



VENTURA BREEZE

Your Hometown Paper

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Photos by Yana Khyid.

Ventura Music Festival introduced

On Feb.20, at The Museum of Ventura County Smith Pavilion, the artistic lineup of the 27th Ventura Music Festival was presented by Nuvi Mehta.

A social was held prior to the presentation featuring wine and folks meeting each other after a long absence because of COVID. It was wonderful to see a gathering sans masks.

“Live events are beginning to return to a semblance of what we love,” stated VMF Executive Director Susan Scott, “so we’re very excited about the artists and seven concerts planned for this summer,

Continued on page 3



After a 2-year hiatus, beloved community event returns on March 12

Parade entries are now being accepted for the Ventura Elks Club’s 2022 County Ventura St. Patrick’s Day Parade, which will commence at 10 a.m. Saturday, March 12, along Main Street in midtown Ventura. Among the county’s most popular annual community events, the parade was dark in 2020 and 2021 due to COVID, but it returns in full force this year, along a new and improved Main Street route, running downhill from Lincoln Drive to Fir Street.

Entry to join in the parade is easy: Prospective entrants can simply go to the parade website and follow the basic steps to submit their forms and pay via PayPal. Entry deadline is Thursday, March 3; only the first 100 entries will be accepted.

Leading the parade as its grand marshal will be Nan Drake, longtime co-chair of the parade committee (along with Jim

Monahan and Brian Brennan). Drake is the governmental affairs and public relations director for E.J. Harrison & Sons, a sponsor of the annual parade since its first year, in 1987. She’s proud of her work, she said,



Leading the parade as its grand marshal will be Nan Drake.

“because every day at Harrison, we improve the environment by recycling with the help of all of the residents and businesses in their service areas.” The parade theme is “One World, One Air, We All Share”

The 2020 Irish Belle will once again take part in the parade lineup and don’t forget

our famous giant dirigible pig. Many entries that were on board in 2020 have confirmed for this year – so please join us for the fun and celebration of St. Patrick’s Day, when everyone is Irish.

For more information on the parade and to enter, visit venturastpatricksdaysparade.com.

If you have any entry questions, call parade committee member Aaron Gaston at 805-340-8217 or committee member Dan McGrath at 805-231-2779. For other parade information, contact Faye McDonald at funelda@yahoo.com or 805-650-0825; or Jim Monahan at 805-340-1356.



CAPS Media covers return of St. Patrick’s Day parade, page 5.

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WE GREATLY APPRECIATE OUR LATEST (OR RETURNING) CONTRIBUTORS **JUDITH A. BEAY (ONE MORE TIME), STEVE NOLL (ONE MORE TIME), LANCE HOROWITZ** AND THOSE WHO CHOOSE TO REMAIN ANONYMOUS.

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THANK YOU FOR SUPPORTING THE VENTURA BREEZE!

Community Events

meet on the 2nd and 4th Wednesday of every month from 6:30 to 8:00 pm, via Zoom. If interested, please contact us at 805-389-6870. For more information, visit LMVNA.org. Livingston's Grief and Bereavement Program support groups are committed to maintaining an open, accepting, confidential atmosphere. We also offer individual, couple, and family grief counseling in English and Spanish.

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.

Feb. 23: "The College Area Community Council in Ventura, which meets the fourth Wednesday of each month, will be holding a Zoom meeting on Wednesday at 7 p.m. An invitation and link to the meeting will be sent to everyone on the CACC mailing list. Council meetings include speakers and discussions on neighborhood and community interest topics, including public safety and economic development. CACC represents citizens in Council District 3, currently neighborhoods north of Hwy. 126 between Dunning/Lemon Grove/Agnus on the west and Hill Road on the east. Visit the College Area Community Council website @ <https://caccventura.com> to learn more, to be added to the mailing list, and to access a link to the Zoom meeting."

March 2: Don Price, professional engineer and climate change educator, will be the speaker at the return of BCNN (Beach Neighbors and Newcomers,) a membership group for women from Ventura Oxnard and Port Hueneme. At the Ventura Comedy Club in the Ventura Harbor 2nd floor next to Brophy Brothers. Socializing with light refreshment begins at 9:30 am.

Prospective members may attend free to see if they want to join. The organization has many small activity groups, from wine tasting to book groups to day trips, bridge, mahjong, and other fun offerings. **March 6: Open house tours of the 1892 Dudley Historic House Museum—with COVID protocols—will take place on Sunday, from 1 - 4 p.m.** Tour group size will be limited. Admission is free. The museum is located at the corner of Loma Vista and Ashwood streets (197 N. Ashwood). For information, please call 642-3345 or visit the website at dudleyhouse.org.

March 6: Old-Time Country Bluegrass Gospel Music Assoc. Sunday from 2 -4 p.m. Located at the Poinsettia Pavilion 3451 Foothill Rd. Live Music on stage. Jamming in the Canada Room. Free admission and free parking. Open to Public. For more information, call 805-517-1131 or visit Facebook: OTCBGMA. Current Ventura County Covid regulations will apply.

March 14: Kamala Nellen will join the Ventura County Library to lead a Nonviolent Communication Practice Group. This group will practice integrating the process of nonviolent communication into daily life. This event will occur via Zoom on Monday at 6 p.m., and all are welcome. Nonviolent Communication (NVC) was started by psychologist and mediator Marshall Rosenberg. Kamala Nellen has been practicing Nonviolent Communication for twelve years and is a life and performance coach and published author.

This event is free and open to the public. To register for this event, visit bit.ly/VCLNellen. Contact Ron Solórzano,

Regional Librarian, at (805) 218-9146 or ron.solorzano@ventura.org. Instructions for registering for this event are found on our online calendar at www.ventcolibrary.org/library-events.

Ojai news and events

Friday, February 25 at 7 pm
Enter the world of the actor's mind. "This Is A Play" by Daniel Maclvor allows the audience to hear what the actors think while they perform. Theatergoers enter through the back and sit onstage, surrounding by the cast. Director Gai Jones presents talented actors Suzy Thatcher, Denise Heller, David Taylor, and Buddy Wilds in this intriguing play. Tickets: \$10, cash or check, available only at the backstage door starting at 6:30 p.m..

The safety of our theater patrons is paramount. Proof of COVID vaccination with a valid ID must be presented to gain entrance to the Ojai Art Center. Mask requirements determined by County regulations at time of performance.

The Ojai Art Center is the longest continuously-operating multi-disciplinary center serving the arts in the State of California. Opened in 1939, the Center has eight branches for the various art disciplines. The Theater Branch presents a variety of dramatic productions, ranging from comedy to drama and musicals, annually. The branch holds its own directors and monthly meetings on the first Tuesday of the month to address all theater-related issues.

Soroptimist announces 15th Annual Stop Human Traffic event

Soroptimist International of Oxnard, Ventura, and Camarillo will host the 15th Annual "Stop Human Trafficking" educational forum, advocacy and community awareness event on Saturday, March 5, to lead up to International Women's Day, March 8, 2022. Featured Speakers will include Opal Singleton Hendershot and Dr. Lowell Smith.

The public is invited to attend this event at the Museum of Ventura County, 100 E. Main St., Ventura. Masks will be required. Registration will begin at 1 pm.

The official program and speakers will begin at 1:30 pm: a community awareness walk will follow at 3 pm.

Opal Singleton Hendershot is the Founder and CEO of Million Kids. Dr. Lowell Smith is the former Department Chair for La Sierra University's Criminal Justice Department. He is a retired Deputy Probation Officer.

Participants are asked to wear red to support the STOP trafficking movement. The 3pm awareness walk will begin at the Museum proceeding down Main Street and back.

For more information about the event or membership in the Soroptimist Club contact Debbie Gohlke at (805) 320-5215.

For more visit soroptimist.org - or for local information caminoarealregion.org. To report suspicious activity call 1-866-DHS-2-ICE.

City News

City of Ventura announces Meredith Hart as economic development manager

After a highly competitive, open recruitment process, the City of Ventura has hired Meredith Hart as its new Economic Development Manager.

"As a Ventura native, I'm looking forward to working with local businesses, commercial real estate brokers, and people investing in the region to build an environment for economic sustainability and growth," said Economic Development Manager Meredith Hart. "Ventura is a great place to live, work, and do business. I'm excited to step into this role and help support new, growing, and legacy businesses thrive in our community."

As the City's economic development manager, Meredith will oversee economic sustainability and growth. This includes business retention and attraction, expanding workforce development and educational partnerships, and increasing job opportunities.

With more than 10 years of public and private sector experience, Meredith has a strong background in strategic planning, project management, and effective collaboration working with Ventura's business community. She has

served as the interim economic development manager since October 2021, and previously served as the City's Safe & Clean Manager, where she worked with businesses and community groups to address homelessness and housing needs within the City.

During her time as the safe and clean manager, she developed successful policies and programs with the Ventura City Council in various focuses, including the development and creation of the City's first year-round shelter, proactive outreach team, river bottom trash removal program, and most recently, supporting the Main Street Moves program.

Prior to joining the City, Meredith worked at Downtown Ventura Partners, where she served as the deputy director. In this role, she focused on fostering a vibrant commercial district through business engagement and created retention, expansion, and attraction programs for restaurants and retailers. She also hosted a business development conference for downtown businesses and enhanced safety measures by implementing the Downtown Ambassador Programs.

For more information about the City's Economic Development Programs, visit www.cityofventura.ca.gov/ed.

Ventura events

by Ana Baker

Livingston's Grief and Bereavement Program announces a new Men's Grief Support Group starting this month. The group is for men grieving the death of a loved one. It will



City News



The Ventura Gem Show

After a year-long pause due to the pandemic, the Ventura Gem & Mineral Society (VGMS) is back! Our 59th Annual Gem, Mineral, Fossil & Jewelry Show takes place March 5 & 6 (10:00 AM–5:00 PM, Saturday; 10:00 AM–4:00 PM, Sunday) at the Ventura County Fairgrounds (10 W. Harbor Blvd, Ventura). The show is open to the public and admission is free, although the Fairgrounds charges a parking fee if using the Fairgrounds lot.

The Ventura Gem Show has been a fun family event for 59 years with its focus on kids and education, gemstone cutting and jewelry-making, and rocks and fossils. At the show, we'll announce the recipient of our \$1,000 Scholarship Award, given annually to a local college student. The next day on entering the show, kids will be given a free polished stone at our Welcome Booth, where we also will have free rock samples and educational packets for teachers. At the Kids Booth, children will enjoy activities offering an assortment of rocky prizes. A nearby display offers info about the society's two-room museum in Ojai, where teachers, home-schoolers, and other youth groups can arrange tours by appointment.

Here in California, there's gold in them thar hills (try Lake Piru!), and you can learn how to pan for it at the Show. At one booth, expert prospectors will guide you through basic steps of gold panning, and you can purchase "pay dirt" to pan for real gold nuggets and flakes at the show or in your own backyard. In addition, this free show will feature 60 displays of gems, minerals, fossils, and award-winning handcrafted jewelry. These include educational exhibits of fossils collected locally in and around Ventura County, as well as a display of our State Rock, Mineral, Fossil, and Gemstone (including a gold nugget and Ice Age saber-tooth cat and "Auggie", the California State Dinosaur). Still other displays will show how stones collected locally have been crafted into jewelry. Demonstrations throughout the show give visitors up-close looks at artists pursuing their skills, including gemstone cutting, silver work and jewelry making, beading, and other arts and crafts made from nature. Raffle prizes include fine jewelry, carved stones, a \$100 bill, mineral and fossil specimens, and more. Festivities include hourly silent auctions for rocks, minerals, and fossils, as well as a "Second Hand Treasures" white elephant sale, plant sale, and 15 dealers selling beads, opals, jade, gemstones, crystals, fossils, jewelry and jewelry-making supplies, and gift items. It's a 59-year Ventura tradition the whole family can enjoy!

VGMS was founded in 1944 to

encourage interest in rocks, minerals, fossils, jewelry-making, and related areas through education, activities, and exhibitions such as this annual show, which is open to the community. The society is a 501(c)(3) nonprofit, educational organization and welcomes individual and family members. VGMS hosts monthly talks on earth science topics and jewelry arts, makes presentations to area schools, and conducts field trips for members and guests that often involve collecting rocks, minerals, and fossils in southern California and neighboring states.

The Ventura Gem Show is the society's major fund-raising event helping to underwrite educational activities, including the annual college scholarship and school visits and donations. For further details, call (805) 312-8467, email info@vgms.org, or visit our web site at www.vgms.org.

The Ventura Gem & Mineral Society, Inc., is a nonprofit educational organization. Federal Nonprofit Tax ID Number 95-6056075.

Ventura Music Festival returns

Continued from page 1

and maybe even more excited about unveiling them for a live audience on the 20th." She introduced the Festival Board members and Nuvi Mehta.

As to the artist of the 27th Festival, "they've been described as a diverse musical feast," said Scott, from contemporary world-fusion, to "le jazz hot" for the 21st century, to an electrifying saxophone sextet that bends all genres and a jazz phenom possessed of a "miraculous voice."

All concerts will be presented at the Ventura College Performing Arts Center, 4700 Loma Vista Rd., Ventura. Tickets go on sale April, 2022.

Nuvi Mehta (violin) and Bevan Manson (keyboards) entertained at the end of the event with their outstanding musical talent.

The mission of the Ventura Music Festival is to build community through live, world-class music, and create an environment in which people see and hear themselves reflected in the music. In 1994 the Festival was created creating "an artistically focused music festival in the City's historic downtown core." It was called the Chamber Music Festival with Burns Taft as the first artistic director a position now held by Mehta.

Go to venturamusicalfestival.org for more information and to purchase tickets in April.

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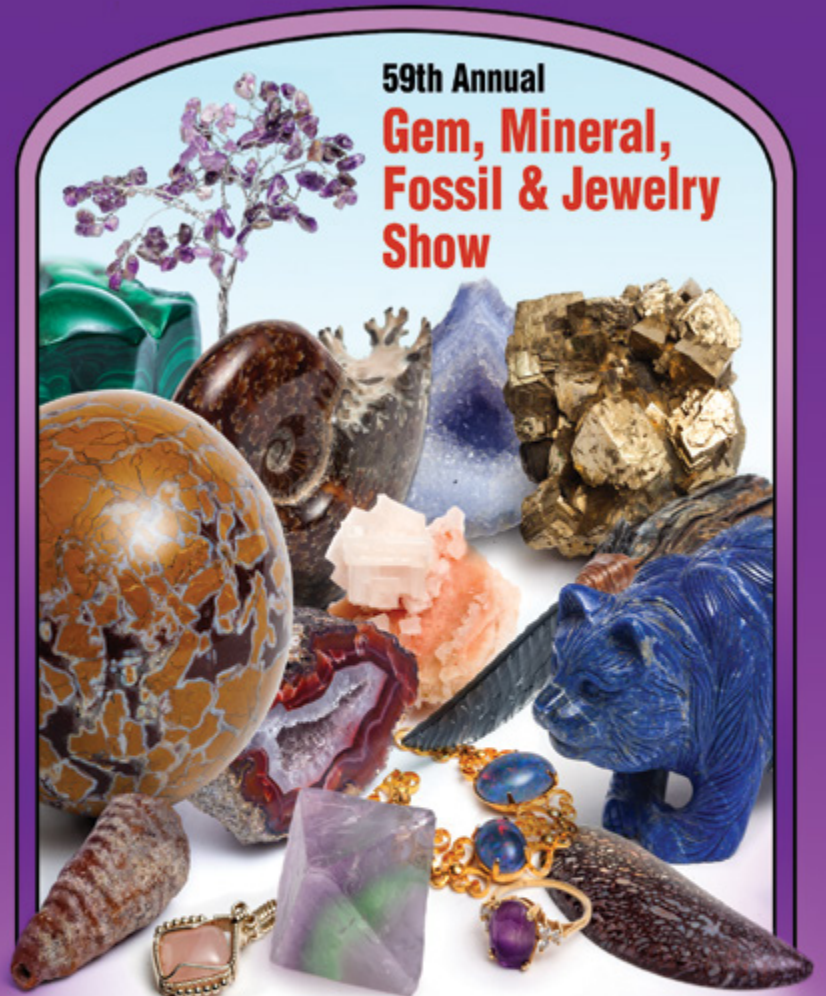
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Your Hometown Paper

Member, Ventura Chamber of Commerce

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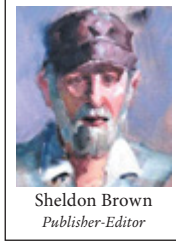
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Opinion/Editorial



Sheldon Brown
Publisher-Editor

■ The **City Council** has unanimously voted to consider a map that would slightly change how the city's seven council districts are drawn. The first reading of an ordinance to adopt the map will be on Feb. 28. The changes between the current districts and proposed future districts are minor to rebalance population growth based upon the latest census.

Every 10 years, local governments use new data from the census to redraw their district lines to reflect how local populations have changed. Ventura residents can view and provide comments on the map before Feb. 28, as well as give comments during the virtual meeting.

For more information and to see the map, visit cityofventura.ca.gov/redistricting.

■ We have had some very spectacular, beautiful **sunsets** as the earth rotates. It almost seems as if the sun is actually setting, even though it doesn't move. The sun appears to rise and set because of the Earth's rotation on its axis – the Earth makes one complete turn every 24 hours.

■ February is **Black History Month**, which is an annual celebration of achievements by African Americans and a time for recognizing their central role in U.S. history. Also known as African American History Month, the event grew out of "Negro History Week," the brainchild of noted historian Carter G. Woodson and other prominent African Americans. Since 1976, every U.S. president has officially designated the month of February as Black History Month. Other countries around the world, including Canada and the United Kingdom, also devote a month to celebrating Black history.

■ I enjoyed watching the NFL's **championship game**. Very exciting and another 3-point victory - the way a championship game should be. It was almost super.

■ Watching **curling** at the Olympics is almost as exciting as watching cornhole, but without the beer.

■ When William Herschel discovered the 7th planet in 1781 his colleagues thought that he was an idiot. They said to him, "William, ur an anus" and this is how the planet **Uranus** got its name.

■ In his theory of general relativity, **Einstein** predicted something called

time dilation: the notion that two clocks under two different gravitational pulls will always tick at different speeds. The effect has been observed in many experiments since, but now scientists have recorded it at the smallest scale seen so far.

Two atomic clock readings were taken from the same cloud of atoms, in a highly controlled energy state. In fact, the atoms ticked between two energy levels in perfect synchronization for 37 seconds, a record in terms of quantum coherence.

While the difference in redshift across this tiny distance was just 0.00000000000000000001 or so, that's in line with predictions made by general relativity. Those differences can make a difference when you get out to the scale of the entire Universe, or even when you're dealing with systems that need to be ultra-accurate, such as GPS navigation.

I knew that.

■ A Manhattan judge called Donald **Trump** "just a bad guy" in a scathing rebuke to a lawyer arguing that the former president was being unfairly singled out for investigation by New York Attorney General Letitia James.

At the end of the hearing, state Supreme Court Judge Arthur Engoron ordered Trump, along with his daughter Ivanka Trump and son Donald Trump Jr., to comply with subpoenas and testify under oath in a civil investigation launched by James into suspicious Trump Organization business practices.

Chris **Christie** did not hold back in his criticism of how former President Donald Trump has sought to depict the deadly attack against the Capitol on Jan. 6, 2021. "Let's face it. Let's call it what it is. Jan. 6 was a riot that was incited by Donald Trump in an effort to intimidate Mike Pence and the Congress into doing exactly what he said in his own words last week: Overturn the election."

Former Vice President Mike **Pence** finally said, "President Trump is wrong. I had no legal right to overturn the election." In response Trump stated, "Just saw Mike Pence's statement on the fact that he had no right to do anything with respect to the Electoral Vote Count, other than being an automatic conveyor belt for the Old Crow Mitch McConnell to get Biden elected President as quickly as possible." Of course, Pence had no legal basis for changing the results of the election.

Senate Minority Leader Mitch

McConnell stated, "We all were here. We saw what happened. It was a violent insurrection for the purpose of trying to prevent the peaceful transfer of power after a legitimately certified election, from one administration to the next. That's what it was."

Rep. Michael **McCaul** (R-Texas) said he does not agree with the Republican National Committee's characterization of Jan. 6 being "legitimate political discourse" if it applies to those who committed violence that day. He said, "I do not agree with that statement if it's applying to those who committed criminal offenses and violence to overtake our shrine of democracy."

I might add, those who also went there to hang Pence.

■ A man who identified himself as a believer in the **QAnon** conspiracy theory was sentenced to three years and eight months in prison for assaulting police officers at the Capitol during last year's riot. Nicholas Languerand called himself a patriot, but the judge who sentenced him said the rioters who invaded the Capitol on Jan. 6, 2021, don't deserve that description.

■ Guns In the News

One person was killed and at least one other wounded in a morning shooting inside a Richland Fred Meyer store.

A 15-year-old boy was seriously injured and a bus driver was wounded in north Minneapolis in two separate shootings.

A 911 call that a woman had been shot at a home in southwest Phoenix turned into a barricade standoff where nine officers were injured in a hail of gunfire. Two people inside the house died.

Three people were injured in a shooting outside a West Los Angeles restaurant frequented by celebrities following a Justin Bieber concert.

Police are ramping up the pressure to find the person who shot a 9-year-old girl in an apparent road rage incident in Houston.

One person was killed and five were wounded in a shooting at a park in Portland. Social media flyers showed there was a planned march for Amir Locke, a Black man who was fatally shot by police in Minneapolis.

■ IAC/Interactive Corp. has announced it is ending print editions of Entertainment Weekly, In Style and four other titles turning them into digital only properties. I'm afraid that print media is really suffering. We certainly are as well, but because we are Ventura's **only local newspaper**, it's important to us that we continue to publish to inform our readers about local news and happenings.

■ Bullet train officials have reported the cost for the high-speed system between Los Angeles and San Francisco is now estimated to be **\$105 billion**, just a bit more than in 2008 when voters approved a bond to help build the railroad that estimated that the system would cost \$33 billion. Oh well, \$72 billion is not much these days. Perhaps this is why some people vote against bonds for most anything. Maybe they're right.

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

Five out of four
people have
trouble with
fractions.

– Steven Wright

I'm on a seafood
diet. I see food,
I eat it.

– Dolly Parton

Mailbox

Sheldon:

I don't know if you remember this, but years ago in your Opinion/Editorial you made a comment, almost a throwaway, about how Council members should speak to every item, but one wasn't doing that. At the time, I figured you meant xxxxxxxxxx, who had just been elected and seemed hellbent on keeping his mouth shut.

I can tell you, I was at the YMCA, sitting on a couch at the entrance, when I read that. It was a turning point for me in how I saw Council's role. You were absolutely right, and it was so blindingly obvious, but it wasn't something I'd ever considered. It played a part in my decision to run,

and how to run.

Not a meeting has gone by since -- before I ran, and now that I serve on Council -- that I haven't viewed Council's deliberations through that lens. It hasn't always endeared me to my colleagues, or to staff, but it has given me a clear purpose.

Every time I open my mouth and speak to an item, no matter the scale or scope, that's because of you. So thank you.

Mike Johnson
Councilmember - District 3

Mike:

Wow I never thought I had very much influence. Now the council will get mad at me when you "open your mouth."



News & Notes



The winners from a previous year.

Ventura County Fair announces the return of Youth Poster Contest

The Ventura County Fair is coming back and the Fair poster contest is now underway for the 2022 Fair. The contest is open to young artists in grades 5 - 12 who reside in Ventura County.

The theme of the 2022 Poster Contest is "VC Fair Rides Again" and will serve as the guideline to the imagery.

Artwork may be created in any medium but may not include the use of glitter, metallic paint, or 3 dimensional objects attached to the artwork.

Poster designs will be judged on theme, originality, composition and skill. Entries will be accepted until the entry deadline, Friday, April 15. Entries can be brought to the Fairgrounds administration office at 10 W. Harbor Blvd. in Ventura, Monday through Friday from 8AM until 5PM.

Rules, deadlines and other information can be found on the Fair website, www.venturacountyfair.org. For more information about the contest send

an email to info@venturacountyfair.org. (Please put "Poster Contest" in the subject line)

Prizes will be awarded to the top three entries, First prize: \$500, Second Prize: \$250, Third Prize: \$100.

The winning design will be used to advertise the Fair on Fair posters, souvenirs, advertisements and other applications. Second and third place winners will also be used in various applications. All contestants' entries will be displayed in the Youth Expo at the Ventura County Fair.

The Ventura County Fair will begin its annual 12-day run Wednesday, August 3 and continue until Sunday, August 14.

For more information about the Fair, or the poster contest, please visit the Ventura County Fairgrounds at www.venturacountyfair.org. Keep up to date when you Like us on Facebook, Instagram and Twitter.

CAPS Media covers return of St. Patrick's Day parade

One of Ventura County's favorite family events is returning to the streets of Ventura and CAPS Media will cover the festivities. As the Irish saying tells us: "May The Road Rise Up to Meet You." The road is rising on Saturday, March 12th when the County of Ventura St. Patrick's Day Parade will once again be rolling on Main Street in Ventura. This year's theme is "One World, One Air, We All Share" – A Salute to Our Environment, with 2022 Grand Marshal Nan Drake leading the merriment. Marching bands, drill teams, festive floats, classic cars, the 2022 Irish Belle and her court, and much more will all join in the celebration.

CAPS Media crews will cover the Saturday morning extravaganza and premiere the complete St. Patrick's Day Parade the same evening at 6pm on CAPS Media Channel 6 and stream on capsmedia.org.

In other news, Podcasting is growing rapidly in Ventura. CAPS Media's KPPQ Radio expertise is expanding to include Podcast production by CAPS Members,

the public and students throughout the City and the County. El Camino High School students in the ECTV program are adding podcasting skills to their ever-expanding individual tool kits that include all aspects of media production: writing, directing, camera and audio recording, hosting and more. Recently CAPS Media staff members Elizabeth Rodeno, KPPQ director, Evan Carpenter, chief engineer, and Phil Taggart, ECTV director, guided the ECTV crew members through the skills needed to create effective and engaging podcasts.

At the same time Ventura County Sheriff's Department is utilizing CAPS Media resources by producing a series of informative podcasts in the studio under the direction and expertise of Elizabeth. The county podcast series, titled "On The Line" is hosted by County Sheriff Commander Eric Buschow and includes engaging discussions with County Sheriff Bill Ayub and others in the department. The podcasts will air on the VCSO website at VenturaSheriff.org, on KPPQ on 104.1fm radio and will stream worldwide on myTuner Radio. For more information contact Elizabeth Rodeno, at radio@capsmedia.org for information on release dates.

Recently in the CAPS Media television studio the ECTV crew produced a special series of programs in celebration of Black History Month with a

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Black Culture Show that included interviews with various local dignitaries including Ventura City Councilmember Lorrie Brown.

In January CAPS Media crews covered the arrival of the spectacular Mystic Cruzar to the Channel Islands Harbor adjoining the Ventura County Maritime Museum. The 83-foot-long, 110-foot-tall schooner is relocating from the east coast to its new permanent home in Ventura County. The ship will be part of the Maritime Museum's education and outreach program allowing the public and especially young people the opportunity to tour the ship and learn about the history and science of sea trade. CAPS Media produced a special arrival video complete with interviews of museum educators, the programs generous benefactors and more.

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

Looking for volunteers to plant trees for Arbor Day

Roll up your sleeves, grab your hat and a shovel and join the Ventura Tree Alliance to make a difference in Ventura. Mark your calendars for a fami-

ly-friendly tree planting on Arbor Day, Saturday, March 12, from 9 to noon.

In preparation for the event, West Coast Arborists, the Ventura Tree Alliance, and the City of Ventura will co-host a community workshop on February 26, from 8 to 11am, at the EP Foster Library Topping Room, 651 E. Main Street. The workshop provides information to volunteers and the opportunity to learn what trees will be planted and how to plant them for long-term success. Also included will be a botanist-guided walk in the Botanical Garden.

On Arbor Day, volunteers will meet at the Westpark Community Center parking lot, 450 W Harrison Ave, Ventura. Wear sunscreen and hats, bring gloves, water and your own shovel and enjoy a beautiful day outdoors. The 65 trees to be planted along the Ventura bike path adjacent to Westpark include those that are common and local and, in the spirit of conservation, those that are unique. The funds for this event were part of the Amplify grant, awarded by Cal Fire through the California Urban Forest Council to West Coast Arborists. West Coast Arborists is partnering with the City of Ventura and the Ventura Tree Alliance for the event. The goal of the Amplify movement is to improve and diversify urban forests in disadvantaged and low-income communities throughout California by planting 2,000 statewide in one day, Arbor Day 2022.

For those interested in volunteering, contact Christy@christyweir.com. For more information, find us on Facebook



News & Notes



Dottie Gragg celebrating her **th birthday at the Ventura Friends of the Library warehouse.

The Bookmark

About Libraries and Friends

by Jill Forman

LIBRARIES OPENING!

As this goes to the publisher, the libraries are opening.

Check with your library staff about rules for masking.

Here's some official county

verbiage about the changes:

Ventura County's indoor mask order will be lifted February 16, in alignment with the state. Masks are required indoors for unvaccinated people in public places and strongly

recommended for all.

Update from Dolly Knight, Ventura Senior Librarian

Despite the closure, library staff has been busy. Furniture has been moved at Foster and Hill Road to make moving books easier, coin receptors replaced for the current copiers, IT working on updates. There have been over 1000 visits to both branches for sidewalk pickups and other library services.

Some programs that have been outside may be moved; check with your librarian.

A customer satisfaction survey indicated that "97% felt they were treated with care at the library." Heck, we knew that!

Online bookstore sale

In the month of March, all children's books \$1! Pickup will be at Foster Bookstore.

New book group at Hill Road

Linda Cherry, Librarian at Hill, is starting a group focusing on children's books for adults. The group will be called The Wise Owls Book Club (Little Books for Big People), and our first meeting will be in April. Exact date TBD. To be added to the mailing list, find out about forthcoming title selections and meeting dates, email Linda.Cherry@ventura.org.

A good place to start, if this interests you, is Why You Should Read Children's Books Even Though You are So Old and Wise by Katherine Rundell. I know it's in our library, because Zip Books got it for me.

Ventura Friends of the Library

Honors Beloved Volunteer on Her **th Birthday

Dottie Gragg, who has been working with the Friends for well over twenty years, was celebrated by her colleagues at the Friends used book warehouse with a small luncheon on February 10th. Dottie spent her career as a Contract Specialist for the federal government, and on retiring moved to Ventura. She and her friend Phyllis used to put on book sales at Wright Library to make money for the friends, and she is always present at our book sales as a cashier. At the warehouse, she always denies that she is "in charge," but if we have a question, guess who we go to?

Her warehouse co-workers gave her a scroll declaring that we had made a donation to the Friends in honor of her **th birthday (she prefers not to say but it is a momentous one...)

Read this quote:

"I still find libraries astonishing. I still think they speak to our better instincts. The library remains one of the few places in the world where you don't have to buy anything, know anyone or believe in anything to enter in. It is our most egalitarian space, and we live in a world in which the problems that threaten to engulf us, surely, have inequality – and the catastrophes that inequality inflicts on men, women and children – at their heart. In these dustbin-fire days, to turn away from the institution feels criminal. If hope is a thing with feathers, then libraries are wings." Katherine Rundell

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News & Notes

It is time to care for people with mental illness

by Carol Leish, MA

According to Mary Haffner, who served on the Ventura County Behavioral Health Advisory Board for six years, "The Ventura County Board of Supervisors, at their February 8th meeting, ordered a sweeping, multi-agency assessment of the continuum of care for people with severe mental illness and substance use disorders. Ventura County Health Care Agency Director Barry Zimmerman said that, "It is necessary to perform a comprehensive review and assessment of the entire system of care. Far too many people suffering from severe mental illness cycle through the revolving doors of hospitalization and incarceration."

This important directive came after a recommendation from the county's Behavior Health Advisory Board and on the heels of a vigorous campaign by the Ventura County NAMI (National Alliance for Mental Illness) advocacy group who met privately with a number of county leaders asking for better services for people with serious mental illness. The group consists of the NAMI-VC President Patti Pape, NAMI-VC Executive Director Roberta Griego, A NAMI-VC board member, Jerry Harris, Ratan Bhavmani (current VC Behavioral Health Board Members), and Mary Haffner. The county leaders that the advocacy group met with included the VC Board of Supervisors, Erik Nasarenko (District Attorney for the County of Ventura), and

Sheriff Ayub.

Haffner said, "A good continuum of care includes prevention services, crisis care, best-practice treatment in the community, therapeutic facilities, supportive employment, and housing. We know what works; these are treatable and manageable illnesses. However, with so little invested on front-end crisis care, we spend exorbitant amounts on the back end for poor health outcomes, which is a backwards system. There are vast societal, fiscal, and human costs associated with failing to provide a comprehensive and effective continuum of care for this vulnerable population.

"This system passes individuals through law enforcement encounters, numerous short-term hospitalizations, homelessness, and jail. Ventura County is one of the few large counties with no psychiatric ER, so individuals and law enforcement wait hours or days in general hospital emergency rooms at great costs. There are few inpatient beds, fewer intensive step-down options, and only one crisis stabilization unit for a county of 843,000. When you don't invest in what is needed to help people get better, the responsibility for care is offloaded to law enforcement, jails, and expensive out-of-county facilities. Our jails house more people with mental illness than the county's therapeutic facilities combines and taxpayers pay \$81,000 a year to in-

carcerate someone with a mental illness versus \$32,000 a year for permanent supportive housing. Communities are less safe because police are taken off the beat to deal with mental health emergencies."

It is time to care for and improve situations for people with severe mental illness and substance use disorders. Haffner said, "We need to invest in prompt and effective treatment, and to move away from jailing low-level mentally ill offenders. It is our hope that this directive to conduct a review and assessment signals a better understanding by leaders that it is in all of our best interest to provide compassionate care and treatment and a continuum of care for this vulnerable population."

Ventura Family YMCA launches 2022 annual campaign to support the community

The Ventura Family YMCA is launching its annual fundraising campaign to ensure that everyone in Ventura has access to vital community programs and resources that support youth development, healthy living and social responsibility.

Every day, the Ventura Family YMCA works diligently to support the people and neighborhoods that need

it most by addressing community issues, such as obesity, cost of living, food insecurity, and at-risk youth housing. As the pandemic continues, the Y has become a vital source of support for many in the community.

This year, the Ventura YMCA hopes to raise \$220,000. Funds raised will support childcare, summer camps, sports, swim lessons and more for its community.

Last year, charitable gifts from YMCA donors made it possible for community children to have a COVID safe place to learn and build confidence after school; for families to reconnect and grow together; and provide access to education and training to reach their full potential.

To learn more about how you can support the Y's cause, contact the YMCA at (805) 484-0423 or visit ciymca.org/Ventura for more information.

Don't eat Bacon

Now that the St. Pats Parade has returned several years ago the Breeze had a fun very un-official contest to name the Green Pig. The pig's name shall always remain Bacon, so we just did it for fun.

The long list of funny names sent to us by readers were submitted to a panel of Breeze staffers for review and selection. Of the names submitted over 15 received at least one vote. The winning name was Hamlet, which was submitted by Monique Robles. Other names that were right behind Hamlet were Pigasso, Ham Solo and Albert Einswine. All great names.

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Senior Living

How do we bring true compassion into elder care?

by **Amy Cameron O'Rourke**
Author of The Fragile Years

A 78-year-old man had a stroke on the golf course. His partners called 911 and he was rushed to the ER, but the poor guy never regained full consciousness. The COVID-19 pandemic added another level of stress and heartache to the matter, with ventilators in short supply and hospital protocols changing by the minute. That's where I came in. As an advocate for the man's family, I organized an emotional Zoom meeting with his wife and grown children.

When his wife learned of the failing condition of his lungs, heart and other major organs, she knew. "I'm losing him, aren't I? Why didn't the hospital tell me this?" It was a question I could not answer, despite my suspicions. It happens all too often with clients in the fragile years. Families are left in the dark and not given the information they need to make critical decisions.

Hospitals and nursing homes should absolutely take every measure possible to keep older patients alive while at the same time being mindful that compassion is about quality of life – not saving lives at all costs.

When well-intentioned but unnecessary medical procedures prolong the lives of older adults, the suffering they cause is rarely worth it.

It's time to hit the reset button and end the culture of treatment that causes more harm than benefit. What can you do to ensure your loved one receives compassionate elder care? In my book, *The Fragile Years*, I outline some key action steps families can take in this tender chapter of life:

Arm yourself with the tools to make informed, compassionate decisions about quality of life well in advance of a medical crisis. Ask your loved one what their preferences are in different scenarios.

Get to know your older loved one's values around end-of-life events – and respect them when the time comes.

Before life-prolonging steps are taken, ask your older loved one what they would like.

Remember to put your loved one's desires first. Allow them a more natural and peaceful end of life if that is what they want.

Have the courage to make decisions that may appear contrary to the medical profession's opinions.

If your loved one is experiencing cognitive decline, be prepared to be their compassionate spokesperson. Firmly demand the care they would want if they were making the decision themselves.

It's never too early to become familiar

with the many legal, business and staffing considerations that shape nursing homes' decisions, where everything from fear of lawsuits to fatigue come into play. Communicate with them accordingly.

After that revelatory Zoom meeting, the difficult next step was to determine where his family wanted him to spend his final hours. "Home," his wife said. "With me and the kids."

We arranged to have him discharged from the hospital and taken home, where hospice care had already been set up. He died 36 hours after coming home, surrounded by his loved ones. His widow called a few days later and expressed her gratitude. "I am at peace," she said. "I am sad he is gone, but I am at peace."

It's not easy, helping someone through end-of-life decisions, especially if you don't agree with all of them. I tell family members and friends to let go of who the loved one was, and also let go of your need for them to change. Give them the final gift of your understanding, compassion and generosity of spirit.

Amy Cameron O'Rourke is a nationally-known pioneer and advocate for senior care in the U.S.

High school seniors invited to apply for AFA's Teen Alzheimer's Awareness Scholarship

High school seniors impacted by Alzheimer's disease can win up to \$5,000 for college through the Alzheimer's Foundation of America's (AFA) Teen Alzheimer's Awareness Scholarship. Students can enter the contest by visiting www.alzfdn.org/scholarship. The deadline for submissions is March 1, 2022.

"Teens across the country are making an impact because they've been impacted by Alzheimer's— they are caring for loved ones, volunteering, working at care settings, raising awareness and conducting research," said Charles J. Fuschillo, Jr., AFA's President and CEO. "These college scholarships will help tomorrow's leaders in the fight against Alzheimer's disease with their college education. We invite all high school seniors who have been affected by Alzheimer's to enter."

College-bound high school seniors

High schoolers make lasting memories volunteering with Ventura County elderly

Bridges Intergeneration Program Now in its 20th Year!

Just pulling the fitted sheet over the corner of the bed, wheeling the heavy trash cans to the curb or the thought of standing on a step-ladder to change a light bulb are a few examples of how youth volunteers pitch in each week to lend a helping hand with household chores for seniors in Ventura County.

Ventura County CAREGIVERS' Building Bridges Intergenerational program marks its 20th anniversary this year, with nearly 600 high school students having provided volunteer services for more than 1,000 area seniors over the last two decades as part of this special after school program.

Building Bridges is a volunteer program in which high school students ages 14-18 provide much-needed help to the elderly in their communities. Small groups of students

visit frail, homebound seniors after school or on the weekends for about an hour. After getting to know them, the students provide assistance, usually involving light household chores, gardening, decorating for the holidays or simple tech support; things that are often difficult for the elderly to get done.

"Students experience a real-life history lesson through these visits with local seniors. Also, it is a great way for students to accumulate credits for community service requirements and valuable experience for inclusion on college applications," explains Tammy Glenn, Executive Director of CAREGIVERS.

Area high school students learn some of the challenges seniors face every day, from arthritis and neuropathy, to hearing and vision challenges.

"I like to volunteer because I realized that many seniors sometimes can't do some tasks as they get older, but I can. It makes me happy to help," said Oxnard Student Isabella.

Building Bridges staff will train and educate high school student volunteers on the realities of volunteering with the elderly and will connect the students with area seniors in need. High school seniors in the program may also have the opportunity to apply for a small CAREGIVERS scholarship if they are applying to college. Applications from high schoolers for the Building Bridges Intergenerational program are being accepted now. Visit: www.vccaregivers.org or call (805) 658-8530.



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Senior Living

are invited to apply for the scholarship by submitting an essay (1,500 words maximum) describing how Alzheimer's disease has impacted their lives and what they have learned about themselves, their family and/or their community through their experience with Alzheimer's. Essays can be submitted by visiting www.alzfdn.org/scholarship. Students already attending college are not eligible to participate.

Awards range from first prize of \$5,000, second prize of \$3,500, third prize of \$2,500, fourth prize of \$1,500, and fifth prize of \$1,000 to honorable mentions between \$750 and \$400. Since the program's inception, more than \$350,000 in college scholarships have been awarded.

AFA has been able to provide these scholarship funds with the generous support of charitable donors.

Individuals wishing to support this and other programs and services for families affected by Alzheimer's disease can do so by visiting www.alzfdn.org/donate or calling AFA at 866-232-8484.

The Alzheimer's Foundation of America is a non-profit organization whose mission is to provide support, services and education to individuals, families and caregivers affected by Alzheimer's disease and related dementias nationwide and to fund research for better treatment and a cure. Its services include a National Toll-Free Helpline (866-232-8484) staffed by licensed social workers, the National Memory Screening Program, educational conferences and materials, and "AFA Partners in Care" dementia care training for healthcare professionals.

For more information about AFA, call 866-232-8484, visit www.alzfdn.org, follow us on Twitter or connect with us on Facebook, Instagram or LinkedIn. AFA has earned Charity Navigator's top 4-star rating for six consecutive years.

Exercise can improve your health and physical ability

Most people tend to focus on one type of exercise or activity and think they're doing enough. Research has shown that it's important to get all four types of exercise: endurance, strength, balance, and flexibility. Each one has different benefits. Doing one kind also can improve your ability to do the others, and variety helps reduce boredom and risk of injury. No matter your age, you can find activities that meet your fitness level and needs!

Endurance activities, often referred to as aerobic, increase your breathing and heart rates. These activities help keep you healthy, improve your fitness, and help you perform the tasks you need to do every day. Endurance exercises improve the health of your heart, lungs, and circulatory system. They also can delay or prevent many diseases that are common in older adults such as diabetes, colon and breast cancers, heart disease, and others. Physical activities that build endurance include:

- Brisk walking or jogging
- Yard work (mowing, raking)
- Dancing
- Swimming

- Biking
- Climbing stairs or hills
- Playing tennis or basketball

Increase your endurance or "staying power" to help keep up with your grandchildren during a trip to the park, dance to your favorite songs at a family wedding, and rake the yard and bag up leaves. Build up to at least 150 minutes of activity a week that makes you breathe hard. Try to be active throughout your day to reach this goal and avoid sitting for long periods of time.

Your muscular strength can make a big difference. Strong muscles help you stay independent and make everyday activities feel easier, like getting up from a chair, climbing stairs, and carrying groceries. Keeping your muscles strong can help with your balance and prevent falls and fall-related injuries. You are less likely to fall when your leg and hip muscles are strong. Some people call using weight to improve your muscle strength "strength training" or "resistance training."

Some people choose to use weights to help improve their strength. If you do, start by using light weights at first, then gradually add more. Other people use resistance bands, stretchy elastic bands that come in varying strengths. If you are a beginner, try exercising without the band or use a light band until you are comfortable. Add a band or move on to a stronger band (or more weight) when you can do two sets of 10 to 15 repetitions easily. Try to do strength exercises for all of your major muscle groups at least 2 days per week, but don't exercise the same muscle group on any 2 days in a row. Below are a few examples of strength exercises:

- Lifting weights
- Carrying groceries
- Gripping a tennis ball
- Overhead arm curl
- Arm curls
- Wall push-ups
- Lifting your body weight
- Using a resistance band
- Safety Tips
- Don't hold your breath during strength exercises and breathe regularly.
- Breathe out as you lift or push, and breathe in as you relax.

Talk with your doctor if you are unsure about doing a particular exercise.

Helping children understand Alzheimer's Disease

When a family member has Alzheimer's disease, it affects everyone in the family, including children and grandchildren. It's important to talk to them about what is happening. How much and what kind of information you share depends on the child's age and relationship to the person with Alzheimer's.

Here are some tips to help kids understand what is happening:

Answer their questions simply and honestly. For example, you might

tell a young child, "Grandma has an illness that makes it hard for her to remember things."

Help them know that their feelings of sadness and anger are normal.

Comfort them. Tell them no one caused the disease. Young children may think they did something to hurt their grandparent.

Talk with kids about their concerns and feelings. Some may not talk about their negative feelings, but you may see changes in how they act. Problems at school, with friends, or at home can be a sign that they are upset. A school counselor or social worker can help your child understand what is happening and learn how to cope.

A teenager might find it hard to accept how the person with Alzheimer's has changed. He or she may find the changes upsetting or embarrassing and not want to be around the person. Don't force them to spend time with the person who has Alzheimer's. This could make things worse. Spending Time Together and Alone

It's important to show kids that they can still talk with the person with Alzheimer's disease and help him or her enjoy activities. Many younger children will look to you to see how to act.

Doing fun things together can help both the child and the person with Alzheimer's. Here are some things they might do:

- Do simple arts and crafts
- Play music or sing
- Look through photo albums
- Read stories out loud
- If kids live in the same house as

someone with Alzheimer's disease:

Don't expect a young child to help take care of or "babysit" the person.

Make sure they have time for their own interests and needs, such as playing with friends, going to school activities, or doing homework.

Make sure you spend time with them, so they don't feel that all your attention is on the person with Alzheimer's.

Be honest about your feelings when you talk with kids, but don't overwhelm them.

If the stress of living with someone who has Alzheimer's disease becomes too great, think about placing the person with Alzheimer's into a respite care facility. Then, both you and your kids can get a much-needed break.

Osher Lifelong Learning Institute spring classes

OLLI classes aimed at adults over 50, with no grades or tests, at CSU Channel Islands. New classes begin on March 21st. 10 courses, some Zoom, some in person, including: Sicily at the Crossroads of Civilization, Language Speaks Volumes about Aging, The Civil War in California and the West, Sensing Our World – It's All About Our Senses, The Supreme Court Interpretations of the US Constitution. Registration, starting March 7, and class catalog. go.csuci.edu



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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 in March are: Tuesday, March 1st at the Albert H. Soliz Library - El Rio, 2820 Jourdan St., Oxnard, 93036, a second one on Tuesday, March 8th at Shiells Park, in the parking lot, located at 649 C St., Fillmore, 93015, and a third one on Tuesday, March 15th at SPAN Thrift Store parking lot, 110 N. Olive St. (behind Vons on Main),

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

■ Happy 2022! We hope your year is off to as fantastic a start as ours has been here at SDF.

We were delighted to welcome teams back to our National Training Center for in-person visits this fiscal year. So far, we've had 71 working dog teams train with us on our rubble piles, in Search City, and at our new, improved agility yard—complete with specialized equipment built by an Eagle Scout candidate!

In December, we paired five search dogs with their first responder partners from California, Utah, and Virginia, and another eight search teams are currently progressing through our newly enhanced Handler Training Program.

Of course, we could not pair search teams without the amazing canines in our program, and our incredible SDF recruiters, dedicated shelter and rescue partners, and eagle-eyed volunteers have already recruited 18 dogs and counting into our forever family this year.

One of these recruits, Rebar, is a great example of why we love our SDF community: we couldn't do it without you! Rebar began life as a service dog trainee with Retrieving Freedom, a nonprofit that places service dogs with disabled veterans and children with autism, and due to his tennis ball obsession, he soon found his way to SDF. Thanks to our friends at Angel Flight Central and Angel Flight West, Rebar traveled to our campus via volunteer pilots and landed on all four paws, ready to rock the rubble.

Through these partnerships and your support, Rebar is now well on his way to becoming a full-fledged search dog in the months to come. Thank you for helping this rambunctious boy become Part of the Search!

National Disaster Search Dog Foundation

6800 Wheeler Canyon Road
Santa Paula (but it seems like Ventura)

■ "It's hard to say how dogs experience time," Chyrle Bonk, a veterinary consultant at PetKeen.

If you're a dog owner, you may have heard a myth tossed around that canines

lack a sense of time. According to this myth, there is little cognitive difference for them between, say, two minutes and two hours.

Yui Shapard, a small-animal veterinarian and educational director of the Association of Asian Veterinary Medical Professionals, states that one minute of pain can feel like "forever" for a dog.

"In a similar sense, when their humans leave them at home even for 30 minutes or three hours, to the dog it doesn't matter the length of time," she says. And "because dogs do not have a clear concept of time the way we humans do, they are always 'living in the moment.'"

This common belief leads veterinarians to strongly advocate for quality of life, including, for example, pain relief for dogs during surgical procedures, she explains.

But not all veterinarians and animal behavior scientists agree that dogs have no sense of time. In fact, Katherine Pankratz, a board-certified veterinary behaviorist, believes the idea is actually somewhat of a misconception. "They do have a grasp of time intervals and the differences between a short duration and a long duration."

Some dog owners would probably agree. After all, it's not uncommon for dogs to wake up and wait by the door or window not long before their human comes home.

Scientific research also lends support to dogs understanding the difference between varying chunks of time.

A 2011 study found dogs "are affected by the duration of time at home alone," even if the researchers could not confirm if the dogs were aware of the length of time they were left alone.

But it gets trickier when we compare the general sense of time in a dog's mind to our precisely calculated human clocks. As Pankratz notes, we can't really ask them if they understand time as we comprehend it.

■ **Do's and Don'ts for Communicating with Your Cat**
by **Brittany Edelmann**

Ever wonder why your cat isn't being very friendly, or doesn't hang out with you often? While it's true that some cats are extremely affectionate and won't leave you alone, many just don't seem to be fans of people and take that famous feline aloofness to the extreme.

The reality: While you may want your kitty to sit with you or do something you want them to do, cats are complex creatures that vary in personality and behavior. "Just like there are humans who aren't into hugging and then there are humans who everybody they like they want to hug, there are some cats at both ends of that spectrum and everything between," says M. Leanne Lilly, veterinarian and clinical assistant professor at Ohio State University.

And unlike dogs, who were purposefully domesticated by humans tens of thousands of years ago, cats were not trained or bred to be domesticated, says Gabrielle Castro, a fourth-year veterinar-

Scamp Club

(Scampclub pets are not for adoption.)



Shih Tsu Simon is friendly, very proud of his heritage (like Scamp). He doesn't like to fetch but is good about chewing on a stray ball. A great dog and loved by his family. A frisky little guy...likes to be outside...loves his family and especially loves sleeping on the family bed.

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.

ian student at Ohio State University. But with a little insight into feline behavior, you may be able to train your cat (a little), or at least communicate your wishes to them more effectively.

The do's and don'ts provided here may help strengthen your bond with your cat, increasing the chances that they will be less stressed generally, and more inclined to relax and play, or just hang out with you. And that's good for both of you, because physical interaction with a cat can be beneficial for your overall health. One 2019 study by scientists at Washington State University showed a decrease in cortisol, a stress hormone, within just 10 minutes of interacting with cats (or dogs) compared to those who just observed interactions from afar. So give these tips a try.

Do: Blink Slowly

"How quickly you blink can affect your cat," Lilly says. Who knew? Slowly opening and closing your eyes can make cats feel more comfortable and

help you form a better connection with them. A 2020 study published in Scientific Reports defined slow blinks as "a series of half-blinks followed by either a prolonged eye narrow or an eye closure." The researchers determined that cats are more likely to approach the experimenter who does this. It's like a smile.

Do: Use Clicker Training

Training clickers, available in any pet store, can help to get shy cats to come to you and play, says Fiia Jokela, veterinarian and resident in the American College of Veterinary Behaviorists. As part of the training, Jokela recommends using a long stick with a toy at the end. Each time your pet moves closer and his or her nose touches the end of the stick, make a clicking sound with the clicker and reward them with a treat or food that "the cat likes better than just the regular meal." To learn more about this technique, check out YouTube videos such as Best Friends Animal Society's "Clicker Training with Cats."



Rebar began life as a service dog trainee with Retrieving Freedom.

SPAN Thrift Store
SPAY/NEUTER ANIMAL NETWORK

\$10 Low/No Income Spay & Neuter
Tuesday March 1st
Albert H. Soliz Library - El Rio
2820 Jourdan St., Oxnard, CA 93036
Must call for appointment
(805) 584-3823

\$10 Low/No Income Spay & Neuter
Tuesday March 8th Shiells Park parking lot.
649 C Street, Fillmore, CA 93015
Must call for appointment (805) 584-3823

\$10 Low/No Income Spay & Neuter
Tuesday March 15th
in SPAN parking lot.
Must call for appointment
(805) 584-3823

WE ARE OPEN!
10am - 4pm Tues, Thurs & Sat
Call us today!
805.641.1170 110 A & B N. Olive St., Ventura CA 93001 www.spanonline.org



The Pet Page

Forever homes wanted

Hi! I'm Gunner, an active Australian Shepherd X who is in need of a new home. I'm used to living on a ranch and enjoyed running around on the ranch. I'm good with female dogs, but it's unknown how I'd do with cats or children. I tend to nip if I'm not familiar with the person and I'm touched on the back of the head. For this reason I may do best in an adult only home or a home with older respectful children. I know how to use a doggie door and I know some basic commands. If you're interested in meeting me, please fill out an online application. Canine Adoption and Rescue League C.A.R.L.



Cupid is an adorable 1 year, 1 month playful, people-pleasing bunny! He craves attention and is always happy to see you. He's litterbox trained and would love to sit with you while you binge your favorite shows. Cupid would love to be your indoor bunny. If you're interested in adopting him, please email the Bunny Brigade at VCASBunnyBrigade@gmail.com. Animal ID: A787668

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

I can help you with that!

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ADELA TRAINOR

DRE 01985025

805.701.7694

TEAMTRAINOR12@GMAIL.COM

ciously, officers brought to the launch ramp for further investigation.

7:30pm, received report of a raccoon blocking the entrance to a unit in the Ventura Marina Community. Officers responded and assisted the tenant with moving the animal out of the way so they could enter their unit.

02/07 7:00am, officers assisting with traffic control in Fireboat 1 so Manson Construction can pull pipe for maintenance dredging, beginning soon.

02/10 11:08am, observed repeat offender of the speed and wake ordinance inbound in the main channel of the harbor. Advised the skipper of the violation and forwarding incident to his marina manager for review slip agreement & eviction.

02/11 4:54pm, received report of a woman pounding on windows of the Surf-n-Taco. Officers responded and found the female transient screaming. VPD arrived, investigating, found no crime committed, just bizarre behavior. She moved on.

02/13 5:05pm, received a report of a fuel sheen near VHV Dock. Officers investigated

but were unable to locate any significant sheen in the area reported.

11:55pm, while on patrol, officers contacted a group of 20 young males drinking and loitering in VHV parking lot. Officers waiting until the group departed.

02/14 7:30am, conducting traffic control for Manson dredge being towed into the harbor for maintenance dredging. They are set to begin Tuesday afternoon.

9:52am, dispatched to an unconscious person in the Portside apartments. Officers responded and assisted VFD/AMR with the patient. AMR transported.

4:58pm, dispatched to a fall victim in the Ventura Marina Community. Officers responded with VFD/AMR and assisted patient to his bed, no injuries.

02/15 3:24am, dispatched to a fall victim in the Ventura Marina Community. Officers responded with VFD/AMR and assisted patient from floor to his bed. No injury.

1:34pm, dispatched to traumatic head injury in Ventura Marina Community. Officers responded with AMR/VFD. Patient treated then transported by AMR.

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.

Fatal Collision with One Hit and Run Driver

On Feb.13, at 7:57pm, VPD officers responded to a call of a vehicle versus pedestrian collision on Harbor Bl south of Spinnaker Dr. While officers were responding, a witness reported that a second vehicle struck the downed pedestrian.

Officers arrived and found that the pedestrian had succumbed to his injuries. The driver of the first vehicle involved in the collision remained on scene and was cooperative with investigating officers. Drugs and alcohol are not believed to have been a factor involving this driver.

The driver of the second vehicle that collided with the pedestrian fled and has not yet been located.

Ventura PD Traffic Investigators and CSI processed the scene. As a result, a portion of Harbor Bl was closed in the area for several hours.

Anyone with any information is requested to contact Traffic Investigator Chris Wilson at 805-477-3736 or the VPD Watch Commander at 805-339-4416. The identity of the victim is being withheld pending next of kin notification by the Ventura County Medical Examiner's Office.

The complete press release, including suspect description, can be viewed online at www.venturapd.org

If you have any information about this crime, you can make an anonymous call to Crime Stoppers at 1-800-222-TIPS.

If your information leads to an arrest, you could receive a cash reward of up to \$1,000.

Harbor Patrol Blotter

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

02/02 6:00am, National Weather Service issued a Small Craft Advisory for East winds gusting to 30 kts. Officers raised warning pennants at Port District flagpole.

02/04 11:37am, dispatched to abdominal pain at Waterside restaurant. Officers responded and found the patient as described. After he was transported, got information that the individual was prowling around the business earlier.

02/05 7:46am, dispatched to person in the water near VWM E-dock, unresponsive. Officers responded in the Fireboat to investigate, found the body floating face down. Medics arrived, pronounce the person deceased. Coroner removed body.

2:07pm, received a report of a transient threatening an employee of a business in the Harbor Village. Advised of appropriate agency to contact, VPD or 911.

02/06 11:00am, overheard VHF 16 traffic and receiving multiple reports of a Commercial Fishing Seiner in violation of speed and wake ordinance in the harbor. Observed vessel pushing a huge wake & steaming outbound at full speed. Officers established contact on VHF 11, and when they did questioned what he was doing. The skipper advised, "he was having a bad day." The incident is under investigation for damage & eviction from commercial slips.

02/07 4:32am, dispatched to sick person in the Ventura Marina Community. Officers responded and found the patient naked, pinned inbetween bed frame and various other things. Patient has various issues, deaf, rapid pulse and screaming. VFD medics took over assessment and transported patient.

2:14pm, received multiple reports of a vessel in violation of speed ordinance in the harbor. Officers responded, contacted & issued warning. The operator acted suspi-



Are you an amateur cartoonist? Send your cartoon to editor@venturabreeze.com.

Weekly SUDOKU

Answer

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

King Crossword

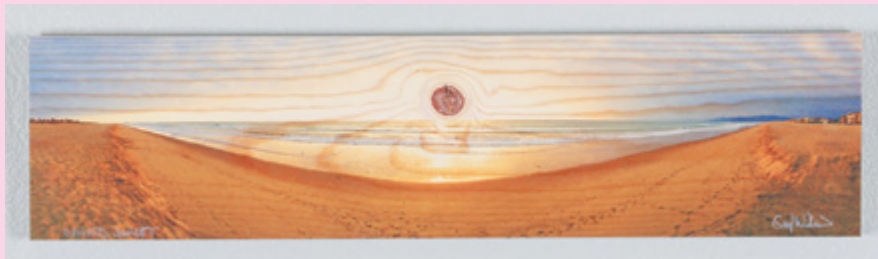
Answers

Solution time: 21 mins.

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



North Beach - Photo on aluminum, **Darlene Roker**
BAA Members Show Plus Board Member Appreciation Show
 At Studio 99 @ The Bell Arts Factory
 Run extended to March 19, 2022
 Open this Friday and Saturday, and every Friday and Saturday, noon to 4pm
 Next First Friday reception, March 4th, 5 - 8pm
 Over a dozen new artist members have joined BAA in the last several months! Explore their work along with the artwork of veteran BAA artists and our hard-working Board of Directors in these shows at Studio 99 at the Bel Arts Factory.



Oxnard Beach Sunset - Photo on wood plank, **Gerry Wilson**
Elsewhere from Buena Ventura Art Association: A Members-Only Show
 Harbor Village Gallery & Gifts Now thru March 15, 2022
 Featuring the artwork and artisan crafts of 10 resident member artists, Harbor Village Gallery & Gifts also exhibits the works of over a dozen other BAA members!



As husband and wife, Ventura artists **John Robertson** and **Lynn Hanson** are accustomed to sharing a studio and working alongside one another. They will share a major exhibition space with concurrent exhibitions at the Santa Paula Art Museum. "Fieldnotes: Lynn Hanson" and "A Narrative: John Robertson" will premiere Saturday, March 12, 2022, with an opening reception from 4:00 p.m. to 6:00 p.m. Admission to the reception is free for everyone. Some of the artworks will be for sale. "Fieldnotes" and "A Narrative" will be on view March 12, 2022, to July 10, 2022.

Ventura Art Scene

An unforgettable and deeply moving immersive event shining light on housing insecurity

Housing Trust Fund Ventura County (Housing Trust Fund VC) will host their 2022 Compassion Campaign on May 12, 2022, from 5PM-9PM, in-person at Maravilla Gardens in Camarillo. Sponsored in part by City National Bank, this unique evening invites guests into an immersive experience highlighting that all lives are connected through one common need – safe and secure housing. For tickets and sponsorship opportunities, please visit: www.housingtrustfundvc.org/compassioncampaign2022.

Housing Trust Fund VC's Compassion Campaign invites guests on an unforgettable and deeply moving immersive journey, amplifying its message that, "Everyone deserves a home." Inspired by immersive experiences offered by the Museum of Tolerance in Los Angeles and the Titanic Artifact Exhibition in Las Vegas, Compassion Campaign guests will assume the role of individual characters as they are immersed within connected lives on a journey through housing insecurity. From the opening reception through dinner and during the insightful program, participants will meet and become -- Jeff and his family, struggling college student and barista Javier, high school teacher Ms.

Jasmine and her students Daniella and Cassie, foster youth Carla, veteran Ted, recently widowed Rosa, and cognitively impaired Jason.

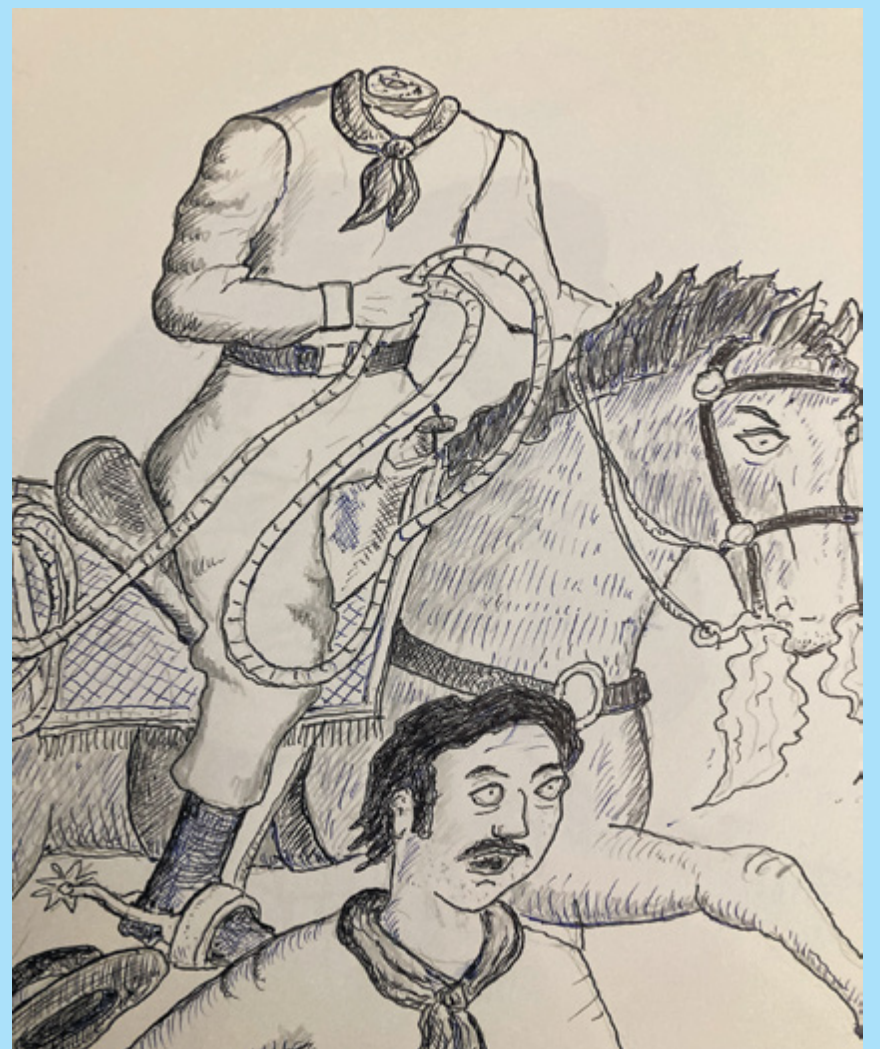
"We're pleased to be gathering once again, safely outdoors and in person for our annual fundraiser," stated Housing Trust Fund VC CEO, Linda Braunschweiger. "This new, one-of-a-kind immersive experience centered on housing equity will be both engaging and memorable as we illustrate how it truly feels to experience housing insecurity, and how the need for affordable housing touches our daily lives, sometimes when and where we least expect it."

Housing Trust Fund VC's annual Compassion Campaign draws a diverse crowd of decision makers, community leaders, change makers and advocates for housing, mental health, homelessness, farm workers, foster youth, the disabled community, seniors, and more. This year's unique immersive experience is certain to sell-out and sponsorship provides businesses and companies an opportunity to be seen as active leaders in strengthening our community, by positively impacting lives through supporting the development of safe and equitable homes in Ventura County. Sponsors like City National Bank, and CIT Bank, play an integral role in supporting our community promise of funding affordable housing solutions. For more information on how to become a Compassion Campaign sponsor visit, www.housingtrustfundvc.org/compassioncampaign2022.

Launched as a 501c3 nonprofit corporation in 2011, Housing Trust Fund VC is the local trusted leader in helping to increase affordable housing options throughout Ventura County by leveraging public-private partnerships

to provide low-cost, flexible loans early in the housing development cycle. As of November 2021, Housing Trust Fund VC has invested over \$18.7 million through its revolving loan fund,

creating 847 affordable apartments and homes for verylow, low- and middle-income employees, transitional age foster youth, veterans, farm workers, and the homeless.



The headless horseman is set to ride at the end of the month--seeking sinners for his Boss Satan. An old Ventura County Story that Richard Senate first hear from Carmine Camarillo at a party is that he rides Creek Road to Ventura seeking his seven sinners--he never finds enough in Ojai Valley so he has to go to Ventura and Oxnard. By Richard Senate.



Lighter Breeze

Mother Goose and Grimm



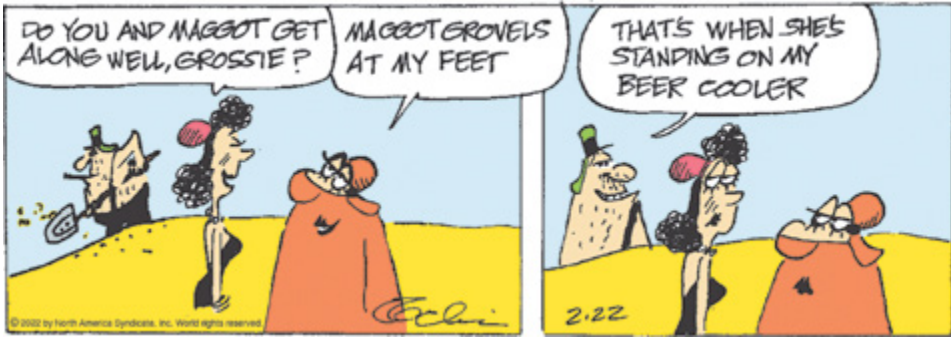
Zits



The Brilliant Mind of Edison Lee



Crock



Hagar the Horrible



The Intelligent Life



Solutions on page 11

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

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

Weekly SUDOKU

by Linda Thistle

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

DIFFICULTY THIS WEEK: ♦♦

♦ Moderate ♦♦ Challenging
♦♦♦ HOO BOY!

Solutions on page 11

King Crossword

ACROSS

- 1 Fine, to NASA
- 4 "Misery" star James
- 8 Garbage barge
- 12 - -mo (replay speed)
- 13 Taj Mahal city
- 14 Ocean motion
- 15 Sunbather's goal
- 16 Insect organ
- 17 Oklahoma city
- 18 Patsy Cline song
- 21 Shoe width
- 22 Little rascal
- 23 Brilliance
- 26 6 on a phone
- 27 Gaiety
- 30 "Dream on!"
- 31 Ginormous
- 32 Flintstones' pet
- 33 Abolish
- 34 Curse
- 35 Summoned with a beeper
- 36 Frenzied
- 37 Jewel
- 38 Words of empathy
- 45 Made into lumber
- 46 Drescher or Tarkenton
- 47 TV schedule abbr.
- 48 Currier's

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		

- 8 Precipitous
- 9 Title akin to POTUS
- 10 "Garfield" dog
- 11 Marries
- 19 Piece of lettuce
- 20 "As I see it," via text
- 23 Hearing thing
- 24 Hit CBS series
- 25 Cover
- 26 Blend
- 27 Pear-shaped fruit
- 28 French article
- 29 Affirmative
- 31 Adipose tissue
- 32 Slightly wet
- 34 Chum
- 35 Anise-flavored liqueur
- 36 High-IQ group
- 37 Sentry
- 38 Egyptian deity
- 39 Top choice, for short
- 40 Pitcher
- 41 Crunchy cookie
- 42 \$ dispensers
- 43 "Yeah, right"
- 44 Not even one

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ARIES (March 21 to April 19) Your ideas are finally reaching those who can appreciate them. But don't expect any immediate reactions. That will come later. Meanwhile, a personal matter needs your attention.

TAURUS (April 20 to May 20) Your energy levels are rising, and you're feeling restless and eager to get into some activity, whether it's for profit or just for fun. In either case, the aspects are highly favorable, so go for it.

GEMINI (May 21 to June 20) A relationship seems to be winding down from passionate to passive. It's up to you to decide what the next step will be. But don't wait too long to take the initiative. Delay could create more problems.

CANCER (June 21 to July 22) A decision looms. But be very sure that this is what you really want before you sign or say anything. Once you act, there'll be little or no wiggle room for any adjustments.

LEO (July 23 to August 22) Money matters improve, but you still need to be cautious with your spending. Also, set aside that Leonine pride for a bit and apologize for contributing to that misunderstanding.

VIRGO (August 23 to September 22) A tempting financial situation could make the usually unflappable Virgo rush in before checking things out. Be alert to possible

hidden problems. Get the facts before you act.

LIBRA (September 23 to October 22) It's nice to know that you're finally getting due credit for your efforts. You also should know that new opportunities will follow. A family member brings important news.

SCORPIO (October 23 to November 21) Any uncertainty that begins to cloud an impending decision could signal a need to re-examine your reasons for wanting to take on this commitment.

SAGITTARIUS (November 22 to December 21) You benefit from taking time out of your currently hectic schedule to do more contemplation or meditation. This will help re-energize you, both in body and soul.

CAPRICORN (December 22 to January 19) Nursing hurt feelings can zap the energies of even the usually self-confident Sea Goat. Best advice: Move forward. Success is the best balm for a painful ego.

AQUARIUS (January 20 to February 18) A display of temperament surprises you, as well as those around you. It could be all that pressure you're under. Consider letting someone help you see it through.

PISCES (February 19 to March 20) Some things don't seem to be working out as you'd hoped. Don't fret. Instead, take some time out to reassess your plans and see where changes could be made.

BORN THIS WEEK: You enjoy traveling and meeting people. You are especially good with children and would make an excellent teacher.

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Showtime

Streaming Spotlight by Cindy Summers

The Tinder Swindler

– Netflix Documentary



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

The *Tinder Swindler* is a British true crime documentary about Israeli conman Simon Leviev who used the Tinder dating app posing as the son of wealthy billionaire Lev Leviev to manipulate hundreds of women emotionally into giving him what totaled millions of dollars. The documentary centers around the experiences of three women; Cecilie Fjellhoy, Pernilla Sjöholm and Ayleen Charlotte, who all lived in different places around the world.

In his many online accounts, Simon had pictures of him traveling on private jets, sailing, business meetings, beaches, cool cars and amazing parties all over the world. Posing as CEO of LLD Diamonds (his so-called family business), Simon had photos on his social media accounts showing him pictured on family vacation with Lev Leviev (who was known as the king of diamonds) and his wife. Though Lev Leviev was the actual owner of LLD Diamonds, he had no relationship to Simon who was later found to have faked the family photos.

Cecilie Fjellhoy dreamed since childhood of finding a prince charming, and Simon immediately swept her off her feet by sweeping her away in a private jet to Bulgaria after meeting him for the first time over coffee. Cecilie had never been on a private jet, and Simon would arrange private flights several more times for Cecilie to meet him while he was traveling. Simon told those he dated that due to his families wealth and influence, there were people after him which necessitated him always traveling with his friend and bodyguard Peter.

While away, Simon reached out to Cecilie saying that Peter had been attacked

while protecting Simon and he was having trouble with his credit cards and needed her help, even sending photos of them in an ambulance with a large cut on Peter's head. Cecilie provided Simon with a platinum AMEX and also asked her to take out a personal loan and bring 25,000 in cash to him in Amsterdam, which she did. Eventually Simon asked her to move in with him and gave her a budget to find them a apartment together.

Pernilla Sjöholm also met Simon on Tinder, and began traveling and partying together, not really finding a romantic connection but both enjoyed the luxury lifestyle. A short time later, Simon began dating a woman named Paulina and all three of them spent time traveling together to various expensive and exotic locations. Simon ultimately conned Cecilie out of \$250,000 incrementally that was used while he was traveling and partying with Pernilla and Pauline.

Ayleen Charlotte had been dating Simon for 14 months when she saw the VG article online with Cecilie and Pernilla titled "The Tinder Swindler" and immediately questioned Simon as she too was looking for a home to share with Simon. Ayleen compared the videos and texts she got from Simon to those posted online and they were identical. Simon was reported to the police in at least seven different countries, but was difficult to catch as he was traveling so often, so Cecilie and Pernilla outed him on dozens of news outlets and podcasts, basically anyone who would listen.

It was discovered that it was a Ponzi scheme where Simon was using the money he was squeezing out of his last victim to pay for the luxury travel and lifestyle he was sharing with his current victim. Simon used the same texts, photos and videos in sequence like a formula to gradually con each woman he met online. Ayleen was able to help authorities capture Simon in Israel, but he only served 5 months and is out now somehow again living in luxury.
Runtime: 1h 54m

with Dr. Martin Luther King Jr.; was next to Senator Robert Kennedy when he was assassinated; and photographed the Berlin Wall going up and down.

He has photographed Queen Elizabeth II, Sir Winston Churchill, Princess Diana, Muhammed Ali, Jacqueline Kennedy, The Shah of Iran, Amy Winehouse, Andy Warhol, Elizabeth Taylor, Jack Nicholson, Truman Capote, Michael Jackson, Dolly Parton, The Rolling Stones, and more.

In this popular series, author, journalist, and investigative reporter Ivor Davis speaks with a rotating guest list of extraordinary individuals. He will speak with Benson on February 24th from 6-8pm at the Museum of Ventura County and Zoom.

Proof of vaccination will be required on arrival for in-person attendees. Masks will be required for this event. If you need a mask, they will provide one.

Museum members who register for this event (either in person or via Zoom) will be entered into a drawing to receive an autographed copy of Harry Benson's "Harry Benson: Persons of Interest." Become a member now and register for this event for your opportunity to receive the autographed book.



Proud members of the community at the ribbon-cutting ceremony (see end of article). Photo by Patricia Schallert.

Monument sign will greet residents and visitors at the entrance to South Seaward Ave.

On Wednesday, February 16, board members of the Pierpont Bay Community Council held a special ribbon-cutting ceremony to unveil the community's new monument sign, which will greet residents and visitors at the entrance to South Seaward Blvd.

"We are very thankful and grateful to the city of Ventura for its ongoing support of this project," PBCC South Seaward Beautification Committee Chair Dan Roundtree stated. He cited Parks and Recreation Director Nancy O'Connor as being especially helpful in ushering the project through the long approval process, which met with significant delays due to the City's focus on the Thomas Fire tragedy and ongoing COVID crisis.

Fundraising began early in 2019 when Roundtree, on behalf of the PBCC, applied for a \$10,000 Measure O grant that was awarded the following year. Funds were released in July, 2021, after the design for the 8-foot tall sign received final approval from the City. Construction began in January, 2022. The completed sign reflects "the community's special identity and historical significance as an original Southern California Surf City," Roundtree said.

"This monument sign is an example of what an effective community council can do for their neighbors," said Deputy Mayor Joe Schroeder, who officiated at the event. "The PBCC listens to needs of the community, raises funds and finds a way to accomplish projects. I'm sure they are planning to get even more done."

One of seven volunteer community councils recognized by the City of Ventura, the PBCC serves residents of all District 7 coastal neighborhoods. Funds are currently being raised for the group's Light Up South Seaward campaign to provide decorative lighting along both sides of South Seaward Boulevard, similar to that seen on Main St. in downtown Ventura. The group hosts a monthly Beach Cleanup Day at the end of South Seaward as well as an annual

community-wide holiday event. Monthly meetings are currently held on Zoom. More information can be found at www.pierpontcouncil.org

Photo: The little girls on the left are Ellie and Molly, Events Committee Chair Lauren Almeida's daughters. After Lauren, left to right: Beach Committee Chair Robin Birney, VP Kate Gullickson, Secretary Howard Stern. On other side of the sign is South Seaward Beautification Chair Dan Roundtree, the Deputy Mayor and our Treasurer Terry Foley.

Angel City Sports to host multi-sport day in Ventura!

Angel City Sports, the acclaimed organization behind the Angel City Games presented by The Hartford, will host a multi-sport day on February 26 from 3:00pm to 5:00pm at the Ventura Family YMCA (3760 Telegraph Road). The special event is the first of its kind in Ventura for ACS and will be open to kids, adults, and veterans with physical disabilities or visual impairments; participants can RSVP here.

The multi-sport day will feature various basketball skills and drills led by experienced coaches from the Angel City Sports Women's Wheelchair Basketball Program. The day will also include Blind Soccer, as well as Adaptive Strength, including powerlifting, strongman, and functional strength exercises, which will be led by The Training Hall and its founder, Odd Haugan. Participants may bring their own sports chair or use one from Angel City Sports, and the event is open to people of all ages and skill levels, from beginner to advanced.

For more information, please visit the ACS YouTube channel, and follow @angelcitysports on Facebook, Instagram & Twitter.



Cassius Clay (before he became Muhammad Ali) knocking out the Beatles. Photo by Harry Benson.

Up Close and Personal with Harry Benson

Harry Benson has been featured in LIFE, Vanity Fair, Vogue, and more. He's had 40 solo exhibits, including at The Smithsonian National Portrait Gallery. He's photographed every US President from Eisenhower to Biden. He marched



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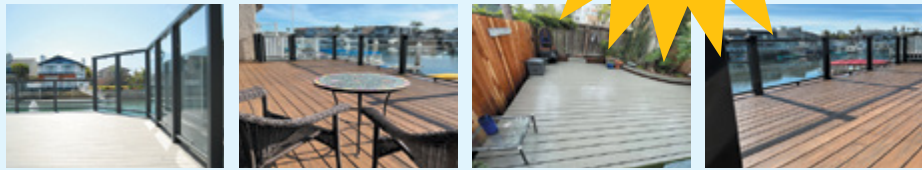


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approved credit.
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Discounts.**



Pendleton is an active community leader.

Brian Pendleton recognized as general manager of the year

Brian Pendleton, who has been at the helm of the Ventura Port District since 2019, has been honored with General Manager of The Year by Ventura County Special Districts Association (VCSDA).

VCSDA Board President Bruce E. Dandy states, "All of the members of the Ventura County Special Districts Association are proud of Pendleton's numerous achievements on behalf of the Ventura Port District, which is a valuable asset to our community and to Ventura County's economy, fishing, recreation, and tourism industries. We all join in congratulating Brian for his accomplishments."

During the past year, Pendleton has been instrumental in spearheading four key initiatives that can be attributed to receiving this prestigious achievement.

He developed and led the implementation of a forward-thinking COVID-19 Rental Abatement and Deferment Program that went into effect at the beginning of the pandemic, which helped avoid business closures at Ventura Harbor as a result of the pandemic.

"I'm honored to receive this award from the Ventura County Special District's Association. It is truly a reflection of the leadership of our Port Commissioners and hard work and dedication of our Port District staff, and tenant business partners who continually strive in making Ventura Harbor a first-class working waterfront and seaside destination," said Pendleton.

An active community leader, Pendleton is the Chair of the Economic Development Committee and on the Executive Committee for the Ventura Chamber of Commerce, Treasurer of the Ventura County Chapter of the Special Districts Association, Secretary of the Board for Visit Ventura, and Board Member of the California Marine Affairs and Navigation Conference.

Ventura Port District's Board of Commissioners Chairman, Chris Stephens, added, "2021 was a very challenging year and through Brian's efforts, the District remains on a sound financial footing with a strong and dedicated group of employees. In addition, Brian's leadership has contributed to the welcome success of our partner tenants and businesses."

Since 1974, the Ventura County Special Districts Association (VCSDA) has been representing over 20 independently governed special districts located in Ventura County. Special districts are single purposed entities formed by residents to provide local services. Because special districts are a more efficient form of government, they are quicker to respond to customer needs.

This 'n' That



Harbor Patrol is available 24 hours a day for questions regarding the dredging operations. Photo by Patricia Schallert.

Dredging the Harbor

Ventura Harbor maintenance is dredging the Ventura Harbor entrance. Dredging is a 24-hour operation. Floating pipes and buoys by work boats are set up prior to the actual start of the dredging. The dredge HR Morris and workboats "Pup", "Cub" and "Renegade" will be working on the Marine channels. The dredge displays both day shapes and colored lights in the evening, instructing the boaters which side is safe for passing.

Only the mouth of the harbor is being dredge this year. The barge was moved in

on Feb. 4th and is expected to stay until around the beginning of March. The sand will mostly be moved down towards Surfer Knolls to protect further sand erosion.

Harbormaster, John Higgins, said the Harbor Patrol is available 24 hours a day for questions and or concerns regarding the dredging operations and are available should any significant problems arise.

John Higgins can be reached at Ventura Port District - Harbor Patrol 805-914-0058

"The Switch is On" program comes to the Tri-County

3C-REN (The Tri-County Regional Energy Network), a partnership between the Counties of San Luis Obispo, Santa Barbara and Ventura that delivers energy-saving programs and building industry trainings, has partnered with the Building Decarbonization Coalition for the "Switch is On" campaign to help Tri-County residents interested in the switch from gas-powered to all-electric appliances. An all-electric home reduces health risks, contributes to a more resilient energy system, supports the state's decarbonization goals, and in many cases can save money for homeowners. This campaign is the first of its kind in California.

The "Switch is On" offers residents the opportunity to speak one-on-one with home electrification advisors, find local vetted contractors, get information on incentives and rebates, and find additional resources about home electrification.

"The state is pushing a lot of funding towards electrification to meet climate goals and improve public health," said Marisa Hanson-Lopez of 3C-REN. "As a result, prices for technologies like heat pumps will be significantly lower and we want local residents to be prepared to take advantage of the savings opportunity; when your gas water heater goes out, you can replace it with a highly efficient heat pump!"

The campaign provides education about the value of swapping out gas-powered water heaters, dryers, cooktops, and furnaces for electric alternatives, and provides information on a variety of incentives to support the switch, including those offered by 3C-REN. The campaign also educates homeowners about clean energy initiatives such as energy efficiency and weatherization, and related technologies like home solar and battery storage.

In the coming months 3C-REN will communicate campaign details to the region and help local contractors enroll so Tri-County residents can take advantage of incentives. The "Switch Is On" campaign can be found at www.switchison.org. All Tri-County residents — including homeowners, renters, and contractors — are encouraged to go to the website to learn more.



On Thursday, February 10, a Ventura Chamber ribbon cutting was held at the Garage Bar to celebrate the remodel and to meet the new owners.

The Garage is located at 1091 Scandia Ave. in Ventura. 805-666-5274

Photo by Patricia Schallert.