

Let's Stop Gun Violence.



VENTURA BREEZE

Your Hometown Paper

Vol. 15, No. 18 Published Every Other Wednesday Established 2007 June 14- May 31, 2022



Community volunteer event hosted by Ventura Land Trust to mitigate invasive plant species

By Richard Lieberman

On Saturday, May 21, Ventura Land Trust in conjunction with Safeport Cannabis Dispensary and Topa Topa Brewing Company held a community volunteer activity to help clear invasive plant species from the Harmon Canyon Preserve trails. Invasive
Continued on page 3



Improvements are always being made at the Trail

Ventura Mayor Sofia Rubalcava, local officials, the City of Ventura, and Caltrans held a community bike ride on Saturday, May 21, at 9:00 a.m. at Westpark
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Ventura is a bronze-rated bicycle friendly community. Photos by Michael Gordon.



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City News



Corporal Vazquez started with VPD as a police officer trainee in 2006.

Corporal Eric Vazquez recognized as Officer of the Year

During National Police Week, happening May 15-21, 2022, the Ventura Police Department (VPD) recognizes the courageous police officers who've selflessly sworn to protect and serve Ventura and honors Corporal Eric Vazquez as the Officer of the Year.

"Corporal Eric Vazquez brings an incredibly positive attitude and work ethic to our team," said Sergeant Mike Acquarelli. "Vazquez makes an effort to connect with and mentor younger officers and holds a variety of collateral

assignments further developing his professional and leadership skills. He is truly an outstanding representative of our agency and the City of Ventura as a whole."

Corporal Vazquez started with VPD as a police officer trainee in 2006 and has held assignments in patrol, gang prevention, major crimes, the Communications Center, and the Patrol Task Force. He is also a Field Training Officer and a member of the SWAT team. He was

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City News



Ventura Police Department hosts “Coffee with a Cop”

by Richard Lieberman

A Coffee with a Cop event on May 19th was held at Starbucks located at 4710 Telephone Road in Ventura. The event offered an informal milieu for the community and the cops to discuss concerns within the community. The Coffee with a Cop event focused on the departments wellness initiative and included time to meet with Asher, the VPD’s new comfort dog.

“With the extreme emotional demands and regular exposure to trauma many first responders endure, we hope we can play a role in changing the culture and fighting the stigma associated with mental health,” said Police Chief Darin Schindler.

The theme for this public meeting was “Together for Mental Help,” a theme that the Ventura Police Department will continue to develop in the months and years to come.

Coffee with a Cop meetings hope to break down the barriers between citizens and police in an informal relaxed environment.

This year, Ventura Police Department has partnered with the National Alliance on Mental Illness (NAMI) and is looking to raise awareness and raise funds for their various initiatives.

Maya Bumaya, co-founder of First Responders for mental Health Initiatives and NAMI board member said “We are partnering with the Ventura Police Department to raise mental health awareness and funds for NAMI. Interaction with law enforcement occurs during emergency and highly emotionally charged situations. These meetings and subsequent on-going meetings will focus on breaking down communication barriers between the police and the public. These informal meetings allow for a more comfortable and relaxed one-on-one forum to solidify relations between citizens and the police.”

“This is about the twelfth pop-up we have had in the county to raise awareness,” she said. “Ventura Police Department did a wonderful job in promoting the event, they have a lot of supporters out here,” she added. “We have had several events of this type all over the county.” She also added “It has been great working with our first responders to raise mental health awareness. It is an important topic right now.”

“I want to say thank you to all the first responders’ teams countywide they really made it possible for NAMI to keep programs going throughout the year. Last

year the fund-raising goal was \$100,000 and first responder teams raised about \$67,000 of that. Really important to raise awareness the suicide rate among our community and the first responders are extremely high and we really need to do something about that,” added Bumaya.

Ventura City Council Member Jeanette Sanchez-Palacios was in attendance and said “Especially during the tough last couple of years through the pandemic, isolation and having to quarantine that affects people and I think it is great to make mental health something that is normal,” She added “people should not feel a stigma when addressing mental health this to me is very important and we should normalize it.”

Improvements are always being made

Continued from page 1

Community Center, located at 450 W. Harrison Ave. The bike ride celebrated the \$5 million Clean California Grant awarded for the Ventura River Trail.

“May is National Bike Month and this is an opportunity to celebrate the many supportive efforts to renovate and reinvigorate the Ventura River Trail,” shared Mayor Sofia Rubalcava. “We hope everyone can join us in celebrating this important win for our beloved Ventura River Trail.”

“For many years this trail has provided community members access to their local schools, places of work, and recreation facilities,” said Ventura Mayor Sofia Rubalcava. “It also serves the community as a circulation corridor to our beautiful Ventura beaches, and up into the hills of Ojai.”

The California Department of Transportation (Caltrans) and the City of Ventura celebrated a nearly \$5 million Clean California grant during the community bike ride along the Ventura River Trail. The money will be used to transform a two-mile portion of the trail and is made possible through Governor Gavin Newsom’s Clean California initiative, a sweeping \$1.1 billion, multiyear clean-up effort led by Caltrans to remove trash, create thousands of jobs and engage communities to transform public spaces.

Continuous improvements of the Ventura River Trail include repaving the bike trail, adding solar lighting, and removing and replacing trail fencing.

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Targeted improvements include accessibility improvements to access the trail, public art, trail monuments, environmental and ‘no litter’ signage, native and drought-tolerant shrub and tree planting, wayfinding to the trail, and other various trail user amenities.

Other improvements will repave two miles of the bike trail, replace fencing, add drought-tolerant landscaping, a water-refill station and a bike repair station. The project will also include art murals on the trail floodwalls that highlight the cultural significance of Ventura’s westside and the greater community. In addition to the trail improvements and public art, the project will include new trash cans and “no littering” signs to reduce trash and debris along the trail.

“All Californians deserve access to clean, beautiful and safe pathways,” said Caltrans Acting Director Steven Keck. “The Ventura River Trail is an invaluable part of California’s transportation network, and Caltrans is proud to fund this project that will beautify this trail and ensure that the trail serves Ventura’s community and visitors for decades to come.”

The Ventura River Trail was built in 1989 and extends approximately six miles along State Route 33. The path connects to the Ojai Valley Trail to the north and the Omer Rains Trail to the south. Together, these three trails comprise the greater Ventura River Parkway.

Through trail infrastructure upgrades, the Ventura River Trail Improvements project is expected to extend the life of the trail by 15 to 30 years. In addition, the project aims to reduce the amount of waste and debris on the trail, beautifying the space for public enjoyment and providing a more equitable space of recreation for the community.

With more than 60 miles of bike

lanes, 35 miles of bike routes and paths, and over 400 bicycle lockers for riders to use, the City of Ventura is designated by the League of American Bicyclists as a bronze-rated bicycle friendly community.

Community volunteer event

Continued from page 1

plant species like black mustard and milk thistle have begun to choke Harmon Canyon Preserve trails that had been recently restored with native plants.

Two dozen volunteers showed up ready to work at the preserve to remove by hand as many of the invasive species as possible. Black mustard an invasive plant species originates from Europe and Asia. The species can grow up to six feet tall, and when the plants die the plant remains becomes fuel for wildfires as it dries. The species is so pervasive that it has taken over substantial portions of the preserves and the only effective way to remove it is to uproot one-by-one individual plants. The plants produce black seeds and if the volunteers do not uproot and remove them before they dry out and spread seed, they will continue to choke the trails and remain a problem for the long-term health of native species and the canyons trails will be overrun. As these plants die and dry out, they become a fire hazard.

“Community support is needed to help with removal of the dense stands of black mustard and milk thistle” said Leslie Velez, Outreach Director of Ventura Land Trust. She also added “areas of the preserve that had been recently replanted with native plant species are being choked by these invasive plants.”

“We need more volunteers, this is a massive job, but with perseverance we can make this happen,” said Velez. She also added that the event produced two full dumpster loads of the invasive plants.



VENTURA BREEZE

Your Hometown Paper

Member, Ventura Chamber of Commerce

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

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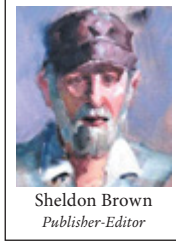
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— President
Biden

Opinion/Editorial



Sheldon Brown
Publisher-Editor

■ The attempt by **Breezy Gledhill** to rid her body of cancer is not going very well. Four months of chemo (time spent, sick days, loss of hair) has produced no results to reduce the size of the cancer so that it can be surgically removed.

She now needs to try different medical solutions that will not be covered (or very little) by her insurance company. As she



Breezy needs our help.

sighed, “The insurance company is going to decide if I live or die!” A new medication called Keytruda - that might help - has just been rejected by her insurance company.

Those who love this wonderful lady don’t want it left in the hands of the insurance company whether to determine if she lives or dies. We are asking for financial help for her through a “gofundme” account that has been set up. We are asking for financial donations in any amount. This will assist her with getting the medicine she needs, and with managing through this difficult time.

Please consider sharing your love and concerns for Breezy by donating. Thank you.

<https://gofundme.com/16976479> or
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■ This is the last issue (for now?) that **Jill Forman** will be writing for the Breeze. As stated in her last Bookmark article in this issue, “Your intrepid reporter is taking a break.” Her contributions to the paper have been very important so she will be missed. I will still continue to bug her to write an occasional article for us.

■ As you all certainly know, there have been two mass shootings recently by 18-year-olds. In the recent one 19 students and 2 teachers were killed and 17 others were wounded. Earlier that day, the shooter **Salvador Ramos** severely wounded his grandmother, shooting her in the forehead.

Ramos had legally purchased two AR-15 high-powered assault rifles and 375 rounds of ammunition as soon as he was allowed to purchase these in Texas when he was 18.

It’s impossible to even imagine how a first responder felt upon entering a classroom full of dead kids. It’s hard for me to stop imagining it, and I wasn’t even there. It will haunt those who saw it (and some of those who didn’t) for the rest of their lives.

I don’t understand why gun owners can be opposed to a 30-day waiting period to try to verify whether an individual should own a firearm gun. Certainly an 18-year-old could wait a month before buying 2 high powered rifles. And I still question why anyone (other than law enforcement) needs to own an AR-15 high-powered rifle to begin with.

A check of his background would have shown:

He quit high school

Quit his job

Parents kicked him out

A loner

Students were afraid of him

Posted scary stuff on social media

Perhaps, after 30-days, maybe he would have settled down or obtained some help with his troubled life.

The **AR-15**, like its military version, is designed to kill people quickly and in large numbers, hence the term assault-style rifle. In my opinion, they have no valid recreational use, and civilians should not be allowed to own them.

A quote from a Republican politician who, as always, never deals with the reality of our gun culture stated, “Two days ago, as you know, a mentally ill teenager called Salvador Ramos murdered 19 children and teachers in an elementary school in Uvalde, Texas.” Is this 18-year-old (like the previous 18-year-old) truly mentally ill, or is this just a way to deflect and not change gun laws, pushing this on to mental illness.

They may not be mentally ill at all, but more likely in a mental crisis. This is quite different from being mentally ill. Politicians should not use mental illness as an excuse for our gun crisis. This “excuse” is harmful and not supported by any scientific evidence or studies. This is a complex problem without easy solutions, but blaming mental illness is not the answer. It just inflicts damaging

stigma on those who suffer from clinical defined mental illnesses such as schizophrenia, bipolar disorder, and persistent depressive disorder.

I do agree that there is a great need for many more mental health facilities (and living spaces) for the mentally ill, but this would not stop this country’s mass shootings. The mentally ill are much more apt to be the victim of crimes than the perpetrators.

Joel Dvoskin, a clinical and forensic psychologist who served on the American Psychological Association’s Task Force on Reducing Gun Violence told ABC News, “Absent specific evidence, careful consideration should be given to social and contextual factors that might interact with any mental health issue before concluding that an active shooting was ‘caused’ by mental illness. In short, declarations that all active shooters must simply be mentally ill are misleading and unhelpful.”

We do need to increase the mental health treatment centers but that wouldn’t mean that kids in crisis would even attend them.

Perhaps visiting our outdated gun laws and requiring wait times, and background checks, is the answer. I don’t know, but I do know more gun ownership (especially of high-powered rifles) is not the solution.

Research in California, conducted over a 12-year period, shows that having a handgun for personal protection does not make you safer. The research showed those who lived with an owner of a handgun were two times as likely to die by homicide as those living without guns. Those who live with a gun owner were almost three times more likely to be killed with a firearm than those with no gun present. Those that were killed in their homes were likely to die at the hands of their spouse or other intimate partners. And the risk is mostly to women - 85% of the victims living with handgun owners were women. The study was published in the journal of Annals of Internal Medicine.

It is true that “people kill people,” but it is a hell of a lot easier with an AR-15 than it is with a six-shooter. Perhaps the writers of the constitution would have considered this?

Note: I certainly hope to hear from readers regarding this. publisher@venturabreeze.com

Mailbox

Breeze:

What are Measures A and B, and why is it so important for County voters to vote “yes” when oil companies are saying vote “no”?

Here’s the answer: Approving Measures A and B will confirm that voters agree that all new oil well development in Ventura County should be subject to the modern environmental standards approved by the Board of Supervisors in 2020. When they approved the 2040 County General Plan, the Supervisors approved policies to encourage continued oil development in Ventura County, but also required that any new drilling comply with modern environmental standards protecting air, water, public health, and disadvantaged communities, and which address climate change.

Then oil companies spent millions hiring signature gatherers to put Measures A and B on the June ballot. A YES vote is for applying the modern en-

vironmental standards approved by the Board. A No vote is for going back to the old days when oil companies could escape environmental review and standards that protect air, water, and public health, and which address climate change. Now, oil companies are spending \$5.5 million more to scare voters into voting no.

Oil companies are spreading lies and misinformation about Yes on A and B.

They say oil production would be shut down - not true. Supervisors made it clear that oil drilling continues to be encouraged - with modern environmental safeguards.

Oil companies say jobs would be lost - not true. Measures A and B do nothing to stop drilling or cause job losses.

They say that gasoline prices would rise if A and B are approved - not true. Nothing is stopping oil companies from drilling.

Now it is up to Ventura County voters to tell oil companies: YES, you can continue to drill for oil, but we expect

you to comply with the reasonable environmental standards the Supervisors have already adopted.

Ventura County voters must vote YES on Measures A and B.

Phil White

Ojai

The writer is a former County Planning Commissioner and Air Pollution Control District Director who now sits on the County Climate Emergency Council

Breeze readers:

The horror of the school shooting in Texas has left me deeply moved, as I am sure it has with all Americans. Solutions need to be found for this problem, a uniquely American Problem. In the

Continued on page 13

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



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Community Events

Ventura events

by Ana Baker

The Ventura Senior Men's Group continues to meet for a social lunch and program at the Poinsettia Pavilion on the first and third Tuesday each month. Men of all descriptions are always welcomed to stop in to sample our shenanigans. Bob Likins at 805-587-1233 or Rick Follenweider at 650-520-1098 can supply details.

June 1: BCNN (Beach Cities Neighbors and Newcomers) will meet at 9:30 a.m. at the Ventura Yacht Club in lovely Ventura Harbor. Warren Takahashi, a local favorite guitarist / vocalist will entertain. His set list features a full range of music spanning the oldies, from Frank Sinatra, & 70's, 80's, & even Hawaiian favorites. Our organization serves women from Ventura, Oxnard and Port Hueneme. Newcomers are welcome and there is no charge to check us out and learn about our many activities. Just show up.

June 4: Sespe Fly Fishers of Ventura will be conducting our monthly "First Saturday" introductory Fly Rod Casting and Intro to Fly Fishing clinic. There is no charge and all are welcome. Whether you are an experienced fly fisher or a complete novice, we want to help you improve your casting and learn to enjoy this great sport. If you do not yet have a fly rod, do not worry, just come and use one of ours. Located at Chumash Park, Petit and Waco, 9-11a.m., in East Ventura, off Telephone Rd. For more information: Casting Program Coordinator Thomas Hall 805-377-5249 www.sespeflyfishers.org

June 4: Join Laura Bauer from the Ventura County Chapter of Surfrider Foundation and learn how small changes in your home landscape can make a big difference to our local ocean water quality, water conservation, and wildlife habitats. The event is at the Toppings Room at E.P. Foster Library at 651 East Main Street. All proceeds from the event will go to the Surfrider Foundation to support its mission to protect the world's oceans. Event tickets are \$10 per person. Space is limited so be sure to sign up soon. If you would prefer to reserve your spot in person or over the phone, visit us at the Welcome Center or give us a call at 805-232-3113 x2

June 5. Open house tours of the 1892 Dudley Historic House Museum will take place on Sunday, from 1- 4 p.m. Admission is 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.

June 5: Old-Time Country Bluegrass Gospel Music Assoc. will be having Live Music on stage. Jamming in the Canada Room. Sunday, 2-4 p.m. at the Poinsettia Pavilion 3451 Foothill Rd. Free Admission. Free parking Open to the Public. For more information call 805-517-1131 or visit Facebook: OTCBGMA

June 13: Poinsettia Pavilion Free Dance Lesson. Dancing 7pm \$15.00 Contact Rick 805415-8842

June 18: The Dudley House monthly plant and collectibles sale continues on the grounds from 8-2 p.m. Bromeliads, orchids and succulents will be on

Continued on page 11

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News & Notes



Pre-training instruction for Ventura Police Department Traffic Unit held in Ventura. Photos by Patricia Schallert.

Officer Mercado will receive approximately 120-160 hours of pre-training instruction

Officer Emerson Mercado was selected as newest member of the Ventura Police Department Traffic Unit, a specialty assignment whose primary function is to decrease the number of property damage, injury, and fatal traffic collisions in the City of Ventura. Officer Mercado is currently training to prepare for the California Peace Officer Standards and Training (POST) 80-hour motorcycle certification that every motor officer attends and needs to pass before being able to move out into the field as a solo Motor Officer.

Officer Mercado will receive approximately 120-160 hours of pre-train-

ing instructed by current certified Motor Officers under the supervision of Traffic Unit Supervisor Sergeant Mike Brown, before moving on to the 80-hour California POST certification course. Pre-training and certification training will acquaint Officer Mercado with techniques and principles that can be utilized to maximize skills which are necessary for the safe and effective operation of the police motorcycle. Officer Mercado will develop coordination, balance, control, and the confidence necessary for the proficient operation of the police motorcycle.

The Bookmark

About Libraries and Friends

by Jill Forman

Summer Reading Program!

The theme of the Reading Challenge this summer is "Read Beyond the Beaten Path." The dates are May 14- August 14. There is a category for adults and one for children up to 18. Go to venco.beanstack.org, register, log reading minutes or books, complete activities, earn badges, and become eligible for prizes. What a great addition to a family's summer activities!

Final Bookmark Column

Your intrepid reporter is taking a break. This has been fun to write, and of course I love publicizing our wonderful library system and the devoted Friends group that works so hard to support Ventura's libraries. Time to remind you of how you too can help make the libraries a stronger part of the community:

Join the Friends of the Library. Every penny they make goes straight to library supplies and books, events and programs.

Volunteer. Both the libraries and the Friends of the Library can use volunteers. Whatever your skills or interests, there is something for you to do.

Find out what is happening at your local library, attend events and lectures. From reading to dogs, craft projects, Minecraft, poetry groups, book groups, concerts, author talks, story times – something for everyone, open to the public, and FREE.

Check your local newspapers, talk to your library staff, or go to vencolibrary.org and check on the Events tab.

Get involved. Let your local politicians and leaders know that you care about libraries and want them supported.

Closing words

Written not by me, but by some great thinkers who are fans of libraries:

Libraries store the energy that fuels the imagination. They open up windows to the world and inspire us to explore and achieve, and contribute to improving our quality of life. Libraries change lives for the better. — Sidney Sheldon

Libraries are a cornerstone of democracy—where information is free and equally available to everyone. People tend to take that for granted, and they don't realize

what is at stake when that is put at risk.—Carla Hayden

Whatever the cost of our libraries, the price is cheap compared to that of an ignorant nation. —Walter Cronkite

My real education...I got out of the public library. For an impoverished child whose family could not afford to buy books, the library was the open door to wonder and achievement, and I can never be sufficiently grateful that I had the wit to charge through that door and make the most of it. Now, when I read constantly about the way in which library funds are being cut and cut, I can only think that the door is closing and that American society has found one more way to destroy itself. —Isaac Asimov

Libraries are a pillar of any society. I believe our lack of attention to funding and caring for them properly in the United States has a direct bearing on problems of literacy, productivity, and our inability to compete in today's world. Libraries are everyman's free university. —John Jakes

Public libraries are the sole community centers left in America. The degree to which a branch of the local library is connected to the larger culture is a reflection of the degree to which the community itself is connected to the larger culture. —Russell Banks



Congratulations All 2022 Grads!

Everyone at CAPS Media congratulates all the 2022 Graduates from Buena, El Camino, Foothill, Pacific and Ventura High School as well as all the adult grads from Ventura Adult and Continuing Education and Ventura College.

CAPS Media crews, including El Camino students in the CAPS/VUSD ECTV media education program, are recording and live-streaming commencement ceremonies at Ventura College and all Ventura Unified School District high schools. The kickoff was on May 19 at Ventura College and will be followed by back-to-back celebrations at VHS on June 15, Buena on June 16 and the final all-day ceremonies for Foothill, El Camino, Pacific and VACE grads held at the Ventura College stadium on June 17. CAPS crews will set up and direct the live-stream distributions of every celebration for, enabling the graduation ceremonies to be seen live locally and worldwide on the VUSD and VC YouTube channels as well as live on Channel 15.

CAPS Media crews are staying very busy. Recently the entire CAPS team pitched in on two extensive video productions. The first was for the Ventura County Clerk-Recorder, Registrar of Voters, Mark Lunn, and his supporting cast led by Miranda Nobriga. The CAPS staff, led by senior producer/editor Gary Roll, collaborated with the county staff to produce a series of detailed training videos for county election site workers. The series included step-by-step instructional videos for workers staffing dozens of voting locations throughout the county. The video series demonstrated how to set up and manage the equipment at the voting sites, and how to protect and deliver completed ballots to the county government center for counting. In the past this vital worker instruction was conducted in extensive in-person training sessions. The

new video series allows election site workers to be trained online and provides a series of reference materials to use throughout the process.

Speaking of voting – its time for every voter in Ventura County to VOTE! If you haven't received your ballot in the mail, call the Ventura County Elections Division at 805-654-2664 or go to tovoterstatus.sos.ca.gov. Ballots can be mailed in, no postage required, or dropped off at Ballot Drop Boxes locations throughout the county including in front of the CAPS Media Center at 65 Day Road in Ventura. You still have time to vote if you missed the online registration date. Go to a vote center in your community and register and vote up to and on election day.

The second major CAPS Media production was a collaboration with the Ventura County Indian Education Consortium. Led by local coordinator Robin Jacobs, the VCIEC is a federally funded program that provides direct services to American Indian and Alaskan Native students in grades TK-12 throughout multiple Ventura County school districts.

For CAPS Media the end of the school year honoring celebration, was an all-hands-on-deck production that engaged the entire CAPS media team and facilities. The extensive forty-five-minute presentation featured inspirational messages and performances by numerous local Native American elders and community members, as well as individual profiles on Indian Students of the Year from all grade levels, plus personalized messages from this year's VCIEC Outstanding 2022 Graduates. For more information about this program go to VenturaVUSD.org/students/Indian-education.

As a final note, out of caution the CAPS Media Center has been closed throughout the pandemic. During this time, the CAPS Media staff and board of directors have undertaken an extensive internal evaluation to determine the most effective services to provide to the public once we are fully operational. The CAPS Media mission remains: To create an engaged and informed community through participation in electronic media.

Corporal Eric Vazquez recognized

Continued from page 2

promoted to Corporal in 2017 and will be promoted to Sergeant in May 2022.

"I am extremely proud of our team of officers who've dedicated their lives to Ventura's safety," said Police Chief Darin Schindler. "Our officers provide exceptional service with integrity, respect, and professionalism, and I am proud to lead an agency that is compassionate and dedicated to public safety. Their great work does not go unnoticed!"

National Police Week is also a time to honor those fallen officers who have given their lives in the line of duty, including the loss of Ventura Police Sergeant Darlon "Dee" Dowell who was tragically killed on August 7, 1978. The street in which the Ventura Police headquarters is located was named Dowell Drive in his honor.

Currently, VPD has 137 sworn officers who have completed an intensive 6-month training academy, a 6-month field training program, and a one-year probationary period.

The Ventura Police Department is currently hiring lateral, academy-trained officers, as well as police officer trainees. For more information about the Ventura Police Department recruitment and hiring process, visit www.VenturaPolice-Jobs.org.



Senior Living



Presentations offer interactive, compassionate, relevant education on PD.

CAREGIVERS Volunteers Assisting The Elderly

Photos by Patricia Schallert

On Thursday, May 19, an Evening of Gratitude was held for volunteers from CAREGIVERS at the Dudley House in Ventura. The event, attended by hundreds, featured recognition of volunteers and students, the 2020, 2021 and 2022 Norm Weitzel awards, lively music by the Riverboat Dixie Jazz Band, Hors d'oeuvres, wine and deserts. Tammy Glenn, Executive Director lead the evening's proceedings.

CAREGIVERS mission is to promote the health, well-being, dignity, and independence of frail, homebound elders through one-on-one relationships with trusted volunteers. CAREGIVERS programs are carried out by over 300 giving, caring volunteers who are recruited and trained from our local community. They are always in great need of additional volunteers to assist the many more frail, elderly residents who call their office for help. CAREGIVERS makes every effort to "match" a carefully screened and trained volunteer to an elder who needs basic assistance and companionship, in order to foster a long term, one-on-one relationship between them.

The Dudley House is an historic house museum built in 1891 in a Late Victorian-style. Designed and built by local architect and builder Selwyn Shaw, it was listed on the National Register of Historic Places in 1977. It is located at 197 N Ashwood Ave,

CAREGIVERS is located at 1765 Goodyear. 805-658-8530.

Free Ventura County Parkinson's support group meetings

A community-based support group focusing on sharing relevant information and education about all things Parkinson's. Meetings are held monthly on the third Tuesday, 10-11am, at Crosspointe Church (5415 Ralston Ave.) The next meeting will be on Tuesday, June 21.

Ventura County Parkinson's Support Group gets together every month with skilled, experienced professionals who present significant breakthroughs, strategies and related issues surrounding Parkinson's. The group's mission is for participants to better understand and talk about how this information impacts their own lives and affects immediate family members. In addition to those diagnosed with PD, caregivers, family members and friends are all welcome to attend free of charge.

More than just a meeting, all discussions/presentations offer interactive, compassionate, relevant education on PD. Topics range from "How to get up off the floor when you've fallen," to "Nutrition and Parkinson's" to "The benefits of deep brain stimulation and assessing if you're a good candidate for DBS" to the importance of laughter in life and for healing.

Jon Everhart, retired accountant, US Marine and regular group attendee said, "It's nice comparing treatments, symptoms, and the challenges we all face living with Parkinson's." This caring group empowers people like Jon to be more proactive and to participate in deciding the direction of his treatment, complemented by his team of doctors' suggestions.

This unique group gives everyone a great opportunity to learn more about current PD research, to gain more awareness about local help and resources, to share relevant experiences with others – and to have fun along the way.

The Ventura County Parkinson's Support Group was recently resurrected

(post-Covid) by Dr. Vanessa White, owner of Ventura County Neurofitness (a local fitness program designed specifically for those with Parkinson's and other neurological degenerative diseases). The impetus for her assuming this responsibility was after her mother-in-law, Toy White, was diagnosed several years ago with PD. This important, special group was born upon her passing.

Living with Parkinson's new frontiers in research & care

Attendees will learn how research shapes Parkinson's disease (PD) treatments and care strategies. Speaker Bradley Hiner, MD, Dignity Health, will share the latest updates about current and breaking research, and attendees can learn more about what research participation can look like for people with PD and their care partners. This program is open to people with Parkinson's, their loved ones, the senior care community, and healthcare service providers.

Learn more and register at: Parkinson.org/Ventura

Attendance is free. Registration is required. Join the Parkinson's Foundation to learn how research shapes Parkinson's disease (PD) treatments and care strategies. Hear the latest updates about current and breaking research from Parkinson's experts and learn more about what research participation can look like for people with PD and their care partners.

For questions or for help registering, call 702847-6603 or email sosborne@parkinson.org.

Join us on Thursday, June 9th, 2022: Online via Zoom 10 a.m. to 11:30 a.m.

In person from 9 a.m. – 12 p.m. PT at the Camarillo Community Center, 1605 Bumley Street, Camarillo.

GOLDEN FUTURE 50+ SENIOR EXPO

SoCal's Premier Lifestyle, Health & Active Aging Expo.

50+ Vendors, Free Tote Bag, Door Prizes, Aging Resources & More!

➤ Saturday, June 11th
9am - 1:30pm

➤ Oxnard Performing Arts Center
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FREE ADMISSION!
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Senior Living

Local Author Talk: My Husband's Keeper by Michelle Artiz Smith

by Jill Forman

When Smith's husband was diagnosed with dementia, they joined a not-so-exclusive club. 50 million people worldwide are dealing with dementia.

Smith spoke about her knowledge, experiences and loss at the Hill Road Library on May 14.

After his death she wrote *My Husband's Keeper*, a memoir of their journey, to share their experiences and help others going through the same struggles.

When her husband, a beloved and respected doctor, exhibited altered behavior and thought patterns, Smith took him to a neurologist, saying "He's not quite right." The specialist diagnosed him with Cognitive Impairment. Smith knew nothing about this condition, and went home to research it. When she realized the implications and prognosis of the progressive illness, "I went into denial."

"It's a new world," she says; families become "paralyzed" and don't know what to do. "Life becomes disorder, chaos and confusion."

It is in hope that her knowledge

and experiences can help others dealing with this life event that she wrote the book.

One aspect she stresses is that the caregivers must learn to care for themselves also. At one point, when her husband was settling into Memory Care and she was temporarily not needed, "I went home and slept for two days straight. You don't realize how exhausted you are." There are caregiver support groups; in Ventura County we have many resources. Families are encouraged to contact the Alzheimer's Association or the Area Agency on Aging for assistance.



After his death she wrote *My Husband's Keeper*, a memoir of their journey.

Do mental disorders increase the risk of dementia?

Mental disorders early in life increase the risk for dementia and for developing dementia at a younger age, according to a study funded in part by NIA and published in *JAMA Psychiatry*. Analyzing the health care records of 1.7 million New Zealand citizens over three decades, researchers saw these associations for different psychiatric conditions, and for all types of dementia, including Alzheimer's disease. If these associations are causal, these findings suggest that early interventions to treat mental disorders, such as anxiety or addictive behavior, would not only improve the mental health of younger adults but may also reduce the risk of dementia later in life.

Several studies have identified depression as a preventable risk factor associated with dementia. However, less is known about the effects of other mental disorders on dementia risk, as well as the occurrence of these disorders earlier in life and any associations with early-onset versus later-onset dementia.

To examine whether having a mental disorder increases a person's risk for developing dementia, researchers examined New Zealand's national health system's hospitalization records for 1.7 million individuals ages 21 to 60 years at the start of the study and tracked diagnoses for all mental disorders and any subsequent dementia from July 1988 to June 2018. Researchers classified nine broad categories of mental disorders: substance use, psychotic, mood, neurotic (i.e., anxiety), physiological disturbance, personality, developmental, behavioral, and unspecified disorders.

Of the total study population, 3.8% of the individuals were diagnosed with a mental disorder and 2% with dementia. Within these groups, the researchers found that individuals with a mental-disorder diagnosis were more than four times as likely to develop dementia than those without a mental disorder. Notably, the increased dementia risk was stronger for those with prior mental versus physical disorders, similar in magnitude to the risk associated with the APOE4 gene, a well-established genetic risk factor for Alzheimer's. The researchers also found that, on average, individuals with a prior mental-disorder diagnosis developed dementia more than five years earlier than those without.

Importantly, these associations were found for all types of dementia, as well as for all types of mental disorders, including psychotic, substance abuse, mood, neurotic, and self-harm disorders. The analysis also indicated that psychotic disorders, such as schizophrenia, were associated with a higher risk of developing dementia than neurotic disorders, such as depression and anxiety. All of these findings were consistent for men and women across all age groups, even after accounting for physical disease histories and socioeconomic risk factors.

Researchers acknowledge some potential limitations in this study. For example, the results cannot necessarily be generalized to other nations or health care systems. However, the researchers note that studies in the United States and other countries have also identified associations between some mental disorders — such as anxiety and depression — and dementia. The researchers also recognize that the number of mental disorders or dementia cases in the study population may be higher than reported, as less severe cases treated outside of the hospital or individuals who did not receive treatment were not tracked. Similarly, some of the youngest individuals in the study may have developed dementia after this study ended.

This study's findings have important implications, including evidence that treating mental disorders earlier in life may reduce the risk of developing dementia. Also, these findings should inspire future research to identify the shared and unique pathways of dementia risk across different mental health diseases. Finally, these findings suggest that psychiatric problems may be an early warning sign of possible future cognitive decline and support the potential inclusion of dementia-prevention strategies in mental disorder treatment across the lifespan.

This research was supported in part by NIA grants AG032282, AG069939, AG049789, and P30-AG066589.

These activities relate to NIH's Alzheimer's and Related Dementias Research Implementation Milestones:

Senior Expo connects local seniors, their families and caretakers

Golden Future Expos Inc. is pleased to announce the 12th Annual Golden Future 50+ Senior Expo is returning to Ventura County. This annual event will be held on Saturday, June 11th from 9:00am - 1:30pm at the Oxnard Performing Arts Center located at 800 Hobson Way, Oxnard. The expo will feature 50 vendors with products, services, and resources tailored for Baby Boomers, Seniors, Caregivers, and Friends/Family.

Highlights Include: Free Admission & Free Parking; Health Screenings;

Medicare and/or Financial Planning Advice; Makeovers;

Great Speakers & Workshops; Hourly Door Prize Drawings & Giveaways;

Mini Job & Volunteer Fair; Bingo with Cash Prizes; DIY Arts & Crafts;

And More!

The Golden Future 50+ Senior Expo connects local seniors, their families and caretakers with a variety of services and resources available to them. "This expo has become an important annual event for Ventura County," states Toyia Moore Borrelli, Event Director. Visit www.goldenfuturesexpo.com for a complete schedule. Attendees can pre-register online or at the door.

I VOLUNTEER BECAUSE
it's wonderful to see the boating community come together to support seniors

Joleen D.

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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.

Possession of Loaded Firearm in Vehicle Arrest

On May 17, at approximately 6:00 pm, Ventura Police Patrol Officers responded to a disturbance in the 100 block of Cambria Street regarding two subjects in a verbal altercation and possibly armed with handguns. As officers were en route, one of the involved parties, 42-year-old Ventura resident Jose Ruiz, was seen leaving the area in a car, and an enforcement stop was initiated. Ruiz exited the car and was detained as officers investigated further.

Investigating officers searched Ruiz's car, and a loaded unserialized semi-automatic handgun was found. Officers contacted the second involved subject, but they were unable to determine his involvement in the incident. Ruiz was arrested for possession of a loaded firearm in a vehicle, felon in possession of a firearm, and possession of an unserialized firearm.

Lewd Acts Upon a Child Arrest

On May 20, at approximately 1:30 pm, the Ventura Police Command Center received a 911 call from a parent of a 14-year-old who indicated his daughter was grabbed by a male suspect as she walked home from school.

The ensuing investigation revealed that the female juvenile was walking home from school when the suspect approached her and engaged her in conversation. As the juvenile was trying to disengage from the conversation and avoid the suspect, she was grabbed in the buttocks. The juvenile fled from the area and when she returned home, she notified her parents.

Her father returned to the location of the occurrence and located the suspect and confronted him. He notified the police, however the suspect was gone when the police arrived.

Detectives from the Special Victims Unit were assigned the case. They identified the suspect as 26-year-old Ventura resident Ashley Claxton, and he was located in front of his residence. He was taken into custody without incident and subsequently booked into Ventura County Jail for felony lewd act with a child.

There may be additional victims and anyone who has had contact with the suspect should contact the Ventura Police at 805-650-8010.

The Ventura Police Department urge community members to stay aware of their surroundings and always report suspicious activity. Parents are also encouraged to talk to their children about walking to and from school safely.

The Ventura Police Department offers a safety video for families available on YouTube

<https://youtu.be/VNYI3JrSeY>

Residential Burglary Arrest

On May 20, at approximately 8:30 pm, the Ventura Police Department Command Center received a call of a possible prowler at a residence on North Dunning Street. Ventura Police Patrol Officers responded, and upon arriving, they learned that the subject, 21-year-old vagrant Semaja Williams, had entered the home and could see him inside. Officers called out to Williams several times, requesting he exit; however, he did not

comply with their commands.

At approximately 9:30 pm, Officers entered the residence and found that Williams barricaded himself inside a bathroom. Officers accessed the room and safely took Williams into custody. Investigating Officers determined that Williams damaged several pots and a statue in the yard and broke a window to access the residence. While inside, he burned trash, ate food, and smoked methamphetamine.

Williams was arrested for Residential Burglary, Arson, Delaying Police Officers, and Vandalism.

Harbor Patrol Blotter

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

5/11 4:20am, dispatched to fall victim in the Ventura Marina Community. Officers responded and assisted an adult male to his walker. No medical attention given.

5/12 1:30pm, while on patrol in Fireboat, officers checked the status of an impounded vessel taking on water. All pumps were working, low water in the bilge.

5/13 10:55am, receiving several inquiries into the light system on the Port District flagpole. Small Craft (winds sustained 22-33kts or High Surf) warning lights / flag : red light over white light or one red pennant is small craft. White light over red light and/or two red pennants: Gale (winds 34-47kts sustained).

5/14 10:05am, officers in the Fireboat providing traffic control for VYC towing "C" buoy out of the harbor and back on station West of the harbor.

12:30pm, received multiple reports of sick pelicans throughout the harbor. Officers working rescue volunteers, capturing, and caging birds. Rescuers are unsure what is harming birds, possibly domoic acid from the recent algae bloom.

5/15 6:55am, officers on Rescue Boat 12 assisting officials monitoring the swim portion of "Cal Tri" triathlon at Harbor Cove.

8:45am, State parks lifeguards brought by a participant of the swim that sustained a stingray strike just before the race. The swimmer placed 3rd and was treated with hot water at the Port District by patrol officers.

5/16 4:44pm, dispatched to an animal bite on the beach near the Surfers Knoll Groin. Officers responded with VFD, AMR, VPD and Animal Control. A large dog off its leash attacked a young surfer stretching on the beach. Multiple abrasions and lacerations were sustained by the surfer. The incident is under investigation.

5/17 2:00pm, received numerous calls regarding sick/injured pelicans throughout the harbor. Officers assisting Rescue volunteers with capturing and caging the birds. No official word on what is causing the dilemma.

5/18 9:55pm, observed then contacted female transient going through trash can at launch ramp. The female refused to pick up trash and wandered off screaming.

5/19 6:35pm, received report of a female loitering in a business at the VHV. Officers responded, contacted individual and she complied and left the area.

5/20 7:35am, while on patrol in truck,



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observed young surfers having difficulty navigating the sand berm near Surfers Knoll groin. Officers rolled up their sleeves, grabbed shovels and created sand stairs for the youngsters.

5/21 6:00am, dispatched to a young female transient complaining of being cold and leg pain. Officers responded with VFD/AMR and assisted the patient. She refused any medical treatment but requested transport.

11:10am, received a report of a 128ft long and 32ft wide military landing craft inbound to the fish off loading pier. Officers responded in Fireboat and Rescue Boat 12 to escort the large vessel. It was safely assisted to its slip at the pier.

8:05pm, observed a motor vessel operating in violation of speed ordinance

in the Pierpoint Basin.

5/22 9:05pm, while on patrol, observed a large group of people cleaning up after a church based memorial service at Harbor Cove. Officers were able to influence the group to pick up debris/trash littered throughout the parking lot and beach.

5/24 4:03pm, while on patrol in truck, observed a tent pitched just south of Surfers Knoll. Officers contacted the transient inside, he stated his vehicle was stolen and he was awaiting police to find his vehicle and let him know. Advised to move his abode out of the area while awaiting news of his vehicle. Inquired what type of vehicle so we could look-out for it, he wasn't sure what type it was



The sign does say "please come in."

On May 20, at 11:43pm, Ventura Police Command Center received a 911 call of a vehicle into a building at 165 S California St. Fire personnel arrived on scene within minutes of the initial call and found a passenger vehicle inside a small commercial structure. When officers arrived on scene, they found the vehicle unoccupied. Several witnesses stated the suspects fled from the car after the accident. Officers checked the area, but the suspects were not located.

The business was occupied at the time, however, no one was injured as a result of the collision.



The Pet Page



Dedicated to Scamp

■ The American Humane Association estimates over 10 million dogs and cats are lost or stolen in the U.S. every year. One in three pets will become lost at some point during their life.

Microchips are a unique means of identification for pets. The rice-sized radio identification device provides a permanent and distinctive form of identification for dogs, cats and many other animals.

According to the American Veterinary Medical Association (AVMA), "A study of more than 7,700 stray animals at animal shelters showed that dogs without microchips were returned to their owners 21.9% of the time, whereas microchipped dogs were returned to their owners 52.2% of the time. Cats without microchips were reunited with their owners only 1.8% of the time, whereas microchipped cats went back home 38.5% of the time."

In the United Kingdom, where microchipping has been mandatory for the last 5 years, the return rates are significantly higher.

Unlike collars and tags that can be easily removed, microchips are implanted under the skin of the pet and can't be lost.

Microchips have aided in the return of pets to their original owners many years after being lost. In some cases, the pets were found hundreds or even more than 1,000 miles away from home!

No identification system is 100% fool proof, but when microchips are implanted correctly, registered correctly and the database is kept up to date, they significantly increase the odds of getting your pet home to you!

If you find a pet who you think is lost, most veterinary offices and animal shelters will allow you to bring the pet in and "scan" the pet for a microchip. This quick process can help reunite pets with their families.

The American Animal Hospital Association (AAHA) has a universal look up tool to help aid in this endeavor. Microchip numbers can be loaded into the website and the veterinarian or shelter can then find the right database where the pet should be located. petmicrochip-lookup.org. Another helpful site is petchipregistry-us.info.

■ Researchers with Kyoto University and other institutions found that cats recognize other felines in the same household when the names of the latter are called. Team members said cats conjure up a mental image of other felines in such situations.

"What we discovered is astonishing," said Saho Takagi, a research fellow specializing in animal science at Azabu University in Kanagawa Prefecture neighboring Tokyo who initiated the study when she worked at Kyoto University. "I want people to know the truth. Felines do not appear to listen to people's conversations, but as a matter of fact, they do."

The finding was published in the scientific journal *Scientific Reports*.

Just like humans, animals also react to unexpected situations,

causing them to pay close attention to whatever is happening for prolonged periods.

Realizing this was the case, team members wanted to determine if cats can identify the names of their "friend" felines. For the study, they selected 25 cats from households with three or more pet felines each.

With them seated, the researchers let the cats hear human voices calling names of other felines in the same household. The images of named cats and others were then displayed on a monitor to examine their reaction.

The results showed that felines kept looking at the photos of unnamed cats longer, suggesting they know the names of those they live with.

This difference was not apparent when felines kept at cat cafes were used. The researchers said this was probably because so many cats live in the facilities that the name of each one is called less frequently.

The survey also checked if domestic cats can distinguish various human family members. Felines from larger households tended to stare longer at the facial images of unnamed people.

■ Cornell University scientists warn that some commercial dog foods may contain too much copper, which can increase the risk of liver disease for all dogs but particularly in certain breeds.

Food and Drug Administration officials are considering evidence regarding whether the concentrations in dog food could be harmful.

Dr. Sharon A. Center is an emeritus professor of internal medicine at Cornell's College of Veterinary Medicine, where she specializes in liver disease. She said chronic consumption of excess copper can lead to copper-associated hepatopathy, signs of which include abdominal swelling, decreased appetite, diarrhea, increased thirst and urination, jaundice, lethargy, and vomiting.

Doberman Pinschers are among dog breeds with predispositions toward copper-associated liver disease, but scientists at Cornell University warn that high copper concentrations in dog diets puts other dogs at risk as well.

A veterinarian who is monitoring a pet's liver enzymes can identify increased alanine aminotransferase as an early sign of the disease, she said, but confirmation requires a liver biopsy. Treatments with chelation can cost several thousand dollars, and affected dogs need to permanently switch to copper-restricted diets.

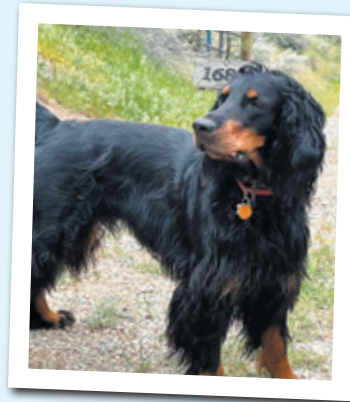
■ **By Andrei Ionescu**
Earth.com staff writer

A team of researchers from the University of Adelaide in Australia has found that veterinary visits can be highly stressful experiences for dogs. By measuring the heart rates of 30 dogs of various ages and breeds during a mock veterinary examination, the scientists found that one-third of the dogs' heart rates nearly doubled between the waiting room and the examination table.

"Regular veterinary care is integral to companion dog health and welfare, but fearful patients

Scamp Club

(Scampclub pets are not for adoption.)



Ripley (also know as Rip) is a one-year-old Gordon Setter. He likes to sit on his balcony and bark at every dog that passes and to play with them when he can.

He is the only child of Matt and Serii.

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.

can inhibit provision of care and pose a risk of injury to veterinary staff," wrote the study authors. "This study aimed to identify the physiological and behavioral responses of a sample of 30 dogs of various age and breed, to a standardized physical examination in a simulated veterinary setting."

While in the waiting room, the dogs' average heart rate was 97 beats per minute (bpm), during the physical examination, one third of the dogs' heart rates nearly doubled, peaking at an average value of 180bpm (with a greyhound

experiencing a heart rate as high as 230bpm). The heart rates were the highest during the first stage of the examination (when dogs were patted by the examiner), as well as the last one (a simulated vaccination). By contrast, the middle stage - involving a teeth examination - elicited the lowest heart rates.

The researchers noticed that the elevated heart rates were correlated with body language showing fear, such as tails tucked between the legs or ears tilted back. Overall, females seemed to be more anxious than males during veterinary visits.



Congratulations to Search Dog Foundation's (SDF) nine newest search teams!



"When a Democat runs I'll show more interest in voting!" Savana



The Pet Page

Forever homes wanted

Hi! I'm Mystic, a handsome almost 1 1/2--year-old pocket Chow and I'm Nebula, a beautiful almost 2 year old pocket Chow. We are in need of a new home together as our owners are too busy with their business to give us the attention we are used to having. We're both dog and people friendly and love attention. It's unknown if we would get along with children or cats.

Mystic: I walk well but pull a bit. I'll steal your heart as I'm so lovable and enjoy being pet. I will enjoy a more quiet home since the kennel environment is getting to me.

Nebula: A real sweetheart and smaller than Mystic. I'm not leash trained but I'm getting there. I'm a fast learner with commands such as sit and place.

We love each other so must be adopted together. We will not be separated. CARL dog up for adoption.



Bodhi is a playful 9-year-old neutered male Siberian Husky. He's social and loves to make his rounds at parties. A short walk a day would be plenty for this senior pup. If you'd like to meet Bodhi, you can schedule an appointment at vcas.us/adopt, or simply come to the shelter when we open at 1:00pm. Adoption Process: www.vcas.us/adopt Animal ID: A564740. Camarillo Animal Shelter. Kennel: 024

This 'n' That



Alyna Zarate is a multiple scholarship winner.

Ventura College Foundation distributes over \$750,000 in scholarships

The Ventura College Foundation presented scholarships to 240 students for the 2022-2023 academic year during its 33rd Annual Scholarship Awards ceremony, May 13, at the Ventura College Athletic Center. There were 446 scholarships awarded, including nine new scholarships, totaling \$756,908. Last year's distribution amount was \$652,758.

Scholarships ranged from an average of over \$2,400 for continuing students to an average of \$4,200 for students who are transferring to four-year universities in the Fall. Many students received multiple scholarships.

"Students are still feeling the impact of the pandemic and scholarships can make the difference between being able to stay focused on education or having to scale back," says Ellyn Dembowski, chair of the Ventura College Foundation board of directors. "Ventura College Foundation has over 400 available scholarships. Students can apply for scholarships in specific areas of study or general scholarships. We urge students to take advantage

of this valuable financial resource when the scholarship applications window opens again."

For multiple scholarship winner Alyna Zarate, 19, her career goal is to become a lawyer or political science professor. She originally studied biology, but after she became involved in student government at Ventura College, her interests shifted.

"The scholarships showed me the potential in myself, that I can do anything in this world," says Zarate. Besides her involvement in student government, Zarate volunteers with the Coalition for Literacy, which helps adults and students struggling to read. "Growing up, my parents always told me to give back to the community. At the end of the day, I want to make a difference in someone's life."

The Ventura College Foundation is grateful for the continuing support of scholarship event sponsors. They include Edison International, HZ Main Events Design & Consulting, Miracle Mile Advisors, Citizens Business Bank, Searle Creative, Bank of the Sierra, L&T Catering, Ohana Pet Hospital, and Trinity Wheeler Photography.

Scholarship applications will be accepted for the next academic year beginning in the Fall. For more about the Ventura College Foundation and donation opportunities, go to <https://venturacollegefoundation.org>.

Ventura County Library urges families to get ready, get set, go to the library

Ventura County Library launched its "Read Beyond the Beaten Path!" summer reading challenge on May 15, 2022. Over

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

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the summer, the library will host a range of free activities for children, teens, and adults to encourage and support a love of reading.

Participants may win prizes for reaching their reading goals. "We've planned a wonderful program for kids to make the library a great place to read, learn, and discover what's available for their enjoyment," said Molly Krill, Youth Services Manager.

Themed events include bi-weekly STEAM Kits and challenges, participation in the library's online reading and activity log (register at vencolibrary.beanstack.org), themed Storytimes, and a closing party hosted by Kona Ice. This year Ventura County Library is giving away 13 Nintendo Switch Grand Prizes as well as smaller STEAM prizes throughout the summer. In addition, once a child has logged 500 minutes, they may visit their local branch to choose a free new book to add to their home libraries.

There's so much to see, so much to do at your library! It is one of the best places to take your kids, especially during the summer months when children are out of school. The library is a place to learn, read, and have fun...a place the entire family can enjoy. The amount of time children spend reading outside of school is linked to improvements in reading achievement. Many studies show that access to books and other reading materials is directly related to higher reading achievement.

Registration continues through August 14, 2022. To learn more about the summer reading adventure at the library, please call your local branch or check out the library's website at vencolibrary.org.

This event is free and open to the public. For additional information, contact Molly Krill, Ventura County Library Youth Services Manager at (805) 677-7170

Ventura events

Continued from page 5

sale along with a variety of collectibles. Vendors please call Charlie at 805-746-4317 for details. The museum is located at the corner of Loma Vista and Ashwood.

June 16: Join in the fun at our luncheon and help raise funds for Ribbons of Life Breast Cancer Foundation. 11a.m., social hour; 12 noon meeting and lunch. Las Posas Country Club, 955 Fairway Drive, Camarillo. \$40 per person - Advance reservations and payment required. cigullreservations@gmail.com or 805-263-7759 www.channelislands-gulls.org.

June 21: Free Admission for the Summer Solstice at Ventura Botanical Gardens. Tuesday 9 - 5 p.m. Bring your family and friends to soak in the extended summer day at the Gardens. Leashed dogs are welcome. Be sure to stop into our Courtyard garden shop, and browse our plants and pottery.

June 22: The College Area Community Council in Ventura will be holding a Zoom meeting

on Wednesday, at 7 p.m. Council meetings include speakers and discussion on topics of neighborhood and community interest. Visit the College Area Community Council website @ <https://caccventura.com> to learn more, to be added to the mailing list or to access a link to the Zoom meeting."

Ojai happenings

Sixteen-year-old author Micaela Ellis will visit the Ojai Library at 2pm on Saturday, June 4, 2022, to speak about her book, *Autism over the Years: A Twelve Year Old's Memoir*. During this talk Micaela will share her perspectives on life as a young adult with autism.

She was diagnosed with autism at the age of two and a half and has spent over a decade learning, growing, and working to overcome the many challenges associated with this disorder. She is currently finishing up high school, learning to drive, and making travel plans with her family. As she writes in her book:

Begin your summer celebration in Libbey Park in beautiful Ojai during the Music Festival, June 11th and 12th and experience Ventura Potters' Guild Open Air Pottery Market. Over 30 clay artists will display their unique, handmade pottery. Students from the Ventura College Clay Club will provide wheel throwing demonstrations throughout both days of the event.

Come shop for mugs and goblets, bowls and casseroles, plates and platters, earrings and necklaces, tiles and planters, sculptures and teapots, and much more, all fashioned by the local Guild clay artists. Visit with the makers and learn how they create their pieces, from hand building a garden sculpture to throwing a dinner plate on the wheel. This event is free, child-friendly and will be open to the public 10 to 6 on Saturday and 10 to 5 on Sunday.

The Ventura Potters' Guild is a non-profit organization committed to stimulating public interest in the ceramic arts. It provides education, sales opportunities, and networking in an inclusive environment for all levels and interests. Find out more at www.venturapottersguild.org

King Crossword

Answers

Solution time: 24 mins.

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



by Pam Baumgardner
VenturaRocks.com

The Ojai Blues Fest at the Ojai Art Center returns on Saturday, June 4. It's always a treat when Tommy Marsh returns to town after picking up and



Tommy Marsh

leaving us for Tennessee to build a Nashville audience. Trust me when I say, the talent will not disappoint! Tickets are available on EventBrite.com. Here's the current time lineup:

1:30 - Milo Sledge
2:00 - Crooked Eye Tommy
3:30 - Chuck Strong & SRBQ
4:30 - Ray Jaurique & the Uptown Brothers
5:30 - Sandy Haley Band
6:30 - Guy Martin
8:00 - All-star Jam Session

The 75th anniversary of the Ojai Music Festival runs June 9 - June 12 at the Libbey Bowl. Tickets for each event run between \$20 and \$150; but on Sunday, June 12, all are invited to two free events at Libbey Park. The first, Dance in the Park, features the dance duo Julia Eichten and Bret Easterling, celebrating tenderness, togetherness, and fierce joy; and then that afternoon, Rome is Falling is a high-energy new telling where song, spoken word, and driving music come together to contextualize the action with audience engagement and the performance of a local children's choir. For more details on all performances and to secure your tickets, go to OjaiFestival.org.

The Glass Animals concert at the Ventura Theater wasn't announced until 9 am on Wednesday, May 18 and tickets went on sale that day at noon which promptly sold out for their show the following Wednesday, May 25, at the Ventura Theater...which by the way was fabulous.

Future shows on sale now for the Ventura Theater include Third Eye Blind for Saturday, August 6, Billy Idol on Thursday, August 25, Hollie Cook (from all-female punk/reggae band, the Slits) on Saturday, September 24, Black Flag on Saturday, October 29, and AFI on Friday, November 25. If you don't want to miss out, you'll want to keep your eye on their calendar as you never know when new dates will pop up (such as the Glass Animals).

Heading around the corner and

down the block (or two) to the all-new Ventura Music Hall, I'm happy to report that I've secured tickets for the Mike Campbell & the Dirty Knobs show for Sunday, June 12. Come on!!! He co-wrote so many hits with Tom Petty (Refugee, Here Comes My Girl, Runnin' Down a Dream), you know it's going to rock!! New dates added recently include Guttermouth on Sunday, July 3 (happy to say local bands False Confession and Romper will open), Memphis May Fire out of Texas plays Tuesday, July 19 and Jerry's Middle Finger will bring in the "Deadheads" when they play Friday, July 29.

Over on Main Street, midtown Ventura, the Grape has Casey Abrams, former American Idol contestant and current member of Postmodern Jukebox, returning for a show on Saturday, June 4, then the venue will go into overdrive when they open on Sunday and Monday (traditionally closed) for two special concerts. Firstly, on June 5, it's Dreamland band, a Joni Mitchell tribute, featuring Kimberly Ford on vocals and guitar and then on Monday, June 6, the Dave Weckl/Tom Kennedy Projects with their high energy jazz fusion. Weckl was inducted into the Modern Drummer Hall of Fame in 2000. Tickets are available for these shows at TheGrape-Ventura.com.

The Toni Jannotta Jazz Trio plays Peirano's on the Terrazza Friday, June 3, with Terry Simcik on guitar and Tom Etchart on bass. Toni then leaves for Europe to sing in the Langtoun Jazz Festival in Kirkcaldy, Scotland.

Here's a fun, or not-so-fun fact: all reserved tables and special ramadas for all concerts are sold out for Music Under the Stars this summer. Tickets still available for general admission include Identity Theft on July 23, Rhythm Krewe on August 6 and Lisa Haley & the Zdekats on August 27, all other shows totally sold out. You can either purchase tickets at Ventura City Hall or over the phone (805) 658-4726.

Quick Notes: just announced, Uncle Cracker will perform at BBQ Fest 2022 at Surfer's Point Live (Ventura Fairgrounds) on Saturday, June 11; Surfers Point Café will hold a grand opening celebration on Saturday, June 11, featuring the loveable CocoKnots and their tropical blend of music with a sprinkling of pop & jazz classics from 1 -4 pm; Cadillac Zack presents Aki Kumar, Bollywood blues, at Namba on Friday, June 10; Iain Matthews and Steve Postell (founding members of British folk rock bands) play the Ojai Underground Friday, June 3; Mack and D start up their Thursday evening residency at 1901; Tickets are on sale for the Hip Hop edition of Sunday Funday with Flo Rida and Lil Jon at Surfer's Point Live (Ventura Fairgrounds parking lot); and Mick

Stover (bassist Dive Bar Messiahs, Gentlemen's Blues Club) has started a new 80s dance cover band called '80 Reasons 2 Dance, you can catch them at Margarita Villa on July 9.

The Pam Baumgardner Music Hour continues to support and play local artist out of the 805, as well as artists who come here to play. Mary Z Wilson continues to be a great asset talking about the history of Americana here in town; she'll be sharing music from Donna Lynn Caskey, Merlin Snider and Cyrus Clarke on the next episode, (#162) which runs 5/31 - 6/12 and airs Tuesdays and Fridays at 5:00 pm and Sundays at noon. Tune into KPPQ-LP at 104.1 FM here in Ventura, or listen via the MyTuner radio app on your smart device, or online at CapsMedia.org/Radio.

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 listings, additional times and genres go to VenturaRocks.com

Cantara Cellars

126 N. Wood Rd., Camarillo

Fri 6/3: Slogan Acoustic
Sat 6/4: Whiskey Business
Fri 6/10: Katie Shorey
Sat 6/11: Heart and Soul

Copa Cubana

Ventura Harbor Village

Tuesdays: Blues Tuesdays

Four Brix Winery

2290 Eastman Ave., Ventura

Sun 6/5: Cary Park
Fri 6/10: Whiskey Business

The Grape

2833 E. Main St., Ventura

Tuesdays Jazz Jam
Wed 6/1: Lobster Jazz Quintet
Thurs 6/2: Rick Jarrett and the Badd Hatters
Fri 6/3: Flamenco al Rojo Vivo with Tony Ybarra
Sat 6/4: Casey Abrams
Sun 6/5: Dreamland Band
Mon 6/6: the Dave Weckl/Tom Kennedy Project
Wed 6/8: Molly Miller Trio
Thurs 6/9: Adam Clark Trio
Fri 6/10: Plotz

Keynote Lounge

10245 E Telephone Rd, Ventura

Fri 6/3: Heart n Soul
Sat 6/11: Old School

Libbey Bowl

210 Signal St., Ojai

Thurs 6/9: Ojai Music Festival, AMOC and Friends
Fri 6/10: Ojai Music Festival, Eastman; the Echoing of Tenses; Harawi
Sat 6/11: Ojai Music Festival, About Bach; Little Jimmy & Family Dinner
Sun 6/12: Ojai Music Festival, the

Book of Sounds; Finale

Lucas Sellers Wine

330 Zachary St., Moorpark

Sat June 4: Singular Nature
Sat June 11: Michael Brondstetter & Sara

Majestic Ventura Theater

26 S. Chestnut Street, Ventura

Fri 6/10: Electric Feels - Indie Rock & Indie Dance party
Sat 6/11: Haragan y CIA

Margarita Villa

Ventura Harbor

Fri & Sat 8-11 pm; Sun 5-8 pm

Fri 6/1: Mark Masson
Sat 6/2: Dive Bar Messiahs
Sun 6/3: DRB
Fri 6/10: Urban Dread
Sat 6/11: Operation 90s
Sun 6/12: On Tap

Namba Performing Arts Space

47 S. Oak Street, Ventura

Fri June 10: Cadillac Zack presents Aki Kumar

Sat June 11: Sean Riddle Quartet

Ojai Arts Center

113 S. Montgomery St., Ojai

Sat 6/4: Ojai Blues Fest

Peirano's on the Terrazza

204 E. Main St., Ventura

Fri 6/3: Toni Jannotta Jazz Trio

The Six Chow House

419 E. Main St., Ventura

Sat 6/11: Teenage Goo Goo Much
Sun 6/12: the Trivle Omdobble

Surfer's Point Live

Ventura Fairgrounds

10 W. Harbor Blvd., Ventura
Sat 6/11: BBQ, music featuring Uncle Kracker

The Twist on Main

454 E. Main St., Ventura

Wednesdays: Americana Night

Thursdays: LA Jazz Connection

Fri 6/3: Tossers
Sat 6/4: Karen Eden; Sayed Sabrina
Sun 6/5: Dave Parsonage; Matt Moran; TD Lind & the Aviators
Fri 6/10: Jayden Secor Band
Sat 6/11: LA Jazz Connection; Soul Machine
Sun 6/12: Bobby, Fin & Dave

Ventura Music Hall

1888 E. Thompson Blvd., Ventura

Wed 6/1: Coi Leray, B-Lovee
Fri 6/3: Black Crystal Wolf Kids
Sat 6/4: Matisyahu
Tue 6/7: La Luz, Pearl and the Oysters
Wed 6/8: Allah Las, Kolumbo
Fri 6/10: Ridin' the Storm Out
Fri 6/10: Mike Love and the Full Circle, Dub Inc.

Sat 6/11: Billy Howerdel (a Perfect Circle)

Sun 6/12: Mike Campbell & the Dirty Knobs

Winchesters

632 E. Main St., Ventura

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

Fri 6/3: Heft & Wilson

Sun 6/5: Heart & Soul Band

Tues 6/7: Open Mic with Jenna Rose

Thurs 6/9: Brandon Ragan

Fri 6/10: Karen Eden & the Bad Apples

Sun 6/12: the Pipes

Ventura Music Scene



The before and after photos are Andrea Vargas from New Mexico and Maddi Simpson from Ventura. Photos by Patricia Schallert.

What is Plein Art Painting?

by Patricia Schallert

“En Plein air” is a French expression that means “in the open air”. It is used by artists to describe the art of outdoor painting, capturing landscapes, sunsets, bodies of water and majestic views. Santa Cruz Island fit the description perfectly.

Saturday morning, May 21st brought a group of artists to the Island Packers boat launch for a one-of-a-kind adventure to Santa Cruz Island to paint with esteemed artist Margaret Garcia. Unfortunately, Margaret Garcia was unable to go but her replacement, Renee Tallent, Ventura coordinator for the Arts from the County of Ventura Museum was able to take the lead in making sure the experience would go on.

Roberto Vargas, Latino Advisory committee joined the group and was instrumental in helping the artists get to know each other once they arrived on the Island. From there, the artists went their separate ways and found a variety of locations to create their open-air art and as Claudia Soto enthusiastically said, “We will let the art unfold”.

Upon returning to Ventura Harbor, several of the artists said, “It was like being in a different world.” There were no cellphone or Wi-Fi distractions and Andrea Vargas, from New Mexico said “We could just stay focused on our art.” Others commented that they could go slow as they were inspired by the beauty of Santa Cruz Island with its incredible weather and beautiful scenery.” When asked if they would do this again, a resounding “absolutely” was the answer.

Ventura Art Scene

This 'n' That



New story collection set in fictionalized Ventura

Award-winning author—and Ventura native—Dallas Woodburn’s new short story collection *How to Make Paper When the World is Ending* (Koehler Books) releases on June 28, and locals might find something familiar about the settings of many of the stories. The pier... the beach... the boardwalk... Yes, many of the stories take place in a “fictionalized Ventura,” Woodburn notes.

This is not the first time her hometown has made its way into her fiction. Woodburn’s story collection *Woman, Running Late*, in a *Dress* also featured familiar settings such as the beach, lemon orchards, and downtown Main Street. And readers will recognize Ventura in her latest novel, *Thanks, Carissa, For Ruining My Life*. “I was definitely picturing Ventura in my mind as I wrote,” she says. “The high school was Ventura High. The bowling alley was Buena Lanes. Their favorite restaurant is based on Snapper Jack’s Taco Shack. There are little clues throughout the book.”

Woodburn says that the setting for her fiction is not something she logically plans out, but rather rises up organically through the creative process. “I wrote the first draft of my novel and many of these stories when I was a grad student at Purdue University in Indiana,” she continues. “I was homesick for Ventura, and escaping into my fiction felt like visiting home.”

How to Make Paper When the World is Ending is a collection of short stories that explores and re-imagines the ghost story. *Reedsy Discovery* praised the book as “a magnificent compendium of slightly spooky stories that will chill, delight and amuse you” and author Gregory Spatz called it “smart, moving, inventive, funny, and always surprising.”

Woodburn grew up in Ventura, graduated from Ventura High School, and has been part of the

Ventura County literary community for more than two decades. She founded Write On! For Literacy (www.writeonbooks.org) as an eighth-grader at Cabrillo Middle School to empower youth through reading and writing. Her Holiday Book Drives have collected and donated more than 14,000 books to underprivileged children throughout Ventura County.

A former John Steinbeck Fellow in Creative Writing, Woodburn’s fiction has been honored with the international Glass Woman Prize, second place in the American Fiction Prize, and four Pushcart Prize nominations. She also hosts the *Thriving Authors Podcast*, interviewing authors about the creative process.

This is a big year for Woodburn, as her YA novel *Thanks, Carissa, For Ruining My Life* and her collection of stories *How to Make Paper When the World is Ending* are both being published. She wishes she could go back in time and give herself a peek of 2022. “When I was a grad student, I remember feeling pulled in two directions—like I had to choose,” Woodburn explains. “Even though I loved both genres, I worried that I couldn’t write and publish both. But I was wrong! I’ve learned it’s important not to set limits on yourself.”

Woodburn’s books are available everywhere, but she encourages people to purchase them through Ventura’s own independent bookstore *Timbre Books*.

Mailbox

Continued from page 4

1950s Congress met in the face of a rise in Juvenile delinquency (it seems so tame by today’s standards) and held hearings.

They heard from psychologists and so-called experts who blamed comic books for the problem. Such horror comics as “Crypt of Terror” were blamed and banned from the public. (The creators of these comics—changed and started to produce a humor magazine called *Mad* that had great impact). A new Congressional hearing need to be held on the causes of these school shootings. Its not comic books now but, I suspect, its violent, bloody videogames.

All of the shooters seemed to have played these games to obsession until the idea of killing becomes ‘normal’ to them so they re-enact the horrors in real life. TV and movies help to re-enforce the carnage. People are becoming hardened by these games they play each day to the point where human life is cheapened. I do not know if video games are the problem, but an investigation is needed. I suspect there isn’t one cause but several. More mental health hospitals do need to be built and manned by trained competent doctors and psychologists. This deeply troubled young man should never have been permitted to own a firearm—any firearm. Deeply troubled people need to be helped before they become deadly shooters bent on a high body count.

Richard Senate



This 'n' That

Here is a bi-weekly highlight of some of the new developments being proposed, approved or under construction in Ventura

Submitted by Eileen Shaw, Carol Spector and Livable Ventura.

Park Plaza- a 5 story mixed-use building with 87 residential units proposed on the corner of Fir and Santa Clara

Front and Kalorama- a 4 story building with 88 residential units on the corner of Front Street and Kalorama. Design Review hearing was on 3/31

Hilton Hotel- a new 160 room hotel with a restaurant and retail on the corner of Figueroa and Harbor. Design Review meeting on 05/19

Two Eleven- a 6 story mixed use with 94 units proposed for the corner of Figueroa and Thompson

Anastasi- 97 condos plus commercial space in 15 buildings on the corner of Harbor and Seaward. Design Review meeting was on 3/31

Shea Homes Del Sol- 201 residential units (89 townhomes and 112 single family homes) proposed at South Wells Road and Citrus Drive. Planning Commission hearing on 05/25

For more information go to www.LivableVentura.com or access the city development map at www.cityofventura.ca.gov/Permit-Services "button" or Development Map <https://www.cityofventura.ca.gov/1854/Permit-Services> for projects Under Review, Scheduled for Hearing or Entitled (Approved) and Under Construction.

There has been much confusion regarding the use of Ventura water

We asked Stephen Glenn, Management Analyst II Ventura Water to answer a few questions. This is part 2 of 2. *How are we using reclaimed water?*

The Ventura Water Reclamation Facility (VWRF) was expanded in 1972 to include tertiary filters to provide filtered effluent for both water reclamation and discharge to the Santa Clara River Estuary. Effluent reuse for irrigation is an integral part of the Recycled Water Program. Use of recycled water represents a reduction in demand on the drinking water supply of approximately 325 million gallons per year. Ventura Water supplies recycled water from the VWRF to irrigate the City's two public golf courses, Marina Park and landscape areas near Olivias Drive and in the Harbor area.

In 2015, the City initiated a pilot project to test the feasibility of constructing an advanced water purification facility

(AWPF) to maximize quantity and reliability of potable supplies by purifying tertiary treated effluent produced by the VWRF and optimizing its potable reuse, rather than discharging into the Santa Clara River Estuary. The pilot facility operated for 9 months and produced favorable results, indicating highly reliable purification technologies, providing information on operational needs and costs, and the absence of risk to public health and safety. As a result, the City is proposing to construct a full-scale AWPF, that is one component of the Ventura WaterPure Program.

The City of Ventura is currently in the planning phases for the Ventura WaterPure Program that includes the state-of-the-art AWPF. The Ventura WaterPure Program consists of several capital improvement projects and will be a new, locally owned source of highly purified drinking water that provides Ventura with a long-term drought resilient water supply solution. On October 14, 2019, Ventura City Council unanimously voted to certify the EIR for the Ventura Water Supply Projects. Following completion of the environmental review process, the next steps include permitting, final design, and bidding for construction. The project is anticipated to initially produce at least 2,800 AFY and ultimately produce at least 4,000 AFY.

Lastly, Ventura Water offers customers the opportunity to receive recycled water through the Mobile Reuse Program. Through this program, customers can pick-up and haul and unlimited amount of recycled water from the Ventura Water Reclamation Facility for landscape irrigation, dust control, and soil compaction. Before receiving recycled water through the program customers must first complete a training and obtain a permit.

Harriet H. Samuelsson foundation awards \$670,000 in grant funding

The trustees of the Harriet H. Samuelsson Foundation recently awarded grants totaling \$670,000 to 16 local non-profit organizations providing remote and in-person services to youth and adolescents during this ongoing COVID-19 pandemic. Grants ranged from \$10,000 to \$85,000, and were allocated locally:

\$45,000 to CAREGIVERS: Volunteers Assisting the Elderly for matching a teen volunteer with a senior to assist with indoor and outdoor home maintenance, lawn mowing, window washing, vacuuming, laundry, and home organization

\$45,000 to Community Memorial Healthcare Foundation for new adjustable bassinets and cribs with digital monitors for infant resuscitation at Community Memorial Hospital

\$15,000 to Step Up Ventura, Inc., to recruit, train and coach volunteers to read twice a week to children impacted by homelessness to promote pre-literacy activities, increase language and cognitive reasoning skills, and support healthy social, emotional, and behavioral development

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

Lighter Breeze

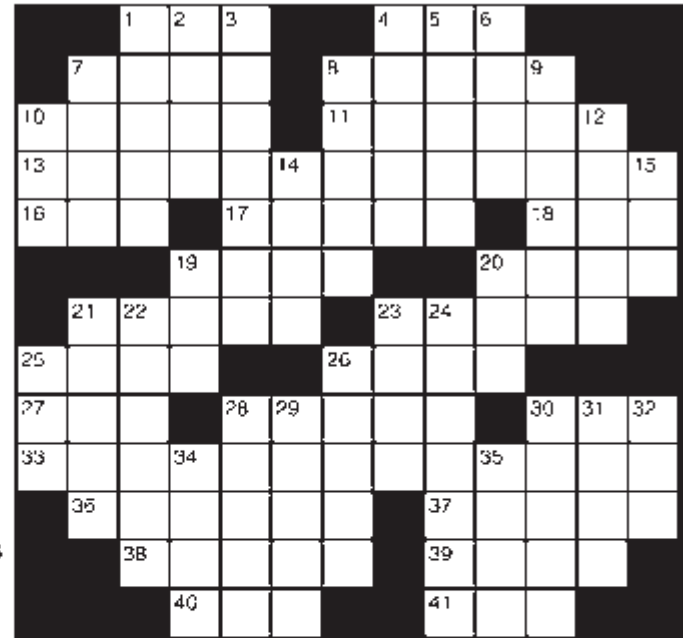
The comics and sudoku will be back in the next issue.

Solutions on page 11

King Crossword

ACROSS

- 1 Scratch
- 4 Hosp. scan
- 7 Ashen
- 8 Ridicule
- 10 Director Forman
- 11 Seek. as office
- 13 Breakfast order
- 16 Simile center
- 17 Four-star reviews
- 18 FDR project
- 19 107, to Cato
- 20 Actor Johnny
- 21 Velocity
- 23 Apple centers
- 25 And others (Lat.)
- 26 French cheese
- 27 Plopped down
- 28 Pink hue
- 30 Insult, slangily
- 33 Steakhouse order
- 36 Eucalyptus eaters
- 37 Start of a supplication
- 38 Move furtively
- 39 Smile
- 40 Trail the pack
- 41 Thesaurus wd.



DOWN

- 1 Island south of Sicily
- 2 Oodles
- 3 Set aside
- 4 Bea Arthur sitcom
- 5 Littlest litter-mates
- 6 Data
- 7 Name of 12 popes
- 8 Fountain of Rome
- 9 Precisely
- 10 CEO's deg. invitation
- 14 Incursion
- 15 Phone bug
- 19 Cartoon frame
- 20 Rap's Dr. —
- 21 Desolate
- 22 Cookout spots
- 23 Beach crawler
- 24 Drilling platforms
- 25 Mentalist's claim
- 26 Invigorating
- 28 Salsa singer Cruz
- 29 Borneo ape, for short
- 30 "Mack the Knife" singer
- 31 "This — out-rage!"
- 32 Pigs' digs
- 34 Teen hangout
- 35 Grand Ole —

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ARIES (March 21 to April 19) A heads-up alert to all free-spirited Ewes and Rams: Be wary of a deal that could result in compromising your independence. Check every detail before making a commitment.

TAURUS (April 20 to May 20) New facts emerge that help put an irksome workplace situation in perspective. Meanwhile, pay more attention to a family member who needs your wisdom and strength.

GEMINI (May 21 to June 20) A slight setback in plans is nothing to worry about. Use this delay to deal with a number of matters you might have ignored for too long. Expect news from someone in your past.

CANCER (June 21 to July 22) You're entering a period of stability. Use it to straighten out any outstanding problems related to a very personal situation. Also, pay closer attention to financial matters.

LEO (July 23 to August 22) As much as you love being a social Lion, you might well benefit from staying out of the spotlight for a while. You need time to reflect on some upcoming decisions.

VIRGO (August 23 to September 22) A difficult family situation improves, thanks to your timely intervention. You can now start to focus more of your attention on preparing for a possible career change.

LIBRA (September 23 to October 22) An on-the-job change works to your benefit by offering new opportunities. It's up to you to check them out. Meanwhile, a stalled romantic situation starts up again.

SCORPIO (October 23 to November 21) That flare-up of Scorpian temperament cools down, leaving you more receptive to suggestions about changes that might need to be made in your personal life.

SAGITTARIUS (November 22 to December 21) An unusual period of indecisiveness is a mite frustrating. But things soon clear up, allowing the sage Sagittarian to make those wise pronouncements again.

CAPRICORN (December 22 to January 19) You might feel that you know best, but it's not a good idea at this time to try to force your opinions on others. Best advice: Inspire change by example, not by intimidation.

AQUARIUS (January 20 to February 18) Some setbacks could affect your plans to fortify your financial situation. But things start moving again by early next week. Meanwhile, enjoy your resurgent social life.

PISCES (February 19 to March 20) Show that often-hidden steely spine of yours as you once again stand up to an emotional bully. You've got the strength to do it, especially as friends rally to your side.

BORN THIS WEEK: Your ruling planet, Mercury, endows you with a gift for writing. Have you considered penning the world's greatest novel?

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Showtime

A View from House Seats

The Roommate delivers at SPTC

by Shirley Lorraine

Be careful what you ask for. You will probably get much more than you bargained for. This is the basis of what happens in *The Roommate*, a multi-layered play of possibilities written by Jen Silverman now playing at the Santa Paula Theater Center through June 26. Cynthia Killion fills the role of Sharon, a middle-aged divorcee whose hum-drum existence in Iowa City is in dire need of refurbishment. Her advertisement for a roommate is answered by Robyn, played by Kathleen Bosworth. The two couldn't be more different. Their lifestyles are polar opposites. And the excitement begins as they learn about each other and settle into new routines.

Sharon spends her days in an empty-nest fog, not really recognizing some realities about her life. Robyn has apparently come to Iowa to shed one lifestyle and try another, but Sharon's relentless inquiries force her to grapple with her own realities Sharon, a "retired" housewife and mother takes each day as routine, brews the coffee, goes to her reading group. Robyn is a former scam artist, mother, vegan and pot-smoking lesbian. Despite their many differences, they find they actually have quite a bit in common at the core.

The play is hilariously blunt in its middle-class familiarity. Conversations begin the way many of our own do, then take a wild turn. Silverman's dialogue is brilliant as the ladies' lines mirror many of our own inner thoughts. We wonder about many things but often don't verbalize them. Sharon and Robyn, however, do not hold back.

They are frank, revealing and sur-

prising as both women come to realizations about themselves as their unlikely friendship develops. Both the characters are beautifully developed and masterfully delivered Killion and Bosworth. The result is a delightful, laugh-filled evening of satisfying theater.

The play is directed by Taylor Kasch, who no doubt had his hands full guiding and polishing these two accomplished actors. Set designer Mike Carnahan created a lovely tract home interior kitchen setting that is quite detailed, complete with luscious landscaping outside the double doors to the patio. I would live there!

Presented without intermission, even the scene changes and resulting actions glimpsed by diminished lighting add tremendously to the continuity. The actors tidy their table, pour their coffee, continue with the daily minutiae of life and move forward as we all do, often on autopilot. Life goes on, even as its trajectory changes, sometimes drastically.

To reveal more would be a great disservice. Audiences will need to discover for themselves how these two women adjust, cope and triumph. The journey is well worth the wait.

Covid precautions are still in place. Masks are optional and vaccination status is required. The night I attended there were plenty of seats to facilitate distancing, but this play deserves a full house so be prepared to comply for everyone's comfort and safety.

Performances continue Friday and Saturday evenings at 8 p.m., and Sundays at 2:30 p.m. 805-525-4645, www.santapaulatheatercenter.org, sptcbox@gmail.com.



Free Adaawe Concert in Mission Park on July 27th

"It's a thrill for us downtown to have the Ventura Music Festival present a great band in a great event," Downtown Ventura Partners Executive Kevin Clerici said

The music of Adaawe, an all-fe-

male, LA-based vocal and drumming band, springs from West African roots and is nourished by gospel harmonies and American funk for a contemporary world-fusion sound. The concert is made possible by a grant to the Ventura Music Festival from the Barbara Bernard Smith World Music Fund.

Originally set for July 2020 and among the scores of Covid-cancelled performances worldwide, VMF Executive Susan Scott reports excitement growing anew among both artists and festival-goers since confirming Mission Park as the venue. "We're committed to building community through music," Scott said, "and opening with a free Concert in the Park mid-week seems a perfect way to launch the 27th season festival and the six concerts that follow."

The mission of the Ventura Music Festival is to build community through world-class music and create an inclusive, welcoming environment in which people both see and hear themselves reflected in the music.

tomb in the fabled lost city.

In the book Loretta used actual archaeology research she had done with her husband, who passed away five years earlier and was why she decided to become a reclusive writer. Eccentric billionaire Abigail Fairfax had recognized the validity of the symbols in her book, and was on a quest to find what he believed to be a crown of fire rubies.

Abigail had his henchmen snatch Loretta from her book tour and asked her if she would join him in locating the treasure. Loretta declined, so Abigail drugged her on took her on his private jet to the island where he believed the tomb with the treasure he sought was located. He had bought the southern half of a remote Atlantic island where clues surfaced regarding the lost city when the volcano on the island became active.

Meanwhile, Alan who was enamored with Loretta, saw her get snatched and told her publisher Beth (DaVine Joy Randolph) and with no assistance from the authorities, they set out to rescue Loretta. Alan recruited Jack Trainer (Brad Pitt) former Navy SEAL turned CIA operative to aid in the rescue, who was able to locate Loretta from her smart watch and told Alan he would meet him on the island.

When Loretta awoke Abigail handed her some ancient parchment to translate that he believed would help him find the treasure. Unfortunately much of the parchment was missing, so Loretta could only make out a few words, which frustrated Abigail who knew she had studied ancient languages and was the reason he kidnapped her.

Jack located the compound where Loretta was being held, and though he told Alan to stay behind, Alan wanted to be there when Loretta was rescued so followed behind against Jack's wishes. Jack gave in and told Alan to just stay alive while he used his ninja like skills to stealthily take out all the guards and find Loretta.

Throughout it all, Loretta wore a bright pink sequined jumpsuit and was actually rescued being rolled out in a wheelbarrow strapped to a chair as cars exploded while Jack casually tossed back is long hair. More adventures awaited Loretta and Alan in the jungle as Abigail pursued them, not knowing that the treasure he sought may not be what he thought.

The chemistry between Bullock and Tatum is very entertaining, and Pitt is the perfect zen ninja.

Rating: PG-13

Runtime: 1h 52m

Streaming Spotlight by Cindy Summers

The Lost City

- Paramount +



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

In *The Lost City*, popular romance author Loretta Sage (Sandra Bullock) had just finished novel number twenty, and began what she wanted to be her last

book tour with her handsome book cover model named Alan (Channing Tatum). Fiction quickly became real life for both of them when Loretta got kidnapped by billionaire Abigail Fairfax (Daniel Radcliff) believing she could actually help him to find the lost treasure that was the focus of her recent exotic adventure novel.

In her latest novel "The Lost City of D" Loretta described an ancient lost city that was discovered by fictional heroine Dr. Angela Lovemore and her dashing love interest Dash McMahon, portrayed by cover model Alan Caprison. In the story the queen wore a "Crown of Fire" that was a priceless treasure thought to still be in a special

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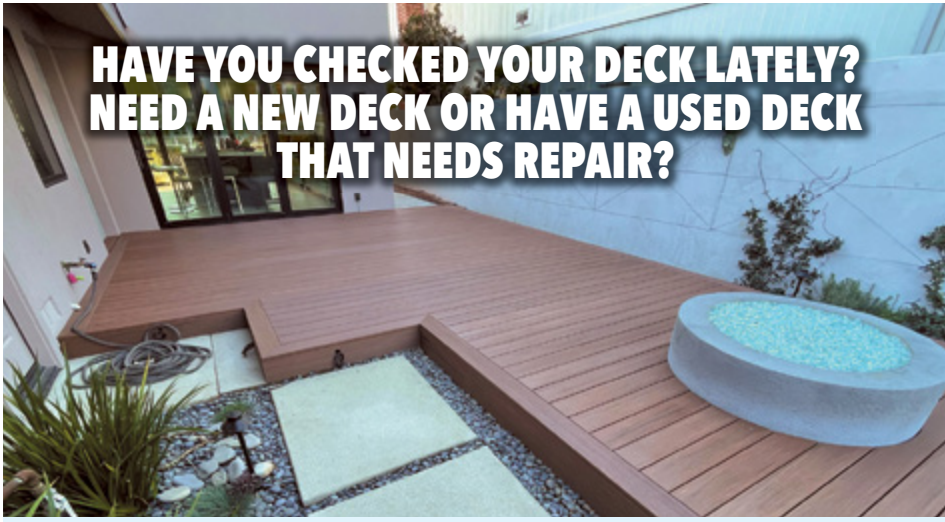
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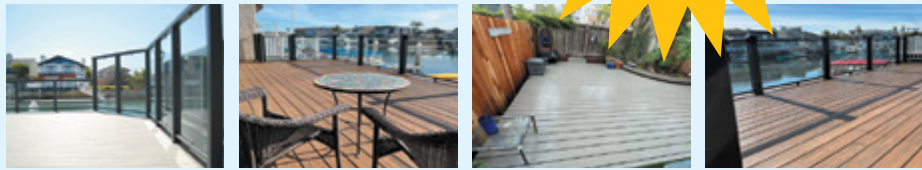
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This 'n' That



On May 21, at Boccali's Pizza and Pasta in Ojai, a fund-raiser was held for the Cabrillo Middle School Music Department. The night included live music, dinner and a silent auction to benefit the award-winning middle school music program.

All funds raised benefit the school's music program.

This will be the first time the annual event is being held in two years due to COVID-19. It was attended by hundreds who enjoyed the great Italian food and music. They listened to jazz music from both student and professional groups including Cabrillo Middle School Jazz Band A, The Thatcher School's Jazz Ensemble, Ventura High School Jazz Band and professional jazz musicians.

"This event has always been an important event for our program both from a fundraising standpoint and just a super fun event be able to showcase the students' hard work," said Cabrillo Middle School Music Director, Mr. Mario Boccali. "All the groups – professional and student – are delighted to perform, especially after COVID which put a lot of groups off the stage for so long."

The program provides a positive and fun environment where music students have the opportunity to participate in clinics with music professionals and perform at music festivals and other fun events throughout the community. The school's top groups perform at nationally adjudicated festivals each year on the annual Spring Tour.

To donate to or learn more about the program, go to: <https://sites.google.com/view/cabrilloschoolmusic/>.

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