum's outdoor courtyard. The event will take place from 5 pm to 7 pm. Local music group the CocoKnots will be on hand to perform their live music with a tropical flair. There will also be a public sing-along to holiday favorites. At 6:30 pm Santa Claus will arrive to flip the switch to light up the iconic tall ship mast. Following the lighting ceremony, Santa will be on hand to meet and greet children until 7:00 pm. This is a free community event open to all.

Ojai news and events

Local Ojai resident Karen Banfield will visit the Ojai Library at 1pm on Saturday, December 18, to talk about The Good Guys Calendar. Join Banfield as she shares photos and stories about the creation of the 2022 Good Guys Calendar and the local men who inspired it.

During the pandemic, Banfield decided to focus on the goodness around her, specifically the men who were showing up with a generosity of spirit and open hearts. She focused on men because the news had been full of negative role models, and she believes having positive role models is essential. To that end, Banfield interviewed 12 men from diverse backgrounds, wrote their stories, and took their photos. These men have touched many lives in small, often unnoticed ways, bringing compassion that made her smile and just as often brought her to tears.

The calendar is selling around the world because it is more than a place to record appointments—it is a way to feel good about life and the people in it.

This event is free and open to the public. The Ojai Library is located at 111 East

Ojai Ave. Hours of service are 10am to 8pm Monday through Thursday and 12pm to 5pm Friday through Sunday.

Chanukah

Every year Jewish people around the world celebrate the holiday of Chanukah, the Festival of Lights. Chanukah begins on the 25th day of the Hebrew month of Kislev, but the starting date on the western calendar varies from year to year. This year it started on sundown on Nov. 28 and ends on Dec. 6.

In the land of Judea there was a mean (boo) Syrian king, Antiochus. The king ordered the Jewish people to reject their God, their religion, their customs and their beliefs and to worship the Greek gods. There were some who did as they were told, but many refused. One who refused was Judah Maccabee (hooray).

Judah and his four brothers formed an army and after 3 years of fighting, the Maccabees were finally successful in driving the Syrians out of Israel and reclaimed the Temple in Jerusalem. When Judah and his followers finished cleaning the temple, they wished to light the eternal light, known as the Ner Tamid, which is present in every Jewish house of worship. Only a tiny jug of oil was found with only enough for a single day. The oil lamp was filled and lit. Then a miracle occurred as the tiny amount of oil stayed lit not for one day, but for 8 days.

Jews celebrate Chanukah to mark the victory over the Syrians and the rededication of the Jerusalem Temple. The Festival of the Lights, Chanukah, lasts for eight days to commemorate this miracle of the oil. The menorah candles are lit to celebrate the 8 days that the oil stayed lit. The spellings of Chanukah has caused some confusion. Part of the reason for this confusion may be due to the fact there is no exact English translation of the Hebrew word for Chanukah. So, to help clear up some of the confusion here are just a few of the different spellings one might encounter. They all celebrate the holiday.

Chanukah, Chanukkah, Hanuka, Hanukah, Hannukah, Hanukkah. In the United States it is most common to use the spelling Chanukah.

News & Notes



If you were to ask Richard what contributed to his longevity he would say... "Moderation."

Richard Neil Keller February 18, 1917 - July 23, 2021

by Karen Leslie, writer with heart

A humanitarian to the bone, Richard Keller left his inventor's footprint onto the world and legacy into the hearts that crossed his path. The quiet strength of his creative thinking-mind and a gentle-man to the core, led to a full life, rich in friends, adventures and accomplishments. In Richard's 104 years of life, he not only lived side by side with world change marked by time, he changed, adapted and thrived with them. Richard Keller was an organized soul, a stickler for accurate details, approached life with a firm positive attitude, always available to assist in times of need and not one to toot his own horn. Exploring the forest of one's dreams was a joy and while engaging in a one-on-one conversation, the other person was the important one, always.

Richard Keller's "Ladder of Life" story began February 18, 1917 in Wellington, Kansas, born to parents Nellie and William Keller, shortly thereafter they moved to Medford, Oklahoma, living on a farm in a house with no electricity or bathroom which eventually had all modern utilities. He was educated in a one room schoolhouse, learned to drive a Model-T at the age of nine and attended Northern Oklahoma College. Cars were one

of Richard's loves along with women mentors. He respected, his mother, teacher, and aunt who gave Richard the incentive to follow his dreams.

Richard took to the road in 1938 and migrated on a Harley Davidson from Oklahoma on route 66 to San Jacinto, California. In 1943 Richard entered the Air Force and in 1944 became a USAAF-1st LT, piloted a B-25 and trained for the proposed invasion of Japan. Richard kept flying private planes after the military.

With five universities including USC as a student in engineering, architecture and industrial design, the next rung of accomplishments on the ladder of Richard's life was when design engineers didn't have computers, only slide rules. In 1946 Richard worked the next six years at Lockheed Aircraft – twenty-one years at William R. Whitaker Corp, Hollywood, California, where he designed actuators for aircraft valves, one of which was placed on an Apollo – ten years at California Abex Corp and collecting 20th Century memorabilia along the way, now housed in his private museum. Richard retired in 1982.

Richard's first wife of 38 years, Lupe Peinado passed away in 1992, leaving her two daughters, Bette Jean and Barbara Lou and their children and grandchildren. In 1993 after a reunion of former Whitaker employees, he became reacquainted with Elaine Finch. Sharing common memories and interests, they married in 1995, and they have been exploring life together ever since. Elaine has always described Richard as her 'Miracle Man'.

The sands of time sifted through the hourglass of Richard's life, leaving a trail of inspiration, love of invention and creativity in his wake. He once said, "On this ladder of life called my life, I believe I have climbed a number of feet up this ladder. I never dreamed of being a CEO or a U.S. President. I did desire to have a history of some successful accomplishments and beautiful memories of my contact with human beings. Life is beautiful even though we have only partial control. I was lucky to find love twice, privileged and fortunate for my years of employment that was enjoyable, motivating and most important, creative."

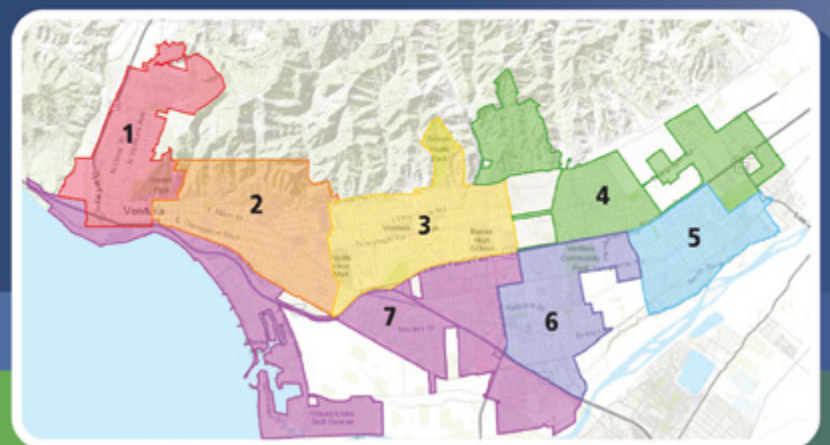
Whenever someone asked Richard how he's feeling, he would always reply, "I'm on my final approach". Richard Keller's final approach did come peacefully in his sleep on July 23, 2021.

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News & Notes



Guy Martin and Jerry McWorter have joined together to promote local talent.

The Black Couch Ventura Music Show Down

Ventura based Black Couch Studio and Hi Hat Entertainment have joined together in a creative collaboration with the singular focus of promoting the talents of Ventura's musicians.

A list of 16 musicians were invited to contribute to a musical stew. The names of four drummers, four bass players and eight guitar players/singers were thrown in a hat and randomly drawn to assemble four bands. Next, a handful of classic rock 'n' roll song titles were thrown into a hat, one of which was drawn at random. Each band was given three hours in the studio to arrange, perform and secretly record that song. The randomly selected song was "Midnight Rambler."

This is where the fun began. As the musicians entered the studio at their appointed time and date, none of them had any idea who they would be playing with or what song they would be recording. The musicians selected for this project represented a cross section of styles, ages and genres and were brought together to celebrate the artistry of making music. The results were amazing. The performances and creative ideas were fresh, inspired and totally different from one interpretation to another.

Most of all, this venture was a barrel

of musical fun for all of the artists. It was a great opportunity for musicians to meet and work with fellow players from Ventura that they have never met before.

Now...the public is invited to listen to the results of this project and give their opinion and feedback. On November 19th two of the tracks were released on Black Couch Studio's Facebook, Instagram and YouTube accounts for the world to hear. But... no names were released...just the music. Through comments on all of the social media, Black Couch will tally the votes and see which song is the favorite of round 1. The following week two more songs will be released and again the public votes will be counted and a favorite for round 2 will be announced. The final elimination will be a matchup of the two previous favorites and the public will vote for the final time.

Then...one of the bands will be crowned the first winner of The Black Couch Ventura Music Show Down.

Finally a music video will be released showing all of the musicians involved in the project with some great behind-the-scenes footage of exactly how much fun and music was had by all.

Jerry McWorter Hi Hat Entertainment
Guy Martin Black Couch Studio

'Local Chorus That Could' comes together in-person in time for the holidays

Finally, after nearly two years away from the stage, Gold Coast Concert Chorus is celebrating the holiday season with an in-person concert! This joyous event, Home Again for the Holidays, will be holiday fun for all, and will salute the strength of this community of singers.

Throughout its more than 30-year history, Gold Coast Concert Chorus has regularly performed three annual concerts, sung for community events at hospitals and the Ventura County Fair, and traveled to Carnegie Hall and Europe. But never did they expect to find themselves singing virtually from their living rooms.

Under the fearless direction of Elizabeth Helms, Artistic Director, and Jessica Helms, Associate Artistic Director, the Chorus kept singing over the last two years. Many members quieted their fears of being "too techno-challenged", clung together, and, with brave and talented technicians, presented two successful virtual concerts by recording their own voices at home. However, chorus

members spent two years wishing for a chance to sing together again for a live audience. And when that chance came, they took it.

"Whenever a group of people decides to do the same thing at the same time, it is very powerful" said Director Elizabeth Helms, as she gathered the Chorus back together. "That's us! Flexible, powerful, and ready for another adventure!" Since September, singers have been bundling up together for outdoor, COVID-safe rehearsals to prepare their holiday concert. The repertoire features playful, upbeat versions of holiday standards, arrangements by four of Gold Coast Chorus' own members, and pieces that capture the beauty of this season of light.

Be sure to circle your calendars for Home Again for the Holidays, Friday, December 10th at 7:30pm and Saturday, December 11th at 2pm at St. John's Lutheran Church in Oxnard. Audience members must wear masks and provide proof of COVID vaccination and I.D. at the door. Livestream tickets are available for Saturday only.

Gold Coast Concert Chorus Presents

**Home Again
for the Holidays**

December 10th at 7:30 pm
December 11th at 2 pm

Also streaming online
December 11th at 2 pm.

In-person at
St. John's Lutheran Church
1500 N. C St., Oxnard

**Audience must wear masks and
bring a photo I.D. and
proof of COVID vaccination.**

\$20 in person, \$15 streaming.
Tickets at GoldCoastChorus.org
Questions? (805) 293-4196

In-person tickets are \$20 for adults and \$15 for children ages 5-12, and \$15 for live streaming. Visit www.GoldCoastChorus.org to purchase tickets. Questions? Call (805) 293-4196.

Gold Coast Chorus is excited to share their holiday cheer with friends and neighbors after such a long wait. Come celebrate the soul-filling exhilaration of singing in-person, recall the hopeful expectation of time apart, and remember the deep gratitude of togetherness.

Just Go! Ventura Music Festival presents Tommy Emmanuel— "the world's best guitarist"

by Richard Newsham
VMF consultant

Do you know acoustic guitarist Tommy Emmanuel? You should and now you can!

Eric Clapton flatly states he is "the world's best guitarist." And Steve Vai calls him "the most inspired acoustic guitar player I have ever seen."

"Emmanuel needs to be seen maybe more than heard," says one reviewer. The spectacle of Tommy Emmanuel live is "a true honor to experience."

"Every cell, every molecule in his body was born and designed to play guitar. He beams with pure pleasure while playing."

His purity and grace is "quite possibly the finest demonstration of acoustic guitar playing I have ever seen."

He's performing on Thursday, January 20, 8 pm, at the Oxnard Performing Arts Center (OPAC), 800 Hobson Way in Oxnard.

It's the 2022 opener for the 27th "Onward!" season of Ventura Music Festival, co-presented by OPAC/Sterling Venue Ventures.

The Australian native, now an American citizen situated in Nashville, received his first guitar at the age of 4—beginning his journey to become one of the globe's most talented guitarists, accoladed with two Grammy nominations and a closing performance at the 2000 Summer Olympics in Sydney, Australia.

Inspired by guitar legend Chet Atkins—who anointed him one of only five CGPs (certified guitar players)—Emmanuel knows how to coax the most expressive melodies, rhythms and array of sounds out of his guitar.

Creating an orchestra out of his ten fingers and single six-stringed instrument.

Exploring a galaxy of genres—jazz, blues, classical, Latin, rock, country and folk.

And projecting a profound sense of joy in performance and provoking delightfully humorous interactions with his audiences.

Don't miss "one of the best solo acoustic players to ever touch strings."

Tickets are on sale now through Ticketmaster, or save fees by calling the box office directly at (888) 645-5006 for will-call-only tickets.

Lots more info and music videos at VenturaMusicFestival.org.



In the tradition of holiday giving ~

Would you LOVE to adopt a family for the holidays?

We are searching for donors (individuals, families, service groups, businesses, churches, temples, etc.) willing to adopt families caring for children who are not able to be at home. Ventura County foster & kinship families are needing your support this holidays season and we will match you with the right family needing this special care & connection.

<https://www.kidsandfamilies.org/giftaway-events/season-of-giving/>

For more information click on the link or QR code.
 Kids & Families Together
 805-643-1446 ext. 131/108
events@kidsandfamilies.org

Thank You! *Help this holiday season glow with love!*

K&FT's – Season of Giving

Kids & Families Together (K&FT), and Heart 2 Heart, invite you to participate in our annual Season of Giving in support of Ventura County foster/resource, kinship, adoptive and bio-families working in programs with Kids & Families Together. There are many ways to donate and many opportunities to volunteer ... we hope you join us this holiday season!

The 12th annual Cozy Holiday Gift Away will provide holiday gifts, toys, blankets and pajamas to 150 foster/resource, kinship, adopted and bio children from families who are currently working in programs with Kids & Families Together.

Here's how you can support Cozy

Holiday 2021 ...

To make a financial donation visit <https://igfn.us/form/9066oA> Or text 21FAM to 91999

To purchase items directly off the Amazon Wish List please visit: <https://a.co/eoggbUm>

Donations may also be dropped off at our newest Community Partner, Ford of Ventura located at 3440 East Main Street in Ventura, Mon – Sat 9am – 6pm and Sun 10am – 5pm.

You can schedule a pick up by calling (805)643-1146 ext. 131 or by emailing events@kidsandfamilies.org. Please donate only NEW items.

The Adopt-A-Family campaign is searching for donors (individuals, families, service groups, businesses, churches, temples, etc.) willing to adopt families caring for children who are not able to be at home. Ventura

News & Notes

Ventura County Behavioral Health Mental Health Services Act community presentation

by Carol Leish, MA

In November, 2021, the Ventura County Behavioral Health Department gave two very informative presentations to the community, through Zoom, concerning the Mental Health Services Act (MHSA). The focus of these presentations (which were the same), was to let the community know the status of information pertaining to the MHSA, along with getting community feedback.

The community presentations were given by, Dr. Jamie Rotnofsky, PhD, Behavioral Health Sr. Manager, Hilary Carson, MSW, Sr. MHSA Program Administrator, and Greg Bergan, MHSA Program Administrator. It focused on the areas of: 1) Prevention and Early Intervention; 2) Strategies to improved positive outcomes and to reduce negative outcomes; 3) Suicide Prevention; 4) Community Services and Supports; 5) Innovation Projects; and, 6) Program Expansion Planning.

In regards to, 'Prevention and Early Intervention,' the focus was on the importance of strategies and activities being implemented early on in order to deter the onset of mental health condition or relapse among individuals. This also included the importance of changing community conditions that contribute to risk factors for developing behavior or mental health issues. This includes incorporating values of cultural competence, consumer and community empowerment, and collaboration and inclusion in providing services that emphasize recovery, wellness and resiliency.

Selective services provide strategies to deter the onset of mental illness among individuals and changes community circumstances that contribute to behavior health problems, according to the goals of, 'Prevention and Early Intervention.' This also includes early intervention services that are directed toward individuals exhibiting early signs of a mental illness, early onset of a mental illness or emotional disturbance with psychotic features and, suicide prevention efforts.

Strategies provide access and linkage to treatment to improve the timely access to services for underserved populations, along with non-stigmatizing and non-discriminatory approaches, which lead to

stigma and discrimination reduction, suicide prevention, and, early intervention prevention (including relapse prevention). This also reduces the negative outcomes from untreated mental illness such as, suicide, incarcerations, school failure or dropout, unemployment, prolonged suffering, homelessness, or removal of children from their homes.

The Suicide Prevention Council helps in terms of suicide prevention. In September 2021, the Council hosted its 6th Annual A Suicide Prevention Forum titled "Help & Hope" to those to discuss prevention measures and resources with the community. Crisis Intervention Training (CIT) is also an integral part of suicide prevention.

Community services and supports has over 30 programs including housing, transportation, and linguistic services for all ages. Programs and targets include helping children and youth with difficulty functioning in multiple life domains such as school, home and/or the community. Transitional Age Youth (16-25), Adults (26-59), and, Older Adults (60+) all may receive services. These services have contributed to the ongoing transformation of the public mental health system by enhancing existing services. Crisis services have also improved. Developing supportive housing and improving and expanding wrap-around services for children are major goals for the future.

The most current annual update to the 3-Year Program and Expenditure Plan is at: FY 2020-21 MHSA Annual Update. The three-year planning Process will be taking place during the Summer/Fall of 2022. For more information go to: <https://www.dhcs.ca.gov/calaim>.

The program expansion planning for 2021/22 & 2022/23 includes: housing, mentoring, senior homelessness innovation projects, and the launch of mobile mental health. For more information regarding mental health and wellness resources, please visit: <https://www.wellnesseverday.org/>. To be added to the MHSA distribution list and to become more involved, please send an email to: MHSA@ventura.org.

County foster & kinship families are needing your support this holidays season and we will match you with the right family needing this special care and connection.

Adopt a family by clicking on the link: Adopt-A-Family for the holidays: Adopt-A-Family Sponsorship Form 2021.

Upon matching you with a family: a wish list for the children and family will be sent to you (along with other pertinent information). We ask that you arrange with the family you are adopting for drop off your gifts on or before December 25th. Suggested gift amount: \$70 per child with one larger gift, 1 smaller gift/stocking and a \$50 minimum gift card for the family to enjoy a nice meal together. Thank you for your kind willingness to sponsor a KFT family for this holiday season! We are grateful for your generosity. You will be helping to make this holiday season cozy and joyful for

children in care!

For more information visit: www.kidsandfamilies.org/giftaway-events, for volunteer opportunities visit: <https://www.kidsandfamilies.org/seeking-volunteers/>

Contact 805-643-1446

Jeni Futvoje ext. 108

Carrie McAuliffe Sandoval ext. 131

email: events@kidsandfamilies.org

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

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Senior Living



Focus on what the person is still able to do and what they choose to do now.

Tips for a dementia-friendly holiday celebration from the Alzheimer's Foundation of America

For many, the holiday season is a joyful one spent together with loved ones—including families affected by dementia. Being adaptable and building an inclusive environment are key to creating dementia-friendly holidays and celebrations. With the holiday season right around the corner, the Alzheimer's Foundation of America (AFA) is providing tips on how families affected by dementia can adapt holiday gatherings to make them safe and dementia-friendly during this festive time.

"The best way to support someone with dementia during the holiday season is to create an inclusive environment to enjoy holidays and celebrations, while understanding and adapting to changes and being aware of the many emotions the holidays can bring," said Jennifer Reeder, LMSW, AFA's Director of Educational and Social Services.

Families caring for someone with dementia should consider the following steps:

Build on old traditions where you can, such as enjoying favorite music or movies. Start new ones around things the persons can, and likes to do, such as touring neighborhood holiday lights, and do it together. Whenever possible, involve the person by asking what traditions are important to them (this will help you prioritize and plan). For example, if the person used to do all the holiday cooking, make it a new tradition to cook together as a family. If they oversaw hanging holiday lights, make it a group effort.

Excess stimuli may be challenging for someone with dementia. Too many flickering lights or an abundance of decorations can be overstimulating and disorienting. Also, be aware of the person's sensitivity to factors such as loud noises.

Avoid fragile decorations (which can shatter and create sharp fragments) and ones that could be mistaken for edible treats (which can create a choking hazard or broken

teeth). Reduce clutter to avoid potential tripping hazards. Securely hook Christmas trees to the wall to avoid falls and utilize menorahs or kinaras with electric candles to reduce fire hazards.

Like with traditions, adapting celebrations is key for a dementia-friendly holiday. Try to focus on what they enjoy while keeping in mind their safety and comfort.

Before the celebration

Prepare the person.

Help build familiarity and comfort by showing them photos of the guests or arrange a phone call/Facetime chat with the visitors beforehand.

Consider sharing beneficial information with guests beforehand, such as ways they can communicate with the person, what they respond well to, and what may upset them—especially visitors who don't regularly interact with the individual. This will guide them on how they can be helpful and supportive.

During the celebration

Preserve normal routine.

Changes in daily routine can be challenging for someone living with dementia. If the person usually takes an afternoon walk, build in time for that. If they go to bed early, hold the celebration earlier in the day so that everyone can participate.

Take a Strengths-Based and Person-Centered Approach.

Focus on what the person is still able to do and what they choose to do now, rather than dwelling on what they used to do.

The AFA Helpline is available seven days a week to help provide additional information about creating dementia-friendly holidays or any other caregiving questions. Connect with a licensed social worker by calling 866-232-8484, web chatting at www.alzfdn.org or sending a text message to 646-586-5283. The web chat and text message features can serve individuals in more than 90 different languages.



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Light Up A Life

Saturday, December 4th
4:30 PM

Constitution Park, Camarillo

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We warmly invite you to join us for an uplifting memorial program.

With your donation of \$25 or more, a memory star with your loved one's name and message of remembrance will be displayed in our **Online Memory Book**.

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Smokers who quit have fewer illnesses.

Myths about aging

Many people make assumptions about aging, what it is like to grow "old", and how older age will affect them. But as we are getting older, it is important to understand the positive aspects of aging. Research has shown that you can help preserve your health and mobility as you age by adopting or continuing healthy habits and lifestyle choices.

1. If a family member has Alzheimer's disease, I will have it, too.

A person's chance of having Alzheimer's disease may be higher if he or she has a family history of dementia because there are some genes that we know increase risk. However, having a parent with Alzheimer's does not necessarily mean that someone will develop the disease.

Environmental and lifestyle factors, such as exercise, diet, exposure to pollutants, and smoking also may affect a person's risk for Alzheimer's. While you cannot control the genes you inherited, you can take steps to stay healthy as you age, such as getting regular exercise, controlling high blood pressure, and not smoking.

2. Now that I am older, I will have to give up driving.

As the U.S. population ages, the number of licensed older adults on the road will continue to increase. The Federal Highway Administration (FHWA) recorded a record-high 221.7 million licensed drivers in the U.S. in 2016, including 41.7 million – or almost one in five – who are 65 years or older. The question of when it is time to limit or stop driving should not be about age, rather, it should be about one's ability to drive safely.

3. Only women need to worry about osteoporosis.

Although osteoporosis is more common in women, this disease still affects many men and could be underdiagnosed. While men may not be as likely to have osteoporosis because they start with more bone density than women, one in five men over the age of 50 will have an osteoporosis-related fracture. By age 65 or 70, men and women lose bone mass at the same rate.

Many of the things that put men at risk are the same as those for women, including family history, not enough calcium or vitamin D, and too little exercise. Low levels of testosterone, too much alcohol, taking certain drugs, and smoking are other risk factors.

4. I'm "too old" to quit smoking.

It doesn't matter how old you are or how long you have been smoking, quitting at any time improves your health. Smokers who quit have fewer illnesses such as colds and the flu, lower rates of bronchitis and pneumonia, and an overall better feeling of well-being.

The benefits of quitting are almost immediate. Within a few hours, the carbon monoxide level in your blood begins to decline and, in a few weeks, your circulation improves, and your lung

Continued on page 11





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Even table sports can result in slower rates of cognitive decline.

Physical activity associated with slower cognitive decline in people with high levels of tau protein

Engaging in high or medium levels of physical activity was associated with slower rates of cognitive decline in people with high or low levels of tau, compared to those with little physical activity. Led by researchers from the Rush University Medical Center, the findings were published in JAMA Network Open on Aug. 11. The researchers noted that measuring levels

of tau, a protein that is a hallmark of Alzheimer's disease, in the blood could help identify people who might benefit from early intervention to slow cognitive decline.

In people living with Alzheimer's, abnormal accumulation of tau builds up into tangles in the brain. Higher levels of tau are associated with cognitive decline and an increase

Senior Living

in memory and thinking problems. Research has shown that physical activity may help slow cognitive decline, but it was unknown if physical activity rates were associated with slow cognitive decline in people who have high levels of tau.

A team of researchers used data from 1,159 older adults who took part in a large study called the Chicago Health and Aging Project (CHAP) between 1993 and 2012. CHAP researchers assessed cognitive function using various tests, asked participants about their physical activity, and collected blood samples from the participants, who did not have Alzheimer's at the start of the study. In 2019, researchers measured tau concentrations in the blood samples, which had been frozen, and compared rates of cognitive decline among people with high and low tau concentrations and high, medium, and low physical activity levels.

The researchers found that, among participants with high tau concentrations, those who had reported medium levels of physical activity had a 58% slower rate of cognitive decline than participants with low physical activity levels. Those who reported high physical activity levels had a 41% slower rate of cognitive decline than those with low self-reported physical activity levels. For participants with low tau concentrations, those with high physical activity levels had significantly slower cognitive decline than those with medium or low physical activity levels.

The study had some limitations. It included only white and African American participants, and it measured the duration but not the intensity of physical activity. The researchers also note that the rate of cognitive decline was sometimes lower among participants with medium physical activity levels than among those with high physical activity levels; the reasons for this variation warrant further study.

The findings suggest that measuring proteins — such as tau — in the blood could help identify people who would benefit from increased physical activity or other behavior changes that could help slow cognitive decline. Measuring such proteins could also help future studies measure the benefits of behavior changes in people who are at higher risk of Alzheimer's.

This research was supported by NIA grants R01AG03154, R01AG051635, RF1AG057532, and R01AG058679.

VCAAA extends call to action to community, local schools for Holiday Greetings Campaign

The Ventura County Area Agency on Aging (VCAAA) is extending a call to action to the community and local

schools as we relaunch the Holiday Greetings Campaign, which aims to reach older adults and people with disabilities who are living in Ventura County. The VCAAA is seeking greeting cards that are handmade or premade with a short holiday greeting written inside. Cards will be distributed as part of the VCAAA's meal service and care management programs. The first phase of the campaign will focus on Thanksgiving, while phase two will focus on the winter holiday season.

Thirty percent of Ventura County's older adults are living alone, and the isolation, loneliness, and depression many of them are experiencing worsened during the COVID-19 crisis. With the holiday season quickly approaching, the VCAAA recognizes that this is the most critical time to extend not only our services to these populations, but also our care and support.

The VCAAA has received more than 15,000 letters and cards from the community since the Letters of Support and Holiday Greetings campaigns were initially launched in 2020. Those interested in participating should send completed greeting cards to the VCAAA through December 17th. Greeting cards may be mailed to, or dropped off at, 646 County Square Drive, Suite 100, Ventura, Ca. 93003. Please notate VCAAA Holiday Greetings Campaign on the envelope. All cards will be reviewed and then delivered to older adults and people with disabilities throughout Ventura County.

The VCAAA continues to encourage family members and neighbors to safely connect with loved ones who may benefit from similar holiday greetings, and from support with grocery shopping or other errands. It is extremely important to keep open lines of communication to help minimize the isolation so many Ventura County residents are experiencing.

Community members interested in participating in this program may e-mail jannette.jauregui@ventura.org for more information, or call (805) 477-7306.

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

Fraud & Scams

Fraud occurs when someone tricks an elder into handing over assets such as money or investments. Watch out for many different schemes and scams. Remember, fraudsters vary their scams to catch their victims off guard. Financial elder abuse is most often perpetrated by someone an elder knows such as a caregiver, friend, or



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For people with Medicare

2022 SCAN Classic (HMO) Benefits for Ventura County include:[†]

\$0 NEW Monthly plan premium

\$0 Copay for Tier 1 and Tier 2 drugs¹

\$25 Insulin copay (30-day supply)²

¹\$0 copay for Tier 1 Preferred Generic and Tier 2 Generic drugs at Preferred pharmacies and with mail order only. ²Humalog®, Humulin®, Lantus®, Lyumjev®, Toujeo® only. \$25 copayment through Preferred retail and mail-order only. [†]Benefits listed are for SCAN Classic (HMO) offered by SCAN Health Plan (HMO) in Ventura County only. Other SCAN plan options are available in this county and plan benefits may differ from those listed here. SCAN Classic (HMO) is an HMO Plan with a Medicare contract. Enrollment in SCAN Health Plan depends on contract renewal.

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S2051 9/21

sadly, a relative. It involves taking assets by directly taking control of an elder's finances or becoming close with an elder and convincing them to hand over their assets. Things to watch for include: making unauthorized (or fraudulently obtained) withdrawals or purchases using the elder's ATM or credit card, or making unauthorized (or fraudulently obtained) changes to an elder's will or power of attorney.

The need for senior fraud awareness and prevention has become greater than ever. Seniors are often easy targets for fraud, whether it's for fraudulent sweepstakes prizes or too-good-to-be-true investment returns. Fraud can happen by phone, mail, online, and in person. Fraud can happen to wealthy seniors, and to those of limited means and on fixed incomes. Although anyone can

commit senior fraud, the Los Angeles branch of Adult Protective Services reports that about 90% of their cases involve allegations that a family member has financially abused an elder. Education and awareness are the first steps to help protect seniors from becoming a victim of crime and fraud.

According to the Federal Trade Commission (FTC), con artists are more likely to target seniors than other age groups. Seniors are more susceptible to such scams because they are polite and trusting and often have good credit and own their own home and/or have other financial assets. The FTC reports that fraudulent telemarketers direct up to 80 percent of their calls at senior citizens. Seniors citizens continue to be a rapidly increasing segment of

the population, and that makes them a prime target for con artists and thieves. Education and awareness are the first steps to help protect seniors from becoming a victim of crime and fraud.

The FTC is getting reports about people pretending to be from the Social Security Administration (SSA) who are trying to get your Social Security number and even your money. In one version of the scam, the caller says your Social Security number has been linked to a crime (often, he says it happened in Texas) involving drugs or sending money out of the country illegally. He then says your Social is blocked - but he might ask you for a fee to reactivate it, or to get a new number. And he will ask you to confirm your Social Security number.

Myths about aging

Continued from page 9
function increases.

5. My blood pressure has lowered or returned to normal, so I can stop taking my medication.

High blood pressure is a very common problem for older adults - especially those in their 80s and 90s - and can lead to serious health problems if not treated properly. If you take high blood pressure medicine and your blood pressure goes down, it means the medicine and any lifestyle changes you have made are working. However, it is very important to continue your treatment and activities long-term. If you stop taking your medicine, your blood pressure could rise again, increasing your risk for health problems like stroke and kidney disease.

More in next issue.

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This 'n' That



Writers and readers to connect at Writers' Festival

WRITERS | Ventura is pleased to announce the first bi-annual Writers' Festival, to be held at the E.P. Foster Library on Main St. This free community event will be on Saturday, December 11, 2021 and Sunday, December 12, 2021, 11:00 am to 4:00 pm each day.

"Our goal at WRITERS | Ventura is to provide a platform for writers to connect with readers," said Pamela Zero, founding member of WRITERS | Ventura. "There are so few ways that our vibrant community can interact. It's time to get readers and writers together."

The Writers' Festival will bring together local writers with local readers, creating and reinforcing a community that loves books.

Local readers and writers will be able to:

Meet local authors, Discover new books to read, Enter on-the-spot giveaways and get swag, Play word games, Attend workshops and be a part of the local literary scene

WRITERS | Ventura offers readers a chance to talk directly to writers. Find out how their favorite characters came to be born. Find out how all those wonderful scenarios of danger, intrigue, romance, challenges developed in the mind of a skilled storyteller," said Robina Kerr, founding member of WRITERS | Ventura.

"We are extending that very writerly practice of having writing partners into having publishing partners," said Danielle Ste. Just, founding member of WRITERS | Ventura. "We see ourselves and other writers as allies, not as competition."

Admission to the Writers' Festival

is free of charge for all readers. The event will include writers, librarians, book cover artists, and local booksellers. This event would not be possible without the support of the E.P. Foster Library and Hayes Graphics.

Founded in 2021, WRITERS | Ventura is dedicated to bridging the gap between writers and readers.

The Bookmark

About Libraries and Friends

by Jill Forman

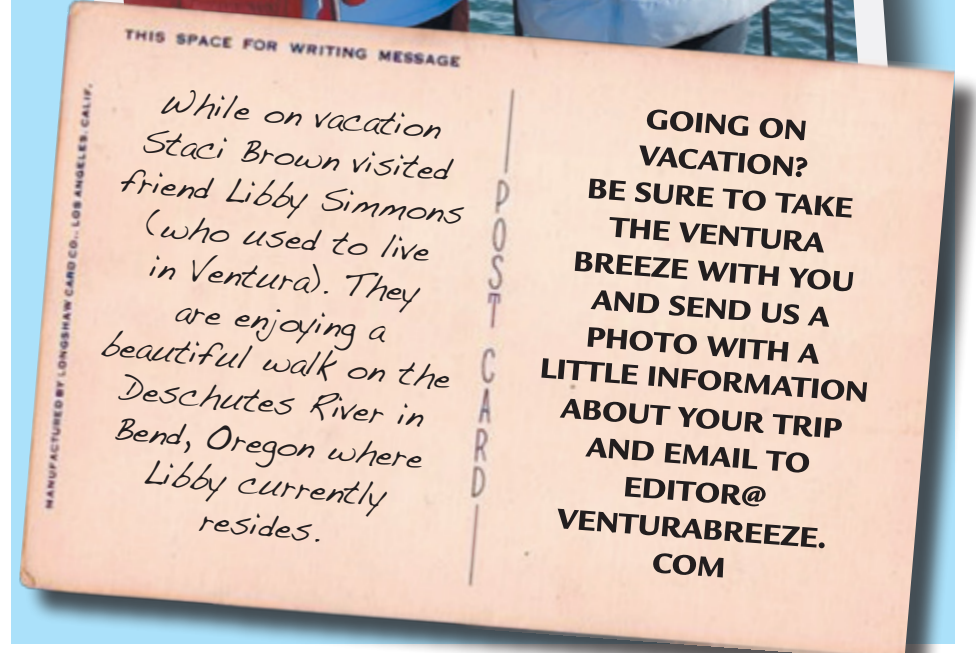
Updates from Dolly Knight, Senior Ventura Librarian

Hill Road is now back to pre-pandemic hours, including Sundays which are now staffed.

In person Story Times are back at Hill Road and Foster. In addition, the Museum of Ventura County is having monthly Story Times. Here is their press release describing past and future dates and subjects:

The Museum of Ventura County has partnered with the county library to bring in-person Story Time on the 2nd Saturday of each month at 11:30am, through the end of the year! On October 9th, we'll gather for a spooky story about Monsters. On the 13th of November, just in time for Thanksgiving, we'll feature a story about Gratitude. And finally, on December 11th, our focus will be on Family. Join us for stories, then play & learn in the Children's Garden, a fabulous and FREE outing for ALL!

Discover Science will also be back in person at Foster and Hills Road with STEAM subjects. See the library website for dates, or ask the staff at your library.



Linked-In Learning offers job-searching skills: <https://vencolibrary.org/library-collection/linkedin-learning>

Message from Online Bookstore Manager, Leslie Bellmore

VFOL Online Bookstore has recently added Vintage books and comics for online selection. The fiction selection has been expanded and we still have an outstanding selection of children's books. Shop online and pick up at Foster Library Bookstore. Orders placed Friday through Sunday are available beginning Tuesdays. Orders placed Monday through Thursday available beginning on Saturdays. Just ask the cashier for your order.

Other Library Offerings

READ Adult Literacy trains tutors to work with adult learners. Training is currently being done via ZOOM. Call 805-677-1760 for application.

Brainfuse HELP Now - Homework Help: interact with live tutors in math, science, reading/writing, and social studies. 1-10 pm PST every day. A 24-hour Writing Lab allows students to submit essays and other forms of writing for constructive feedback.

Adult learning center (also Brainfuse) - A library of GED learning content, professional assistance in resume and cover letter writing, U.S. citizenship prep, MS Office Essential Skills Series. And more...

While you're at it, learn to play chess! Learn strategies and improve cognitive abilities with an expert chess coach.

To access Brainfuse, go to vencolibrary.org, select the eLibrary, then go to HELP NOW-BRAINFUSE.

Teen Volunteers

The library offers volunteer opportunities for students needing school community service credit and teens 13-17 who want to help the library in a virtual and/or in-person environment. Teen volunteers research and recommend books for the library to purchase, find missing volumes, research and recommend websites for Teens Boredom Busters and STEAM resources. They also help develop Summer Reading Challenge, STEAM and Makerspace activity ideas.

In other words, they are valuable members of the library team!

Applications are at the branches, or email VCL.volunteer@ventura.org. For more information, call 805-648-2716.



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 COUNTY of VENTURA

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.



Catalytic Converter Theft Arrests

An alert resident called 9-1-1 after witnessing the theft of a neighbor's catalytic converter in the 2500 block of Harbor Blvd. The witness gave a suspect vehicle description and said it was last seen leaving the area onto Harbor Blvd. Ventura Police Officers responded and canvassed nearby neighborhoods. A patrol sergeant located the suspects and caught them in the act of committing another catalytic converter theft in the Portside Ventura Harbor neighborhood. The suspects failed to obey commands and fled in their vehicle at a high rate of speed. After a short vehicle pursuit, the suspect vehicle crashed when failing to negotiate the turn onto Seaward Avenue. All three suspects were taken into custody. They had minor injuries from the collision and were taken to a nearby hospital for medical treatment. The three juvenile suspects were from the Los Angeles area. They will be booked in juvenile hall for Conspiracy, Grand Theft, Possession of Burglary Tools, Vandalism, and Possession of Stolen Property. The driver will also be booked for Vehicle Evading.

Eleven catalytic converters were located in the suspects' possession, along with car jacks and burglary tools used to remove car parts. Investigators are processing the evidence and hope to return the catalytic converters to their owners. As of now, we have only identified three catalytic converter theft victims in the City of Ventura. All eleven converters appear similar to those of a Toyota Prius. If you have any information about this crime or are a victim of a similar, recent catalytic converter theft, please call Detective Karl Reyes at 805-339-4476.

Armed Robbery with Arrests

The Ventura Police Department Command Center received a call regarding an armed robbery at Wild Tobacco & Gift Shop, 9493 Telephone Rd. Two suspects entered the establishment wearing facemasks, pointed firearms at the victim, and tied him up. They then took an undisclosed amount of money and fled the store into an awaiting vehicle. The clerk was able to free himself and call 911.

Ventura Police Department Patrol officers located the vehicle and initiated a high-risk stop. Two subjects fled from the scene, Jason Hoyland and one other white male.

Two other subjects, Angel and Patterson, were detained at the vehicle and taken into custody without incident. One firearm was found in the car and was determined to be a replica rifle. A search was initiated using Ventura Police Department, Ventura County Sheriff's Office K9s, and the VCSO's Air Unit. After a search, Jason Hoyland was taken into custody without incident. The remaining suspect is still at large and was described as a white male with tattoos on his head and neck.

Rae-Ann Patterson was arrested for robbery, conspiracy to commit robbery, and possession of controlled substances. Manuel Angel was arrested for robbery and conspiracy to commit robbery. Jason Hoyland was arrested for robbery, false imprisonment, and conspiracy to commit robbery.

Harbor Patrol Blotter

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

11/10 6:26am, observed NWS issued a Small Craft Advisory for NW winds gusting to 30kys in the afternoon in the Western portion of the East Santa Barbara channel.

7:14am, received report of a baby Fur Seal and two pelicans injured near the Santa Clara River. Officers responded with CIMWI & captured the mammal & sea birds. Volunteers taking animals to Long Beach for rehabilitation.

8:15pm, received report of individual locked in HarborTown point club house. Officers responded and were able to free the older male from the rec room.

11/11 1:27pm, dispatched to 46 y/o male with chest pain at Ventura Isle Marina K-dock. Officers responded with VFD/AMR to the call. Patient was transported to hospital by AMR for further evaluation.

11/12 5:54pm, while on patrol in Rescue B17, officers contacted two fishermen hoop netting for lobster in the Harbor entrance for illegal placement of traps.

6:20pm, dispatched to a vehicle fire at 1431 Spinnaker Dr. Officers responded and assisted VFD with the call. The vehicle is a total loss, no one was injured.

10:52pm, dispatched to difficulty breathing at the Portside apartments, 900 blk Schooner. Officers responded with VFD/AMR to the call.

11/13 7:30am, while on patrol in vehicle, officers issued verbal warnings to several dog owners for not picking up after their animals and off leash at Harbor Cove.

10:50am, received report of an injured seal in A Basin of the harbor. Officers responded and found a sea lion "thermo-regulating" in the area, no injuries.

10:01pm, dispatched to behavioral emergency at Portside apartments. Officers responded with VFD/AMR to the call, staging for VPD to clear. No medical.

11/14 1:49pm, dispatched to Ocean Rescue, kayaker in distress at Santa Clara Rivermouth. Officers responded by sea in Rescue B17 and by land in Harb1 with multiple agencies to the

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call. RB17 arrived on scene and found the victim caught in a rip current, unable to return to shore, treading water for 30mins.

11/15 3:23pm, dispatched to an ankle injury at Harbor Cove. Officers responded and assisted a 9 y/o with a ride to vehicle in the lot. She refused treatment and was transported to the hospital by her guardian for further evaluation.

11/16 8:46am, received compliment from the ocean rescue victim from Sunday. The individual thanked Harbor Patrol Officers for saving him from the rip current. He suffered from exhaustion and mild hypothermia. He retrieved his kayak.

11/17 8:46am, dispatched to a fall victim 1000 blk Marina Dr, Portside. Officers responded and assisted VFD/AMR with an elderly female who fell out of her wheelchair. She was treated at the scene for a laceration.

10:40pm, received a request for help from a guest staying at the Harbor-Town point, he was locked out of his room in his underwear. Officers

contacted management, provided clothing and stood by until he was let back in.

11/18 9:39am, received report of found property, drone that crashed into a commercial fishing boat rigging just outside the harbor.

3:45pm, received request to assist CIMWI with capturing an injured sea lion. The mammal was caught, placed in a cage and transported to waiting vehicle.

1/19 4:47pm, received report of a cat wandering around the Harbor Village from tenants. Officers contacted rescue volunteers, but the cat's owner arrived.

11/23 5:19am, received request from VPD to assist with investigation of stolen catalytic converter(s). The thieves fled the VWM parking lot and VPD pursued the three juveniles who eventually crashed near Seaward Ave. 11 catalytic converters were recovered from the vehicle with burglary tools & floor jack. A gun was recovered from the original scene, the incident is under investigation.

Weekly SUDOKU

Answer

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

King Crossword

Answers

Solution time: 22 mins.

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



The Pet Page



Dedicated to Scamp

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

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

Three upcoming clinics are: Tuesday, December 7th at Shiells Park, in the parking lot, located at 649 C St., Fillmore, 93015, a second clinic on Tuesday, December 14th at SPAN Thrift Store parking lot 110 N. Olive St. (behind Vons on Main), and a third clinic at the Albert H. Soliz Library - El Rio, 2820 Jourdan St., Oxnard, 93036 on Tuesday, December 21st.

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

■ Fourteen Search Dog Foundation (SDF) search teams achieve FEMA certification.

Before deploying, a canine disaster search team must first achieve state or federal certification. During the test, each handler and dog team searches two separate rubble or debris piles, being allowed 20 minutes to complete each, showing teamwork, strategy, and, most importantly, trust in each other. After initial certification, each team must re-certify every three years to ensure they are up-to-date and ready to respond when needed.

Despite the disruption in testing scheduling due to the COVID-19 pandemic, 14 SDF-trained search teams and many others across the nation achieved certification in the last six months.

Now, these teams can deploy with their task forces when needed in the aftermath of a disaster. None of this would be possible without you, and folks like you, who help these dogs not only go from rescued shelter dogs to rescuers but who also support partnered search teams in their training, ensuring they are ready when called upon to help others.

■ Mark your calendar! The 10th annual Purrs & Paws Holiday Boutique and Marketplace is scheduled to return on Saturday, Dec. 4, for a day filled with holiday spirit, shopping and fun!

This event, organized by the Humane Society of Ventura County's Animal Ambassadors, will run from 9 a.m. to 4 p.m. at the Chaparral Auditorium and adjacent lawn at 414 E. Ojai Ave. in Ojai. Admission and parking are free.

Among the more than 30 vendors, you will find fun, festive and unique crafts, artistic creations and vintage items. This is a perfect opportunity to find one-of-a-kind holiday gifts including fashion accessories, jewelry, gift baskets, fabric creations, pottery, baby items, bath and body products, plants and an array of unique holiday décor.

All proceeds from this charity event will benefit the Humane Society of

Ventura County.

If you are interested in being a vendor, please email hsvcpurrsandpaws@gmail.com.

The Humane Society of Ventura County is a nonprofit, compassionate care shelter dedicated to the protection and adoption of animals in need throughout Ventura County. For more information, visit www.hsvc.org.

■ The fossil of a jawbone could prove that domesticated dogs lived in Central America as far back as 12,000 years ago, according to a study by Latin American scientists. The dogs, and their masters, potentially lived alongside giant animals, researchers say. A 1978 dig in Nacaome, northeast Costa Rica, found bone remains from the Late Pleistocene period.

Excavations began in the 1990s and produced the remains of a giant horse and a piece of jaw from what was originally thought to be a coyote skull. "We thought it was very strange to have a coyote in the Pleistocene, that is to say 12,000 years ago," Costa Rican researcher Guillermo Vargas told AFP.

"When we started looking at the bone fragments, we started to see characteristics that could have been from a dog. So, we kept looking, we scanned it... and it showed that it was a dog living with humans 12,000 years ago in Costa Rica."

The coyote is a relative of the domestic dog, although with a different jaw and more pointed teeth. "The dog eats the leftovers from human food. Its teeth are not so determinant in its survival," said Vargas.

Costa Rican researcher Guillermo Vargas says the fossil sample could be the oldest evidence of a dog in the Americas "It hunts large prey with its human companions. This sample reflects that difference."

Humans are believed to have emigrated to the Americas across the Bering Strait from Siberia to Alaska during the last great ice age.

"The first domesticated dogs entered the continent about 15,000 years ago, a product of Asians migrating across the Bering Strait," said Raul Valadez, a biologist and zooarcheologist from the National Autonomous University of Mexico.

The presence of humans during the Pleistocene has been attested in Mexico, Chile and Patagonia, but never in Central America, until now.

Originally published on Live Science.

■ It's flu season, but not just for people. As the warm weather dies down, the largest recorded outbreak of canine influenza is sweeping through Los Angeles County.

At the Santa Barbara Humane Society, its staff recently decided to vaccinate all the dogs at the Santa Barbara and Santa Maria locations.

The virus is similar to the common flu; causing coughing, sneezing and a lack of appetite.

Santa Barbara County Animal Services director of shelter medicine Ginger White has been keeping a close eye on the rapid

Scamp Club

(Scampclub pets are not for adoption.)



Toby is a lucky rescued 5-year-old Jack Russell Terrier. He has a lot of energy and loves to do tricks for treats! He can sit, lay down, wait, heel, spin, knows right from left, can fetch and give, wave, and give high 5's. He has completed Beginning, Intermediate, and Advanced obedience training and is recently CGC (canine good citizen) certified. He is also a registered support animal and always happy to give service when needed.

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.

transmission of this virus.

Veterinarians are advising all animal owners to be on the lookout for this highly contagious virus. "The only way to get a diagnosis is by seeing the veterinarian and having pretty specific swab

testing done," White said. "The test needs to be sent out to a laboratory, which can take a couple of days to get results."

In order to slow down transmission, Marrie recommends that dogs that get sick spend a month in quarantine.



Before deploying, a canine disaster search team must first achieve state or federal certification.



In memory of a curious and loveable and energetic cat that had 9 lives and used them well. But the time has come for him to now pass to the place where he will last in his paradise in eternal peace.

Rest in Peace, precious Bandit.

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Must call for appointment
(805) 584-3823

\$10 Low/No Income Spay & Neuter
Tuesday, Dec. 14th
in SPAN parking lot.
Must call for appointment (805) 584-3823

\$10 Low/No Income Spay & Neuter
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The Pet Page

Forever homes wanted

Hi: I'm Jackson, an 8-year-old sweet American Staffordshire Terrier X who was rescued from an LA shelter by someone out-of-state who wanted to give me a chance at finding my forever home. I accepted being touched all over my body including my paws, tail and mouth. I know sit, shake and take treats gently. I did not exhibit any food aggression when tested with chicken. I need to be the only dog in the home. I'm grateful and happy to be in a safe place where I'll be taken care of and given lots of love and attention. Someone who hasn't even met me in person was willing to give me a chance, won't you give me a chance too? Stop by and meet me. I'll be waiting. Canine Adoption and Rescue League C.A.R.L.



Hi: I'm a dog with no name so you can name me. I'm a female Labrador Retriever Mix and I weigh 43 lbs. I was found in Simi Valley. I sure am cute.
Simi Valley Animal Shelter Animal ID: A785473 Kennel: 916

This 'n' That

Local residents team up with Ineffable Music Group to launch Ventura Music Hall

In the first quarter of 2022, a brand new music venue will open its doors to introduce a space to gather and enjoy culture and live music in Ventura. Renovated to feature top quality production and a cozy atmosphere, Ventura Music Hall presents a state-of-the-art live music venue with locally crafted food and a full bar. Ineffable Music has teamed up with a number of area residents, including Marc Geiger, Bruce Flohr and Cathy Duncan to launch the venue.

With the local community at the forefront of its mission, one dollar of every ticket sold at the venue will go towards a community fund to support local nonprofits, with the first partner in this venture being the non-profit Ventura Music Festival. The local non-profits will rotate through the year so that many organizations can benefit.

Ventura resident Bruce Flohr of Red Light Management is excited to partner with Ventura Music Hall and bring this venture to his local community, adding, "People who live in Ventura, we collectively care about our community: beaches, local restaurants, local businesses, and local causes. Being from Ventura there's defi-

nately a sense of pride, and having a cultural hub like the Ventura Music Hall will only add more value to the enriched experiences that we all love about our town."

Ventura Music Hall was designed with artist and fan experiences at the forefront. With its owners having experience on all sides of the music business, the goal will be to create the best possible experience in a non-pre-tentious, comfortable place, where one can enjoy a great show and eat great food. Teaming up with Ventura local and BBQ expert Jason Ruffinelli, Ventura Music Hall will be the perfect location for dinner and a show, with an authentic and delicious menu to enjoy alongside your favorite music.

Ineffable Music President Thomas Cussins adds, "Ventura Music Hall will be a place where people can go and experience the thrill of live music, a place you can walk or bike to after work easily, and where 8-year-olds and 80-year-olds can both be enjoying the same show. It's about people discovering their new favorite bands and also being able to see their top bucket list artists right in their backyard. We look forward to being a positive member of the Midtown Ventura community."

Marc Geiger, formerly head of music at WME and co-founder of Lollapalooza, was an early supporter of the project. Geiger sees a number of reasons to be excited about bringing live music to his backyard in Ventura.

Ventura Music Hall has received tremendous support from the local community and aims to add to the rich culture of Ventura while providing a sig-

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

Taking Holiday Reservations Now




901 Mission Rock Road
Santa Paula
Call 805.525.3212
Email reservations@carldogs.org

C.A.R.L.'s Pet Care Center Provides Dog & Cat Boarding
10% Off Entire Stay With This Ad Present
www.carlspetcarecenter.com

nificant economic boost to its residents. Ineffable Music Group is a family-owned California based multifaceted modern music company founded in 2006 that owns and/or operates venues in six other California cities. Ineffable specializes in bringing famous bands of all genres to smaller venues for special once in a lifetime experiences, alongside supporting local bands just making a name for themselves and everything in between.

Ventura Music Hall is located at 1888 E Thompson Blvd in Midtown Ventura.

Just in time for holiday cycle needs

by Shirley Lorraine

Donate. Sell. Shop. Help get bikes for foster care kids. Support the Community Velo Swap.

Hypercat Cycleworks in Ventura is hosting a Community Velo Swap on Sunday, December 12 from 9 a.m. to 2 p.m. All are welcome. Proceeds benefit Project Bicycle Love, a Ventura-based, non-profit that provides children in foster care with new helmets and bicycles. (<https://www.bicycleslove.org>)

Support the Velo Swap by donating your unwanted bike related parts and gear and/or selling your goods on site as well as shopping the swap! Donations accepted at Hypercat Cycleworks, 4160 Market St #13, Ventura, during business hours on Saturday, December 11. To reserve a space or for more details, email info@hypercat.com with the subject Velo Swap. (805) 477-0353.

Hypercat Cycleworks has been in business for over 15 years providing quality services for all levels of biking needs. The shop was recently awarded the honor of Retailer of the Year by their peers and were named among America's Best Bike Shops several years running.

14th annual Santa to the Sea scheduled for December

After a year away, the 14th annual Santa to the Sea race will be held on Sunday, December 12, 2021. The race starts at 7: 30 a.m. and will include a half marathon, new this year is a quarter marathon, 5K, Kids 1K, and a

Diaper Dash.

Santa to the Sea provides a fun, festive, and healthy event for the community to participate. The half marathon starts at the world's largest Santa statue, winds the route through the City of Oxnard, and finishes at the beautiful Channel Islands Harbor.

Santa to the Sea supports the Nyeland Acres community through food distributions, a toy giveaway, and scholarships to Oxnard College.

Mike Barber, Founder of Santa to the Sea, states "Throughout Santa to the Sea, our runners have donated more than 30,000 since inception, provided funds to support almost \$500,000 in scholarships, and provides almost \$1,000,000 in economic impact each year."

Registration is now open and sponsorships are available. For more information and to register in the race, visit www.SantatotheSea.com.

What started in 2003 as a toy drive to celebrate the relocation of the world's largest Santa Claus from Carpinteria to Oxnard has grown into a robust running event, toy drive, community fundraiser, and holiday season celebration. For more information, visit www.SantatotheSea.com.

Mailbox

Continued from page 4

safety for forest-adjacent communities. I object because this plan goes far beyond those goals.

Forest scientists tell us that removal of trees and native vegetation increases solar access to the forest floor creating drier conditions and increasing the presence of non-native grasses. These grasses dry out earlier in the year and are much more flammable than native chaparral.

We must reject ineffective forest vegetation removal projects that diminish critical carbon storage in our forest and instead invest resources into hardening wildland-adjacent homes to withstand ember casts. There are simple, inexpensive ways that homeowners can prepare their homes for wildfire: clearing combustibles within the first five feet of structures and native plantings. Advanced vent covers are more costly, but worth the investment to prevent embers from invading attics and crawl spaces, the main cause of losses during the Thomas Fire.

The Forest Service should focus their efforts near population centers, not in the middle of the wilderness. We need to work from the home out rather than from the forest in. This has proven to be the best strategy for protecting communities as well as our native ecosystems.

Kathy Bremer



by Pam Baumgardner
VenturaRocks.com

With Thanksgiving officially behind us, the holiday season is in full swing and Ventura has a variety of events to get you in the mood, so many of which involve live music.

Let's start with Ventura Winter Wine Walk which falls on Saturday, December 11 this year with over 80 tasting locations offering up wine, sparkling wine and craft beer. Every year tickets sell out, but that shouldn't stop you from missing out on the festivities. Head downtown and join in the fun shopping at the holiday street fair all along Main Street from noon till 8 pm, dine in your favorite restaurant, and then enjoy the free entertainment at California and Main; plus, weather permitting, there will be snowfall!

To get the whole entire family in the holiday spirit, you won't want to miss Christmas Magic 2021 at the High Street Arts Center in Moorpark. The show runs two weekends from Friday, December 3 through Sunday, December 12.

The 21st Annual 4 Kids 2 Kids Toy Drive will be held at Cantara Cellars in Camarillo on Sunday, December 5 with Ray Jaurique & the Uptown Brothers, Truth Jones & her band, Sandy Haley, Debbie Davies, Flat top Tom, Milo Sledge and Steve and Sally Williams. Cost of entry is \$5 and an unwrapped toy.

The next Bubbly, Brunch & Blues event at the Ventura Harbor Comedy Club will be on Sunday, December 5th with Kelly's Lot. This is also Kelly's annual fundraiser for C.A.R.L., the Canine Adoption and Rescue League. The non profit places unwanted, sick, abandoned and homeless dogs in pre-screened, loving and secure homes. Tickets are \$20 through EventBrite or at the door.

Quick Notes: There's a free holiday concert with The Noelles doowop group at the Oxnard College Performing Arts Building on Wednesday, December 1; Moorpark's historic High Street Arts Center presents Christmas Magic 2021, music and stories of the holidays December 3 - 12, get tickets and more info at HighStreetArtsCenter.com; Poseidon Brewing is hosting a Holiday Pajama Party on Friday, December 3 with Vanise Terry Band; Cantara Cellars is hosting a Motown Christmas with Stone Soul on Saturday, December 4; Shaky Feelin' is celebrating 10 years as a band with a show at The Six Chow House on Saturday, December 11; Jon & the Wreck play Pedals & Pints Brewing Company in

Thousand Oaks on Saturday, December 11; Jose Feliciano: Celebrating the Holidays at the Oxnard Performing Arts Center on 12/19, that would be the 50th anniversary of "Feliz Navidad;"

The Pam Baumgardner Music Hour will be offering Christmas music produced by local artists for the next couple of weeks. Don't forget, not only can you listen locally in Ventura on your FM radio dial at 104.7, but you can use the MyTuner radio app on your smart device or online at www.CapsMedia.org/Radio. The program airs Tuesdays and Fridays at 5 pm and Sundays at noon.

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

Music Calendar

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

Azars

2215 Michael Dr., Newbury Park

Tuesdays: Rockstar Karaoke
Sat 12/4: Heathers on Fire

Boatyard Pub

Ventura Harbor

Thursdays: Jim Friery; then Bluegrass Jam

Fri 12/3: Teresa Russell w/ Stephen Geyer

Sat 12/4: Oleander Falls

Bombay Bar & Grill

143 S. California St., Ventura
DJs Friday - Sunday

Cantara Cellars

126 N. Wood Rd., Camarillo
Sat 12/4: Motown Christmas with Stone Soul

Sun 12/5: 21st Annual Kids 2 Kids Toy Drive w/ Ray Jaurique & the Uptown Brothers

Fri 12/10: Buena Onda

Chuy's

1397 E. Los Angeles Ave., Simi Valley West

Wednesdays: Rockstar Karaoke
Fri 12/3: Phill and the Blanks

Sat 12/4: CRV

Sat 12/11: The Sister Knot

Copa Cubana

Ventura Harbor Village

Evening music 7 pm, otherwise noted

Saturdays: Kenny DeVoe (10 am - 1 pm & 4-6 pm)

Sundays: Kenny DeVoe (10 am - 1 pm)

Tuesdays: McWorter, Berghoff & more

Sat 12/11: Teresa Russell

Gigi's Cocktails

2493 Grand Ave., Ventura

Fri 12/3: Marika & the Ohms

Sat 12/4: Bombafiya

Fri 12/10: Bewitcher

Sat 12/11: The Deaf Pilots

Sun 12/12: Christmas Party w/

What the Funk

The Grape Jazz House

2833 E. Main Street, Ventura

Music 7-10 pm

Tuesdays: Jazz Jam

Fri 12/3: Jennifer Leitham Trio

Sat 12/4: Jay Smith Group

Wed 12/8: The Eddie Layman Trio

feat. Javier Vergara & Randy Tico

Fri 12/10: Luis Munoz with Randy

Tico & Daniel Zimmerman

Grapes and Hops with a Twist

454 E Main St., Ventura

Music 7:30 pm unless other

noted

Thursdays: LA Jazz Experience (7

pm)

Fri 12/3: The Tossers

Keynote Lounge

10245 E Telephone Rd, Ventura

Thursdays: KJ Carlos

Fri 12/3: Heart n Soul

Sat 12/4: Breaking Bored

Fri 12/10: Caliente

Sat 12/12: Magnificent Bastards

Lucas Sellers Wine

330 Zachary Street, Moorpark

Music 6-9 pm

Sat 12/4: Natalie Wattre

Sat 12/11: Singular Nature

Made West Brewing

1744 Donlon Street, Ventura

Sun 12/5: Gianna Bella (3 pm)

Sun 12/12: RJ Mischo (3 pm)

Majestic Ventura Theater

26 S. Chestnut St., Ventura

Fri 12/3: Nekromantix, the Delta

Bombers, Volk

Tues 12/7: The Dead South

Fri 12/10: The Slackers, the

Aggrolites

Sat 12/11: Los Mixos, Los Cool

Arrows, Dielectric, Bonnie Boy

Mrs. Olson's

2800 Harbor Blvd., Channel

Islands Harbor

Music at Noon

Sun 12/5: Teresa Russell w/

Stephen Geyer

Sat 12/11: CRV

Namba

47 S. Oak St., Ventura

Sat 12/4: Anna May, Christopher

Hawley

Sat 12/11: Doc the Halls with Doc

Ventura

Oxnard College Performing

Arts Bldg.

4000 S. Rose Ave., Oxnard

Wed 12/1: The Noelles (6 pm)

Oxnard Performing Arts Center

Canyon at Oxnard PACC

Sundays: The House Arrest Band

(1-4 pm)

Sat 12/4: Dokken, Jack Russell's

Great White

Fri 12/10: Baby Bash, Lil Rob, MC

Magic

Sat 12/11: Damien Escobar's 25

Days of Christmas

Pedals & Pints

156 W. Hillcrest Drive,

Thousand Oaks

Sat 12/11: Robert Jon & the Wreck

Poseidon Brewing Co.

5777 Olivas Park Drive,

Ventura

Fri 12/3: Vanise Terry Band

The Raven Tavern

1651 S. Victoria Ave., Oxnard

Music at 8 - 11 pm

Fri 12/3: Jetlemons

Sat 12/4: Sean Wiggins

Fri 12/10: Captain Kori

Sat 12/11: Foo Flannels

Relm

2390 Las Posas Rd., Camarillo

Music at 5:30 pm

Fri 12/3: Scott Rausch

Fri 12/4: Leeann Skoda

Rock & Roll Pizza

5255 Cochran Street, Simi Valley

Tuesdays: Rockstar Karaoke

Sat 12/4: Stay in Your Lane Hip

Hop Gala

Fri 12/10: Dustland Fairytale

Santa Paula Theater Center

125 S. 7th Street, Santa Paula

Sat 12/4: Honeysuckle Possums

Star Lounge

343 E. Main Street, Ventura

Tuesdays: Karaoke

Sat 12/4: Dive Bar Messiahs

Sat 12/11: Vanise Terry Band

Strey Cellars

951 N. Rice Ave., Oxnard

Two sets 1:45 & 3:30 pm

Sun 12/5: Bad Habit

Sat 12/11: Ignition

Topa Topa Brewing Co.

341 Ojai Ave., Ojai

Wed 12/1: Tom Collins (6:30 pm)

Wed 12/8: Jess Bush (6 pm)

Vaquero y Mar

435 E. Thompson Blvd.,

Ventura

Tuesdays: The Sea Hunters (5 pm);

Karaoke (8 pm)

Thursdays: Delta by the Beach (5

pm)

Sundays: Mariachi Gallos de Oro

(11 am - 2 pm)

Sat 12/11: Swing Shift Band

Sun 12/12: Del Franklin w/ Shea

Chambers (formerly Raw Silk) (4

pm)

Ventura Harbor Comedy Club

Ventura Harbor Village

Sun 12/5: Kelly's Lot (Noon)

The Vine

308 E. Ojai Ave., Ojai

Music 7 pm otherwise noted

Sundays: Fire on the Mountain (2

pm)

Saturdays: Smitty and Julija and

Friends

Waterside Restaurant & Wine

Bar

3500 S. Harbor Blvd., Oxnard

Music 6 - 9 pm unless otherwise

noted

Sat 12/11: Big Adventure Duo

Sun 12/12: Teresa Russell (11:30

am)

Winchesters

632 E. Main St., Ventura

Music Thurs 5:30; Fri 7 pm; Sun

3 pm

Thurs 12/2: Mack & D

Fri 12/3: Karen805

Sun 12/5: The Tossers

Fri 12/10: Big Adventure

Sun 12/12: CRV

Ventura Music Scene



This unusual mural, located on a stair wall is located at the Easter-seals facility located at 10730 Henderson in Ventura. It was painted by local artist **MB Hanrahan** who has done so many murals here in Ventura. Photos by Patricia Schallert.



Lori Mills has opened a beautiful gallery at the Four Seasons Westlake Village. She has a gallery in Malibu and now one in this beautiful space at the hotel - it's 6,000 ft square above the spa. It features modern contemporary coastal art. She and her dad runner were featured in our last issue.

Ventura Art Scene

This 'n' That



One gift per customer per day while supplies last.

Second Annual 'Tis the Season for Holiday Giving event at the Ventura Pottery Gallery

The Ventura Pottery Gallery is pleased to announce their second annual 'Tis the Season for Holiday Giving event. Not only is the gallery a great place to purchase your holiday gifts (no supply chain issues here), but they have a free gift for you when you spend \$25.

Potters always accumulate extra pieces in their studios, and we love to clean our shelves. Our forty potters are donating bowls, vases, mugs, ornaments or ? as gifts to our cherished customers. We continue to have strong sales during

the pandemic and we want to thank those who support our handmade, from our studios to your home, ceramic creations.

We invite you to stop by the Ventura Pottery Gallery to view work from local artists and potters. The gallery is located at 1567 Spinnaker Drive, Suite 105 in Ventura Harbor Village. The gallery is open from 11 – 6 seven days a week. We also have an online store at www.venturapotteryonline.com and for more information please visit www.venturapotterysguild.org.



The Ventura Pottery Gallery
 Ventura Harbor Village
Handcrafted Pottery From Over 35 Local Potters



Pottery Gift With \$25 Purchase

Present this Coupon at the Gallery

One per Customer
 Offer Starts November 20th While Supplies Last



Open Daily:
 11 AM – 6 PM

VenturaPotteryOnline.com
VenturaPottersGuild.org

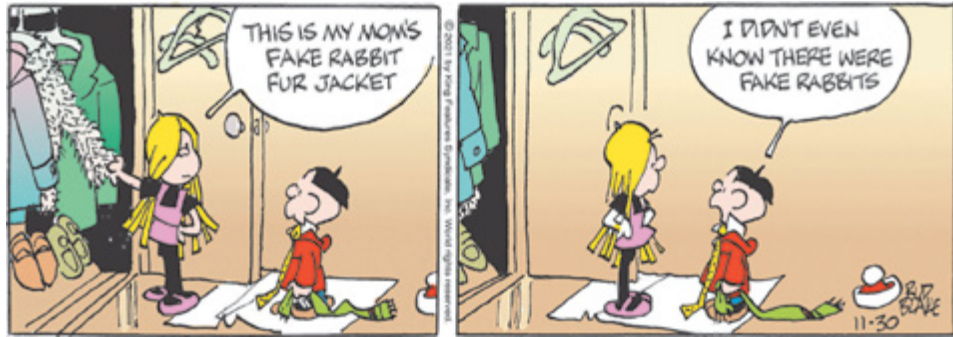






Lighter Breeze

Tiger



Mother Goose and Grimm



Rhymes With Orange



Marvin



Crock



Dustin



Solutions on page 13

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

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

Weekly SUDOKU

by Linda Thistle

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

DIFFICULTY THIS WEEK: ◆

◆ Moderate ◆◆ Challenging
◆◆◆ HOO BOY!

Solutions on page 13

King Crossword

ACROSS

- 1 Creche trio
- 5 The whole enchilada
- 8 Outlet letters
- 12 Teensy bit
- 13 Irish actor Stephen
- 14 Vivacity, in music
- 15 At the summit of
- 16 Her bed was too soft
- 18 Jungle trek
- 20 Make happy
- 21 Swindles
- 23 Workout site
- 24 Spaghetti topper
- 28 Whirled
- 31 Hosp. area
- 32 Small stream
- 34 "As I see it," to a texter
- 35 Lavish affection (on)
- 37 Lunar light
- 39 Family card game
- 41 Greek letters
- 42 Regard highly
- 45 Morals
- 49 Legume used in Asian cuisine
- 51 Acknowledge
- 52 Wax-coated cheese
- 53 Baton Rouge

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			54			
55					56			57			

- 9 Slapstick mis-
- 10 "Buenos —!"
- 11 Apple center
- 17 H.S. math
- 19 Eldest Stark child on "Game of Thrones"
- 22 Sailing vessel
- 24 Central
- 25 Green prefix
- 26 Fall-related
- 27 Relax
- 29 Actress Thurman
- 30 — de plume
- 33 Make a scarf
- 36 Puzzle
- 38 It's equivalent to C, in some scores
- 40 Sphere
- 42 Iowa city
- 43 Ranch visitor
- 44 Slithery
- 46 Currier's partner
- 47 Corn castoffs
- 48 Smack a baseball
- 50 "— was saying ..."

DOWN

- 1 "Serpico" author Peter
- 2 "girl!"
- 3 Blunder
- 4 Influence
- 5 How lovers may stroll
- 6 Meadow
- 7 Genie's home
- 8 Monasteries

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LIBRA (September 23 to October 22) Your end-of-the-year holiday plans could be disrupted by something out of your control, but stay the course. Ultimately, things will settle back into a normal pace.

SCORPIO (October 23 to November 21) Your honest approach to a workplace project earns you both respect and credit from those in charge. Meanwhile, that personal problem still needs to be dealt with.

SAGITTARIUS (November 22 to December 21) Money could be a little tight this month. This means the usually bargain-oblivious Sagittarian should look for ways to save on end-of-the-year holidays.

CAPRICORN (December 22 to January 19) Examine the facts, and you might find that it's a wiser move to shift gears and redirect some of your goals before the end of the year. Someone close to you offers good advice.

AQUARIUS (January 20 to February 18) Be careful that your generosity is not abused. Find out more, both about the special favors you might be asked to grant and who is asking for them.

PISCES (February 19 to March 20) You've come through a recent rough time in great shape. Congratulations. Now go out and enjoy your well-earned rewards. More good news comes in mid-December.

BORN THIS WEEK: You aim for truth, and you usually find it. Your honesty earns you the friendship and respect of others.

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ARIES (March 21 to April 19) Your curiosity might not be appreciated by everyone. Expect some resistance in getting answers to your questions. But stay with it. You need facts in order to make important decisions.

TAURUS (April 20 to May 20) Some of the mystery surrounding your recent fiscal situation soon will be dispelled with a clear explanation. Use this new knowledge to help you chart a fresh financial course.

GEMINI (May 21 to June 20) Start your holiday gift-buying now. This will help avoid problems caused by possible mid-December delays. A family member has important information.

CANCER (June 21 to July 22) Use a little more sense in how you plan to spend your end-of-the-year holiday dollars. Meanwhile, you continue to gain support for your stand on a workplace issue.

LEO (July 23 to August 22) Wearing that big, loving Lion's heart of yours on your sleeve leaves it unprotected. Let things develop a little more before you allow your emotions to spill over.

VIRGO (Aug. 23 to September 22) You might feel you're not ready to patch up an unraveled relationship. But the longer you wait, the more difficult it will be for all parties to take the first healing step.



Showtime

A View from House Seats

Hark! Theaters Herald the Holidays!

by Shirley Lorraine

Ventura County stages offer a variety of performances this December, most with a short run particularly at the beginning of the month. Look at what's "on the boards" county-wide. Full details are available at each theater's website.

Ventura – The Rubicon Theatre is hosting two holiday fundraising events. On Friday, December 3, a grand celebration at the Halter/Encinas Home from 6-11 p.m. Space is limited. On Sunday, December 5, an Excursion and Home Tour of the fabulous Wishing Well Ranch in Arcadia features a Christmas Extravaganza. Airbus transportation is included for this one-time opportunity. Details for both events are at www.rubicontheatre.org.

Santa Paula – The Santa Paula Theatre Center proudly presents a one night only concert on Saturday, December 4 by The Honeysuckle Possums, an all-female high-energy string band. This event is almost sold out – check the website for availability. www.santapaulatheatercenter.org

Ojai – The Ojai Arts Center Theater is staging Home for the Holidays December 10 through 12. This theatrical celebration features intergenerational community talent and local favorites. Donations are suggested. The event benefits local non-profit organizations Humane Society and Help of Ojai. Each performance is unique. www.ojaiact.org.

Oxnard – The Elite Theater is breaking holiday tradition by staging Andronicus by William Shakespeare. Per the theater's website "because what says the holidays better than the Bard's bloodiest play?" A bold move, Elite. The play runs December 3 through 19 except for Saturday December 11. That night the

theater will be dark so folks can enjoy the Channel Island Annual Parade of Lights. Fridays and Saturdays at 8 p.m., Sundays at 2 p.m., one Thursday December 16 at 8 p.m. www.theelite.org.

Moorpark – The High Street Arts Center theater brings Christmas 2021 December 3 through 12 featuring music and stories of the holidays for all ages. Fridays and Saturdays at 7 p.m., Sundays at 2 p.m., with one Saturday matinee on December 11 at 2 p.m. www.highstreetartscenter.com.

Simi Valley – Now on stage – Always, Patsy Cline November 20 through December 19. The timeless music of singer Patsy Cline is featured in this story of her rise to stardom at the Grand Ole Opry. Fridays and Saturdays at 8 p.m., Sundays at 2 p.m.

On Sunday, December 5, one performance of a Family Friendly Holiday Comedy Show will be staged at 7:30 p.m. www.svac.org.

Thousand Oaks – At Hillcrest Center for the Arts, Allways on Stage, a theater company for young adult with diverse abilities, will be performing Willy Wonka Jr. December 3-5. Performances are 7:30 on Friday and Saturday, and 2 p.m. on Sunday. Tickets and information available at www.hillcrestarts.com.

Also at the Center, the California Shakespeare Company will perform a world premiere original holiday performance of King Shamlot's Christmas Carol, one night only, Saturday December 11 at 8 p.m.

All theaters require proof of vaccination, or a negative Covid-19 test within 24 hours of attendance. All require masks and adhere to county safety guidelines.

Streaming Spotlight by Cindy Summers

The Great

Season 1 (2020) & Season 2 (2021)

-Hulu Originals



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

The Great shares the complex story of Catherine The Great (Elle Fanning) and her rise to power in 18th Century Russia by actually overthrowing her own husband Peter (Nicholas Hoult), the son of Peter the Great, to bring Russia into the renaissance with science, art and equality for women.

In Season 1, Catherine (who was German) goes to Russia to marry Peter due to an arranged marriage by her mother and Peter's father (Peter The Great), which made her Empress and heir to the throne if anything happened to young Emperor Peter. Catherine quickly realized that Peter was a self-centered brat and decided that she must save Russia from Peter.

Catherine began to look for those that she could recruit, first was her handmade Marial (Phoebe Fox). Next was a member of the court and palace intellectual Count Orlo (Sacha Dhawan) and an unhappy military general, Velementov (Douglas Hodge) as well as support from her sterile lover Leo

(Sebastian Souza) who was gifted to her by Peter when he noticed that Catherine seemed unhappy and was not interested in intimacy with him.

While Catherine was plotting the coup, Peter's best friend Grigor (Gwilym Lee) was beginning to find it unbearably that Peter was continually having sex with his wife Georgina, and in a moment of despair, added arsenic to his food in an attempt to poison Peter. Unfortunately for Grigor, Peter lived and blamed the meal staff for his poisoning, killing all of them.

Peter had a new outlook on life after his poisoning causing Catherine to feel optimistic about peaceful co-existence with Peter and their increasing chemistry, ultimately leading to Catherine becoming pregnant. This fact, along with Peter taking Leo hostage, caused Catherine to be even more committed to the coup and planned it to take place on her birthday, but Marial betrayed Catherine to Peter thinking it was the only way to save both of them.

In Season 2, Catherine continued her coup and after 4 months began making ground to win her war with Peter. Peter was caught in his deep love for Catherine and respect for her impressive, relentless battle against him in her effort to rule Russia. Peter eventually gave in and agreed to live under house arrest at the palace while waiting for their son Paul to be born. A short time later Catherine got a surprise visit from her mother, who was disappointed in her efforts and intended to do her best to undermine Catherine's

Holiday Spectacular!
Under the direction of Artistic Director KuanFen Liu

A live concert collaboration of
Channel Islands Chamber Orchestra,
Channel Islands Choral Association,
Santa Paula High School Concert Choir,
CSU Channel Islands University Chorus

Excerpts from Handel's Messiah
Morten Lauridsen's Lux Aeterna
Saint-Saëns' Organ Symphony No. 3

Sat, Dec. 4 at 7pm - St. Mary Magdalen Church
25 N. Las Posas Rd, Camarillo

Sun, Dec. 5 at 3pm - First United Methodist Church
1338 E. Santa Clara St, Ventura

Suggested \$20 donation at the door
Vaccination record required for ages 12 and over
Face covering required for everyone

www.chicovc.org www.cicachoir.org

goals in transforming Russia.

Catherine continued running the country throughout her pregnancy and started to develop a strong bond with Peter's Aunt Elizabeth (Belinda Bromilow), who had been devoted to Peter her entire life but decided to eventually join Catherine in her efforts to rule Russia for the sake of its people. Once Paul was born, Aunt Elizabeth took on a primary role in his care while Catherine and Peter attempted to avoid their growing feelings for each other.

Taglined as "an occasionally true story", The Great offers a spirited look into history with razor sharp wit and likable headonism and debauchery from an extremely talented cast. I think a TV-MA rating seems light for this series as it contains extremely mature adult content ranging from frequent crude sexual innuendo to simulated sex acts and nudity, lots of cursing, physical assaults, and grotesque images (all of which are often sources of dark humor) Rated: TV-MA

Choral singing in Ventura County returns in a big way

So big, in fact, that it's being called a Holiday Spectacular! Channel Islands Choral Association (CICA) and the Channel Islands Chamber Orchestra (CHICO) in collaboration with the CSU Channel Islands University Chorus, and the Santa Paula High School Concert Choir are presenting excerpts from Morten Lauridsen's Lux Aeterna,

George Frideric Handel's Messiah, and Camille Saint-Saëns Organ Symphony No. 3. This celebratory program will be conducted under the skilled baton of Dr. KuanFen Liu, Artistic Director and Assistant Professor of Performing Arts at CSUCI. Concert dates are scheduled for Saturday, December 4 at 7:00 PM at St. Mary Magdalen Church, 25 N. Las Posas Road in Camarillo, and Sunday, December 5 at 3:00 PM at First United Methodist Church, 1338 E. Santa Clara Street in Ventura.

"It's definitely a time to celebrate with music," says Artistic Director, Dr. KuanFen Liu. "We have waited for almost 2 years to be able to safely return to live, in-person concerts, and we couldn't be more excited to bring to the community this glorious and uplifting program." This program was intentionally selected to reflect the joy it is to sing choral music once again in a more traditional way. For three seasons, CICA has been hosting an all-virtual program. "We had great success and fun creating our virtual programs for our members and audiences. These virtual programs allowed us to explore the underrepresented music of women and Black choral composers. And, now that we have been given more of a green light to resume in-person singing, we want to celebrate with you music that has resonated with mankind for centuries and still inspires us today."

CICA President, Dean Butler tells us some of the ways that CICA and the CSU University Chorus are able to safely return to what he is calling their "bridge back." "All our members are now required to show proof of vaccination. In addition, we have combined both virtual rehearsals with in-person, outdoor rehearsals on Saturdays. Our members

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This 'n' That



One Businesses with Heart partner that stands out is Reel Guppy Outdoors.

Local businesses give back to Ventura County Youth through Businesses with Heart Initiative

The holiday shopping season typically kicks off on Black Friday, but with shipping delays, global supply chain issues, and large crowds expected at big-name retailers, experts are urging shoppers to shop early and shop local. Although online shopping has become the norm for many during the pandemic, supporting neighborhood businesses is convenient, reduces your environmental impact, and strengthens the local economy. Shopping local this holiday season can also mean supporting children, youth and families in our community that need it most.

Over 50 businesses in Ventura County have joined Homes with Heart VC's Businesses with Heart (BWH-VC) initiative to support our youth-in-care and help keep our families together. Because of these incredible businesses, children, youth and their families receive discounts on products and services. Many Businesses with Heart partners also provide teens, older youth and their family members with mentorship, guidance, and employment opportunities.

Businesses with Heart partners come from a diverse range of industries including automotive, education, food, real estate, retail, health and beauty, and more.

One Businesses with Heart partners that stands out is Reel Guppy Outdoors—a nonprofit that takes kids and families fishing for free (they've served over 3,000 youth)!

30 kids will be drafted into groups of 3 and paired with a Pacifica High School Fishing Club Student to net, identify, and track their catches. Kids will learn responsible angling, species identification and sustainable fishing practices.

To learn more about becoming a Businesses with Heart partner or to find a list of participating partners, please visit www.homeswithheartvc.org/bwh.

Ventura County Fairgrounds

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and St. John's Healthcare Foundation.

The Ventura County Fairgrounds is owned by the State of California and administered by the 31st District Agricultural Association under the direction of the Division of Fairs and Expositions, Department of Food and Agriculture. A nine-member Board of Directors, appointed by the Governor, oversees the Association. The 31st DAA is a self-supporting entity, receiving no tax dollars.

The Fairgrounds serves as a command center for first responders and provides evacuation accommodations during times of emergency.

The 2022 Ventura County Fair, "A Country Fair with Ocean Air," will open Wednesday, August 3 and run through Sunday, August 15. More information can be found at www.venturacountyfair.org or by calling (805) 648-3376.

Choral singing in Ventura County

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are learning how to sing all masked and socially distanced, but this doesn't seem to bother any of them as the joy of singing in-person is greater than any of the inconveniences."

Concert-goers ages 12 and older attending the performances will need to show proof of vaccination. Face coverings will be required to be worn by everyone. Dr. Liu states, "Our audiences will be able to enjoy the performances in a very traditional way - the orchestra will be on the main platform with the choir distanced in the balconies of both concert venues. This will give our audience a beautiful sense of choral singing that for centuries was the custom while keeping everyone as safe as possible."

Tickets are a suggested \$20 donation to CICA and are only available at the door. All seats are first-come, first-serve. For more information, visit the CICA website at cicachoir.org or the CHICO website at chicovc.org.

TREE TOWN

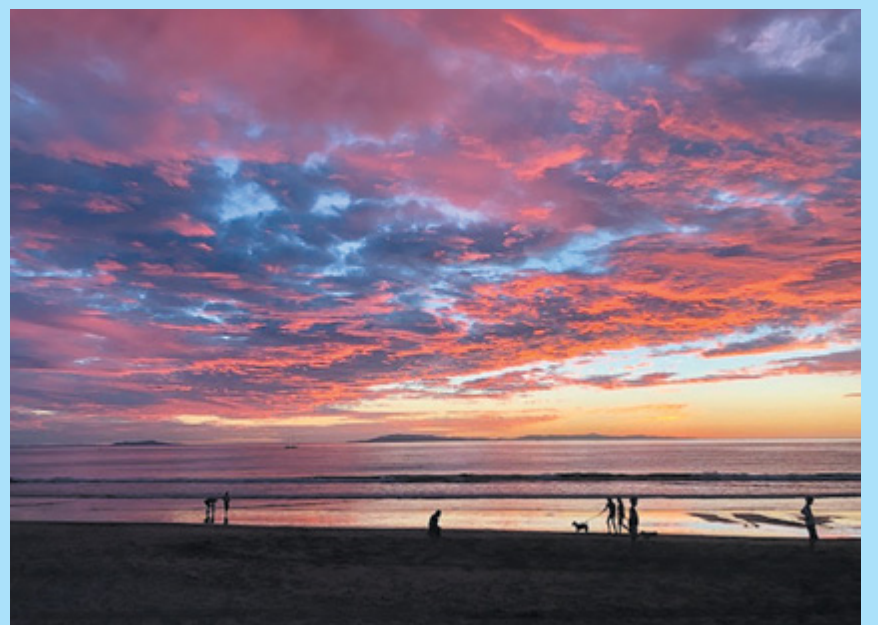


Five new Marina Strawberry trees were recently planted to beautify the intersection of Main Street and Emma St, in midtown Ventura.

The Midtown Community Council sponsored the landscape project along the edge of Main Street, paid for with a city beautification grant.

Many volunteers helped with the planting and staking and mulching, and Gator bags are being used to water with recycled water.

www.venturatreealliance.com



Our late season sunsets are sooooo beautiful. Photo by Ivor Davis.