



VENTURA BREEZE

Your Hometown Paper

Vol. 15, No. 15 Published Every Other Wednesday Established 2007 April 20 - May 3, 2022

Ventura County District Attorney Erik Nasarenko has served as District Attorney since being appointed in January, 2021. Appointed by the Ventura County Board of Supervisors with a vote of 5-0, Nasarenko is looking to continue his time in office running for the office for the first time.

Prior to his appointment as Ventura County District Attorney Nasarenko served two terms as a Ventura City Councilmember and served as Ventura City Mayor. He also served as Senior Deputy District Attorney.

“Among my top priorities to ensure that the new family justice center for victims is implemented in the county. We now have three million dollars in which to make that intake and service center a success. We also want to implement successfully the new domestic violence shelter here in Ventura which will be right next to the existing family justice center thanks to the Ventura Community Foundation. We will have fourteen beds



Nasarenko served two terms as a Ventura City Councilmember.

Interview with Ventura County District Attorney Erik Nasarenko

by Richard Lieberman

with stays of up to fifteen days and this is part of breaking the cycle of abuse, he said. “We also begin a cold case sexual assault unit that will allow us to go back in time and analyze cold cases and literally take the files off of shelves from

the storage lockers and begin the process of analyzing for DNA evidence. We will upload them to state and national databases to see if they cross reference to other unsolved crimes and if cases are within the statutes if there is a victim

who would like to move forward we will file the appropriate charges, the objective here is to hold these offenders accountable”, said Nasarenko.

Nasarenko also added that another priority is “getting the wheels of justice to back up to par after the fits and starts of the last two years. We receive on an annual basis approximately 25,000 potential cases. So, when the court is closed Covid related emergencies make the cases back up, we are now moving on full cylinders, trials are being conducted, courtrooms are active, jurors’ are back in the jury assembly room, but one of the challenges in the months ahead is continuing to keep court operations moving. Also continuing to be a community-oriented prosecutor, I speak to Rotary’s, city councils, law enforcement, chambers of commerce and social justice organizations. He added, “I joined a number of DA’s in opposing literally suing the state to block the early release of some

Continued on page 3



Alec Benke poses with the mermaid sculpture at Soter Point.

For Ukraine with Love

by Amy Brown

For many years there have been two iconic bronze mermaid statues, each gracing a separate entrance to the Ventura harbor. One has a plaque reading “From Russia with Love,” but today they both wear Ukrainian flower crowns in yellow and blue. Their donor, Alec Benke, is no stranger to the mysticism and idea of mermaids. A native of the former Soviet Union, starting in 1987 he served for three years as a sonar technician on submarines near Vietnam, and spent countless hours on watch, differentiating between friends (fishing barges lumbering past) and foes, which included at that time the 6th Fleet of the U.S. Navy. Other unexpected friends were heard during those lonely assignments, which Benke is sure were mermaids. “I know it sounds crazy,” he laughs. He never saw these fabled sirens, but shares that he heard and felt them, and the idea of their presence filled him with calmness and quiet joy. Later during his service he was surprised when he came to realize that Americans are just regular people, like his own countrymen. “You should not underestimate the power of Soviet propaganda about Americans at that time,” said Benke.

Benke was living in Kazakhstan when the Iron Curtain fell. “Suddenly, I was not welcome there anymore and I wasn’t welcome in Russia anymore; I was a foreigner. It was shocking,” said Benke, who soon attended a marine academy, and met his wife Tatyana. The two travelled to Kodiak, Alaska and since they already had visas, they went to the US embassy and eventually became citizens.

Continued on page 6

Each mermaid wears a traditional Ukrainian flower crown today.



Alec Benke created a custom pedestal, including scales, for the mermaid sculpture on Spinnaker drive.

Come see how Spring has Sprung at the Ventura Townehouse

VENTURA TOWNEHOUSE

CALIFORNIA'S CROWN JEWEL IN RETIREMENT LIVING

805.919.8312

License No. 565801810
www.venturatownehouse.com



City News



The Ventura Police Community Academy returns with over 30 participants.

The 2022 Community Academy includes a diverse mix of residents and business owners

For the first time since 2018, the Ventura Police Department welcomed back its popular Community Academy, a 10-week program designed to strengthen community partnerships and increase transparency.

During the first class on Wednesday, April 6, 2022, participants enjoyed a welcome from Police Chief Darin Schindler and meeting VPD's Command staff as well as other program participants.

"We are constantly striving to provide the highest quality service and after four years of absence due largely to the COVID-19 pandemic, we are proud to bring back our community academy in continuance of our commitment to enhancing police and community collaboration," said Police Chief Darin Schindler. "It's my hope that by opening our doors and demystifying police operations, we can work together to make Ventura a safer community."

With 31 community members selected, the 2022 Community Academy includes a diverse mix of residents and business owners of many generations, backgrounds, and careers, representing each of Ventura's seven districts.

"I joined this program to help bring the voice of my community forward and solve problems through collaboration," said Ventura resident Helen Eloyan, Revitalization Committee Chair for the Westside Community Council. "I am also very much looking forward to identifying partnership opportunities to help meet our community needs."

In the 10-week academy, classes are taught by Ventura Police officers, dispatchers, and professional staff. Participants are encouraged to ask

questions, express concerns, and offer feedback. The goal is to create greater awareness and understanding of the law enforcement's role in the community through education and engagement provided by the Community Academy.

For more information, the class outline, or questions about the Ventura Police Community Academy, please call 805-339-4312 or visit www.CityofVentura.ca.gov/CommunityAcademy.



Heglund started with the Ventura City Attorney's Office in July, 2019.

Andy Heglund appointed as Ventura's new City Attorney

The Ventura City Council has appointed Andy Heglund as its new City Attorney replacing Gregory Diaz, who

retired in February 2022.

"After a highly competitive, open recruitment process, the Ventura City Council is pleased to announce the appointment of Andy Heglund as our new City Attorney," said Mayor Sofia Rubalcava. "With more than 10 years of public service experience, plus nearly 10 years in private sector litigation practice, Andy is extensively qualified to serve as our chief legal advisor and represent the City's legal interests."

In addition to serving as the chief legal advisor for the City Council, Heglund oversees a team of legal professionals and support staff who handle all aspects of municipal law supporting the City's various City departments. This includes advising the City Council, the City's Commissions, Boards and Committees, and City staff on a wide variety of legal matters.

"I am honored to be appointed as the City Attorney and work with the City Council, staff, and our talented team in the Attorney's Office in serving our community," said City Attorney Andy Heglund. "I am excited to take on this leadership role and continue working for an organization that's dedicated to

providing a high quality of life in the City of Ventura."

Before coming to Ventura, Heglund was a Deputy City Attorney in Bakersfield for eight years, where he worked primarily in land development and public works. He also negotiated and drafted a management agreement for a city-owned venue, developed a policy for attaching cellphone antennas to streetlights, and managed the City's legal efforts for a nearly billion-dollar freeway expansion program.

Heglund started with the Ventura City Attorney's Office in July 2019 as the Senior Assistant City Attorney for Transactions with an emphasis on Planning and Public Works. He holds a bachelor's degree from Pensacola Christian College and a law degree from Regent University. Since February 2022, he has served as the Interim City Attorney. Some of his notable projects include the Olivas Park Drive Development Agreement, Fire Prone Area Zone Ordinance, Veteran's Housing Project, and Main Street Moves.

For more information about the City Attorney's Office, visit the City of Ventura's website at www.CityofVentura.ca.gov.

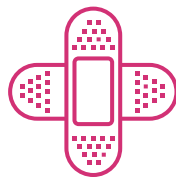


For several years, the Great Horned Owls did not return to their nest at the Olivas Adobe - but they have now returned. Michael Gordon and a student climbed the stairs at the house and photographed Olivia and her newest fledgling. Michael Gordon.

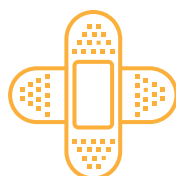
ADDITIONAL PFIZER OR MODERNA BOOSTERS NOW AVAILABLE FOR:

Find information on COVID-19 vaccines and testing at vcrecovers.org

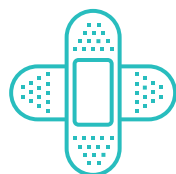
Make a vaccine appointment at MyTurn.CA.gov or call 833-422-4255



EVERYBODY 50+



IMMUNOCOMPROMISED PEOPLE 12+



J & J BOOSTER RECIPIENTS



Community Events

Ventura events

by Ana Baker

Men's Grief Support Group. Livingston's Grief and Bereavement Program provides free grief support for men grieving the death of a loved one. The group meets on the 2nd and 4th Wednesday of every month from 6:30 - 8pm, via Zoom. If interested, please contact us at 805-389-6870 ext. 450. For more information, visit LMVNA.org.

All support groups are free and conducted through Zoom at this time.

April 21: The East Ventura Community Council virtual meeting will be on Thursday, at 7p.m. The City of Ventura Acting Fire Marshall, Brett Reed, will present information on better protecting our homes and businesses during the continuing drought by building up our "defensible space". In addition, Eric Berg of Pacific Coast Landscape Design will describe the new inclusive playground at Arroyo Verde Park, built to replace the equipment that was destroyed in the Thomas Fire. Area crime statistics will be shared by Commander Weeks of the Ventura Police Department. The Zoom link can also be accessed at the website, www.eastventura.org. For those unable to attend the meeting in real time, it can be accessed later at the website. For more information, contact EVCC Chairperson, John McNally, at eastventuracc@gmail.com.

April 22: The public is invited to visit City of Ventura Environmental Services, EJ Harrison & Sons, Ventura County Regional Energy Alliance, Ventura Water and Pacific View in Center Court to celebrate Earth Day from 11-2p.m at the Pacific View 3301 E. Main St., Center Court. Earth Day event with giveaways, sustainability and recycling information and a display of electric vehicles.

Please visit https://www.shoppacificview.com/Events/EarthDay_2022 for full information on Earth Day at Pacific View

April 27: The College Area Community Council in Ventura, which meets the fourth Wednesday of each month, will be holding a Zoom meeting at 7p.m. An invitation and link to the meeting will be sent to everyone on the CACC mailing list. The meeting will focus on public and private programs for the arts in Ventura. In addition, new officers will be elected. CACC represents citizens in the area bounded by Mills Road on the west, Hill Road on the east, city limits in the hillsides on the north, and the 126 Freeway on the south. 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."

April 30: The day to enjoy beautiful quilts and unusual vehicles as Camarillo Quilters Association present 'Quilts and Cars on Tour'. The event is open to the public and will feature hundreds of quilts located in gardens, studios, and community centers among the Camarillo, Oxnard and Ventura communities. Doors open 9 a.m. Camarillo Community Center, 1605 E. Burnley, Camarillo, and the Dudley House, 197 Ashwood, Ventura. Guests can purchase tickets for the tour and receive the locations map for the other eight destination. Tickets are \$15 per person, and available the day of the event. Tour sites are open 10 - 4 p.m. and the Boutique ends at 5 p.m.

May 1. Open house tours of the 1892 Dudley Historic House Museum will take place on Sunday, from 1- 4 p.m. There will also be a continuous Container Gardening 101 class beginning at 1 p.m. in the pergola area on the Loma Vista side behind the museum. Both are free. The

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

May 1: Old-Time Country Bluegrass Gospel Music Assoc. First Sunday of every month at the Poinsettia Pavilion, 3451 Foothill Rd. 2-4:30 p.m. Live Music on stage. Jamming Room Open. Free Admission. Free parking. Open to Public. For more information call 805-517-1131 or visit Facebook: OTCBGMA

May 1: Join us to beat the Guinness book of records deep water aerobics, bring your flotation device . Expect to stay for 1 hour. Start time is 1:45 - 3:45 p.m. and is led by Mary Lincoln. Pool is 7-8 feet and the water temperature 78/79 degrees. Lifeguards will be on duty. Plenty of parking available and no food or glass allowed.

May 7: Our monthly plant and collectibles sale will feature gifts for Mother's Day on the grounds at the Dudley House. Bromeliads, orchids and succulents will be on sale along with a variety of collectibles. 8 - 2 p.m. Vendors please call Charlie at 805-746-4317 for details.

May 21: The INCA ensemble will perform at the Hill Road Library 1070 S. Hill Road, Ventura at 11:30 a.m. on Saturday. They will be sharing music and dances from the native Incas of Peru, the Criollo coastal communities, the Amazon natives, and the Afro-Peruvian communities of Peru. This program is made possible in part with a grant from the California Arts Council. This event is free and open to the public. For additional information, contact Linda Cherry, Librarian, at (805) 677-7180. Library hours of service are 10 - 6 p.m. Monday through Wednesday, 2 - 6 p.m. Thursday, and 10 - 2 p.m. Friday through Sunday.



Interview with Erik Nasarenko

Continued from page 1

of these violent inmates and here we find that one of the individuals involved in the Sacramento mass shooting incident was indeed released early. Whatever I can do to use this office and our legal power to make sure that when someone is convicted they serve their full term. This will continue to be a priority."

The Breeze asked the DA what difficulties he finds with balancing the responsibilities of the office and family life especially during an election cycle. "You have to recognize that during a finite period of time you will be out of bounds and equilibrium. When this campaign began last summer I sat down with my wife and kids and I said dads going to be out of the house a lot, its not forever, we have about ten or eleven months and it's important that dad just work really hard and do everything he can to keep this job and I am not saying it does not come with sacrifice."

Nasarenko's family is from Ukraine and his parents emigrated to the United States in 1950 after surviving World War II living in refugee camps for five years.

Having second thoughts about where you made your PREARRANGEMENTS?



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

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

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



JOSEPH P. REARDON
FUNERAL HOME & CREMATION SERVICE

757 E. Main St. • Ventura, CA 93001
805-643-8623

FD#883



BOYKO & REARDON
TELEGRAPH ROAD MORTUARY & CREMATION

15 Teloma Dr. • Ventura, CA 93003
805-765-4137

FD#2390

ReardonFuneral.com

©adfinity®

He stated, "I feel a sense of helplessness right now."

When asked what a typical day is like for him he replied "every day is different than the day before, you are receiving input from the chiefs about legislation, what should be our position if we are going to oppose or if we are going to support it and how do we communicate that support. Are we going to file a case a certain way or should we consider different charges?"

Most importantly I am in touch and communicating with the entire office. I will routinely go to jury trials to watch opening statements, closing arguments and I like to walk the halls and interact

with the deputy DA's. I want to have my ear to the ground and be in a position to understand who is on trial. I am very mindful about the potential to become isolated and to lose touch of the overall office, so I am conscious and deliberate with a very hands-on active way."

Encouraged by his parent's support Nasarenko applied to the district attorney's office and got the job.

He, and his wife, and daughter visited Ventura and fell in love with the city and the county and has made his home here ever since their first visit.

Editor note: On June 7 John Barrick and Erik Nasarenko will be running for the position of Ventura County District Attorney.

I VOLUNTEER BECAUSE
it gives me peace of mind to serve others



Doug M.

FIND YOUR NEXT VOLUNTEER OPPORTUNITY AT
www.vccaregivers.org

Kirby Subaru is honored to treat each Volunteer Caregiver with a free car wash as a thank you for their service to seniors throughout Ventura County.





VENTURA BREEZE

Your Hometown Paper

Member, Ventura Chamber of Commerce

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

PUBLISHER-EDITOR

Sheldon Brown
publisher@venturabreeze.com

PUBLISHER EMERITUS

Staci Brown
Assistant to the PUBLISHER
Ana Baker

CONTRIBUTING WRITERS

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

CONTRIBUTING PHOTOGRAPHERS

Richard Lieberman · Michael Gordon
Patricia Schallert · Yana Kbiyod
Breezy Gledhill

DISTRIBUTION

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

ACCOUNT EXECUTIVES

Cindy Summers · Alfred J. Lewis

WEB/ONLINE ADVISOR

Cindy Summers

PRINT PRODUCTION

Alfred J. Lewis/studioNothing

PRINTING

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

CONTACT US:

EVENTS & HAPPENINGS
events@venturabreeze.com

OPINIONS
opinions@venturabreeze.com

ARTICLES AND PHOTOS
editor@venturabreeze.com

THE PET PAGE
scampclub@venturabreeze.com

ADVERTISING
advertising@venturabreeze.com

Ventura Breeze

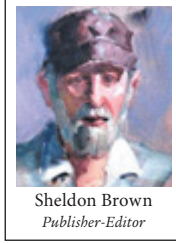
PO Box 832
Ventura, CA 93002
Phone 805.653.0791



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

Lead us
not into
temptation.
Just tell us
where it is; we'll
find it.
— Sam
Levenson

Opinion/Editorial



Sheldon Brown
Publisher-Editor

■ The Ventura City Council has extended the **closure of downtown** Main Street (and California St.) to vehicles until June, 2024. It is also considering ways to make the Main Street Moves closing program permanent.

Still to be considered the negative-ly affected businesses and the heavy costs to the city to upgrade the closed streets to make them more pedestrian friendly and attractive. The city will also consider establishing fees for businesses so that the street can be permanently closed after 2024.

The few merchants that we have interviewed are very happy with the closures and visitors to downtown seem to be very satisfied as well and like the outside patio dining.

The program started during the pandemic to make downtown more pedestrian-friendly on five blocks of Main St. (from San Buenaventura Mission to Fir St. and one block of S. California St. (between Main and Santa Clara).

The city will also consider establishing fees for businesses so that the street can be permanently closed.

To make upgrades to the streets, such as replacing the pavement with pavers, adding fountains and landscape areas would be extremely expensive but wonderful. Hopefully some grant money will be available to accomplish this.

■ Every year, the city council considers a **five-year capital improvement plan**.

The 2023-27 plan outlines 127 projects totaling \$929 million. \$495 million worth of priority projects have funding allocations while \$434 million are unfunded. Improvements to sidewalks, golf courses and the wastewater treatment plant are some of the top priorities approved by the council.

Seven projects, to divert treated wastewater to a new advanced water purification facility are in the plan. The water purification facility will treat the water to ensure it meets drinking water standards, inject it into a local groundwater basin for storage and later deliver the water to Venturans. To me this is a top priority issue. This is a huge amount of water that is now dumped into the ocean. I know that convincing people that drinking water that was once wastewater will take some doing but is well worth the effort.

■ We have a new city attorney - **Andy Heglund** - who was unanimously approved by the city council. The council hires (and fires) the city attorney and city manager. He will be paid \$237,000 (plus other benefits) in annual salary. He was selected out of 14

candidates considered by the council.

■ The Village **Carousel & Arcade**, located in the Ventura Harbor Village, is now gone. Taking over the space will be Aarmark Beer Gardens who will serve food and have more current games for kids (and adults) to enjoy. Their opening will take quite a while to happen.

Tristan Thames, co-owner with his mother Sharon Thames of the Village Carousel & Arcade, said it was not his choice to close the business that has been here since the 1980's. The space has been rented from the Ventura Port District.

I'm sorry that they couldn't keep it open but truthfully it was in desperate need of major refurbishing. New paint, flooring, lighting, and more current games that today's youths are interested in playing.

■ The **Ventura Chamber of Commerce** has moved their offices from City Hall to 2478 E. Main St. I think this is a good move. Visiting



Some of the last riders on the carousel in the Harbor.

their offices in city hall was a little intimidating for some people, so stop on by to meet them.

Speaking of the chamber, their **Spring Business Expo** is back after several years of not happening because of Covid. The event will be on May 12, from 4:00 - 6:30pm at the Four Points Sheraton, 1050 Schooner Dr. The Breeze will have a booth there (right by the food of course) so come say hello. Meet over 70 chamber member business exhibitors, enjoy great food and great company.

■ The Ventura Police Department issued **21 citations** for a variety of violations made by drivers during a bicycle and pedestrian safety enforcement operation on April 12, 2022.

"Safety is a shared responsibility, with drivers holding the greatest responsibility to keep other road users safe," said Officer Chris Wilson. "We hope this education and enforcement operation serves as a reminder to our community to look out for one another on the road."

Drivers were contacted and cited for violations. Failure to yield to a pedestrian in a marked crosswalk

was the primary violation.

I know this is important, but I think just as important is ticketing pedestrians who walk across the street when the red "don't walk" is displayed. In fact, this can be even more dangerous. How many times have you been downtown (especially prior to the closing to vehicles) when you legally make a right turn and there are pedestrians illegally crossing the street that you have almost run into?

■ In our police reports column there is some information about an arrest on "three counts of attempted murder with a firearm as well as possession of a firearm by a prohibited person." Glandros was currently out on bail for charges of possession of an unlawful weapon and also for assault with a deadly weapon with a firearm. Whatever happened to **"3-strikes you're out"** and you stay in jail?

■ **Gary Wilde**, 66, has announced his retirement as CEO of Community Memorial Hospital. He had been considering retirement but held off because of the COVID-19 pandemic. He felt it was too important for him to leave during COVID. It is a very important, stressful position. He hopes to stay until a new CEO can be hired.

■ **Amazon** has opened a major fulfillment center in Oxnard. When fully operational, the 2.3 million-square-foot (good grief) facility will be able to process about 2 million packages a week.

It will employ about 2,500 workers. About 60% of the workforce is made up of Oxnard residents, 10% are Ventura residents and about 5% are from Camarillo so it will help the local economy.

■ They have been exonerated but when Mayor Sofia Rubalcava, Councilmembers Joe Schroeder, Jeannette Sanchez-Palacios, Lorrie Brown and Doug Halter traveled to the nation's capital as part of the National League of Cities Conference they broke the Brown Act. Together they made up a majority of council members, which violated the **Brown Act** by speaking about city issues to other elected officials and their staff without giving public notice.

The Brown Act prohibits a majority of members of a legislative body from communicating or taking action on an item outside of an open, public meeting with some exceptions. The lack of public notice in Washington constitutes a violation of the state's open meeting law.

"The City Council members that did attend those meetings were well-intentioned but inadvertently violated the Brown Act by attending in a majority," City Attorney Heglund said. "However, no decisions were made during those meetings."

Tony Wold, senior Deputy District Attorney with the public integrity unit in Ventura County, said, "Our office will not be taking any action because no decisions were made. The violation was inadvertent, and the council affirmed their intent to comply with the act going forward as required."

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

Mailbox

A Ventura Surprise

a Pacific hint is a beautiful sunrise,
For waters rise early in the morning,
with midnight colors they rinse our beach,
And cover the shores with the call of nature.

The moon gestures us to follow new horizons,

Her sacred position is a nighttime mystery,

Before it reaches onshore tomorrow at Dawn,
It lets go of tiny seashells with a Ventura tide.

A coastal tide is the ocean's little secret.

By Jeff Russell



News & Notes

The Bookmark About Libraries and Friends

Local Author Talk at Hill Road Library

by Jill Forman

Michele Artiz Smith, J.D. will visit the Hill Road Library on Sunday, May 15th, 2022 at 11:30 a.m. to discuss her book *My Husband's Keeper: A Memoir*.

Smith takes the reader through the early, middle, and late stages of Alzheimer's disease. After her husband's diagnosis, she vowed to learn as much as possible about the condition, becoming a State-Certified Ombudsman and gaining a window into the world of dementia and Alzheimer's through visiting long-term care facilities and meeting with other families that experience this illness.

More information can be found on her website: myhusbandskeeper.com

This event is free and open to the public.

Online Bookstore update:

VFOL Online Bookstore is putting great vintage literature on sale in April! Hand selected for their quality, despite their age, these selections are sure to bring enjoyment. Also, be on the lookout for seasonal titles for children, new puzzles and of course fiction you can sink your teeth into.

Meet your Hill Road Library Staff

Interview with Veronica Betancourt, Library Technician I

Why did you become a librarian?

I came to the Ventura County Library system in 2021 after 10 years of teaching, tutoring, and college admissions counseling. I was very "burned-out" after working in high-pressure environments with high-pressure parents, and the opportunity to continue working with children and teens while stepping away from the high-stakes world of college admissions was very appealing to me.

What education do you have?

I have a bachelor's degree from UC Berkeley, majoring in medieval history. I have always loved the process of how history is made and preserved throughout the centuries, so it makes sense that I would end up at a place that is all about books, especially considering how much of a privilege access to books has been for most of human history

Where were you raised? Were libraries important in your childhood?

I grew up in Silicon Valley and was really lucky to have had the San Jose Public Library system as a huge part of my childhood. I spent a lot of time after school in the library, and the library was the first place my parents let me go by myself on weekends. So for me libraries are a place of freedom and independence - I could read whatever I wanted and go whenever I wanted.

What is your favorite part of your job?

There are two things I love the most! I strongly believe in the value of non-commercial public spaces, and libraries are one of the last places left where you can spend all the time you want with no expectation of spending money. Whenever someone feels safe and secure in our library, regardless of their circumstances, I feel like we have done an important public service. There is also nothing better than the look on a child's face when you pull "just the right book" off of the shelves for them!

Anything else you'd like to add?

Just some words of appreciation for the whole Hill Road Library staff and Friends volunteers for making me feel at home here!

Community Memorial Health System President & CEO announces retirement

On Friday, April 8, Community Memorial Health System Board of Trustees Chair Richard R. Rush, together with Gary K. Wilde, announced Wilde's plans to retire from his role as President & CEO of the health system later this year.

"Gary is an outstanding individual whose vision has helped build an

incredible foundation for the future of Community Memorial Health System," said Rush. "His experience and compassion are unmatched, and while we are sad to see him go, we are exceedingly proud of the work he has done in his tenure at Community Memorial Health System."

Wilde, who joined Community Memorial Health System as President & CEO in 2004, led the organization through some of its most significant

form Community Memorial Health System in 2005. Since then, Wilde successfully oversaw the planning, funding and construction of the new 250-bed Community Memorial Hospital which opened in December 2018, as well as the Continuing Care Center - a 75-bed, state-of-the-art skilled nursing facility located on the campus of Ojai Valley Community Hospital that opened in July 2020.

In addition to his role as President & CEO of Community Memorial Health System, Wilde served as Chair of the California Hospital Association's Board of Trustees in 2020, playing an instrumental role in the COVID-19 pandemic response at the city, county, and state levels.

"It has been an honor to work with the dedicated physicians and staff at Community Memorial Health System for these past 18 years and I am incredibly grateful for the support from our community over the years," said Wilde. "While I will continue to lead the organization over the next several months, I am looking forward to possibly teaching, going on humanitarian missions, and spending more time with my family."

The Community Memorial Health System Board of Trustees has hired the nationally recognized recruiting firm, Witt Kieffer, to lead the search for, and consideration of, internal and external candidates to succeed Wilde as President & CEO. Wilde intends to continue leading the health system until a successor is selected and on-boarded. This process is expected to be complete by Fall 2022.



Wilde joined Community Memorial Health System as President & CEO in 2004.

milestones, including the merger of Community Memorial Hospital and Ojai Valley Community Hospital to

Readers:

In our last issue we had 2 errors (at least). The article on Marcy's Dream had board members names spelled incorrectly at the bottom of the article. They are correct at the top under the image and should be Kenny Slaughter and Eva Rhodes. Sorry Kenny and Eva.

On the front-page article on the Murals on Wall St. a photo of a boat some how sailed into the photos. Its GPS must have been down for it to end up on Wall St. This is the photo that should have been there.



Music Under the Stars

Tickets on sale May 2

The best summer party in Ventura!

SATURDAYS • 7:30-9:30 pm

Tickets \$20
 Reserved tables additional \$25
 805-658-4726 • Book early, concerts sell out!

Location:
 Olivas Adobe Historical Park
 4200 Olivas Park Drive
 Ventura, CA

2022 SUMMER CONCERT SERIES	
7/9	British Beat 1964-1985 it's a British music invasion
7/16	Savor Santana Tribute Band
7/23	Identity Theft '80s Cover Band
7/30	Soul Infusion Top 40, Pop, Soul, Funk, Dance
8/6	Rhythm Krewe Rhythm, Blues & Soul
8/13	Dark Desert Highway Eagles Tribute Band
8/20	4 Lads From Liverpool Beatles Tribute Band
8/27	Lisa Haley and the Zydekats Zydeco Music

Full beverage service available on site.

Presenting Sponsor

Series Sponsors

www.cityofventura.ca.gov/MUS

CITY OF VENTURA
 PARKS & RECREATION



News & Notes



Local students' innovation helps county's homeless population. Photos by Patricia Schallert.

Cabrillo Middle School students partnered with Food Share

A group of enterprising 7th and 8th graders from Cabrillo Middle School have partnered with Food Share Ventura County in a project designed to make life a little easier for the county's unhoused population but that could have an impact far beyond.

The Rusty Sailors robotics created a tote bag that converts to a backpack. They distributed the bags on Monday, April 11, at The River Community Church, 859 E Santa Clara St. The church is under the direction of Jim Duran, The River Com-

munity's pastor.

Saanvi Joshi, Hendrix Lowder, Jane Kim, Jude Curtis, Izzy Quiroz, Maddie Wicks, Maverick Cheatham, and Aarana Khanavkar, all members of the school's "Rusty Sailors" Robotics Club, are participating in the 2021-2022 season, CARGO CONNECTSM, FIRST® LEGO® League Innovation Project, to identify a problem related to improving the transportation journey of products, and design a new piece of technology or improve an existing one. FIRST® empowers students

ages 9-16 to explore what it means to be an innovator, finding solutions to today's societal problems that could impact the world for generations to come.

The Rusty Sailors visited Food Share last year to get a better understanding of how a food bank works and learned about Food Share's "Kitchen-Free" program that provides bagged, nutritious, no-cook food for people without access to a kitchen. Food Share has distributed 24,000 kitchen free bags to date through their network of 190 pantry partners.

Following the field trip, Laurie Lowder, one of the club's coaches, witnessed two men on bikes struggling to carry the branded Food Share bags and the experience inspired the children to think of ways to improve the design to make them easier to transport. The result is an ingenious and inexpensive modification that turns it into a backpack.

Speaking about the innovative design, Hendrix Lowder, 13, said, "We got empty bags from Food Share so we could experiment with ways to make them better. After our team developed a prototype, we got a grant to make one hundred bags so that we can hand them out to people who are homeless. We've also added a QR code to the bags linked to a survey for people to tell us what they think and to get suggestions for improvements. It's very exciting to be able to see the project all the way through to the product design stage."

The design has already caught the eye of the FIRST® project judges. The Rusty Sailors won the Global Innovation Award nomination for the Southern California Regionals in December. Teams nominated for their outstanding solutions could advance to the 2022 FIRST LEGO League Global Innovation Award presented by Qualcomm to attend workshops with innovation and industry experts.

An estimated 1 in 6 people in Ventura County experiences food insecurity, meaning that they are without reliable access to a sufficient quantity of affordable, nutritious food.

Before the pandemic, many of the families Food Share served would need supplemental food perhaps two-three times a year.

Food Share is serving approximately double the number of people being served pre-pandemic. The latest figure (total for 2021) is a little over 190,000 unduplicated people based on FreshTrak data. However, this figure does not include people attending emergency drive-thru distributions, some of our programs, including Community Markets, or farmworkers receiving food at field distributions.

For all the latest information on where to find food, how to volunteer, and how you can support Food Share with a monetary donation visit: www.foodshare.com

For Ukraine with Love

Continued from page 1

The couple moved to Ventura in 2000, and Alec began a construction company, focused on rock formations and mosaics. During his travel for the business, he drove to and from San Diego, and along that route he first saw glorious 15' tall mermaid sculptures, which reminded him viscerally of his experiences as a submariner, so he pulled off the highway to investigate. "It was because like I fell in love with them, and I would stop and visit them on every trip," he said.

Benke eventually was able to buy them, maxing out his credit cards, and brought them back to Ventura. "By that time I had a small house, but what am I going to do with them? My wife finally had had enough of them lying in our little backyard, so I decided to give them to the city. They're still mine, in my heart, but I decided to build everything for them."

His love for his new country, the ocean and these beautiful mermaids dovetailed with other labors of love, when Benke met Sam Povar and Andy Soter. Povar was a community activist committed to private-public art projects, and sought to honor his late wife, Oriana, and Soter was working on a project to upgrade paths in Marina Park to memorialize the loss of her daughter Andrea to cancer. "We came the three of us together and worked on this project. It was amazing. All three of us, different ages, but we were like old friends immediately." The project was creating symbols of love with the donation of the two mermaid statues, on custom stone ten-foot-tall pedestals created by Benke. One plays the flute and is on what is now called Soter Point, and the other, playing a cello, is across the harbor on Spinnaker.

Today Benke's personal labor of love includes raising awareness and activism to support the citizens of Ukraine. He shared that his support of Ukraine has cost him relationships with his parents and friends in Russia. "I decorated the mermaids with the traditional Ukrainian flower wreath as a sign of support and admiration for the fearless Ukrainian people," said Benke. His partner in the project applauds Benke's sentiments. "It is a great expression of love and fondness for Ukrainian people and joy to be an American citizen," said Soter.

Benke encourages others to support the Ukrainians and petition legislators during this time by visiting the site www.protectukrainenow.com. "The world as we know it has been changed forever," said Benke.



Drive your own future.

Santa Barbara MTD is hiring Bus Operators

Paid training.
Start at \$23.33
per hour.

Health
insurance for
family.

Earn a
pension.



Apply TODAY at
sbmtd.gov/busoperator

No previous commercial driving experience necessary.
MTD is a drug-free workplace & Equal Opportunity Employer.





OCEANVIEW PAVILION PRESENTS

THINK:X

AN EXPLORATION OF THE MUSIC OF PINK FLOYD

STEPHEN PERKINS FROM JANE'S ADDICTION, NORWOOD FISHER FROM FISHBONE, SCOTT PAGE FROM PINK FLOYD, ROBERTA FREEMAN FROM GUNS N' ROSES, KENNY OLSON FROM KID ROCK, WILL CHAMPLIN FROM THE VOICE, PAUL SAMARIN FROM WHICH ONE'S PINK

OPENER JAKOB NOWELL

PLUS IMMERSIVE CUBE VISUALS AND ACTIVATION BY KENTYAH AND THISMACHINEINME

MEET & GREET SAT APRIL 23 / 1PM-2PM AT SALZER'S RECORDS

SAT APR 23, 2022 / 7:30PM -10:30PM
GENERAL ADMISSION TICKETS \$50.00

DRINKS - VENDORS - FOOD TRUCKS - UNDER 18 MUST BE ACCOMPANIED BY AN ADULT

THE OUTLAW MARIACHI

SAT MAY 7, 2022 / 7:30PM -10:30PM
GENERAL ADMISSION TICKETS \$30.00

BRUNO AND THE HOOLIGANS

BRUNO MARS TRIBUTE

SAT MAY 28, 2022 / 7:30PM -11:00PM
GENERAL ADMISSION TICKETS \$30.00

BUCKCHERRY

SAT JUN 4, 2022 / 7:30PM -11:00PM
GA TICKETS \$35.00 - \$40.00 AT DOOR

SPONSORS

WWW.OCEANVIEWPAVILION.COM/TICKETS • 575 E. SURFSIDE DR. • PORT HUENEME, CA 93041 • 805-986-4818

News & Notes



"I'm excited to be back in Ventura County."

Gustavo Velasquez to speak at immersive event

Housing Trust Fund Ventura County (Housing Trust Fund VC) announced that Housing and Community Development (HCD) Director Gustavo Velasquez will keynote the nonprofit's signature event - Compassion Campaign 2022 on Thursday, May 12th at Maravilla Gardens in Camarillo.

"We are honored that Director Velasquez sees the work we are doing here in Ventura County to provide safe, equitable homes for all and will be sharing his perspective on the state of affordable housing in California," said Linda Braunschweiger, CEO, Housing Trust Fund Ventura County. "This year's Compassion Campaign will be an unforgettable immersion experience, highlight-

ing that our lives are connected through one common need - housing." Similar to immersive experiences offered by the Museum of Tolerance in Los Angeles, guests will take a deeply moving journey as they experience housing challenges faced through the eyes of members of the local community, from farmworkers to bankers, students to teachers, baristas to veterans. Tickets for Housing Trust Fund Ventura County's Compassion Campaign may be purchased at www.HousingTrustFundVC.org.

"I'm excited to be back in Ventura County and be a part of the 2022 Compassion Campaign event," HCD Director Gustavo Velasquez said. "As we all know, housing is the foundation for everything else one needs to live a decent life, and this administration has made it a top priority to create the affordable housing our state so desperately needs. From the recent release of our new Statewide Housing Plan to big developments in many of the programs HCD administers, we have a lot to talk about, and I look forward to an insightful discussion."

In May of 2020, Gustavo Velasquez was appointed by Governor Gavin Newsom to be the next Director of the California Department of Housing and Community Development. In this leadership role, Velasquez leads California's housing policy agenda and administers a wide range of programs that produce, preserve, and protect affordable housing and communities of opportunity across the state. Velasquez was a senior director at the Urban Institute, a renowned national research organization working to provide data analysis and insights to policymakers

and practitioners. Velasquez served for nearly three years as assistant secretary for fair housing and equal opportunity at the U.S. Department of Housing and Urban Development (HUD) and served on behalf of president as the strategic lead of the fair housing and inclusive community agenda for the Obama administration. During his tenure, HUD achieved groundbreaking enforcement victories in fair lending and in major housing discrimination cases. Velasquez led efforts to promulgate the landmark Affirmatively Furthering Fair Housing rule, a key tool for cities, states, and other HUD funding recipients to reduce inequality and dispari-

ties in access to opportunity.

Housing Trust Fund Ventura County - 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 April 1, 2022 Housing Trust Fund VC has invested over \$22.3 million through its revolving loan fund, creating 870 affordable apartments and homes for very-low, low- and middle-income employees, transitional age foster youth, veterans, farm workers, and the homeless.



While at Thornhill Broome beach, near Point Mugu, Bill Kuel (and wife) took this photo of hundreds of cairns (that's what they are called) set up along the rocks at the beach.



News & Notes



China town disappeared from San Buenaventura in the 1920's

By Yana Khiyod

It's hard to imagine that Ventura had a flourishing Chinese settlement in the early 1880's. The largest concentration of activity, known as China Alley, was just down Main Street on Figueroa Street south of the Mission San Buenaventura.

In the early 1880's, a flourishing Chinese settlement made up of merchants, laborers, and families settled in an area along Figueroa Street between Main and Santa Clara Streets. The largest concentration of activity was in an area

that became known as China Alley, which ran perpendicular to Figueroa Street. The Chinese immigrants lived in clusters of wooden shanties that were built behind storefronts and home that were on Main Street.

The Chinese community grew and sold food, and provided a place of worship for the incoming Chinese immigrants. Artisans, vegetable gardeners and fishermen piled their trade to the local settlers of Ventura. They were laborers,

farmers, cooks, laundry men, gardeners and and servants. Their many businesses included rooming houses, a barber shop and laundry services. They maintained their language, traditional customs and rituals and found security in the small community they established.

Local Merchants exported marine products and imported Chinese goods across the county. Other contributions of the Chinese immigrants to the local Ventura community included a water flume above the San Buenaventura Aqueduct along Ventura Avenue.

Out of necessity, The Chinese formed the first Fire Brigade in Ventura and it served China Alley and the surrounding neighborhoods. Although there were a few other local Fire brigades, the Chinese Brigade was always the first to arrive and was instrumental in saving many structures in the downtown China Alley area. Discrimination was an issue among local residents of Ventura. It is believed that volunteer residents of local fire brigades refused to put out fires in Ventura's Chinatown area, which necessitate the need for a Chinese fire brigade. Although isolate by the local community, the Chinese fire brigade responded willingly to put out fires in other parts of the county and were, more often than not, the first to arrive.

During the early days of immigration, the people of San Buenaventura welcomed their new Chinese neighbors as an inexpensive source of labor. However, with the incorporation of strict national immigration laws in the early 20th century, a hostile environment forced the residents of China Alley to relocate to other areas.

The population of the Chinese community began to decline in the early days of the 20th century as a result. Discrimination and new immigration laws forced many to go back to their homeland or move further south and east. One discrimination law forbade Chinese American children from attending public schools.

Oxnard was offering employment opportunities for many Chinese workers. As the Chinese settlement of China Alley eventually closed down, many of their homes were razed and store fronts on Main street became modernized.

The early Chinese pioneers to San Buenaventura made great contributions to the growth of Ventura especially in the agricultural industry.

China town disappeared from San

Buenaventura in the 1920's.

Many of the Chinese residents moved down to Oxnard and worked in the sugarbeet factory.

In 2004, Chinese artist Qi Pang and Gun Song You painted a mural in China Alley, honoring Ventura's Chinese and was unveiled on 2004 with over 250 local Ventura residents attending.

Wikipedia

Ventura museum archives

San Buena Ventura mission archives

Ventura Land Trust

Thursday, April 22nd is Earth Day. On Earth Day, we are called to boldly act, innovate, and implement plans in partnership for the planet.

This year, the theme for Earth Day is Invest In Our Planet. Celebrate Earth Day with Ventura Land Trust by volunteering at a clean up or on a restoration project (upcoming opportunities below), or make a financial investment by becoming a member.

Your membership provides core support to help protect and preserve open space, advance habitat restoration efforts, and fund Ventura Land Trust's outdoor education programs. Individual and business members enjoy guided hikes, field excursions, and discounted event entry throughout the year.

Connect to the land and to community. Become a member today.

More information at www.venturalandtrust.org

Help VLT preserve and protect the land, water, wildlife, and scenic beauty of Ventura County as a volunteer. Ongoing opportunities are available each week. In April and May, you can sign up to volunteer for the Gear Garage Sale (sale discounts available for Gear Garage Sale volunteers!) and the Mountains to Beach Marathon.

Sundays & Mondays
8am-10am

Harmon Canyon Preserve Wildlife Habitat Improvement Project (WHIP), invasive plant species removal with WHIP leaders, Kris and Terri.

Wednesdays

10am-2pm

Willoughby Preserve cleanup & restoration with Land Steward Katie Daniels

Fridays

10am-2pm

Big Rock Preserve/Westside preserve restoration with Land Steward Katie Daniels

CITY OF VENTURA

PARKS & RECREATION

Activity Guide

VIEW THE LATEST
CITY CLASSES AND PROGRAMS

www.cityofventura.ca.gov/ActivityGuide

REGISTRATION BEGINS:
April 12, 2022 at 12 pm

CITY OF
VENTURA



Senior Living



Filling out an advance directives apply only if you are unable to make decisions.

Planning for the future after a Dementia diagnosis

If you or a loved one has been diagnosed with Alzheimer’s disease or a related dementia, it may be difficult to think beyond the day to day. However, taking steps now can help prepare for a smoother tomorrow.

Over time, the symptoms of Alzheimer’s and related dementias will make it difficult to think clearly. Planning as early as possible enables you to make decisions and communicate those decisions to the right people.

Advance directives are legal documents that outline your preferences and apply only if you are unable to make decisions. For health care planning, they communicate a person’s wishes ahead of time. Doctors and other providers follow these directives for your medical treatment. There are two main documents that are part of an advance directive:

A living will lets doctors know how you want to be treated if you are dying or permanently unconscious and cannot make your own decisions about emergency treatment.

A durable power of attorney for health care names someone as a “proxy” to make medical decisions for you when you are not able.

If advance directives are not in place
Continued on page 11



Gloria Morales Sales & Marketing Director, Yolanda Moya Regency resident and Ken Mahler Executive Director welcoming visitors.



Jodi Perl picking up a planting kit.

On Thursday, April 14, the Regency Palms Oxnard held an event celebrating National Gardening Day. Visitors were invited to pick up a planting kit and the opportunity to win a gift card. Regency offers Memory Care and Assisted Living accommodations. Located at 1020 Bismark Way in Oxnard. www.regencypalmsoxnard.com.

Photos by Patricia Schallert.



ASSISTED LIVING
MEMORY CARE
SHORT-TERM STAYS

CARE FOR A CAREFREE LIFE

Spend more time enjoying what makes you happy, whether it’s tending to the garden, shopping in town, or going on walks with friends, without compromising your health or safety. We’ll partner together to design a care plan that maximizes energy, minimizes stress, and empowers you to stay active in the things that bring you the most joy.



CALL TODAY TO RESERVE YOUR SPACE!

805-416-0118

Virtual tours available.

1020 Bismark Way | Oxnard, CA 93033

RegencyPalmsOxnard.com

License #: 565850112



SPECTACULAR SPRING SAVINGS!

\$2,995

ASSISTED LIVING PRIVATE STUDIO*

\$3,495

MEMORY CARE SHARED STUDIO*

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

Promotion ends 4/30/22. *Level of Care not included. **First 10 initial & in-person tours will be eligible.



Senior Living



“What’s inside this?”

Inside the brain: The role of neuropathology in Alzheimer’s disease research

By **Nina Silverberg**

Ph.D., director of the NIA Alzheimer’s Disease Research Centers program

Imagine being able to look inside the brain of a person with Alzheimer’s disease and see the changes that are interfering with that person’s thinking, memory, and other important brain functions. Scientists working in the field of neuropathology are doing just that.

Using a variety of methods, neuropathologists view patterns of abnormal protein clusters and

cellular damage in brain tissue under a microscope and through computer-driven imaging. They use that information to characterize the changes that occur in the brain with particular diseases or conditions.

For example, in 1906, the psychiatrist and neuropathologist Alois Alzheimer first identified the abnormal buildup of protein fragments – amyloid plaques and

neurofibrillary (tau) tangles – in the brain tissue of a woman who had died from a previously unknown disease that caused a decline in her ability to think, remember, and speak. This illness was later named Alzheimer’s disease, which is the most common form of dementia. Neuropathologists today continue to actively work on identifying the changes that can be seen in the brain after death and connecting those to symptoms and biological processes observed during life.

Neuropathology is the study of diseases of the brain, spinal cord, and nerves through analyzing tissues removed during autopsy or biopsy. This analysis is central to research on Alzheimer’s disease and other neurodegenerative diseases. Neuropathology researchers look for signs of disease and disease progression and can identify whether changes in the brain are related to the protein accumulations seen in Alzheimer’s disease, like in the image below, or to other underlying causes of dementia.

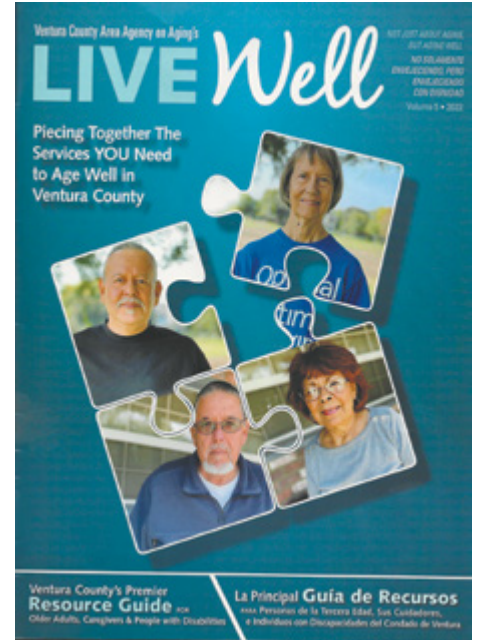
Long before the symptoms of memory loss appear, many molecular and cellular changes take place in the brain of a person with Alzheimer’s. Neuropathology research has been essential in helping to identify these biological changes, called biomarkers, and revolutionizing the methods scientists and doctors can use to diagnose and treat these diseases. For example, 20 years ago, the only sure way to know whether a person had Alzheimer’s was through autopsy. Since then, researchers have developed and tested methods to “see” evidence of protein fragments associated with Alzheimer’s on brain scans, in cerebrospinal fluid, and even in blood while people are still alive. Being able to diagnose Alzheimer’s in the early stages is helping researchers to test new treatments that may slow or stop progression of the disease.

Still, as far as neuropathology has evolved, there is much to learn. For example, not everyone with amyloid plaques and tau tangles – the hallmark signs of Alzheimer’s – will eventually develop this disease. In addition, many people who are diagnosed with Alzheimer’s dementia have evidence of other pathologies in their brain, either instead of or in addition to those associated with Alzheimer’s. What factors influence the development of these different dementia-related pathologies? How can science help to better identify the underlying causes of dementia symptoms, so that we can better diagnose, treat, and prevent dementia? What causes the variability in the rate, severity, and type of cognitive decline among people with Alzheimer’s?

To address these questions and other complexities of dementia diseases, NIA-supported researchers are using the power of neuropathology in both traditional and innovative ways. For example, large studies of healthy adults over many years, new technologies to understand changes in individual brain cells, and collaboration among scientists with different expertise is equipping researchers with the information needed to map the connections between brain changes and risk

factors that lead to dementia.

Neuropathology led to the discovery of Alzheimer’s disease and continues to provide invaluable insights today. NIA supports a wide range of neuropathological research to identify how and why these brain changes happen and to help develop tailored treatment and prevention strategies across diverse populations.



Ventura County Area Agency on Aging’s LiveWell

by **Carol Leish, MA**

LiveWell is not just about aging, but aging well.

“Welcome to the 2022 issue of LiveWell, a resource guide designed specifically with older adults, people with disabilities, and caregivers in mind. The landscape of issues for the populations we serve is continually changing, therefore the Ventura County Area Agency on Aging (VCAAA), is continually creating innovative methods and programs to enhance quality of life and provide options to safely, securely, and optimally age in place.

“This year’s issue focuses heavily on services and programs that are available to Ventura County residents and our continued efforts to respond to the COVID-19 crisis and the growing needs of the populations we serve. We understand how critical it is to have access to trusted information, and we are proud to offer a heavily vetted publication that brings vital resources to the individual we serve.” (Introduction to LiveWell, pg. 4.) VCAAA has changed its focus in order to meet the needs of older adults, individuals with disabilities and their caregivers through this publication. LiveWell debuted in 2017 to replace what was Eldercare. This publication has stories and listings in both English and Spanish.

Many articles and listings in the guide are there to assist people, and their loved ones through some of the challenges that we all face in our quest to maintain independence, which includes advocating for services that you need to live well and age optimally. The various sections in the guide are: Active Living; Caregiving; Community Resources; Transportation; Food Resources; Housing; Medical Services; and, End of Life Information.

LIVE EXTRAORDINARILY AT CYPRESS PLACE.

INDEPENDENT LIVING AT ITS FINEST

Cypress Place ensures that life here is exciting, from well-designed apartment homes to delicious dining and enriching activity offerings. Gather friends together for an afternoon of fun in the game room. Treat yourself to a movie night. Go for a quiet stroll around our picturesque grounds. Maintenance-free living allows you to spend your time how you wish – set free from the task of daily chores and empowered to live extraordinarily.



20% OFF
6 MONTHS
WITH 2ND YEAR
RATE FREEZE

Independent Living only.
Subject to availability.
See management for details.

OFFER VALID THROUGH 4/30/22.

VOTED
BEST
RETIREMENT
COMMUNITY
2020 & 2021!



Cypress Place
SENIOR LIVING

Call Today to Learn More!
805-835-4072

www.cypressplaceseniorliving.com

1200 Cypress Point Lane | Ventura, CA 93003

A MERIDIAN SENIOR LIVING COMMUNITY

Lic # 567609978





Senior Living

LiveWell has been edited by Jannette Jauregui, MSJ. The contributing editor is Teo Nguyen. The graphic designer is GSA Business Support-Creative Services. It has been published by the County of Ventura Area Agency on Aging.

“This guide can be a valuable tool, but remember, it is just that, a guide to help you find various resources,” according to Victoria Jump, Director, Ventura County Area Agency on Aging. “If you have specific questions or need further assistance, don’t hesitate to contact one of our Information & Assistance Specialists to assist you further. They can be reached at (805) 477-7300, 8:00 a.m. to 5:00p.m., Monday-Friday, and are trained to connect you to the multitude of resources available in Ventura County, and can arm you with the information you need to make those important life decisions.

“LiveWell is available at a variety of locations throughout Ventura County as well as directly through the VCAAA office in Ventura. An online version of the guide is also available at: www.vcaaa.org.”

What should I ask my doctor during a checkup?

by National Institute on Aging

Asking questions is key to good communication with your doctor. If you don’t ask questions, he or she may assume you already know the answer or that you don’t want more information. Don’t wait for the doctor to raise a specific question or subject; he or she may not know it’s important to you. Be proactive. Ask questions when you don’t know the meaning of a word (like aneurysm, hypertension, or infarct) or when instructions aren’t clear (for example, does taking medicine with food mean before, during, or after a meal?).

Due to COVID-19, health care providers may offer more telehealth services to keep patients and health care providers safe. You can talk to your health care provider online through video or email, or by phone.

Sometimes, doctors need to do blood tests, X-rays, or other procedures to find out what is wrong or to learn more about your medical condition. Some tests, such as Pap tests, mammograms, glaucoma tests, and screenings for prostate and colorectal cancer, are done regularly to check for hidden medical problems.

Before having a medical test, ask your doctor to explain why it is important, what it will show, and what it will cost. Ask what kind of things you need to do to prepare for the test. For example, you may need to have an empty stomach, or you may have to provide a urine sample. Ask how you will be notified of the test results and how long they will take to come in.

Questions to ask your doctor before a medical test

- Why is the test being done?
- What steps does the test involve?
- How should I get ready?
- Are there any dangers or side effects?

How will I find out the results?
How long will it take to get the results?

What will we know after the test?

When the results are ready, make sure the doctor tells you what they are and explains what they mean. You may want to ask your doctor for a written copy of the test results. If the test is done by a specialist, ask to have the results sent to your primary doctor.

Can I find information about medical tests online?

Yes—there is a lot of information online about medical tests. The National Library of Medicine’s MedlinePlus website provides links to many trustworthy resources. You can get information on preparing for lab tests, explanations of different tests, and tips on interpreting lab test results.

A diagnosis identifies your disease or physical problem. The doctor makes a diagnosis based on the symptoms you are experiencing and the results of the physical exam, laboratory work, and other tests.

Ask the doctor to tell you the name of the condition and why he or she thinks you have it. Ask how it may affect you and how long it might last. Some medical problems never go away completely. They can’t be cured, but they can be treated or managed.

Questions to ask your doctor about your diagnosis

- What may have caused this condition?
- Will it be permanent?
- How is this condition treated or managed? What will be the long-term effects on my life?

How can I learn more about my condition?

Understand your medications

Your doctor may prescribe a drug for your condition. Make sure you know the name of the drug and understand why it has been prescribed for you. Ask the doctor to write down how often and for how long you should take it.

Make notes about any other special instructions. If you are taking other medications, make sure your doctor knows what they are, so he or she can prevent harmful drug interactions. Check with your doctor’s office before taking any over-the-counter medications.

Let the doctor know if your medicine doesn’t seem to be working or if it is causing problems. If you want to stop taking your medicine, check with your doctor first.

Get answers to commonly asked questions about medicines and learn more about how you can save money on costly prescriptions.

Don’t hesitate to ask the doctor about the cost of your medications. If they are too expensive for you, the doctor may be able to suggest less expensive alternatives. You can ask if there is a generic or other less expensive choice. You could say, for instance: “It turns out that this medicine is too expensive for me. Is there another one or a generic drug that would cost less?”

For more information about questions to ask the doctor Centers for Disease Control and Prevention (CDC)
800-232-4636
888-232-6348 (TTY)
cdcinfo@cdc.gov
www.cdc.gov

Planning for the future

Continued from page 9

and a patient can no longer speak for him or herself, someone else will need to make medical decisions on their behalf. Talk to your family, friends, and health care providers about what types of care you would want. It can also be helpful to talk with your doctor about common problems associated with your condition.

Advance directives for financial planning are documents that communicate the financial wishes of a person. These must be created while the person still has the legal capacity to make decisions. Three common documents are included in a financial directive:

A will specifies how a person’s estate — property, money, and other financial assets — will be distributed and managed when they die. It may also address care for minors, gifts, and end-of-life arrangements, such as funeral and burial.

A durable power of attorney for finances names someone who will make financial decisions for you when you are not able.

A living trust names and instructs someone, called the trustee, to hold and distribute property and funds on your behalf when you are no longer able to

manage your affairs.

Lawyers can help prepare these documents with you and your family members. A listing of lawyers in your area can be found on the internet, at your local library, through a local bar association, or by contacting the National Academy of Elder Law Attorneys.

As symptoms progress, long-term care may be needed. People diagnosed with Alzheimer’s or a related dementia and their family members should begin planning for the possibility of long-term care as soon as possible. Geriatric care managers, often nurses or social workers, can work with you to create a long-term care plan.

Start discussions early with your family members.

Put important papers in one place and make sure a trusted person knows where.

Update documents as situations change.

Make copies of health care directives to be placed in all medical files.

Give the doctor or lawyer advance permission to talk directly with a caregiver if needed.

Planning now will help you and your loved ones later when symptoms of Alzheimer’s or a related dementia worsen.



YOUR LOCAL INSURANCE RESOURCE CENTER

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

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

GARDEN TOUR

2022

5 FABULOUS GARDENS ON THE 1st OF MAY

NOON to 4 PM

plus Artists • Boutique • Music • Raffle • Refreshments

Tickets

\$25



Please scan or visit
lmvna.org/gardentour

Tickets and Sponsorships available at lmvna.org/gardentour or by calling (805) 642-0239 ext. 641

Benefiting

Livingston Memorial

Visiting Nurse Association & Hospice

Grief & Bereavement Services



This 'n' That



Gene Haas Foundation donates \$25,000 to SEEAG.

SEEAG staff members give presentations at schools throughout Ventura County

The Gene Haas Foundation has made a \$25,000 grant award to Students for Eco-Education and Agriculture (SEEAG) to support SEEAG's STEM Career Pathways in Agriculture programs. The programs are provided at no cost to schools and are designed to teach middle and high school students about technology and science-driven agricultural careers.

SEEAG staff members give presentations at schools throughout Ventura County providing an overview of agriculture, ag career opportunities and the latest technologies and innovations that are impacting the industry. Online presentations are also available.

"Most of us don't think of agriculture as a cutting-edge industry, but science and technology play a key role in producing the huge quantities of food needed to feed a hungry world," says Mary Maranville, SEEAG founder and CEO. "SEEAG educates, inspires and empowers local students to consider careers in agriculture. The generous Haas Foundation donation will help SEEAG spread the word about the myriad of ag career opportunities including those right here in Ventura County."

Science, technology and math-based ag careers include horticulture, food safety, biology, seed and pollination science, food chain management, accounting, industrial engineering and farm administration.

"By supporting organizations such as SEEAG and their focus on youth STEM programs, we understand this is the first step in educating and empowering our youth to a future in manufacturing careers," says Kathy Looman, director of education and Gene Haas Centers naming rights. "In 2021, the Gene Haas Foundation provided more than \$18.5 million in grants towards education and another \$3 million to the communities Haas businesses are located. Bringing the total grants awarded since inception to about 4,500 organizations and schools to more than \$120 million. We are committed to continuously supporting these same schools and organizations as well as adding additional organizations and schools annually."

For more information about SEEAG's career pathways programs and to sign up for a presentation, go to <https://www.seeag.org/steamcareersinag> or contact Seth Wilmoth, program educator, at Seth@seeag.org.

Founded in 2008, Students for Eco-Education and Agriculture (SEEAG) is a nonprofit organization that aims to help young students understand the origins of their food by bridging the gap between agriculture and consumption through its agricultural education programming. SEEAG's "The Farm Lab" program based in Ventura County teaches schoolchildren about the origins of their food and the importance of local farmland by providing schools with classroom agricultural education and free field trips to farms. Through this and other SEEAG programs, over 60,000 elementary school students in Central and Southern California have increased their understanding of the food journey. For more information, visit www.seeag.org or email Mary Maranville at mary@seeag.org.

The Gene Haas Foundation was established in 1999, by Haas Automation, Inc., Founder and CEO Gene Haas. For more information visit <https://ghaasfoundation.org>.

7th-12th Grade students will present their proposals to reduce their schools' environmental footprint

On Thursday May 5th, approximately forty 7th-12th-grade students from Ventura Unified School District (VUSD) will be presenting their environmental business proposals to a panel of judges. Students had the option of choosing a project from 4 categories: water conservation, energy

efficiency, waste reduction at their school campuses, or to inform their communities about the benefits of removing the relic Matilija Dam from the Ventura River. The event will take place at the Museum of Ventura County, in downtown Ventura, from 4 -7 pm. The keynote speaker for the event is Chipper Bro, Entrepreneur, Environmental Advocate, and professional Surfer.

The event will begin with the 50 finalist teams presenting to a panel of judges who will rank the proposals based on merit and cost effectiveness. After presentations, the Ventura Unified School District will award cash or in-kind prizes to the young authors with the top environmental business proposals in each category. The EECCOA Challenge Awards Ceremony is the culmination of the 9 month-long Ventura Action Network (V-RAN) Program administered by VUSD in partnership with the MERITO Foundation. The following schools are participating in the 2021-2022 V-RAN program: Buena High School, Anacapa Middle School, Ventura High School, Foothill High School; Balboa Middle School, Cabrillo Middle School; and Sunset K-8.

In addition to the EECCOA Challenge, the Ventura Action Network (V-RAN) Program provides professional development field training, webinars, science curriculum and stipends to science teachers, as well as, environmental monitoring experiences for their 600-750 middle and high school students at Ventura River watershed and the coast.

The MERITO Foundation is a 501(c) 3 nonprofit organization based in Ventura, CA, dedicated to protecting the ocean by facilitating education, conservation and scientific research opportunities to multicultural youth and their communities.

The EECCOA Challenge empowers students to be environmental entrepreneurs by providing them with the tools to understand climate change, ocean acidification, drought and wildfires and address these issues with money saving project proposals for their school campuses. Students are also given the option to develop awareness campaigns that inform and involve their communities.

Rising From the Ashes: Home Tour

The 2017 Thomas Fire caused devastation, but not defeat. On Saturday, April 30, Noon - 4:00pm 2022, the strength, and resilience of Ventura will be displayed at the Rising From the Ashes home tour. The event will feature a select number of beautifully rebuilt homes. This tour will be hosted by the Ventura County Library Foundation.

The homes' distinctive and unique architecture captures the majestic views from the Ventura hills, while new landscaping embraces fire mitigation measures. Modern, Spanish Revival, Island Contemporary and Craftsman-style homes will be on display along with décor from some of the area's finest interior designers. Six unique homes are on the inaugural

home tour, staffed by volunteer docents. Each home features a different story of the Thomas Fire's impact on county residents, but they also display the unified resolve to rebuild and hope for the future.

Tickets are \$40 and available from the Foundation's website at www.vclibraryfoundation.org. Proceeds will benefit the Ventura County Libraries. Library programs that directly benefit from this event include: Lunch at the Library, One County - One Book, STEAM Kits and the Mobile Library.

City Council City Manager Alex McIntyre receives a pay increase

Based upon a new contract, approved 6-1 by the City Council, City Manager Alex McIntyre received a 2% pay raise. It also includes a merit increase that brings McIntyre's annual salary to more than \$280,000.

When McIntyre was hired in 2018, he received an annual salary of \$255,000. In 2020, he made \$269,022 and \$79,659 in benefits, making him the fourth highest paid city manager in Ventura County. Other city manager salaries:

Simi Valley City Manager Brian Gabler earned \$280,970 and \$31,041 in benefits.

Moorpark's Troy Brown earned \$237,193 and \$73,017

Thousand Oaks City Manager Drew Powers earned \$318,134 and \$93,849 in benefits.

Oxnard City Manager Alex Nguyen earned \$299,142 and \$46,963 in benefits.

Ventura Veterans of Foreign Wars Post 1679

The Ventura VFW Post serves all branches of the US Military, local veterans and community. The Post is a 501(c)(19) non-profit organization. IRS #95-2425319.

Approximately 300 former Combat Veterans are members at the Ventura Post. "Friday Dinners" are served to members and guests every Friday 1730 - 1900 (5:30pm-7pm). Menus and prices change from week-to-week (Lasagna, Tri Tip, Rib Eye Steak & More) and start at only \$12 for entree plate plus salad, dinner rolls and dessert. Full Bar offerings are also available.

Event Hall available to rent for a donation starting at \$400 on up depending on activity:

Event Hall is 2,800sf for up to 250 guests 1,400sf Dining Room

Support your Local Vets by supporting Post 1679. All donations are welcome. For more information contact House Committee Chairman, Wally Valentine.

3801 Market Street, Ventura, (805) 642-2674. VFW1679.com Post1679@gmail.com



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 Hit and Run Investigation UPDATE

On April 11, Ventura Police Collision Investigators and Street Crime Detectives located a vehicle in the City of Oxnard believed to be related to this collision with a pedestrian. Investigators impounded the vehicle and have authored multiple search warrants related to the vehicle and a person of interest.

This criminal investigation is on-going, and more information will be released when it is available.

On April 10, at approximately 12:30 am, the Ventura Police Department Command Center received a call regarding an injured male lying on his back in the area of Thompson Blvd., and Ash St. Ventura Police Patrol Officers responded and found an unconscious 30-year-old male with a head injury. Paramedics arrived shortly after officers and pronounced the male dead at the scene.

During the investigation, officers determined that the victim was walking north across Thompson Blvd. at the intersection with Ash St. and was struck by a silver sedan traveling westbound. The vehicle fled the area after the collision and was not located. The Ventura Police Department Traffic Unit responded to handle the investigation. Anyone with information regarding this incident is asked to contact Officer Chris Wilson at 805-339-4366.

Robbery with Arrests

On April 10, at approximately 8:50 pm, the Ventura Police Command Center received a call of a robbery that had occurred on the bike path south of Peking St.

Investigating officers determined that a group of five suspects attacked the victim and stole his bicycle. When the victim tried to retrieve his property, three of the five suspects brandished knives at him.

A responding VPD officer observed three possible suspects on the Ventura Promenade and was able to detain one while the other two suspects fled. The detained suspect was found to be a male juvenile and was positively identified as one of the robbery suspects. He was arrested and booked into juvenile hall for Robbery, Carrying a Concealed Dagger, and Conspiring to Commit a Crime.

Less than two hours later, the same officer saw the two suspects who fled from him during the original call. They were walking in the area of Mission Park and fled again when they observed the officer. The officer was able to detain both subjects after a short chase. They were positively identified by the victims and witnesses. Both of these suspects were arrested for Robbery and Conspiring to Commit a Crime. Both were booked into juvenile hall.

There were no injuries to the victim, officers, or suspects as a result of these incidents.

This investigation is ongoing and anyone with any information is urged to contact the Ventura Police Major Crimes Unit at 805-339-4444 or Watch Commander at 805-339-4416.

Shooting with Multiple Victims UPDATE WITH ARREST

During this investigation, the Ventura Police Department had processed the

crime scene for evidence and had served numerous search warrants which led to the development of the suspect in this case. A suspect, 24-year-old June Glandros, was linked to the commission of this crime.

Glandros was located in Thousand Oaks and was taken into custody without incident. Glandros was transported to Ventura and was booked into Ventura County Jail on three counts of attempted murder with a firearm as well as possession of a firearm by a prohibited person.

Glandros was currently out on bail for charges of possession of an unlawful weapon while on bail and also out on bail for assault with a deadly weapon with a firearm.

On April 11, at approximately 4:40 pm, the Ventura Police Command Center received a 911 call of a shooting victim in the 2700 Block of Sherwin Ave.

Responding officers arrived on scene within two minutes of the call and located three subjects suffering from gunshot wounds.

The ensuing investigation revealed that there was an altercation inside a business which ended up with all involved parties outside. One suspect fired multiple rounds striking three victims, two females and one male, two of the victims were struck in the torso (male and female) and one victim (female) was struck in the arm.

The suspect fled in an unknown type of vehicle and was not located. Two victims were treated by Ventura City Fire and transported to the Ventura County Medical Center with life threatening injuries. The third victim was transported to Los Robles Hospital with non-life-threatening injuries.

Major crimes detectives are at the location processing the scene for physical evidence and gathering witness statements.

This investigation is continuing and anyone with information about this incident is requested to call Detective Sergeant Bill Dolan at 339-4444 or the Watch Commander at 805-339-4416.

Harbor Patrol Blotter

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

4-01 4:03pm, received report of a dead sea lion near the South Jetty on Harbor Cove. Officers investigated, found the mammal and contacted CIMWI for removal.

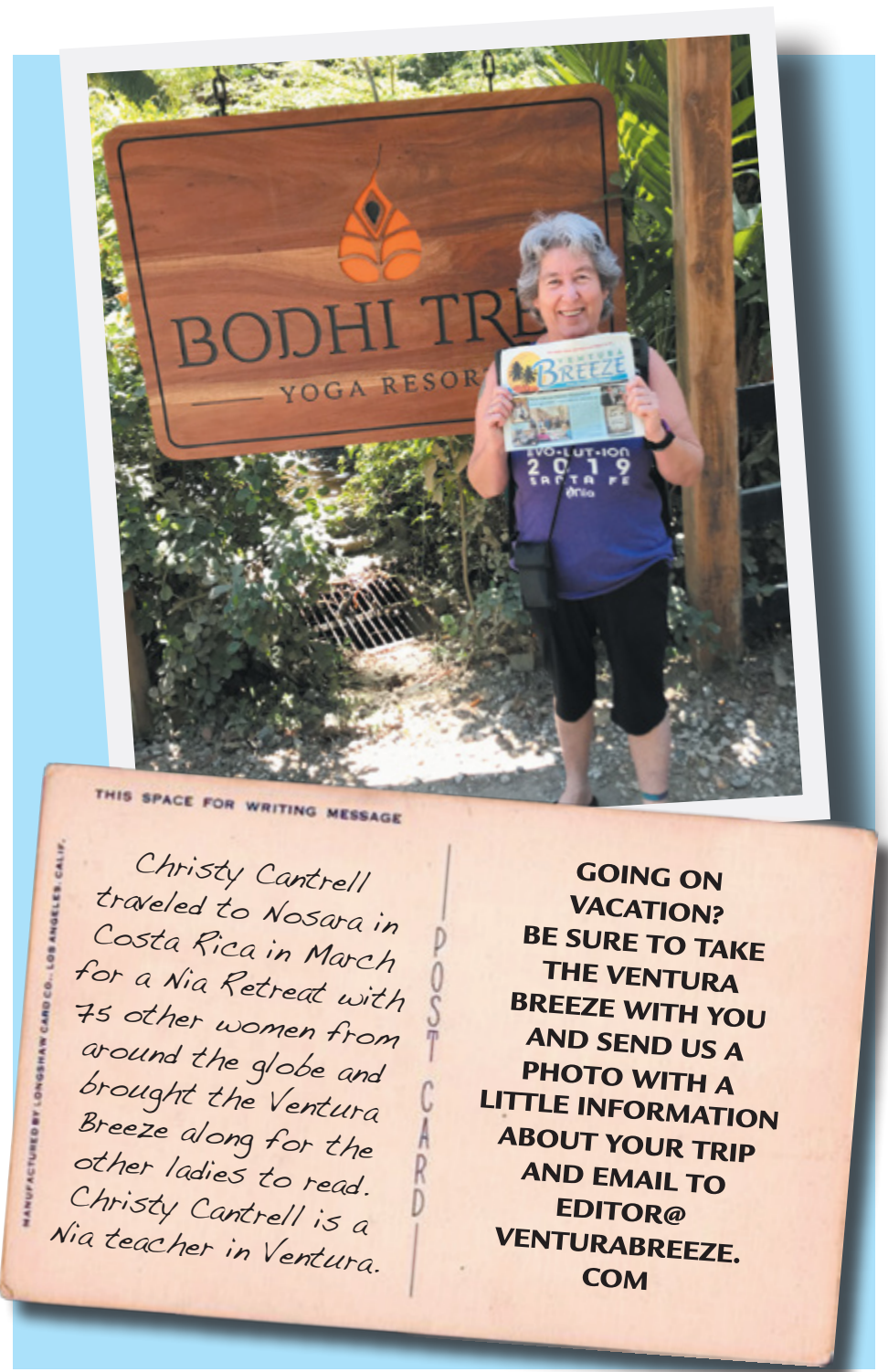
4-02 7:30am, observed transients setting up a "lean-to" near the Santa Clara Rivermouth breach. Officers contacted and had individuals remove shelter.

11:30am, officers conducting training for two new Harbor Patrol Officers. Practicing close quarters maneuvering with the Fireboat and RWC.

4-03 10:30am, received report of a vessel emitting excessive amount of smoke in the mid portion of the harbor, possibly on fire. Officers responded, found the violator near the launch ramp. The vessels exhaust was large, but no fire aboard. Advised to mitigate the issue, if possible, probably some bad fuel.

4-06 1:55pm, dispatched to trash can fire on Harbor Blvd. Officers responded with VFD to a male arsonist walking down Harbor. VPD responded to investigate.

3:38pm, dispatched to an injured person in the Ventura Marina Community. Officers responded and assisted VFD/



VPD with the call. The individual suffers from Dementia and calls regarding physical abuse regularly.

4-07 1:37pm, officers observed a vehicle with expired parking permit and registration tags at the launch ramp. Officers issued a parking citation, warning for reg.

4-08 5:43am, dispatched to an unknown medical at 1363 Spinnaker, VIM parking lot. Officers responded with VFD/AMR to a man down on the promenade. A 50 y/o male was deceased with signs of rigor mortis. VPD took over the investigation.

4-09 6:22am, observed NWS issued Small Craft Advisory. Raised warning pennant.

8:17am, dispatched to vegetation fire near McGrath. Assisted VFD with location and best access to the fire for responding units.

9:30am, Ventura Yacht Club fired blank cannon shotto celebrate opening day.

9:04pm, received report of a vessel listing

in VHV commercial docks. Officers responded, investigated and found the vessel had water in the Port fish hold.

4-10 12:15am, monitored a fire at McGrath, officers were on patrol and headed that direction. After investigation, determined it was a flare up from yesterdays fire.

6:19am, observed NWS issued Small Craft Advisory, raised warning pennant.

10:55am, received complaint that 3 dogs were locked in a vehicle at Harbor Cove. Officers investigated, but were unable to locate the vehicle.

1:20pm, while on patrol in truck, officer observed two swimmers caught in a rip current at Surfers Knoll. One officer responded from vehicle, one from the Fireboat. One of the victims was unconscious when brought to shore. Officers performed first aid and patient was eventually released at scene.

6:35pm, received request to place a catheter, officers advised not trained at that.

Weekly SUDOKU
Answer

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

King Crossword
Answers
Solution time: 23 mins.

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



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 have any of these items you no longer use. SPAN Thrift Store regularly provides \$10 spay and neuter clinics for low-income households for cats and dogs. Three upcoming clinics are Thursday, May 5th at 2820 Jourdan St., Oxnard; Tuesday, May 10th in the parking lot of Shiells Park, 649 C St., Fillmore and Tuesday, May 24th, also in the parking lot of Shiells Park. Please call to schedule an appointment (805) 584-3823.

The loss of a loved one can have a profound impact on humans, affecting everything from sleep patterns to appetite. Now researchers say they have found similar behavior changes in dogs who have lost a canine companion. While the team say it is not clear if the findings can be described as grief, they say the work potentially indicates an overlooked welfare issue.

Dr Federica Pirrone of the University of Milan, who is one of the study's authors, said: "Dogs are highly emotional animals who develop very close bonds with the members of the familiar group. This means that they may be highly distressed if one of them dies and efforts should be made to help them cope with this distress."

Expressions of grief are not unique to humans: great apes, dolphins, elephants and birds are among species that have been observed to take part in rituals around death and appear to mourn.

Writing in the journal *Scientific Reports*, Pirrone and colleagues describe how they analysed the responses of 426 Italian adults who completed a "mourning dog questionnaire" online to investigate how canines experience grief.

All of the participants had experienced the loss of one of their dogs while at least one other dog was still alive, and the questionnaire looked at the behaviour and emotions of the owner and their surviving dogs after the death.

The results reveal that 86% of owners said their surviving dogs had shown behavioural changes after the death of another canine in the household.

Pirrone said: "Overall, dogs were reported to play and eat less, sleep more and seek more for owners' attention." She said the results did not appear to be affected by the level of attachment between the owner and their dog or whether they humanised their pets, suggesting the owners were not simply projecting their grief.

The team said the changes did

not turn out to be linked to how long the dogs had lived together or whether the surviving dogs had seen the corpse. The researchers said there were a number of possible explanations for the findings, including that the death may have disrupted shared behaviors for the surviving dogs.

"In support of this hypothesis we found that if dogs used to share food during life, the surviving dog was more likely to reduce her/his level of activities and sleep more after the loss," the authors wrote.

The results also revealed behavioral changes were stronger for dogs that were reported to have had a friendly relationship with the animal that had died, or who had been their parent or offspring.

Pet scams by Shawndrea Thomas

Pet scams are on the rise and the Better Business Bureau has a warning for anyone looking to buy online. Cats, dogs, and birds, you name it, scammers are working overtime to get your money. Denisse Alvarez with the BBB of Southern Arizona says scams are growing by the day and victims are losing thousands of dollars online.

"We've seen up to \$5,000. It is something that we have seen increase during the pandemic, and it continues we get calls about it all the time," Alvarez said. "They are selling them for an unbelievable price and people are thinking oh this breed is thousands of dollars and I'm getting it for \$500."

Thieves are preying on those who have spent a lot of time alone during the pandemic and want companionship. One red flag is an excessive line of questioning about where the animal is going. Scammers use this tactic to gain a buyers trust while giving victims a false sense of security.

"Research shows that 80% of those ads are fake," Alvarez said. "They are sponsored ads, so they put in money to get the sponsor ad out there on social media."

Alvarez says victims send in a down payment, then suddenly the fake seller is asking for more money to pay for hidden charges like travel and veterinarian fees, fees that start to stack up for a pet that never arrives or doesn't exist. "People fall in love with those pictures, and they start sending money," Alvarez said. "The ads that they see online are really enticing for them to pay a low price for the type of breed that they want to get."

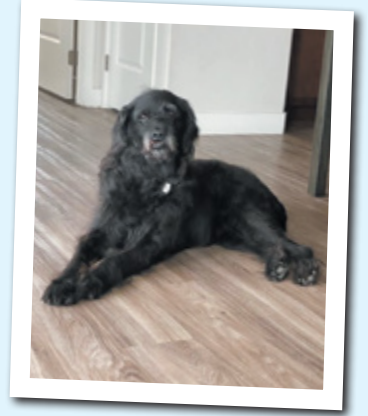
The faces of dogs have evolved over tens of thousands of years to make them more appealing to humans, unlike the wild wolves they descended from, a new study suggests.

The research shows that the facial muscles of dogs have a much higher proportion of "fast-twitch"

Scamp Club

(Scampclub pets are not for adoption.)

Doodles is a spirited older gentleman dog who defends his home enthusiastically. Doodles has been a faithful companion on many long hikes in the Rockies and has always found his way home even when he was thought lost. He has a charmingly unconventional smile.



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.

muscle fibers than wolves, and scientists think this lets dogs more effectively communicate their feelings to their owners.

The same researchers were involved a few years ago in the discovery that dogs have developed a muscle above their eyes that they use to make their eyes look larger and create that endearing "puppy dog eyes" expression. That study found that the muscle was undeveloped in wolves, which suggests that "puppy dog eyes" is something dogs have evolved specifically to manipulate people.

Taken together, the muscle changes suggest dogs' faces have evolved anatomically to improve their connections with people, said biological anthropologist Anne Burrows, a professor of physical therapy at Duquesne University in Pittsburgh and the leader of the project.

"It's quite a remarkable difference between dogs and wolves," she said. "They just don't move their faces in the same way."

Burrows and animal physiologist Kailey Omstead, a colleague at Duquesne, presented preliminary findings of their research at the Experimental Biology 2022 meeting in Philadelphia.

They found that the muscles in dogs' faces are 66 percent to 95 percent fast-twitch fibers, while wolves average about 25 percent.

The muscles of all mammals, humans and dogs included, are made of millions of fibers of a protein called myosin. Each muscle has a mix of fast-twitch fibers that contract quickly but are fast to fatigue, and slow-twitch fibers that are slower to contract but don't tire as fast.

The muscles in human faces are dominated by fast-twitch fibers, so we can express thoughts on our faces in an instant, but not for long.

By Tom Metcalfe

With spring planting in full swing, gardeners should keep in mind that not all plant varieties are safe for pets. In fact, some are deadly and should be avoided if there are

pets in the household.

Choosing the right plants to make our gardens bloom but also be safe for pets can be a daunting task – some plants are toxic for dogs but not cats, and vice versa, so it is important to do your homework before choosing what to plant.

Some of the most common poisonous plants that should be avoided for pets include:

SAGO PALM: Also known as the Palm Sunday palm, these plants are widely popular in our area, especially this time of year. The entire plant, and the seeds in particular, contain a potent toxin called cycasin that can be fatal, even if the animal only eats a single seed.

Ingestion of any part or amount of this plant warrants immediate emergency veterinarian treatment. Symptoms include drooling, vomiting, diarrhea, lethargy, loss of appetite, abnormal fluid accumulation in the abdomen, abdominal pain, jaundice and black-tarry stool. A dog may also experience weakness, seizures, tremors and severe liver failure. Even with aggressive treatment, the survival rate is about 50%.

AZALEAS: Ingesting even a few leaves can cause serious issues such as upset stomach, drooling, loss of appetite, weakness and leg paralysis, and in some cases, coma or death.

HYDRANGEAS: These are poisonous to cats, dogs and horses. All parts of the plant are toxic because they contain cyanogenic glycoside. Signs of ingestion include diarrhea, vomiting, lethargy, confusion and depression.

BIRDS OF PARADISE: Toxic for both dogs and cats, they also can be fatal for rabbits. They can cause intense burning and irritation of mouth, tongue and lips, excessive drooling, vomiting, diarrhea, difficulty swallowing and loss of coordination is possible.

With spring planting in full swing, gardeners should keep in mind that not all plant varieties are safe for pets. In fact, some are deadly and should be avoided if there are pets in the household.

SPAN Thrift Store

SPAY/NEUTER ANIMAL NETWORK

Requesting Donations of Clothing, Tools and Small Kitchen Appliances

WE ARE OPEN!

10am - 4pm Tues, Thurs & Sat

Call us today!

805.641.1170 110 A & B N. Olive St., Ventura CA 93001 www.spanonline.org

\$10 Low/No Income Spay & Neuter
Tuesday, May 5th
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, May 10th
Shiells Park parking lot.
649 C Street, Fillmore, CA 93015
Must call for appointment (805) 584-3823



The Pet Page

Forever homes wanted

Hi: I'm Rascal, a handsome Shepherd X in need of a new home. I was rescued from a shelter in LA and I'm thankful to be given a second chance at finding my forever home. I'm shy and will not come up to you right away. It will take a couple of visits to gain my trust. The CARL volunteers are working with me daily and I've shown progress. I walk great on leash and volunteers enjoy taking me out. I enjoy going on the walks too and playing with my ball. I just need to be shown I don't have to be afraid. I'm more comfortable with females than males. The best home for me is in a quiet adult only home with someone patient and loving. If you're interested in meeting me, please fill out an online application for review. Canine Adoption and Rescue League C.A.R.L.



Opie is a mild-mannered 9-year-old German Shepherd. He's super sweet and not reactive to other dogs. So, if you have another dog, they would likely get along. He came in with some skin issues, but with the help of our top-notch veterinary team, he is doing much better and his fur is growing back nicely. If you're interested in adopting Opie, please visit www.vcas.us/adopt to learn about our adoption process.
Animal ID: A790937

This 'n' That



Jenna started with VPD in March of 2015 as a police cadet.

Jenna Wolverton honored as Dispatcher of the Year

Each year during the second week of April, the Ventura Police Department (VPD) recognizes National Public Safety Telecommunicators Week, bringing well deserved attention and recognition to the first responders who are a vital part of the public safety team.

"This year we recognize Jenna Wolverton as our Dispatcher of the Year! Jenna is the epitome of a team player, handles high priority calls with ease, and is a skilled Communications Training Officer (CTO) who demonstrates patience and a desire

to effectively train and mentor," said Communications Center Supervisor, Sergeant Tim Ferrill. "She is a true asset to our agency and is a worthy recipient of this award."

Jenna started with VPD in March of 2015 as a police cadet and during her time as a cadet, explored various law enforcement career options. She was hired as a dispatch trainee in May 2016 and has faithfully served Ventura since.

"I am extremely proud of our team of dispatchers who play a key role in serving Ventura," said Police Chief

Ventura Executive Suites

701 E. Santa Clara Street

Ventura CA., 93001

(805) 653-2381



Ventura Executive Suites

Email: info@venturaexecutivesuites

Ventura Executive Suites

Website: venturaexecutivesuites

One Month FREE*!!

**on select units*

On behalf of the tenants at Ventura Executive Suites, we would like to welcome you to stop by and come on it to our

Meet and Greet!

Enjoy some food, drinks, and network with other businesses.

When: Thursday, April 21st @ 4:00 PM

Where: 701 E. Santa Clara St., Ventura CA., 93001

Don't forget to bring your business card and marketing tools!

Ventura Executive offers fully furnished office spaces in a prime location located in Downtown Ventura. We offer FREE phone & Internet on a one year lease, mail services, conference rooms, 24/7 access, tenant parking PLUS MORE!!

Move In Special: \$499 a Month*

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

I can help you with that!



ADELA TRAINOR

DRE 01985025

805.701.7694

TEAMTRAINOR12@GMAIL.COM

BERKSHIRE HATHAWAY | California Properties HomeServices



Darin Schindler. "They are highly trained professionals who provide life-saving instruction, calm callers in dangerous situations, multi-task under stressful conditions, and keep our officers apprised of vital information. Emergency response is truly a team effort that starts when a call is answered."

VPD is the first answering point in the community for all emergency calls, including police, fire, and emergency medical services. In 2021, Ventura Police public safety dispatchers received 68,000 911 calls, which is about 240 calls for service each day. Additionally, VPD dispatchers generated 86,000 calls for service, and dispatched over 135,000-unit

responses ranging from life-threatening priority calls to disturbance and investigative calls.

In the last year, VPD received grant funding to provide a new community service called "Text to 911," which allows the community to send a text when they're unable to make a phone call.

Currently, VPD has 17 public safety dispatchers who have completed a rigorous 6-12-month academy, with an additional two people in training.

In 2020, public safety dispatchers were reclassified as "first responders," further recognizing their crucial work in providing emergency assistance to the community they serve.





by Pam Baumgardner
VenturaRocks.com

The historic Olivas Adobe will once again host Music Under the Stars on Friday nights from July 9 – August 27. There are a number of tribute bands such as Savor, tribute to Santana on July 16, Dark Desert Highway, tribute to the Eagles on August 13 and 4 Lads from Liverpool, tribute to the Beatles on August 20. Tickets are only \$20, and an extra \$25 to reserve a table. Tickets go on sale May 2 at www.cityofventura.ca.gov/MUS.

Ojai Music Festival's 2022 season has been announced and will run June 9 to June 12. For scheduled performances and ticket information, go to OjaiFestival.org.

Ventura Music Hall will be launching their Friday night Golden Hour series featuring mostly local tribute bands from May 13 through June 24. Lined up are Twisted Gypsy, Sgt. Pepper, Black Crystal Wolf Kids, Ridin' the Storm Out and Doin' Time.

There will be a Ukrainian Relief benefit brunch featuring live music by The Cover Girls & Friends, Breaking Bored, and Misunderstood at the Ventura Harbor Comedy Club on Sunday, May 1. All proceeds going to the Ukrainian relief charity of your choice. For more information and to reserve your spot, call Rosa Carbajal at (805) 827-2306.

Salzer's Records will host a Meet and Greet with Think: X on Saturday, April 23 featuring bandmates Norwood Fisher (Fishbone), Stephen Perkins (Jane's Addiction), Scott Page (Pink Floyd), and Kenny Olson (Kid Rock) who will be stopping by on Record Store Day to promote Think: X, An Exploration of the Music of Pink Floyd. Think: X performs at Oceanview Production Studios in Port Hueneme later that evening.

Rock-n the Streets is free and happening on Saturday, April 23 at Casa Agria Specialty Ales located at 701 N. Del Norte Blvd in Oxnard with performances by Omega Nova, Stellar Ruins, NoSilence, Sunjelly, Crawdads and the Panes.

Just a few shows lining up at Libbey Bowl include the Musical Box performs Genesis on May 22, Stephen Percy of Ratt on July 8, Former members of Oingo Boing on July 16, ABC on July 17, the Zombies on July 22, Bruce Hornsby and the Noisemakers on August 5, Mark Farner's American Band acoustic show on August 6 and Michael Feinstein on August 27.

Quick Notes: The Twist on Main hosts Muse on Main: a benefit concert for Musicians on a Mission on Saturday, April 23 with Dr. T and the Blues Criminals; Tom Scott (the Blues Brothers, LA Express) plays the Grape on Friday, April 29; Kyle Smith is back in town with full band at the Six Chow House on Friday, April 29; Agent Orange plays Gigi's on Friday, April 29; and new music out: Rain Perry's a White Album, Shaky Feelin' Brand New Day and Night Demon's Year of the Demon (2020 singles compilation).

Do you have any music-related news or upcoming shows you want help publicizing? Please send all information short or

long to Pam@VenturaRocks.com, and for updated music listings daily, go to www.VenturaRocks.com.

Music Calendar

For more up-to-the-date listings, additional times and genres go to VenturaRocks.com

A Bar Called Country

211 E. Santa Clara Street, Ventura

Music 9 pm – 12:30 am
Fri 4/29: Medicine Hat, Losers Losers Birmingham

Sat 4/30: The Mighty Cash Cats

Boatyard Pub

Ventura Harbor

Wednesdays: Frank Barajas
Thursdays: Jim Friery; then Bluegrass Jam

Tues 4/26: Karen Eden w/ Bill Macpherson

Café Fiore

66 S. California Street, Ventura

Wed 4/20: Donna Greene
Fri 4/22: Self Righteous Brothers
Wed 4/27: Edgar Thatcher
Fri 4/29: Instone

Sat 4/30: Fabulous Hangovers

Cantara Cellars

126 N. Wood Road, Camarillo

Fri 4/22: Cadillac Zack presents Paulie Cerra Band
Sat 4/23: Ray Jaurique
Fri 4/29: Cadillac Zack presents Chris Cain

The Cave

4435 McGrath St., Ventura

Music 5:30 – 8:30
Wednesdays & Thursdays: Bobby Apostol
Fridays & Saturdays: Warren Takahashi

Copa Cubana

Ventura Harbor Village

Tuesdays: Blues Tuesdays
Sat 4/23: Teresa Russell

The Deer Lodge

2261 Maraicopa Hwy, Ojai

Thurs 4/21: Salty Strings
Fri 4/22: Austin Vallejo
Sat 4/23: Village Idiots, Stepmother, Pink Mist

Fri 4/29: Corey Highberg

Downtown Ventura Main Street

Stage

California & Main

Fri 4/22: Brandon Ragan
Sat 4/23: Tribal Me
Sun 4/24: Jim Friery, Ruby Skye
Fri 4/29: Brandon Ragan
Sat 4/30: The Furious Season
Sun 5/1: Sepiatone

Four Brix Winery

2290 Eastman Ave., Ventura
Music Fridays 6-8 pm; Saturday 1 – 3:30 pm
Fri 4/22: Midlife Crisis
Fri 4/29: The Brix Brothers

The Garage

1091 Scandie Ave., Ventura
Sundays: DJ Aslo
Wednesdays: Blues Jam
Sat 4/23: Fallen Saints
Fri 4/29: Mikey & Swingin' Johnny
Sat 4/30: The Remedies

Gigi's Cocktails

2493 Grand Avenue, Ventura
Fri 4/29: Agent Orange, Love Canal, Last

Point, the Robot Uprising

The Grape

2833 E. Main Street, Ventura

Tuesdays Jazz Jam
Sat 4/24: Paul McCallum & Friends
Wed 4/27: Sean Riddle Quartet
Sat 4/30: Barrelhouse Wailers

Keynote Lounge

10245 E Telephone Rd, Ventura

Thursdays: Open mic jam
Fri 4/22: DJ AVG
Sat 4/23: Red Rhythm
Fri 4/29: DJ Joe
Sat 4/30: Pull the Trigger

Leashless Brewing

585 E. Thompson Blvd., Ventura

Music 6:30 – 8:30; Sundays 3-5
Thurs 4/21: Dylan Cunningham
Fri 4/22: Morie
Sat 4/23: Jacob Marquez & the Good Vibes
Sun 4/24: Vinny Berry
Thurs 4/28: Austin Sneller
Fri 4/29: Morie
Sat 4/30: Mike Beers

Lucas Sellers Wine

330 Zachary Street, Moorpark

Sat 4/30: The Appletons

Made West Brewing

1744 Donlon Street, Ventura

Sun 4/24: Chris Murphy: The Lone Fiddler

Sun 5/1: Gianna Bella

Manhattan Restaurant

5800 Santa Rosa Road, Camarillo

Music 6:30 – 9:30 pm
Wed 4/20: Robert Van
Thurs 4/21: Sean Wiggins
Fri 4/22: Tour Support
Sat 4/23: Michael Falcone
Fri 4/29: Dynamic Duo: Pam and Hollywood
Sat 4/30: Jeanne Tatum

Margarita Villa

Ventura Harbor

Fri & Sat 7-10 pm; Sun 4-7 pm
Fri 4/22: Colette Lovejoy
Sat 4/23: Crosscut 805
Sun 4/24: CRV
Fri 4/29: Red Rhythm
Sat 4/30: On Tap
Sun 5/1: Doc Rogers Band

Mrs. Olson's

2800 Harbor Blvd., Channel Islands

Harbor

Music at Noon
Sun 4/24: Teresa Russell w/ Stephen Geyer

Namba Arts

47 S. Oak Street, Ventura

Fri 4/22: The Listening Room Redux
Sat 4/23: Michael Ubaldini
Fri 4/29: Javier Batiz: Going Back to TJ
Sat 4/30: Phil Salazar & the Kin Folk

Oceanview Pavilion

Performing Arts Theater by the Beach

575 E. Surfside Drive, Port Hueneme

Sat 4/23: Think: X, an Exploration of the music of Pink Floyd

Ojai Underground Exchange

616 Pearl Street, Ojai

Fri 4/22: Lucia Lilikoi
Sat 4/23: Gaby Montiel
Fri 4/29: Joel Rafael & Jude Johnstone
Sat 4/30: Shane Alexander

Onyx Bistro (formerly Relm)

2390 Las Posas Rd., Camarillo

Fri 4/22: Scott Rausch
Fri 4/29: George Krikes
Sat 4/30: Gianna Bella

Oxnard Performing Arts Center

800 Hobson Way, Oxnard

Sat 4/23: King Lil G

Peirano's on the Terrazzo

204 E. Main Street, Ventura

Sun 4/24: big Adventure duo

Plan B Winery

3520 Arundrell Circle, Ventura

Sun 4/24: Laurie Morvan Band

The Raven Tavern

1651 S. Victoria Ave., Oxnard

Music at 7-10 pm
Fri 4/22: Sean Wiggins
Sat 4/23: Tyler James
Fri 4/29: The Remedies
Sat 4/30: Katie Shorey

The Shores

1031 Harbor Blvd., Oxnard

Sat 4/30: Goletasound
Sun 5/1: Karen Eden & the Bad Apples

The Six Chow House

419 E. Main Street, Ventura

Thurs 4/28: Scott Pemberton O Theory
Fri 4/29: Kyle Smith w/ full band

Strey Cellars

951 N. Rice Avenue, Oxnard

Sun 4/24: Whiskey Business

Surfers Point Café

204 E. Thompson Blvd., Ventura

Sat 4/23: Ben Garcia
Sat 4/30: The Cocoknots

Topa Topa Brewing

4880 Colt St., Ventura (Headquarters)

Sat 4/23: Nautical Thrust

Topa Topa Brewing

104 E. Thompson Blvd, Ventura

Thurs 4/28: Zeke Berkely

Topa Topa Brewing

341 Ojai Ave., Ojai

Fri 4/22: Kellen van Allen
Sat 4/23: Kellen van Allen

The Twist on Main

454 E. Main Street, Ventura

Wednesdays: Classic Country w/ Jesse Harris

Thursdays: LA Jazz Connection

Fri 4/22: Guy Martin

Sat 4/23: Dive Bar Steve; Muse on Main Benefit for Musicians on a Mission

Sun 4/24: Joe Delia

Fri 4/29: Colette Lovejoy Band

Sat 4/30: LA Jazz, Vinyl Gypsies

Sun 5/1: Tommy Quayle

Vaquero y Mar

435 E. Thompson Blvd., Ventura

Tuesdays The Sea Hunters

Thursdays: Delta by the Beach

Sat 4/30: Falex w/ Goodworld

Ventura Music Hall

1888 E. Thompson Blvd., Ventura

Fri 4/22: Grateful Shred

Sat 4/23: Monophonics

Fri 4/29: the Mountain Goats

Sat 4/30: 22, Good 4 U

The Vine

308 E. Ojai Ave., Ojai

Saturdays: Smitty and Julija and Friends

Sundays: Austin Vallejo

Fri 4/22: Preston Smith

Fri 4/29: TD Lind

Winchesters

632 E. Main St., Ventura

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

Thurs 4/21: Steve and Sally Williams

Fri 4/22: Jayden Secor

Sun 4/24: Illunis

Tues 4/26: Open Mic with Jenna Rose

Thurs 4/28: Bobby Hart & Friends

Fri 4/29: Mark Masson & Phriends

Sun 5/1: the 805 Social Club

ventura Music Scene



This 'n' That

Brownley delivers \$27 million for community projects throughout Ventura County

Congresswoman Julia Brownley (D-CA) announced the inclusion of nine community projects totaling more than \$27 million in the Fiscal Year 2022 Consolidated Appropriations Act (H.R. 2471) that passed the House of Representatives by a 260-171-1 vote. The historic government funding package will help working families with the cost of living, create good-paying jobs, and make direct investments in community priorities throughout the country, such as infrastructure and maintenance projects to support commerce and reliable water delivery and support for public education curriculum and work-based learning in Ventura County.

"I am thrilled to announce that nine community projects I fought to fund were included in the final House-passed legislation," said Congresswoman Julia Brownley. "These projects directly address pressing issues in our community including enhancing water quality and delivery, expanding educational opportunities at our higher education institutions, mitigating flood risks to local homes and businesses, and bringing justice to sexual assault survivors by supporting law enforcement efforts to clear the backlog of DNA testing in Ventura County."

"The bill also funds dredging needs at Channel Islands Harbor and the Ventura Harbor, which is critical to keeping them open for industries that drive our local economy, including our fisheries and tourism industries. These same funds will also help to replenish local beaches and address coastal erosion, including at Naval

Base Ventura County.

"These specific community projects will bolster our region's economic growth, generate good-paying jobs, and support the unique needs of our community. Over the last year, I worked closely with community stakeholders and local leaders to return federal tax dollars to Ventura County, ensuring critical funding for these important projects."

"As this legislation moves closer to the President's desk, I look forward to the swift delivery of these resources and the immediate impact on our community."

\$5,516,000 for maintenance dredging of the Ventura Harbor. The dredging is required annually to ensure adequate navigational depths for Ventura Harbor safety, commerce and operations.

\$200,000 to address flood risks to homes and businesses along the Santa Paula Creek.

\$2,840,000 for the City of San Buenaventura State Water Interconnection Project, which consists of a seven-mile pipeline that will enable the delivery of reliable water supply that will improve water quality, protect against natural disasters and other emergencies, and provide a resilient water supply for the region.

\$950,000 to be used by the Ventura County Sheriff's Office, Forensic Services Bureau, Major Crimes Unit, and the Ventura County District Attorney's Office to expand its joint specialized unit that is dedicated to the investigation, laboratory analysis, and prosecution of backlogged violent and sexual assault cases that hold the promise of being solved through DNA technology.

Multiple Honors by the Community Memorial Health System Clinical Laboratory

Community Memorial Health System is proud to announce that its Clinical Laboratory, located at Community Memorial Hospital (CMH) in Ventura, is the only hospital-based laboratory in Ventura County to receive two distinctions for excellence in safety, automation, and efficiency.

For the seventh consecutive time, the Association for the Advancement of Blood and Biotherapies (AABB) has awarded Community Memorial Health System its accreditation for excellence in transfusion services. This accreditation acknowledges transfusion programs that meet the highest level of quality and safety standards for transfusion patients and blood donors at all times.

"I am incredibly proud of our Clinical Laboratory team for their ongoing dedication to the AABB accreditation process," said Community Memorial Health System President & CEO Gary Wilde. "From blood banking and transfusion services to COVID-19 testing, our laboratory plays a vital role in the excellent level of care we provide to our community."

The AABB also recognized Minerva Vasquez, Community Memorial Health System Lab Section Supervisor, for her thought-leadership in the development and implementation of processes and procedures designed to ensure adherence to safety standards. The AABB will be sharing an auditing tool developed by Vasquez as a best-practice model for meeting the benchmarks required for its accreditation.

Community Memorial Health System's Chemistry Lab Supervisor, Trevor Jackson,

was also recognized for his excellence as a laboratory professional. Jackson was selected for Cardinal Health's Laboratory Excellence List™ for his exceptional achievements in efficiency and automation. Jackson, who joined the Community Memorial Health System lab team as a phlebotomist in 2000, served as the project lead in the installation and optimization of the DxA 5000 Total Lab Automation System, a cutting-edge lab track that automates the connection between the chemistry and hematology instruments used for sample processing. It provides pre-analytical sample analysis, reduces manual processing steps, and drives consistent sample turnaround times. Jackson and the expert lab team starting working to implement this new technology in August 2020 and, despite the pressures of the pandemic, launched it in June, 2021. Community Memorial Health System is the only hospital-based clinical laboratory with the DxA 5000 in Southern California.

"Working in the healthcare industry can be stressful, especially these last few years, but I have always found the work very rewarding and worth the effort," said Jackson.

The Community Memorial Health System Clinical Laboratory provides comprehensive inpatient and outpatient testing services to patients at Community Memorial Hospital, Ojai Valley Community Hospital, Midtown Medical Group Clinics, Centers for Family Health Clinics, and a network of other healthcare, home health, and skilled nursing partners throughout western Ventura County.



At Studio 99 @ The Bell Arts Factory

A Trio of Solo Artists

Michael Mishou, Tony Smith and Kathy Bodycombe

Now thru May 21, 2022

Open Fridays and Saturdays, noon to 4pm. First Friday reception on May 6, 5 - 8pm.

Michael Corrigan Mishou's show, *The Eye of the Beholder*, features photography, both color and black-and-white. Tony J. Smith of Oxnard, who elevates everyday scenes with vivid colors, is calling his show *A Tribute to Beauty and Inspiration*. Ojai painter Kathy Bodycombe usually works in oils and acrylics but instead presents *Leaving a Stamp*, a dozen collage pieces that incorporate postage.

Members Show at Harbor Village Gallery & Gifts Now thru May 17, 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!



Laura Jespersen is an award winning, Ventura-based, acrylic artist. Always a creative, visual person, she has a background in architecture, receiving a Bachelor of Architecture from Cal Poly. Laura draws inspiration from the built and natural environment and the beauty of our beach town. Her experiences of a space, including the light, form, color or context provide the basis for her painterly realistic style.

Laura is currently showing her work in a duo show with artist Lisa Mahony at historic Olivas Adobe. The exhibit runs through summer 2022 and is themed *Florals & Vistas*, with colorful paintings of botanicals and Ventura scenery.

Laura enjoys painting weekly with Plein Air Thursday - Ventura County. Fellow painters meet on location in different locations around town each week to sketch or paint.

To see what Laura's currently working on, follow her on Instagram: @ljjartist. To see a selection of her delightful paintings, drop by the Ventura Visitors Center.



Mother's Day Open Air Pottery Exhibit
Ventura County Potters' Guild Gallery.

Are you giving flowers for this Mother's Day? Why not make a bigger impact and put them in a hand-made pottery vase? The Ventura Pottery Gallery at the Ventura Harbor is having the 2nd Annual Mother's Day Open Air Vase Market on May 7 & 8 from 11 - 6. Beautiful, handcrafted vases will be on display from the over 35 local potters. These are one-of-a-kind works of art at reasonable prices. We have tall ones, short ones, wide ones, narrow ones, vases with creatures, vases with flowers and so much more. And the vase is sure to become a family heirloom with memories of Mother's Day. We invite you to stop by.

Free Single Stem Flower for the 1st 25 purchases both days.

The VCPG Gallery is located at 1567 Spinnaker Drive, Suite 105 in Ventura Harbor. The gallery is open seven days a week from 11-6 and exhibits a vast variety of functional and sculptural ceramics.

Can't make it to the gallery? Please visit our Online Store at www.venturapotteryonline.com.

Ventura Art Scene



Lighter Breeze

Mother Goose and Grimm



Rhymes With Orange



Arctic Circle



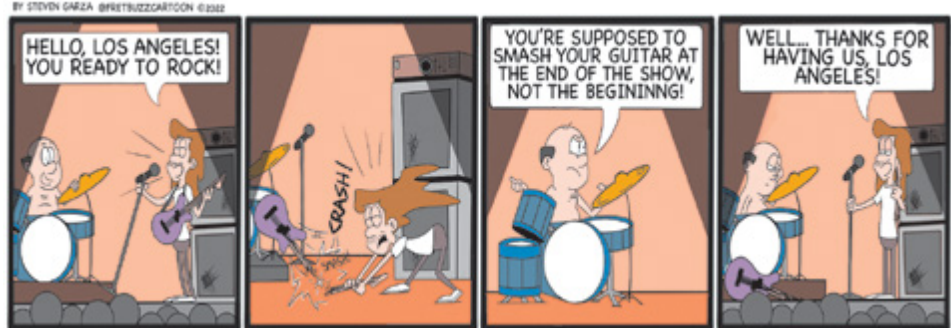
Barney Google and Snuffy Smith



Blondie



Fret Buzzed



Solutions on page 13

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

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

Weekly SUDOKU

by Linda Thistle

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

DIFFICULTY THIS WEEK: ◆

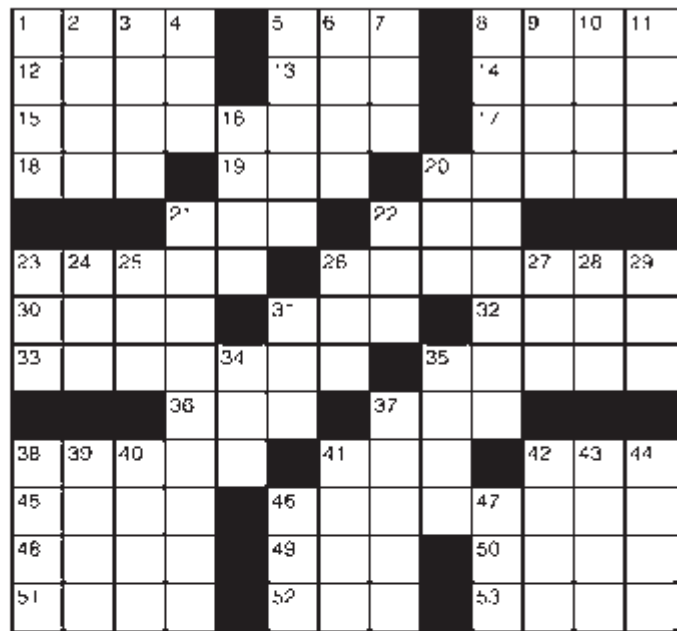
◆ Moderate ◆ Challenging
◆◆◆ HOO BOY!

Solutions on page 13

King Crossword

ACROSS

- 1 Swiss peaks
- 5 — roll (winning)
- 8 Lily variety
- 12 Not worth debating
- 13 Chest muscle
- 14 Here (Sp.)
- 15 Shop tools
- 17 Void partner
- 18 Chemical suffix
- 19 MGM motto start
- 20 Enlighten
- 21 Elev.
- 22 Petrol
- 23 Prima donnas
- 26 Thornton Wilder drama
- 30 B — boy
- 31 Grass shack
- 32 "Closer" actor Clivo
- 33 "Blue Bloods" actress Moynahan
- 35 El Greco's birthplace
- 36 Sunbather's goal
- 37 Carrier to Amsterdam
- 38 Cabbage choice
- 41 Chairman of China
- 42 Persian, for one
- 45 Recognized



DOWN

- 6 Reporter's quest
- 7 Rm. coolers
- 8 Desert hazard
- 9 Iso-number
- 10 Chasm
- 11 Unctuous
- 16 Droops
- 20 Listener
- 21 Small wiper
- 22 Belly
- 23 Apply cream
- 24 Medit. nation
- 25 Half of XIV
- 26 Ump's call
- 27 Have bills
- 28 Drench
- 29 SSW opposite
- 31 Chick's mom
- 34 Carefree
- 35 LummoX
- 37 Rap star West
- 38 Distort
- 39 "The King —"
- 40 Bridal accessory
- 41 Oodles
- 42 Poet Sandburg
- 43 Basra resident
- 44 B'way booth sign
- 46 Legislation
- 47 CEO's deg.

© 2022 King Features Synd., Inc.



LIBRA (September 23 to October 22) A financial crunch eases, but it's still a good idea to keep a tight rein on what you spend for nonessentials. Education becomes a major focus as the week winds down.

SCORPIO (October 23 to November 21) Recent encounters with stressful situations could require some restorative measures to get your energy levels back up. Talk to your doctor about a diet and exercise program.

SAGITTARIUS (November 22 to December 21) New connections follow changes on the job or in your personal life. But keep your feelings reined in until these relationships have a chance to develop.

CAPRICORN (December 22 to January 19) Pay more attention to your aches and pains, but avoid self-diagnoses. Seek professional advice to make sure these problems won't lead to something more serious.

AQUARIUS (January 20 to February 18) You love doing research and learning new things, so you'll be happy to know that education becomes a big part of your life at this time, and for some time to come.

PISCES (February 19 to March 20) Your Piscean penchant for doing things logically could be challenged by an equally strong emotional reaction to a new situation. Best advice: Keep the two factors in balance.

BORN THIS WEEK: You love music and nature. You would be an excellent environmentalist, as well as a fine singer or musician.

ARIES (March 21 to April 19) A sudden change of plans could lead to a misunderstanding with a friend or family member. Be ready to offer a full explanation of your decision. A past favor is returned.

TAURUS (April 20 to May 20) Expect pressure from those who want you to change your position on a matter of importance. However, the determined Bovine will be able to withstand the bullying and win out.

GEMINI (May 21 to June 20) It's time to stop dwelling on past disappointments and move on to other possibilities. By week's end, you'll be meeting new people and making new plans for the future.

CANCER (June 21 to July 22) A long-simmering situation between co-workers threatens to heat up and could create problems with your work schedule. Best advice: Consult a supervisor on how to proceed.

LEO (July 23 to August 22) You might have just learned that someone close to you is keeping a secret. And, of course, the Cat's curiosity has gone into overdrive. But be patient. All is revealed soon enough.

VIRGO (August 23 to September 22) Don't give up. The recognition citing the good work you recently did will come through. Meanwhile, an opportunity opens up that can lead to a lot of traveling later on.

(c) 2022 King Features Synd., Inc.



Showtime

A View from House Seats

SPTC Stages Work in Progress

by Shirley Lorraine

Santa Paula Theatre Center's season is off to a firm start. Now being presented on the backstage is Friendly Valley, a new work by David Lewis Newman. Using the backstage is an effective way to utilize time and talent between mainstage productions.

This offering is a work in progress that needed stage time to gauge effectiveness and refine the writing. While there is still work to be done, in my opinion, the work has a solid beginning.

The setting is a retirement home where an elderly couple live. Married for 53 years, the Simonson's are now facing the impending demise of Mrs. Simonson. Father, Jack (Bink Goncharoff), has called their three sons to the bedside to say goodbye.

Each son carries a shoulder chip the size of a boulder over unresolved issues from their past. As a result, they are stiff and unwelcoming to each other. Each resents the others for perceived wrongs and flaws. These result in dramas overshadowing the real reason they are together – to say goodbye to their mother.

This situation embodies elements with which many in my age group are, sadly, all too familiar. The difficulty of dealing with impending death, managing the grief, the regrets and the unfulfilled possibilities all come at a time when what is really needed is support, understanding and patience.

The youngest of the sons, Andy (John Webber), while carrying the persona of the loose-lived guy, actually (again, in my opinion) came across as the most "together" character in the play. His motto, "It is what it is" carries with it the ability to be flexible and roll with the punches of the moment.

The middle son, Mark (Scott

Blanchard), is an unforgiving, unlikeable person who just won't let go of old issues. His "reflective moment" with dimmed lighting seemed out of place and did not help redeem his character.

The oldest is Ronnie (Michael Perlmutter), whose past haunts him. Unbeknownst to his estranged brothers, he has been living a quiet married life and getting over his mistakes.

Leticia Mattson delightfully portrays Ronnie's cheerful, patient and positive wife Carmen. She is surprised by the attacks on her husband's character and strikes back in his defense.

All the actors are outstanding. I was taken in by their sincerity and the familiarity of the situation. As good as it was, however, it didn't really go anywhere except to provide an outlet for the brothers to quarrel. Jack needed support and the sons were unable to adequately fill that simple need following mother's passing.

While no happy ending was expected, I did hope that there would be some resolution that made me care about the future of the family. Yes, the situation hit home. Yes, the acting was superb. But there was no entertainment value, to me, in watching a family's pain and suffering without giving me something to hope for.

When I go to the theater, I want to enjoy some temporary respite from my daily existence, not an extension of them. It is hoped that the writer (who also directed the piece) will continue to refine the work and offer some positive aspects to the outcome.

Friendly Valley runs for one more weekend, through April 24. www.santapaulatheatercenter.org (805) 525-4625. Adult content.

hole would be when his sons brought home the dead body of Trevor Tillerson after a fight at the bar in town. Though he thought he was alone, Autumn saw Royal throw Trevor's body into the hole, and confronted him about his actions but said she would keep his secret. Shockingly, the moment he let his guard down, Autumn pushed Royal into the hole and he floated backward into the darkness.

What Royal found on the other side was truly unimaginable and turns the story from what seemed to be a traditional modern day western tale of two families into a science fiction thriller filled with surprises. Each episode leaves viewers with more questions than answers and viewers get the benefit of watching two new episodes each week on Fridays.

Rated: TV-MA

Runtime: 8 - 1hr Episodes

Twilight: Los Angeles, 1992

by Anna Deavere Smith

Powerful, illuminating and moving, this "masterpiece" (Newsweek) looks at the L.A. Riots of 1992 (sometimes called the L.A. Uprising or Rebellion), through the eyes of 36 characters of different characters who shared their stories with creator Anna Deavere Smith. The production won Obie, Drama Desk, Theatre World and Outer Critics Circle Awards on Broadway. The production premieres on the 30th anniversary of the day the verdict was announced in an East Ventura County courtroom in the Rodney King Trial, triggering the LA. Riots - one of the largest social explosions of the 20th century.

Twilight goes directly to the heart of issues of race and class and is equal parts meticulously researched reportage and a stirring cry for reform.

Starring Chris Butler.

Directed by Chris Butler and Jenny Sullivan.

Previews:

Wednesday, April 27 & Thursday, April 28 at 7:00 p.m.

Opens:

Friday, April 29 at 8:00 p.m. (the 30th Anniversary of the L.A. Riots)

Runs:

Friday, April 29– Sunday, May 15, 2022

Performances are Wednesdays at 2:00 p.m. and 7:00 p.m. (Talkback following), Thursdays at 7:00 p.m.; Fridays at 8:00 p.m.; Saturdays at 2:00 p.m. & 8:00 p.m. and Sundays at 2:00 p.m.

Ticket Prices range from \$30.00 - \$79.50.

Rubicon Theatre Company

1006 E. Main Street in Ventura (at Laurel)

For tickets – visit www.rubicontheatre.org or call (805) 667-290



Chris Butler stars in *Twilight: Los Angeles, 1992*. Photo by Veronica Slavin.

Streaming Spotlight by Cindy Summers

Outer Range

– Amazon Originals



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

Outer Range centers around the life of Wyoming rancher Royal Abbott (Josh Brolin) who like many other ranchers struggled to live the ranching life and support his family. Though challenging, it would seem nothing compared to the unimaginable mystery he discovered in a remote area of his ranch, while at the same time a nomadic stranger named Autumn (Imogen Poot) appeared asking to camp on the land for a few days.

Royal Abbott was a family man who married into owning a ranch at the edge of the Wyoming wilderness that had been in his wife Cecilia's (Lili Taylor) family for three generations. They lived a traditional ranching life with their two adult sons Perry (Tom Pelphrey) and Rhett (Lewis Pullman), who helped run the ranch. Perry lived on the ranch with his daughter Amy (Olive Abercrombie) and struggled with the absence of his wife Rebecca, who seems to have mysteriously disappeared and for which the entire family continues holding hope will return.

Wayne Tillerson (Will Patton) was the

very wealthy owner the ranch adjacent to the Abbott's run with the help of his three adult sons Luke (Shaun Sipos), Billy (Noah Reid) and Trevor (Matt Lauria), though they chose a more modern approach like riding ATVs instead of horses. Wayne was suffering from a health condition which left him mostly bedridden, but decided that he wanted to begin a land dispute and sent his sons to inform Royal that his fences included over a mile of adjacent land owned by the Tillerson's according to the county maps.

This was not good for the Abbott's, who struggled financially, and neither was the loss of two cattle on their last roundup, though there seemed no explanation as the fencing they normally escaped from was secure. Royal rode off with his sons to look for the lost cattle, all heading in different directions across the ranch, and found a mysterious hole approximately 30 feet in diameter that had a strange mist over the top and seemed to have no bottom. Whatever he threw in just seemed to vanish and when he put his own hand in was flooded with thoughts of his past.

Royal was startled and returned to his house but said nothing about the hole or his experience. A young woman walked up the road wearing a large backpack and asked if she could camp on the ranch for a few days. Royal said it was private property but strangely agreed to let the woman, who introduced herself as Autumn, camp on the ranch telling her to stay to a particular area.

Little did Royal know how handy that

THE REAGAN LIBRARY PRESENTS

SECRETS OF

WWII

World Premiere Exhibition

REAL SECRETS
REAL STORIES
REAL ARTIFACTS

NOW
OPEN

REAGANLIBRARY.COM/WWII

40 Presidential Dr., Simi Valley, CA 93065 • 800.410.8354



IF YOU ARE THINKING ABOUT A NEW PERGOLA OR DECK IN TIME FOR SUMMER, TIME IS RUNNING OUT!

OPEN or CLOSE



Call Ocean View Decks today for a **FREE** consultation. With over 35 years in the industry, we can assist with making your backyard an oasis this summer. We are fully licensed, bonded and insured.

A motorized pergola system allows you to change with the weather at the touch of a button, we only install the #1 selling motorized pergola in the industry.

We use Trex decking materials, the world's #1 decking brand since 1996. All materials are low maintenance, high-performance and eco-friendly products.



Ocean View Decks

Building Decks for Life

License #1079443

805.600.1108

www.oceanviewdecks.com

Financing Available, as low as \$189.00 a month based on approved credit. Senior and Veteran Discounts.



This 'n' That



Bob Eubanks is best known for hosting the Newlywed Game.

Up Close and Personal with Bob Eubanks

Museum of Ventura County presents "Ivor Davis: Up Close and Personal with Bob Eubanks" April 28, 2022, from 6:30 p.m. – 8:00 p.m. at 100 E Main Street in Ventura and via Zoom

Bob Eubanks is best known for hosting the explosively popular, "The Newlywed Game." Guests are welcomed in-person at the Museum's Ventura campus on 100 E Main St., and virtually through Zoom. For more information and registration, please visit: ventura-museum.org.

Reporter Ivor Davis continues his interview series at the Museum, Ivor Davis: Up Close and Personal, with Lifetime Achievement Emmy Award recipient Bob Eubanks. Davis introduces guests to how Eubanks' legendary career began by meeting The Beatles and then persuading a bank to secure a large loan against his home to bring the singing

sensation to the Hollywood Bowl. This bold move ultimately changed the trajectory of Bob Eubanks' career, becoming a legend in his own right.

"We are thrilled that Ivor Davis is once again bringing an exciting and distinguished guest to our community," says The Barbara Barnard Smith Executive Director, Elena Brokaw, "Spending the evening with Bob Eubanks is sure to be a fascinating exploration into his life and career. I'm looking forward to his many stories."

For guests attending in-person, proof of vaccination will be required on arrival and masks will be optional. Masks will be available upon request. This event is free for members, \$10 for non-members in person, and \$5 for nonmembers attending via Zoom. For more information, please visit: ventura-museum.org.

Eat fresh and healthy

Enjoy fine Greek and Mediterranean

AUTHENTIC ROTISSERIE STEAKS AND LAMB CHOPS

SEAFOOD

BEER & WINE

GYROS

CATERING



Chef Kazos

Stephens
Market & Grill

2632 E. Main St. | Ventura | 1.805.648.4200
stephensmarketandgrill.com

Buy Chef Kazos' Products online! Over 300 Items!
stephensimportfoods.com • (800) 374.1650

Private Room Available



On April 7, at 9:38am, fire units were dispatched to a reported large fire at Main St. at Hartman Dr. Units arrived to find a growing fire inside a parked motorhome RV. Fire crews made an aggressive attack on the fire and thankfully prevented spread to an adjacent building. Upon completion of an interior search of the RV, it was determined that an adult male, unknown age was deceased inside the vehicle. One male bystander, unknown age, who was initially attempting to help at the time of the fire was assessed by paramedics and transported to VCMC for smoke inhalation.