

Don't miss the Ventura County Fair - ends Aug. 14th



VENTURA BREEZE

Your Hometown Paper

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San Buenaventura Women's Club members Shirley Lorraine (wearing a Breeze visor of course), Anita Hensley and Janet Flickinger at their fair booth. The Disabled American Veterans of Ventura County has a plethora of information available to help veterans.

More at the Fair than Rides and Food – Keeping things Hyper Local

by Shirley Lorraine

Many changes have taken place as Fair management copes with the losses incurred from no fair for the last two years. This year involvement is light and there seems to be fewer entries, vendors and familiar touches overall. Nonetheless, it is good to be back at the Country Fair with Ocean Air.

Along the Garden Street entry, there are a series of tents. These tents contain volunteers from non-profit groups eager to catch people's interest and disseminate information about their objectives and offerings.

This year, fairgoers are enthusiastically greeted by volunteers in bright blue shirts from the San Buenaventura Women's Club. Members provide information to educate and entice interest in the philanthropic and social club that raises funds to give back

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Edward and Laura Balderas were the first in line to enter the Fair. Photo by Patricia Schallert.



Spectacular second-half goals gave the Ventura County Fusion their victory.

Ventura County Fusion defeat Long Island Rough Riders to win USL League 2 National Final

Spectacular second-half goals by Nathaniel Opoku and Marley Edwards gave the Ventura County Fusion a 2-1 victory Saturday night over the Long Island Rough Riders in the USL League Two national championship game in front of a packed house at Ventura College Stadium. It was the Fusion's second national championship, the other coming in 2009.

The Fusion entered the 32-team tournament as the 5th seed in the Western Conference, after finishing second in the Southwest Division with an 8-2-2 record. The team, however, entered the title game having won eight straight games dating back to July 1. In the playoffs, the Fusion took out some of the best teams in the country including the Flatirons, Rush, Southern California Seahorses, Ballard FC and Flint City Bucks. The Rough Riders, featuring east coast college players,

advanced to the title game after winning the Eastern Conference with a record of 15-1-2.

After a scoreless first half, the Rough Riders tallied the first goal of the game at the 54-minute mark in the second. After dispossessing Fusion midfielder Bastien Oberli just past midfield, Justin Weiss took a through ball from Roc Carles Puig and slammed it past Fusion goal Tetsuya Kadono to give the Roughriders a 1-0 lead.

The lead did not last long. Five minutes later 16-year-old Fusion academy product Sergio Villapando drove down the right side of the field to the touchline

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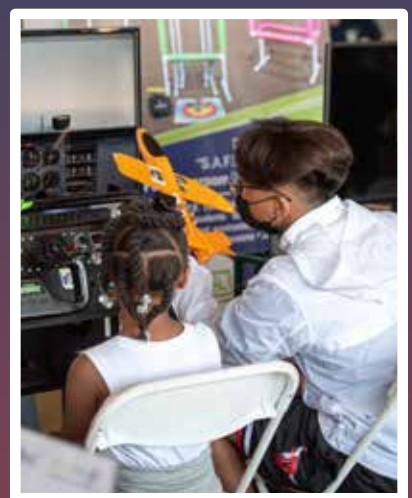
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City News

The Ventura Police and Fire Departments announce a community block party

Ventura residents are invited to join the Ventura Police and Fire Departments for a free, community block party from 11:00 a.m. - 3:00 p.m. on Saturday, August 20, 2022. This family-friendly event will be hosted at the Police and Fire Headquarters, located at 1425 Dowell Drive in Ventura.

Activities at the public safety event will feature multiple K9 demonstrations, a Jaws of Life vehicle extrication demo, fire extinguisher game, a hands-on CSI experience, a kid's firefighter challenge course, child fingerprinting, station tours, coloring contests, trivia, and more.

"We are opening our doors and exterior gates and welcoming our community into our headquarters," said Police Chief Darin Schindler. "This is an opportunity to engage in relationship building with local police officers, firefighters, dispatchers, and elected officials and have fun learning about crime prevention and fire safety."

Residents and children will have the opportunity to see patrol cars, motorcycles, fire engines, the SWAT rescue vehicle, a police helicopter, K9s, and various emergency response vehicles. Participants will also learn about a wide variety of safety topics and experience interactive games and demonstrations.

Snacks will be provided. Food trucks will also be on site with meals for purchase.

"Community engagement is more critical than ever," said Fire Chief David Endaya. "We want to connect with our residents and businesses to continue strengthening local relationships so residents know our team and so we can better communicate fire prevention and safety information."

To learn more about the public safety block party, visit www.CityofVentura.ca.gov/BlockParty. This event is funded by the Ventura Police Community Foundation. Learn more about the local nonprofit at www.VenturaPoliceFoundation.org.



Hello Ventura Water Customers!

I am Gina Dorrington, and I am honored to be your new General Manager. I have over 20 years' experience in the water and wastewater field, with the last seven of those years serving Ventura. I've had the opportunity to work within every aspect of the industry and I love the career it has given me. I can tell you that the men and women who serve you at Ventura Water are some of the best. We have such a dedicated and knowledgeable staff that prioritizes our water resources, ensuring that we uphold the community's health and safety and meet environmental compliance. I am extremely proud to be a part of this team.

I am also thrilled to be part of Ventura's water future with such exciting projects as the State Water Interconnection Project and VenturaWaterPure Program. The forward thinking here in Ventura is ensuring that we can continue to thrive and grow while sustaining our water resources.

I have been so impressed with how responsible our customers are in their effort to conserve water and participate in discussions about water. The response to the last drought, a 23% reduction in water use, was amazing! And the utilization of recycled water for irrigation has been great. With another drought upon us, we are going to have to continue those efforts to ensure we sustain our water supplies. We are asking for voluntary efforts now, knowing that you met those goals once before, and in the hopes that we don't have to implement stricter restrictions. We can do this!

It has already been a beautiful summer and we have so many programs to promote conservation and show how to use water wisely. There are a lot of questions on how we should do our part and our staff is here to answer those for you. Thank you for your support and dedication to our water resources.

Respectfully,
Gina Dorrington

More at the Fair than rides

Continued from page 1
to the community annually. The club offers a variety of social activities, including an evening section for those who are unable to attend day meetings. The club supports arts and music programs in the high schools, law enforcement canines, provides veterans support and serves other local needs such as advocacy for children, domestic violence awareness and much more, for over 90 years. Ventura County also has Federated Women's Clubs in Ojai, Oak View, Somis, Moorpark and Simi Valley. Anyone over 18 can join.

Across the way, there is a booth distributing information on N.A. - Narcotics Anonymous. Valuable information is available without charge. This year, for the first time, materials are available in both English and Spanish. Additional information can be found at naventuraCounty.com, or 1-888-817-7425.

Disabled American Veterans of Ventura County, a volunteer run organization, has a plethora of information available to help veterans and their families navigate the quagmire of paperwork needed to explore and gain benefits. Their national website is DAV.org. Search for the Ventura County chapter for information about local resources. Volunteers will chat, answer questions and gladly show memorabilia.

Offering a safe, calm and spiritually renewing experience is the Calvary Chapel of Ojai. They are featuring Prayer at the Fair, opportunities to share prayers with those who need some help from above for themselves or others. Pastor Dan Nelson is the coordinator for the effort, inviting all of similar faith to participate. There is no charge. Periodic prayer circles are offered as well. More information can be located at www.calgaryojai.org.

Also on scene is a booth for S.T.E.S.A., which stands for Service, Therapy & Emotional Support Animals. This organization provides advocacy and resources within Ventura County for those who need such animals. Founded by Pastor Nelson, this chapter is free to join while at the Fair, and free to renew annually. Services are currently within Ventura County only. This organization works closely with county and state level partners to maintain up to date resources and information. Their website, STESA.org, is currently being updated to include interactive capabilities.

The Garden Street entrance is across the way from Floriculture, and just before the livestock area. Come and visit.

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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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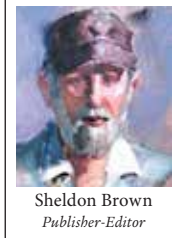


The Ventura Breeze is printed with soy based ink on paper with minimum 40% recycled content.

I asked my son
if he understood
the meaning of
the word “obey.”
He said “Yeah,
it’s a place to go
shopping on the
internet.”

– Jay Trachman

Opinion/Editorial



Sheldon Brown
Publisher-Editor

■ The nomination period for submitting candidacy documents for the **City Council** seats in Districts 1, 4, 5, and 6 is now open through August 12.

There is only one seat per district. Candidacy documents must be filed with the City Clerk’s Office during office hours. For more information please contact them at (805) 658-4787 or cityclerk@cityofventura.ca.gov.

■ The U.S. Postal Service has commemorated a piece of the Ventura **Channel Islands** on a new stamp. The image of California sea lions crowded onto a sandy beach was taken on San Miguel, one of five islands surrounded by the Channel Islands Marine Sanctuary and home to one of the largest pinniped rookeries in the world. This might inspire you to visit

the islands, which is one of our great treasures.

■ Four months after the closing of the arcade containing the **carousel** in Ventura Harbor Village it will be returning to Ventura with a new owner at the Pacific View Mall.

It is scheduled to open in mid-August near the food court upstairs.

The Village Carousel & Arcade officially closed on April 10 to make way for Aarmark Beer Gardens, Inc. - an entertainment and food venue, which is far from being open at this time.

■ Energy giant **BP** has reported its biggest quarterly profit in 14 years after oil and gas prices soared. The energy giant saw underlying profits hit \$8.45 billion between April and June - more than triple the amount it made in the same period last year.

And **Exxon Mobil** booked an unprecedented \$17.85 billion profit for the second quarter and **Chevron**

reported a record \$11.62 billion. We need to stop blaming politicians and blame greed.

What will probably happen is gas will decrease to \$5.00 per gallon one day and we will all be thrilled to be only be paying that amount.

■ A federal judge has sentenced **Guy Reffitt**, the Texas man convicted of bringing a handgun to the Capitol during the Jan. 6 attack, to 87 months in prison. That is the longest sentence so far related to the 2021 assault.

A member of the far-right militia group the Texas Three Percenters, Reffitt was the first defendant to stand trial on charges stemming from the attack. He was found guilty in March of five criminal counts, including obstructing Congress’ certification of President Biden’s Electoral College win. The 7.25-year sentence was far shorter than the 15 years sought by prosecutors.

Mailbox

Editor:

Your last issue had a joke? By Greenberg that I don’t get showing clowns throwing 3.146. Could you explain?

Larry Stern

Larry: Sometimes William gets a little too esoteric. This number represents the math equation PI.

PI is a mathematical constant that is the ratio of a circle’s circumference to its diameter, approximately equal to 3.14159 (it used to be thought to be 3.146). The number (shown as π) appears in many formulas across mathematics and physics. Swiss researchers at the University of Applied Sciences Graubünden claimed a new world record for calculating the number of digits of PI - a staggering 62.8 trillion figures. Get it, clowns throwing PI?

Sheldon,

I am so glad you mentioned taking care of pets in automobiles (Petpage). People sometimes need to be reminded. Also, good job about plants that are poisonous. Take Care!

Valerie Bereman SPAN

Opinions:

In response to the letter from J. Grimont about water use at the Olivas Adobe over July 2-4th, I have a different view. I am a docent at the Adobe, and on Sunday, July 3rd, I was leading visitors on tours through the house and grounds. Nowhere on the rounds did I encounter any sprinkler on or any damp ground or standing water. Again on July 6th, I was at the Adobe for a general membership meeting. Docents were out on the grounds, but noone noticed wet areas that would have been present if the sprinklers had been running for 48 hours. Another docent was working in the herb garden on Thursday, July 7th, and she said the ground was not saturated with water. As J. Grimont mentioned in the letter to the mailbox, the City Parks Department uses only reclaimed water for its parks.

Since the purpose of the letter was to criticize the City of wasteful use of water, I am confused about how using reclaimed water would

be wasteful. I would consider it recycling, just as I collect water in my shower as it gets hot, so I can use it for my plants.

Patricia McNeese

Dear Neighbors and Eco-Friends:

We just received this spectacular notice that the State of California has awarded the Ventura Land Trust \$7.2 million to buy 1645 acres of land behind Ventura, from Two Trees west to the Botanical Garden. This adds to the 2100 acres of land conserved in the nearby Harmon Canyon Preserve, also acquired by the Ventura Land Trust.

This has echoes for me and many others of our involvement in local organizations and writing about and arguing for saving this land and trying to get funding for such preservation dating back many years. (That’s a story in itself.) So, a big congratulations to the Ventura Land Trust for pulling it off.

On a personal note, the name Mariano Rancho Preserve likely reflects the use of this land for many years by sheep ranchers in Hall Canyon, mainly by Mariano Erburu, whose residence we bought years ago and historically designated the Mariano Erburu House.

Bob and Paula Chianese

Towards Inclusion of People with Challenges

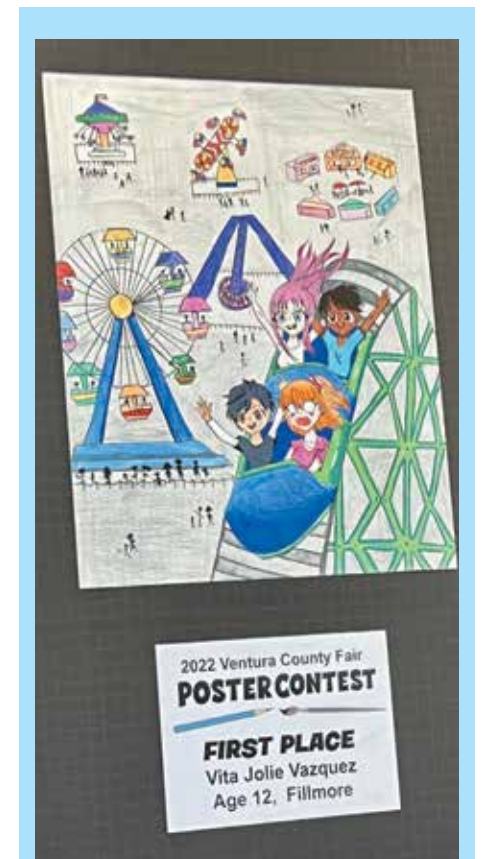
by Carol Leish, MA

Even though the Americans with Disability Act of 1990 made many changes for the better for people with disabilities by prohibiting discrimination of people with challenges from public accommodations, transportation, and employment, it is impossible to legislate changes of peoples’ attitudes. General attitudes of excluding those with challenges from various activities and places occurs due to fear and lack of awareness of the various types of disabilities.

Lack of awareness of various types of challenges also causes people to avoid what they don’t know. And, sometimes people are not open to change and learning new things, or accepting different types of people, including people with challenges in their faith-based communities.

It is sad for people with disabilities to be excluded from faith-based community congregations. Anxiety of involving those with learning, physical, or emotional challenges is due to a lack of awareness and understanding of these different types of challenges. It is also due to people without limitations not realizing that people with limitations have capabilities, passions and desires too.

I agree that, “Attitude is a little thing that makes a big difference,” as Winston Churchill said. I also believe that it is easier than we think it is to change our attitudes in order to become more inclusive of others, especially in our faith-based communities.



Correction: In our last issue, we left off the winner’s name of the Ventura County Fair poster contest. First place went to 12-year-old Vita Jolie Vasquez from Fillmore. Apologies to Vita, and congratulations!

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

The Ventura Senior Men's Group continues to meet for a social lunch and program at the Poinsettia Pavilion in Ventura 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.

Wanna Play Bridge? Join us for ACBL sanctioned duplicate bridge games every Tues., Wed., and Thurs. at 12:30. All levels of play and we will guarantee to have a partner for you if you need one. Lessons are available. Contact: Richard 805-850-8011 or Rose 805-659-9223 or buckleyrose357@gmail.com. All Welcome.

August 18: At the next virtual meeting of the East Ventura Community Council on Thursday, at 7:00 p.m., participants will hear from Ventura's new City Clerk, Michael MacDonald. Also on the agenda will be Dr. Roger Rice, retiring Ventura Unified School District Superintendent, who will talk about Measure E, the school bond measure on the fall ballot. Area crime statistics will be shared by Commander Weeks of the Ventura Police Department. Other topics may be added to the agenda, so be sure to check the group's Facebook page for additions. The Council represents those who live east of Victoria Avenue, and the public is encouraged to attend and participate. The meeting will be held online via the Zoom application at 7:00 pm, link below. The Zoom link can also be accessed at the website, www.eastventura.org. Join Zoom Meeting: <https://us02web.zoom>.

[us/j/85233875284?pwd=QVhyOEs5azJ0UGZKSDVvWGFjSkJYdz09MeetingID: 852 3387 5284.Passcode: 293398](https://us02web.zoom/j/85233875284?pwd=QVhyOEs5azJ0UGZKSDVvWGFjSkJYdz09MeetingID:85233875284.Passcode:293398). By phone:+1 669 900 6833. For those unable to attend the meeting in real time, it can be accessed later at the website. For more information, contact EVCC Chairperson, John McNally, at eastventuracc@gmail.com.

August 20 & 21: Welcome to the 41st annual Wings Over Camarillo presented by Oxnard Auto Center at the Camarillo Airport. Wings Over Camarillo is back and better than ever! The 2022 theme is "Women in Aviation" - celebrating the incredible accomplishments that women have made in the history of aviation. Buy your tickets in advance and save. No cash will be accepted at the gate. The General Viewing area is located on the East Ramp. You can bring blankets and/or chairs. We highly recommend hats and sunscreen as it may get hot. Dogs and pets are not permitted on the airshow grounds - there will be no exceptions. Gates open at 9 am. Arrive early to avoid traffic and to see everything. The airshow performances begin at 12:00pm.

August 21: The Ventura and Santa Barbara County chapter of the National Association of Watch and Clock Collectors (NAWCC) will meet Sunday, August 21st in the Campus Student Center of Ventura College, 4667 Telegraph Road. The regular meeting starts at 11:00. There will be a mart where items will be for sale followed by lunch. An informational meeting and a presentation on a topic on clocks or watches will start at 1:00 pm. Anyone interested in watches and clocks, (modern

& antique) is invited to visit and join our chapter. Monthly meetings are held on the 3rd Sunday of each month at the Ventura College location. More information about chapter 190 can be found at www.nawcc-ch190.com.

August 27: The City of Port Hueneme in partnership with the nonprofit REACH is hosting the Hueneme Beach Festival, Saturday and Sunday, August 27 and 28 from 11:00 a.m. to 7:00 p.m. Admission is free. The festival features live music on two stages, fair-style carnival rides and games, local vendor booths, arts and crafts, and a variety of food and drink. Carnival rides will feature kiddie, family and teen/adult options. Proceeds from the festival will go toward helping REACH continue to provide financial support to recreational, cultural and educational activities in Port Hueneme. The Hueneme Beach Festival takes place at Hueneme Beach Park (E. Surfside Dr. in Port Hueneme). Parking is \$10. For more information about the festival, activities and the live band line-up, visit huenemebeachfestival.org.

The Bells of San Buenaventura

by Richard Senate

All of the missions have bells. They were important for the spiritual community of the settlement. Some were big deep bells that were rang for sad events such as funerals or defeats in battle. Their were also smaller bells that were rang for happy events such as weddings and victories. The bell ringer was an important

man and put together a number of cycles of ringing that gave information. If someone was spotted coming to the mission from the bell tower the bells were rang.

Was it a party of soldiers? A visiting padre? or an important person such as the governor" each one had a special ring that would give information to all who were working that day. The bell ringer was an important man and his skills were passed down from father to son (or daughter).

Originally the Bells at Mission San Buenaventura were hung on rawhide thongs. Today they are held by steel mountings. Today she has seven historic bells and five were cast with names of saints as well as dates. They are: 1) San Pedro Alcantara, cast in 1781, 2) Ave Maria y Joseph, 3) San Francisco, cast in 1781, 4) Maria Purysyma Maria D. Sapopan, cast 1825, and Pius XII Pont. Max, cast in 1956. Tradition says that two of the bells were originally from the Mission Santa Barbara, borrowed when the bells intended for San Buenaventura were lost at sea. The bells were never returned and the story is told that each year the padre at Santa Barbara sends a letter, asking for their return, to which the padre of Mission San Buenaventura thanks them for the loan and informs them they will keep them another year!

Twice each day a bell is rang at the Mission--this clear sound isn't from one of the older bells, it is a bell from an old railroad steam engine, donated in 1951 for this purpose. On some special days, members of the parish make the long clime up to the bell tower and, with short ropes, ring all of the bells, this happened

Continued on page 20



News & Notes

The Bookmark

About Libraries and Friends

by Mary Olson

The Ventura County Library's Summer Reading Program, "Read Beyond the Beaten Path", officially closes on August 14.

Enjoy an End of Summer Reading Party with free Kona Ice at E.P. Foster Library on Monday, August 15, 4 to 5 pm. The Maker Lab at E.P. Foster will still be open Tuesdays, August 16 & 23 from 4 to 6 pm. And there will be another Crafternoon on Wednesday, August 17, 3:30 to 5:00 pm featuring a structured craft with supplies provided. There will also be a Game Day for kids and teens on the second floor, Friday, August 19 from 2 to 4 with Nintendo Switch, Wii U, and other gaming systems, and some board games.

At Hill Road Library, there will be a Maker Camp on the patio on Thursday, August 18, 3:30 to 5, where kids can design and launch a paper rocket. The Little Lab, where kids ages 3 to 7 explore Science, Technology, Engineering, Art, and Math through play, continues through September on most Tuesdays, 10:30 am to noon.

The Hill Road Book Club will discuss "The Unhoneymooners" by Christina Lauren on Tuesday, August 30, 5:00 to 6:00 pm. The quarterly Wise Owls Book Club for adults who enjoy reading children's literature meets again on Tuesday, October 11,

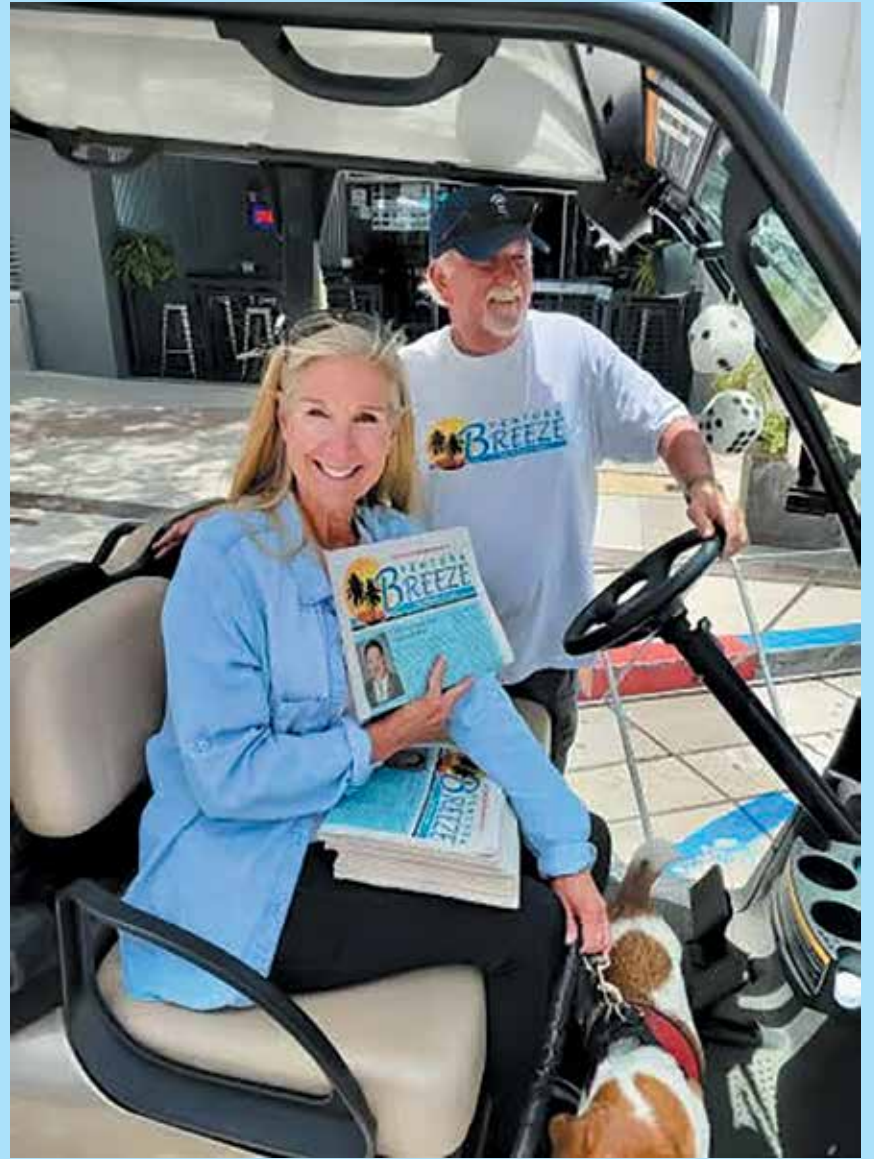
5:00 to 6:00 pm to discuss "Scary Stories for Young Foxes" (a collection of six connected stories that follows a group of fox kits as they struggle to survive) by Christian McKay Heidicker.

Ventura Friends of the Library continue to receive a bumper crop of book donations at E.P. Foster and Hill Road libraries. Some of the most intriguing donated books are those that can be designated "vintage".

We do our best to make these unique items visible to prospective buyers. We have volunteers who select items to offer on Amazon and eBay. There is a vintage section in our bookstore in E.P. Foster Library and a section in our online bookstore for local sales. We would also like to thank Lynn's Consignments, 1975 E. Main Street, for providing another venue for vintage book sales.

Although the Vintage Section in the bookstore in E.P. Foster specializes in books prior to 1950, we stock more than old classics of literature. We have children's books from Nancy Drew to Mother Goose. We have non-fiction, ranging from Rachel Carson's **The Sea Around Us** to **Secrets of Poker**. We have the mystery and romance novels your grandparents read! You might occasionally find a collector's item, but mostly we have a bargain priced collection of well loved books from the past.

We have new "old" books every week at the bookstore in E.P. Foster. Come visit us (11 am to 4 pm Tuesday through Saturday) and take a peak into the past!



When you see our new delivery people Jerry Cranham and Colleen J. Garner scooting around do say hello and pick up an issue of the Breeze. Photo by Patricia Schallert.

Seaside

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VENTURA HARBOR VILLAGE



News & Notes



Dr. Janis Shinkawa.

NAWBO celebrating members

The Ventura County Chapter of The National Association of Women Business Owners (NAWBO-VC) is celebrating Seana-Marie Sesma, founder of Your PR Girls and Mary Jane Services Netowrk, who was recently named the 2022 California Woman Business Owner of the Year

by NAWBO California (NAWBO-CA) at its annual Propel conference in Sacramento.

“NAWBO California’s annual women business owner of the year award recognizes a woman business owner who has demonstrated excellent leadership skills and business acumen,” says Amber Wallace, NAWBO-CA Immediate Past President. “It is an honor to recognize Seana-Marie Sesma for this award. Through multiple businesses and extensive community involvement, Seana-Marie is an accomplished entrepreneur and community leader. She is an inspiration to our NAWBO community.”

This year’s Woman Business Owner of the Year, Seana-Marie Sesma recognized a need in 2017 within the newly legalized cannabis industry and founded Mary Jane Services Network to support cannabis businesses in achieving and maintaining local and state licensure. Processes for applying for commercial licenses are arduous and complex. Mary Jane Services Network offers critical business resources and support to manage local and state application processes for all license types, and for maintaining compliance to ensure annual renewals. To date, every single Mary Jane Services Network client has achieved their local and state licenses and renewals.

As for her other business, Sesma founded Your PR Girls with her

mother, Juanita over 24 years ago. Your PR Girls specializes in eco-friendly promotional products and marketing services for corporations and non-profits throughout the United States. A consummate volunteer, Sesma is known for creating unique events, including a playful art installation immersive experience at Santa Paula Art Museum.

The Ventura County chapter has had two other members recognized with this award in the past six years – land use expert Dawn Dyer of Dyer Sheehan Group won in 2018 and Karen Bain and Lisa Kudirka founders of Shave It, a shave ice retailer were recognized in 2015.

“Together as leaders in business, it is imperative that we take a stand for what is right and supportive for all women,” commented Sesma. She

has also won Green Business Awards from Ventura Chamber and City of Ventura.

NAWBO also installed new member to National Board of Directors

The National Association of Women Business Owners (NAWBO) installed Dr. Janis Shinkawa Co-founder and Medical Director of Ohana Pet Hospital and member of the NAWBO Ventura County chapter to the 2022- 2023 National Board of Directors. The NAWBO National Board is a group of women from across America who support NAWBO’s mission to empower women entrepreneurs, regardless of race, religion, age, sexual orientation, national origin, or disability. To help women reach spheres of power and grow their businesses.



Seana-Marie Sesma



The new Crown Classic Museum held a Chamber Ribbon Cutting. Antique and restored automobiles from all over the Ventura area showed up to fill the parking lot of the former Toys Are Us. The remodel store, located at 2975 Johnson Drive, was filled with several dozens of restored automobiles from the 1900s through the early 2000s. Photos by Michael Gordon.



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Person To Person

Community Memorial Hospital's CCU/ICU Nurse's Reunion

by Jennifer Tipton

On Saturday, July 30th a group of old CMH nurses (not that any of us are old) gathered at the very lovely home of one of our own, Andrea Ricketts. Many hadn't seen each other for years, so it was indeed a celebration! I am honored to have worked with these outstanding nurses, and when asked to share the event with the Ventura Breeze readers, I thought—let's do it Person to Person style!

I asked six of the best CCU/ICU nurses:

“What’s your fondest memory of working in the unit at CMH?”



Andrea Ricketts 1986-2002 / returning 2008-present

“Caring for a young woman with Guillain-Barre syndrome; the young woman was the mother of two and ended up needing a ventilator to breathe. Because she couldn't move her extremities, I laid the babies on their mother's chest and picked up her arms to wrap around them. There were tears coming down her face and I knew how much it meant to her to hold them.”

(Author's note: Guillain-Barre is a rare but serious autoimmune disorder with a rapid-onset of muscle weakness. It damages the peripheral nervous system, beginning in the extremities and progresses until it eventually affects the patient's ability to breathe.)



Sonia Rieder 1996-present

“My favorite memory is when I met and married Randy, a physical

therapist. He was working with my patient in ICU bed 8 and the patient had multiple IV lines. He asked me to help because he didn't want to mess up my lines. Most PTs just go in and mess up everybody's lines, but he was so thoughtful!”



Shirley Barela 1980-present (Forty-two years in the unit and still going!)

“Taking care of a young guy with a heart valve repair. The surgery started at 7:30 a.m. and didn't end until midnight. He was on a ventricular assist device when I got him at midnight, it was 1982. I found out later that he died in that same room after his last surgery. He was waiting for a heart transplant.”



Merci Buhain 1982-2018

“Taking care of a patient that was

over 400 pounds in ICU bed 7 (you know-the one that's haunted). I had to use a footstool to stand on and needed help turning him. He was also on isolation, so we had to gown up every time we went in the room. I had him two nights in a row for continuity of care, and I remember crying at the end of my shift both times. He recovered and got discharged.”

(Author's note: Didn't I say fondest memory? But hey, at least this one retired and now happily takes care of her grandkids!)



Carolyn Estrada 1977-2008

“My favorite memory is when the nightshift nurses advocated for a twenty-five-year-old woman with cardiomyopathy. Her heart was so weak that the physicians said there was nothing they could do—she was done. But the nurses said no! We've got to save her! Because the nurses insisted, they put her on a ventricular assist device and sent her to UCLA. She came back several months later and said that she didn't remember any of us, but thanked us for saving her life. She had fully recovered without needing a heart transplant. Even the physician had tears in his eyes. I

am so thankful to have worked with so many nurses that truly cared about their patients, it can be a life changing event.”



Sue Kulpaca 1986-2005 / returning 2017-present

“I cared for the first HIV patient we had. He was in ICU bed 6 and because the rooms for bed 6 and bed 7 were connected, we used the room for bed 7 to change. We had to gown up for the HIV isolation room, with shoe covers and the whole bit. I took care of him every time I was on because no one wanted to. The curtain to the room was always wide open and it was like a fishbowl. When the patient's partner came to visit, they had no privacy, so I finally closed the curtain to let them have some time together. Tearful. Close to my heart with a gay brother. So sad the way we treat some...”

(I had a similar experience. In those days we knew so little about HIV/AIDS that many of us were frightened by it. You can read about it in my upcoming book: “Off The Chart - A Nurse's Journey of Heart and Humor.”)



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Royce “It is about retiring from work, but remaining connected to life.”

After twenty years in education it was time to hit the beach

by Patricia Schallert

There are many seniors among us who have lived and continue to live lives that can be considered “success stories”.... Let’s meet Royce Hill, a retired teacher from LAUSD and see how she sees it.

After twenty years with the Los Angeles Unified School District, Royce, a young 69 years old, retired before moving to Ventura six years later. Royce had spent 30 years visiting friends in Ventura before deciding that it would be a good place to retire. Born in Taft, California, growing up in San Fernando Valley, after high school Royce traveled the world and lived in Italy for fourteen years.

Upon returning to the States, Royce went back to school at Pierce College and then California State University, Northridge, where she received first a degree in graphic design and then a visual art teaching credential.

As Royce’s career in the classroom flourished, she found herself moving from Classroom Art Teacher to an Assistant Principal at secondary schools in Los Angeles.

After twenty years in education it was time to hit the beach! So, Royce and her husband John moved to their little beach house in Ventura and traded the freeways for flip flops! Royce’s favorite part about retirement is “lingering over coffee in the morning” and “not dashing out of the house” before the classroom bells ring. She enjoys the “endless summers” that retirement offers and keeps busy with her Etsy shop Two Vintage Hens. www.etsy.com/shop/TwoVintageHens.

Some of the major values or principles that Royce sees now as a retired

person are to “always treat others as you would like to be treated”

Editor: If you are a senior, or know of one, who would like to share their retirement, or job, with us let us know at editor@venturabreeze.com.

Free Ventura County Parkinson’s Support Group meetings

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. Next meeting: Tuesday, August 16.

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

Senior Living

you’re a good candidate for DBS.”

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.

This month, Joe Richardson, Vietnam Marine Veteran, will be presenting information regarding Veterans’ benefits and local resources available to veterans and their families.

Meetings are held monthly on the Third Tuesday, 10-11am, at Crosspointe Church (5415 Ralston).

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Senior Living



Allan's dream of seeing and being in the presence of classic cars came true. Photos by Patricia Schallert.

A car show was held for their seniors

The Palms @ Bonaventure Senior Living held a car show for their seniors. It also included a chili cook off and musical entertainment by Lyn and Harold Heuser.

Just Living the Dream objective was to provide the residents with the opportunity to accomplish a goal or dream that they have always wanted to do. One of the seniors', Alan McPhee has always wanted a chance to see classic cars again. Allan love cars and he truly enjoys the designs and beauty of the cars from the 50's.

Dante Boone, the GVLC (Generations Vibrant Life Coordinator) was very instrumental in making Allan's dream come true. He contacted Stephanie Sipe for assistance with bringing a car show to Allan. Stephanie then contacted Pat Pothier, owner of Pothier Hypnotherapy

and Oscar Hernandez, owner of Eight O Five detail shop, and instantly a domino effect of greatness transpired!

Everyone collaborated together and Allan's dream of seeing and being in the presence of classic cars came true on August 27. There were classic cars built from the ground up. Ranging from the 1950s to the present times. There was live music, amazing food and most importantly classic cars. Allan family came, which included his son Matt, daughter in law Erin, and grandsons Lucas and Miles.

It was a pleasure to orchestrate this event with Stephanie. Allan really lived his dream and that is what we strive for stated "Dante Boone."

The Palms is located at 111 N. Wells Rd. 805-222-7534



The average decline of strength and power with aging can be substantially slowed down by maintaining an active lifestyle.

How can strength training build healthier bodies as we age?

Some people perform incredible feats of strength and endurance well into their retirement years. The great news is: You don't have to bench press 300 pounds or run a marathon to show off the benefits of strength training.

NIA-supported researchers have been studying the effects of strength training for more than 40 years and have identified multiple ways it can benefit older adults, including maintaining muscle mass, improving mobility, and increasing the healthy years of life.

Age-related mobility limitations are a fact of life for many older adults. Studies have shown that about 30% of adults over age 70 have trouble with walking, getting up out of a chair, or climbing stairs. In addition to making everyday tasks difficult, mobility limitations are also linked to higher rates of falls, chronic disease, nursing home admission, and mortality.

A big culprit for losing our physical abilities as we grow older is the age-related loss of muscle mass and strength, which is called sarcopenia. Typically, muscle mass and strength increase steadily from birth and reach their peak at around 30 to 35 years of age. After that, muscle power and performance decline slowly and linearly at first, and then faster after age 65 for women and 70 for men. Those findings come from NIA's Baltimore Longitudinal Study of Aging (BLSA) – the longest-running study of human aging – which pioneered a series of simple tests decades ago, known as the Short Physical Performance Battery (SPPB), to track mobility and muscle performance. The SPPB measures an

individual's balance, walking speed, and ability to get out of a chair five times, and then rates that person on a scale of zero to four.

However, such average decline of strength and power with aging can be substantially slowed down by maintaining an active lifestyle. While there is no way to fully "stop the clock," it's possible for many older adults to increase muscle strength with exercise, which can help maintain mobility and independence into later life.

NIA scientist Eric Shiroma, Sc.D., has studied the science of exercise for years and is an advocate of activities that add an extra challenge in our daily routines, such as turning a walk into "rucking," which means wearing a weighted vest or backpack while exercising. He notes that a big key to understanding the range of responses to exercise is knowing how and why our bodies change with age and, perhaps more importantly, how and why these changes can vary from person to person.

"As we get older, there are inevitable functional and biological limitations that can cap exercise endurance, maximum strength, and fitness," said Shiroma. "Some of these limitations can be slowed down through an active lifestyle that includes strength training. However, it is difficult to study these limits in normal day-to-day life. Studies such as the BLSA are special because scientists can test these limits in the clinic. For example, to test strength and endurance, study participants may be asked to walk or run on a treadmill, or climb stairs, for as long as they can comfortably continue. There are also genetic and environ-

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listening to senior stories warms my heart.

Bruce H.

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Senior Living

mental components to how people respond to physical challenges and exercise.”

By studying people’s limits and variability, researchers aim to provide older adults with evidence-based advice on how regularly moving and challenging their muscles may help increase their years of optimal health.



A Polynesian dancer performs at a past event at Cypress Place Senior Living. Courtesy photo

It’s a Tiki Party at Cypress Place Senior Living

Cypress Place Senior Living will host a festive Tiki Party complete with Hawaiian music and dancers, Tiki

bar, and appetizers. Residents, families, and friends of the community are welcome to attend. The event is free to the public.

Festivities take place from 2:00 p.m. to 3:00 p.m. on Wednesday August 17, 2022. Space is limited and an RSVP is required to attend.

Come in your favorite tropical shirts and dresses and meet the residents and other local community members while enjoying the tropical paradise of Cypress Place Senior Living.

Cypress Place Senior Living is a premiere senior community in Ventura County. The beautiful senior living campus features an Active Senior Living community and adjacent Assisted Living and Alzheimer’s/Dementia Care community connected by a lushly landscaped courtyard.

This safe, loving environment offers residents a continuum of care through life’s transitions. Amenities include three meals daily, weekly housekeeping, transportation, activities, utilities, as well as personal caregivers and laundry service in the Assisted Living and Memory Care communities.

Cypress Place Senior Living is located at 1200/1220 Cypress Point Lane in Ventura. For more information or to RSVP, please call 805-650-8000.

To learn more about Cypress Place Senior Living of Ventura, visit their web site at www.cypress-placeseniorliving.com.

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Real Estate/Development



VCCAR elects new officers and directors for 2023

The Ventura County Coastal Association of Realtors have elected new officers and directors to help lead the Association in 2023. VCCAR is a professional trade association of over 2,000 licensed real estate agents in western Ventura County, including the cities of Ventura, Oxnard, Camarillo, Santa Paula, Fillmore and Port Hueneme. Its members abide by a strict code of ethics and have access to a wide variety of business services.

Cami Pinsak, owner/manager of Realty ONE Group Summit in Ventura, was elected President-Elect, while Rebeca Elliott, an agent with Keller Williams West Ventura County in Camarillo, was elected First Vice President and Jeri Becker, broker-owner with NextHome Pacific Coast Realty in Ojai, was appointed as Treasurer. They will join incoming President Juliet Esquibias, an agent with Coldwell Banker Realty in Oxnard who served as President-Elect this year, and Past President Ashley Anderson, an agent with Keller Williams West Ventura County in Oxnard.

Two new directors were also elected - Julio Gomez, broker-owner with Blue Sky Realty in Oxnard, and Janet Sprissler, broker-owner of Rent 805 in Oxnard. They join returning Realtor directors Katie Connelly, an agent with Doora Properties in Ventura; Vicky Cummings, an agent

with EXP Realty in Oxnard; Dawn Durazo, broker-owner with Beach View Real Estate in Oxnard; Bonny Goetz an agent with NextHome Pacific Coast Realty in Ojai; Jennifer Greule, an agent with Comfort Real Estate Services in Ventura; Walter Morris with the Morris Group/Keller Williams West Ventura County in Oxnard; and Adela Trainor, an agent with Berkshire Hathaway HomeServices California Properties in Ventura.

Also returning are Affiliate Director Yolanda Carr, an account executive with Lawyers Title in Oxnard, and returning non-Realtor Director Jennifer Felten, principal owner and attorney with RELAW APC in Westlake Village.

For more information, visit www.vcrealtors.com.

New developments being proposed, approved or under construction in Ventura

Scandia Village (PROJ 12721) Location: 1010 Cachuma (District 5)
 Description: 30 attached 2-story single-family homes on a 2.1 acre site
 Status: Awaiting Resubmittal
 Hearing Info:
 Design Review Committee TBD
 Planning Commission TBD
 City Council TBD
 City Contact: Shaveta Sharma, Contract Planner permits@cityofventura.ca.gov



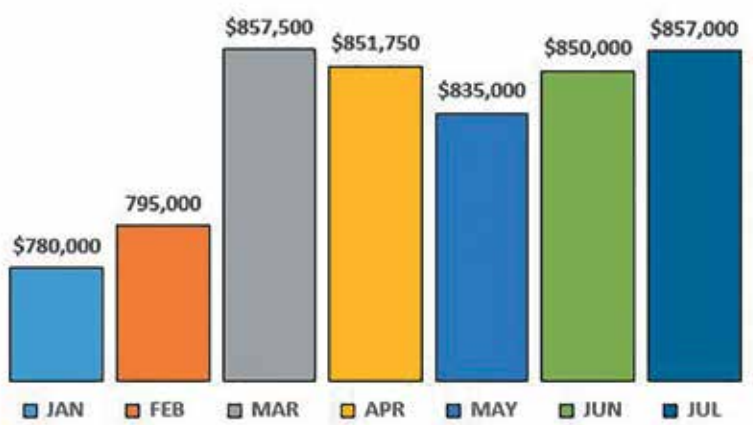
North Ventura Apartments (PROJ 11713)
 Location: 2110 North Ventura Avenue (District 1)
 Description: New 3-story, 29 unit apartment building with 6 affordable units on a 37,500 square-foot site.
 Status: Approved
 City Contact: Jared Rosengren, Senior Planner jrosengren@cityofventura.ca.gov



Palma Industrial Building (PROJ-14893)
 Location: Vacant Lot on Palma Drive (District 7)
 Description: A new 29,832 square foot industrial building on a 1.05 acre site.
 Status: Approved
 City Contact: Jared Rosengren, Senior Planner jrosengren@cityofventura.ca.gov

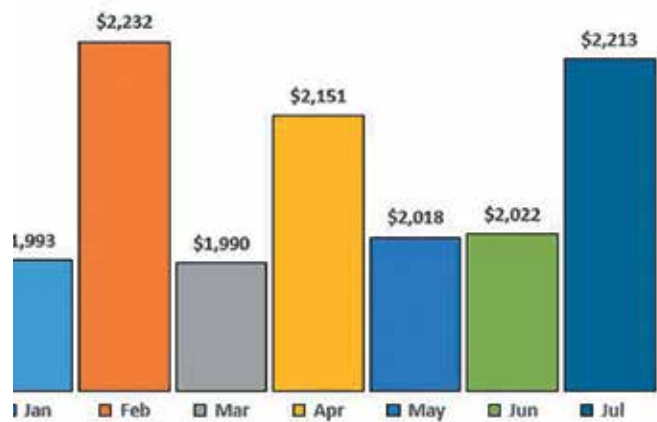


Average Ventura House Prices



2022 - Source: Zumper

Ventura Rent Prices: 1Bd Avg.



Source: Zumper

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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.

UPDATE: Stabbing Homicide With Arrest

UPDATE: Ventura Police Detectives continued this investigation and determined that the suspect was on foot when he approached the victim who was standing on the pike bath alongside his bicycle. The suspect stabbed the victim numerous times to the upper torso. After following up on numerous leads the suspect was identified as 39-year-old Ventura resident Pedro Munoz.

On July 26, at approximately 5:30 pm, an alert patrol officer saw a subject matching the description at the dead end of Valentine Rd. east of Victoria Av. As the officer contacted him, Munoz attempted to flee and fought with the officer. The officer was able to take Munoz into custody without further incident.

Munoz was transported to the Ventura County Jail and booked on one count of murder, one count of felonious assault on a police officer, false information to a police officer, and possession of illegal narcotics.

Munoz has prior convictions for assault with a deadly weapon and assaulting police officers.

On July 23, at approximately 2:00 pm, the Ventura Police Command Center received a call of a stabbing that just occurred on the bike path west of Victoria Av on the extension of Montalvo Hill Park. Responding officers located one male adult suffering from multiple stab wounds to the upper torso. The victim, 26-year-old Ventura resident Marcos Guzman Reyes, was transported to the Ventura County Medical Center where he succumbed to his injuries. The Ventura Police Department Major Crimes Detectives are currently investigating the incident. The ensuing investigation revealed that one suspect approached the victim on the bike path and stabbed him numerous times.

The suspect fled across Victoria Avenue into Montalvo Hill Park, as well as the adjacent shopping center and into the neighborhood east of the shopping center on Tanager St. The suspect continued south on Hill Rd., then into the Montalvo area. It appears that the suspect also sustained injuries during the altercation. The suspect is still outstanding.

Anyone with any information or possible video footage of anyone that matches the description of the suspect is asked to call Detective Tovar at 805-339-4462.

Stabbing

On July 27, at approximately 3:30 am, the Ventura Police Command Center received a call of a stabbing victim in the 3000 Block of Market St. Responding officers located the victim who had several lacerations to his upper body and face.

The ensuing investigation determined that the victim was riding his bicycle on the bike path that connects Harbor Blvd. with Arundell Ave. when two subjects, one a Black or Hispanic Male in his 30's with a large build and the second a White or Hispanic Male in his 30's with a thin build, approached him from the opposite direction. An altercation occurred and the victim was stabbed several times to the face and body. The victim road his bicycle to Market St and summoned police and fire. The victim was transported to

the Ventura County Medical Center for non-lifethreatening injuries.

This investigation is ongoing and anyone with information about the incident is requested to call the Ventura Police Department at 650-8010.

Harbor Patrol Blotter

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

7/21 7:11am, dispatched to a traffic accident on Harbor/Schooner. Officers responded with VFD/AMR/VPD to the call. Unfortunately, patient DOA from major crash.

4:33pm, dispatched to an overdose at VWM. Officers responded with VFD/AMR to the call. Narcan administered, patient transported to hospital.

7/22 9-11am, receiving multiple calls regarding dead/sick sealions up and down the coast. Officers advised callers, sick/injured/dead mammals, contact Channel Islands Marine Wildlife Inst. (CIMWI), the organization that deals with mammals. Officers are not equipped or trained to handle animals.

7/23 2:10pm, dispatched to an ocean rescue, 10 persons caught in a rip current. Officers responded in Rescue Boat 19 to assist State Parks Lifeguards. All the victims were pulled from the rip current and returned to shore.

7/24 9:30am, received report of juveniles urinating outside the launch ramp restrooms. Officers responded, found the individuals and removed them from the Harbor.

3:19pm, received report of tar in an excessive amount offshore and on the beach at Solimar. The RP advised it was the most tar they have ever witnessed since moving there. Asked how long they lived there, they replied 2 months.

7/25 11:18am, dispatched to stingray strike at Surfers Knoll Groin. Officers responded with hot water to treat the injury. Patient treated and released.

7/27 4:30pm, observed two PWC's operating in violation of speed and wake ordinance in the main channel. Conducted a safety inspection, found several violations, issued warnings for discrepancies and speeding.

7/28 4:55am, dispatched to unknown medical at end of Navigator Dr, parking lot. Officers responded with VFD/AMR and assisted a adult female with multiple ailments/issues. The patient was assessed, then transported by AMR.

2:03pm, dispatched to stingray strike at Harbor Cove. Officers delivered hot water to State Parks lifeguards to treat the injury.

7/29 9:50am, officers en route in the Fireboat to monitor the State Parks Junior Lifeguard pier swim. All participants were successful or aided by lifeguards.

10:29am, received request to use the beach wheelchair. Officers delivered the chair to Harbor Cove beach for use.

4:47pm, received report of a female transient casing/rummaging through property in the Ventura Marina Community. Officers responded with VPD, searched the area, but were unable to locate the suspect.

7/30 11:47am, dispatched to a public assist, dog stuck on the end of the jetty at San Pedro Lane. Officers responded in the fireboat to assist. The dog was rescued by State Parks Lifeguards and returned to the owner.

4:18pm, dispatched to unknown medical at 1559 Spinnaker. Officers responded and assisted VFD/AMR with an unconscious

female. She was transported to hospital for intoxication/confusion. Unsure where she was or how she got there

7/31 4:50pm, dispatched to a stingray strike at Harbor Cove, officers responded with hot water to help State Parks treat the injury. Patient treated, then released.

10:50pm, received request to use Port Districts longdock to secure the crew boat "Alan T" to clear a prop that was fouled. Granted permission to use dock.

8/1 1:03am, received report of alarm sounding in direction of the NPS building. Officers responded, contacted an NPS employee on scene. They advised that the system has been malfunctioning for some time, that they were working on it.

6:09pm, dispatched to an Ocean Rescue, missing swimmer at San Pedro Lane. Officers responded in the Fireboat, the swimmer was found on shore uninjured.

8/2 3:10pm, receiving complaints in regard to the NPS alarm sounding at night. Advised they are aware and working on the issue.

Ventura County Fusion

Continued from page 1 before dumping a pass to Opoku directly to the right of the goal. Opoku, with his back to goal, controlled the pass and floated a deftly weighted bicycle kick over goalie Wessel Speel's head and into the Roughrider goal.

Marley Edwards doubled the Fusion lead in the 83d minute, firing a screamer into the bottom corner of the net to give the Fusion the lead and ultimately the championship.

"This has been a great journey," said Fusion head coach Mike Elias after the game. "We shared it with a great group of boys, and this is the ultimate. I said to them the first day that I wanted to win everything this year. Guess what, we won everything this year. It's absolutely superb. They surprised me, they stepped up to the challenge and they are just a fantastic group of boys."



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Answer

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

King Crossword

Answers

Solution time: 22 mins.

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



The Pet Page



Dedicated to Scamp

SPAN Thrift Store is open to the public and looking for donations of adult clothing, household items and tools. SPAN Thrift Store regularly provides \$10 spay and neuter clinics for low income households for cats and dogs. Upcoming clinics include: Tuesday, August 16th, parking lot of Shiells Park, 649 C St., Fillmore; Tuesday, Aug 30th, parking lot of SPAN Thrift Store 110 N. Olive St., Ventura. Please call to schedule an appointment (805) 584-3823.

■ What are vaccines, and why do they matter?

Vaccines are products designed to trigger protective immune responses and prepare the immune system to fight future infections from disease-causing agents. Vaccines stimulate the immune system's production of antibodies that identify and destroy disease-causing organisms that enter the body.

Experts agree that widespread use of vaccinations within the last century has prevented death and disease in millions of animals. Vaccinations protect your pet from highly contagious and deadly diseases and improve your pet's overall quality of life.

Reasons to vaccinate your pet

Vaccinations prevent many pet illnesses.

Vaccinations can help avoid costly treatments for diseases that can be prevented.

Vaccinations prevent diseases that can be passed between animals and also from animals to people.

Diseases prevalent in wildlife, such as rabies and distemper, can infect unvaccinated pets.

In many areas, local or state ordinances require certain vaccinations of household pets.

For most pets, vaccination is effective in preventing future disease or decreasing the severity clinical signs. It is important to follow the vaccination schedule provided by your veterinarian to reduce the possibility of a gap in protection.

Any type of medical treatment has associated risks, but the risk should be weighed against the benefits of protecting your pet, your family and your community from potentially fatal diseases. The majority of pets respond well to vaccines.

"Core" vaccines are recommended for most pets in a particular area or geographical location because they protect from diseases most common in that area. "Non-core" vaccinations are for individual pets with unique needs. Your veterinarian will consider your pet's risk of exposure to a variety of preventable diseases in order to customize a vaccination program for optimal protection throughout your pet's life.

■ Dogs sometimes don't like certain

people, and their owners can't explain why. But scientists are increasingly learning more about dog behavior and cognition. Since 2005, scientists have studied dogs more intensely, and they've gained greater insight as to how dogs collect information to determine when someone is growl-worthy.

A dog's sense of smell is profoundly more sensitive than humans. Whereas humans have about five to six million smell receptors, dogs have 220 million — some breeds have 300 million. Dogs can detect scents that humans won't notice until it is 50 times concentrated. In some instances, a scent needs to be concentrated 100 times before a human can detect it.

Studies using magnetic resonance imaging (MRIs) have identified that dogs do not have a large frontal lobe like humans. Instead, they have a massive olfactory bulb that takes up 10 percent of their brains.

Since a dog's sense of smell is 10,000 to sometimes 100,000 times better than ours, dogs can not only smell things humans can't register, but they also apply more meaning to the scents they sniff. Whereas humans tend to notice smells that are either good or bad, dogs collect and store information about all sorts of odors.

In some instances, odors create an association for dogs. In The Other End of the Leash, an applied animal behaviorist described a dog she worked with who welcomed some visitors, but bit others. She interviewed the client to determine what the bite victims had in common. They didn't see any patterns in terms of not liking specific people (i.e. fear of tall men), but they could see a similarity in smell among the bite victims. All had eaten pizza before visiting the house, and the dog could still smell it hours later.

Smelling faint scents and forming associations is one way dogs might not like a person. Research also shows that dogs can smell different human emotions through changes to chemical signals, such as adrenaline, sweat and body odor. And when it comes to their humans, they can determine if fear produced sweat.

Other studies have found that dogs have the ability to sense changes seen within a fight-or-flight response, including changes to facial expressions, as well as gestures. Studies have found that service dogs can assist veterans with post-traumatic stress disorder (PTSD). Dogs can provide a distraction after they sense the slight changes their person exhibits when they experience intrusive thoughts.

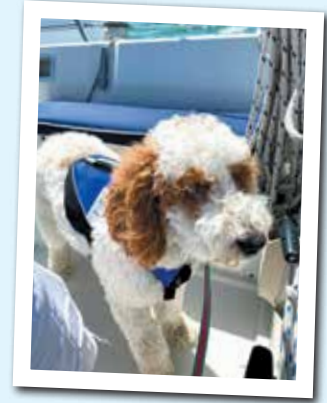
■ It's a popular myth that if a cat is an indoor-only pet, it does not need regular vet visits and vaccinations. But just like dogs, cats need to see a vet at least once a year.

Not only do even strictly indoor cats need regular vaccinations, but vet visits are necessary for more than just shots.

Regular wellness exams can help

Scamp Club

(Scampclub pets are not for adoption.)



Poppy is a 13-month-old English Doodle who has been reversed trained HA. Likes sleeping in beds, barking, jumping, begging and running around in a mad fashion.

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.

with a cat's socialization skills. Having exposure to new people, places and environments, and not being relegated to just the family home, also helps decrease stress and anxiety.

Annual vet care can help detect illness. It is often hard to tell when the family feline is under the weather because cats are known for concealing sickness and pain.

This is especially true for chronic conditions like heart disease, and dental and kidney issues. Owners may not know there is a problem until the condition is advanced when there are no physical signs something is wrong.

Regular checkups with the vet and being observant of a cat's physical appearance and behaviors are important for early detection of a possible medical problem.

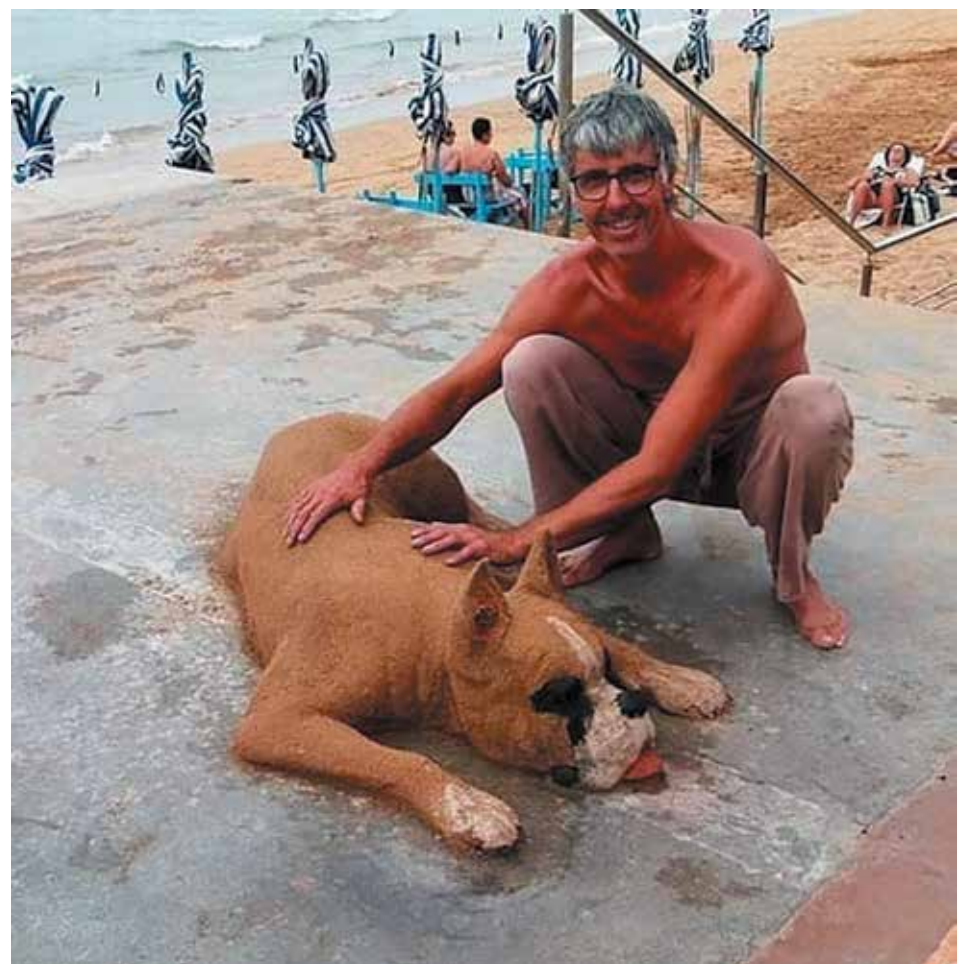
Vet visits are necessary to discuss

behavioral changes such as suddenly not using the litter box, or new, out-of-character aggressiveness.

These are often signs of an underlying issue, such as pain (arthritis, urinary tract or bladder infection, etc.), stress (new pet or baby, change in routine, new living arrangements, etc.), or an undiagnosed medical condition.

Behavioral problems are some of the most common reasons why cats are surrendered to shelters, banned from living indoors or even euthanized, so let your vet help find what's behind them before taking drastic measures.

Regular checkups are also a great time to discuss and evaluate flea and parasite medications. Even indoor-only cats should be on regular preventatives. Indoor cats can still get fleas, intestinal worms, ear mites and heartworms.



Andoni Bastarrika is an artist from the Basque region of Spain who specializes in turning wet beach sand into sculptures of animals so realistic that people want to pet them.

SPAN Thrift Store
SPAY/NEUTER ANIMAL NETWORK

Seeking donations of Clothing, Tools and Small Electric Kitchen appliances.

10am - 4pm Tues, Thurs & Sat
Wed./Fri 10-12

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

\$10 Low/No Income Spay & Neuter
Tuesday, Aug. 16th
parking lot of Shiells Park
649 C St., Fillmore
Must call for appointment
(805) 584-3823

\$10 Low/No Income Spay & Neuter
Tuesday, Aug. 30th
SPAN Thrift Store
parking lot,
110 N. Olive St., Ventura
Must call for appointment
(805) 584-3823

The Pet Page

Forever homes wanted

Hi: I'm Coco, a cute and affectionate 4-year-old Terrier X who is in need of a new home because I don't get along with the smaller dog in the home. I'm active and enjoy going for walks, jogging alongside a bicycle and snuggling with people. I love people, but I'm wary of children. I'd do best in an adult only home or possibly a home with no small dogs/animals as I have a high prey drive. I've had formal training and know basic commands. I mostly walk well on leash except when I come across another dog. I do jump up to greet people which I need to work on not doing. If you're interested in meeting me, please fill out an online application to meet me. Canine Adoption and Rescue League C.A.R.L.



Meet Koana, an amazing 7-year-old Tosa breed. She was surrendered due to housing issues with her previous family. She is treat motivated which makes her very easy to train. She loves people and other mellow dogs her size. If you'd like to meet Koana, schedule an appointment at <https://www.vcas.us/adopt> or come down to the Simi Valley Animal Shelter

during normal Adoption Hours of 1:00pm - 6:00pm Tuesday - Sunday. If you have questions, please contact us at (805) 388-4341 or info@vcas.us. Animal ID: A708716



THIS SPACE FOR WRITING MESSAGE

Susan Vinson is showing off her Ventura Breeze at Keuka Lake in the Finger Lakes region of New York. The rumor that the Breeze got sea sick was not true.

POST CARD

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

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

Engagement Announcement



An engagement party was recently held at Jaspreet's parents' home in Sacramento. They celebrated the engagement of their daughter Jaspreet Kaur to Jimmy Singh.



In the back row is Gurmit Singh, Vaninder Kaur, Harvinder Kaur and Ranjit Singh. The front row is the engaged couple Jimmy Singh and Jaspreet Kaur. The Singh's are the owners of the Asian American Market located at 1007 Santa Clara Ave. in Ventura.

Public Safety

COMMUNITY BLOCK PARTY

**SATURDAY, AUGUST 20
11 AM - 3 PM**

MUSIC | GAMES | FOOD TRUCKS

Community members are invited to join the Ventura Police & Fire Departments for a free, family-friendly community block party to have fun learning about crime prevention and fire safety!

Activities and emergency vehicles on site include:

- K9 demos
- Jaws of Life vehicle extrication demo
- SWAT rescue vehicle
- motorcycles
- patrol cars
- fire engines
- fire extinguisher game
- hands-on CSI experience
- kid's firefighter challenge course
- child fingerprinting
- station tours
- coloring contests
- trivia and more!

www.CityofVentura.ca.gov/BlockParty



by Pam Baumgardner
VenturaRocks.com

August is in full swing and with it a whole lotta live music in and around Ventura County. The Ventura County Fair is in its second week of its 10-day run and the final Grandstand Stage concert is Wednesday, August 10, with Cheap Trick. That being said, the Station Stage will continue to rock with local favorites through Sunday, August 14. Be sure to check out VenturaRocks.com photo gallery for band photos taken at the Fair this season.

Chick Singer Night just announced their newest City Chapter Director is Ventura's own Jodi Farrell. Jodi has been an integral part of Ventura's music scene for so many years fronting the Front Street Prophets, performing with TreCoustics, and now with Jim Rankin as a duo. So many performers have been tutored and mentored via Jodi Farrell's Music Studio and before that when she taught at Ventura Community College. She teaches voice, guitar and piano for all skill levels. She's received many awards along the way including the 2016 Mayor's Art Award for Arts Educator. Congratulations Jodi, this is so well deserved!!

Cadillac Zack presents 1960's blues & rock legends Canned Heat at Cantara Cellars in Camarillo, on Thursday, August 18. If your memory is straining to remember, let me help you out. They had hits such as "Let's Work Together," "On the Road Again," and "Going Up the Country." They played the 1967 Monterey Pop Festival and had a headlining slot at the original Woodstock. Trust me when I say, you won't want to miss this amazing night of live music! Just text Zack for ticket information at (323) 377-5291.

Poseidon Brewing will be celebrating their 8th anniversary over the weekend of 8/12-8/14 with Vanise Terry Band, The Dynasties, Morrison Drive and Let's be Frank performing.

To satisfy your need for live country music, there's Boots and Brews on Saturday August 20 with Cole Swindell, Eddie Montgomery and Raelynn. Surfer's Point Live at the Ventura County Fairgrounds. Get your tickets at BootsAndBrews.com.

I admit that I absolutely love the different community sponsored music events such as Music Under the Stars at Olivas Adobe whose shows are all sold out for the rest of the season, but rest assured there are a number of free events nearby including the Heritage Square Summer Concert Series in Oxnard with The British Beat on Friday, August 12 6 - 8:30pm and Caliente 805 on Friday August 19; the Summer Concert Series at Constitution Park in Camarillo will have Country Nation on Saturday, August 27 from 7 -9 pm; and the Collection in Oxnard has DSB (tribute to Journey) on Wednesday, August 10 6 - 8:30 pm.

And though they're not live music events, the Ojai Film Society is offering free screenings of a couple of music related movies at the Libbey Bowl. First the documentary, "Summer of Soul" on Friday, August 12, and then "Yesterday" which features the Beatles reimagined when a phenomena hits during a blackout and wipes out most people's memories of the Beatles, this one screens on

Friday, August 26. Though free, you'll need to RSVP through Eventbrite.

Emmy winning artist, Camara Kambon (for his score in the HBO film, "Sonny Liston" the Mysterious Life and Death of a Champion") performs at Namba with Javier Vergara on tenor sax, Adam Cohen on bass and Chris Blondal on drums. Tickets are only \$20 for this intimate show on Friday, August 12.

New shows added at the Ventura Theater:
SILVERSUN PICKUPS Sunday, October 2
MARCUS MUMFORD Tuesday, October 4
GOGOL BORDELLO on Saturday, November 5
THE WRECKS on Saturday, November 19

New shows at Ventura Music Hall:
TOO MANY ZOOZ, September 29
OCEAN ALL, October 7
THE SLACKERS, December 9
SQUIRREL NUT ZIPPERS, December 17
HIRIE, February 22

New shows at Libbey Bowl:
ELVIN BISHOP & CHARLIE MUSSELWHITE on September 30
BEN HARPER on October 6

Mark on your calendars for upcoming events: the Hueneme Beach Festival the last weekend of August, and the return of the Aloha Beach Festival along at Promenade Park (Surfer's Point) the following weekend, September 3 and 4. What's also so very nice is that both of these events are free!! I'll have more in the next issue of the Ventura Breeze.

Quick Notes: Tommy Foytek's Variety Show continues on Wednesday nights at the Lookout Bar & Grill in Oxnard; reggae Sundays continue at Café Fiore through the end of summer.

Glenn Bennett has a Thursday afternoon residency at the Copa Cubana; Mustangs of the West play the Ojai Underground on Thursday, August 11; Katie Shorey has a Disco Nite at Cantara on Friday, August 12; Romper plays at date at the Deer Lodge on Friday, August 12;

Barrelhouse Wailers play Strey Cellars in Oxnard on Friday, August 19; the legendary Three Dog Night play Libbey Bowl on Friday, August 19; and Pato Banton plays Mrs. Olson's on Saturday, August 20.

And then finally, Taste of Local returns this year on Sunday, September 11 presented by Totally Local VC Agricultural Education Foundation. I was thrilled when Kat Merrick reached out and invited VenturaRocks to host the music stage where the Rose Valley Thorns will be just one of the acts performing. You can find out more about this wonderful event at TotallyLocalVC.com and I hope to see you there!

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

Boatyard Pub
1583 Spinnaker Dr., Ventura
Wednesdays: Frank Barajas
Thursdays: Jim Friery; Bluegrass Jam
Fri 8/19: Teresa Russell

Sat 8/20: Big Adventure Duo
Boots & Brews
Ventura County Fairgrounds
10 W. Harbor Blvd.
Sun 8/20: Cole Swindell, Eddie Montgomery, Raelynn

Café Fiore
66 California Street, Ventura
Wed 8/10: Donna Greene
Fri 8/12: Instone
Sun 8/14: JanGala Roots
Wed 8/17: David Patt
Fri 8/19: Little Alice
Sun 8/21: Free Love Project

Channel Islands Harbor
3600 Harbor Blvd., Oxnard
8/13: In Concept Band
8/20: Nautical Thrust
Cantara Cellars
126 N. Wood Rd., Camarillo
Fri 8/12: Satie Shorey "Disco Friday Nite"
Sat 8/13: The Dirty Lowdown Band
Thurs 8/18: Cadillac Zack presents Canned Heat
Sat 8/12: Heart & Soul

The Collection
2751 Park View Court, Oxnard
Wed 8/10: DSB
Copa Cubana
Ventura Harbor Village
Tuesdays: Blues Tuesdays
Thursdays: Glenn Bennet
Deer Lodge
2261 Maricopa Hwy, Ojai
Fri 8/12: Romper, Camino Muerto
Sat 8/20: Arielle Moire-Selvage; Ava Grace Music

Four Brix Winery
2290 Eastman Ave., Ventura
Fri 8/12: Ignition
Sun 8/14: Strummed Down
Sun 8/21: Smokey & Friends

The Garage
1091 Scandia Ave., Ventura
Thurs 8/11: Lucy Morningstar Unplugged
Thurs 8/12: Matt (Blown Over)
Sat 8/20: Irie Nature

The Grape
2833 E. Main St., Ventura
Tuesdays Jazz Jam
Most Saturday afternoons: Fausto Cuevas y La Moderna
Wed 8/10: Teka and New Bossa
Thurs 8/11: Javier Vergara/Camara Kambon Band

Fri 8/12: Allan Hinds / Brad Rabuchin Band
Wed 8/17: Peter Curtis Trio
Thurs 8/18: The Idiomatics
Fri 8/19: Paul McCallum and Friends
Sat 8/20: Jonathan Stout and his Campus Five feat. Hilary Alexander

Heritage Square Summer Concert Series
715 S. A Street, Oxnard
Fri 8/12: The British Beat
Fri 8/19: Caliente 805

Keynote Lounge
10245 E Telephone Rd, Ventura
Thursdays: Open Mic
Fri 8/12: Heart and Soul
Fri 8/19: Vinyl Gypsies
Sat 8/20: Pull the Trigger

Leashless Brewing
585 E. Thompson Blvd., Ventura
Thurs 8/11: Blown Over
Fri 8/12: Mike Beers
Sat 8/13: Mark Masson
Sun 8/14: Katie Leigh
Thurs 8/18: Mcguire / Moffet Band
Fri 8/19: Brion Shearer
Sat 8/20: Jacob Marquez & the Bood Vibes
Sun 8/21: Kim Moya Beach Party

Libbey Bowl
210 Signal St., Ojai

Wed 8/10: Richie Kotzen
Sun 8/14: Air Supply
Thurs 8/18: Thievery Corporation
Fri 8/19: Three Dog Night
Margarita Villa
Ventura Harbor
Fri & Sat 8-11 pm; Sun 5-8 pm
Fri 8/12: Cinnamon Whiskey
Sat 8/13: Big Adventure
Sun 8/14: Corsican Brothers
Fri 8/19: Tossers
Sat 8/20: Crosscut 805
Sun 8/21: Karen Eden & the Bad Apples

Namba Arts
47 S. Oak Street, Ventura
Fri 8/12: Camara Kambon
Poseidon Brewing
5777 Olivas Park Drive, Ventura
Fri 8/12: Vanise Terry Band
Sat 8/13: The Dynasties
Sat 8/13: Morrison Drive
Sat 8/20: Cary Park

The Raven Tavern
1651 S. Victoria Ave., Oxnard
Fri 8/12: Jetlemons
Sat 8/13: Cinnamon Whiskey
Sun 8/14: Matt Grey
Fri 8/19: Doc Rogers Band
Sat 8/20: Vinyl Gypsies
Sun 8/21: Blown Over
Topa Topa
104 E. Thompson Blvd., Ventura
Sat 8/20: Casual Business

The Twist on Main
454 E. Main St., Ventura
Wednesdays: Americana Night
Thursdays: LA Jazz Connection
Fri 8/12: Tossers
Sat 8/13: Vinny Berry; Ray Jaurique
Sun 8/14: Bob Bishop Band; Bella Lucarelli

Fri 8/19: Dave Rea and Acoustic DNA
Sat 8/20: Hot Roux; Dive Bar Messiahs
Sun 8/21: Bobby and Steve; Mark Masson

Ventura County Fair
10 W. Harbor Blvd
Grandstand Stage
Wed 8/10: Cheap Trick
Station Stage
Wed 8/10: Breaking Bored
Thurs 8/11: Heart & Soul; Zepp Heads
Fri 8/12: Hologram Empire; Pull the Trigger;
Doo Wah Riders
Sat 8/13: Raised on Vinyl; Beach Street a Go Go
Sun 8/14: Barrelhouse Wailers; Tara Macri

Ventura Music Hall
1888 E. Thompson Blvd., Ventura
Fri 8/12: Lost Dog Street Band, Matt Heckler
Sat 8/13: Vista Kicks
Fri 8/19: Shaky Feelin' w/ Groove Session
Sat 8/20: Doin' Time

The Vine
308 E. Ojai Ave., Ojai
Saturdays: Smitty and Julia and Friends
Sundays: Austin Vallejo
Fri 8/12: Toni Jannotta Jazz Trio

Waterside Restaurant and Wine Bar
3500 Harbor Blvd., Oxnard
Fri 8/12: Tom & Milo
Winchesters
632 E. Main St., Ventura

Music Thurs 5:30; Fri 7 pm; Sat 2 pm; Sun 3 pm
Thurs 8/11: Brandon Ragan
Fri 8/12: National Cat
Sat 8/13: James Bros.
Sun 8/14: Karen Eden & the Bad Apples
Tues 8/16: Open Mic w/ Jenna Rose
Thurs 8/18: The Pipes
Fri 8/19: Frank Barajas
Sat 8/20: Milo Sledge

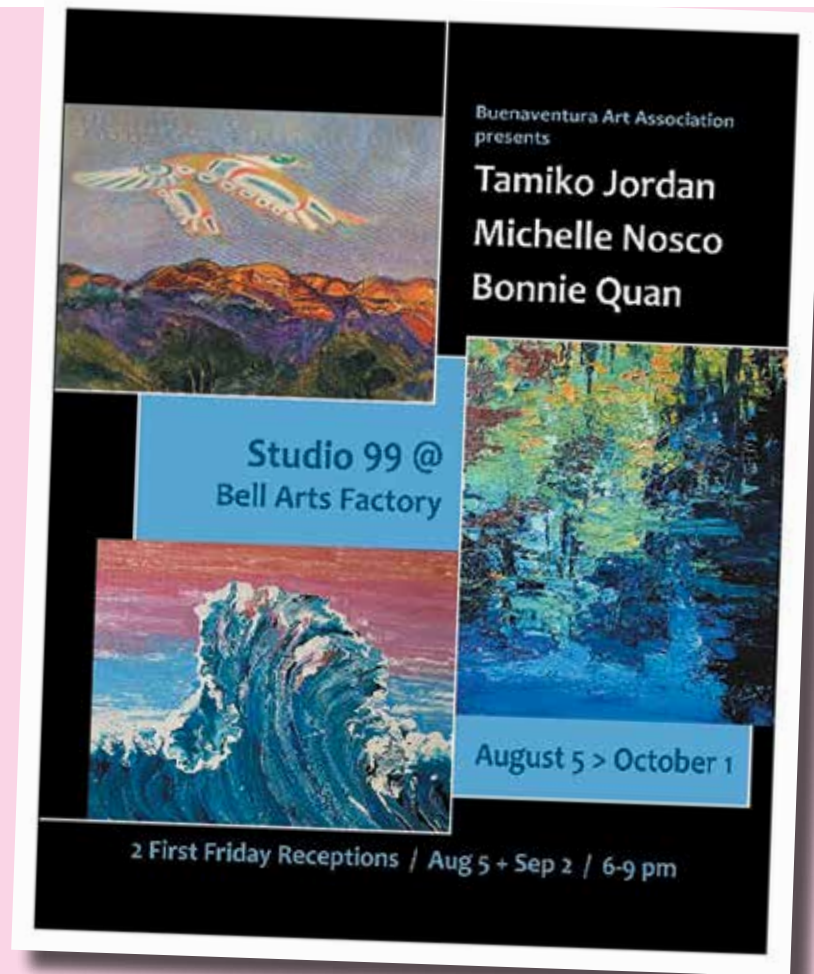
ventura Music Scene



Sandpipers - oil on canvas by **Bebe Betker**

Buenaventura Art Association A Members Show at Harbor Village Gallery & Gifts. All new images thru September 20, 2022

Featuring the artwork and artisan crafts of 10 resident member artists, Harbor Village Gallery & Gifts also exhibits the works of over a dozen other BAA members!



Studio 99 @ The Bell Arts Factory Life Cycle A Trio of Solo Shows by **Tamiko Jordan**, **Michelle Nosco** and **Bonnie Quan** thru October 1, 2022. Open Fridays and Saturdays, noon to 4pm.

Under the umbrella, "Life Cycle," three artists' solo exhibits tap into the cyclical flow of life, whether it's the changing nature of an artist's style and interests over time or the rhythms of nature itself.

Ventura Art Scene

This 'n' That VUSD in the news

After a competitive search, the Ventura Unified School District (VUSD) Board of Education has voted to hire Dr. Greg Bayless as the new Assistant Superintendent of Educational Services. Dr. Bayless began his new role on August 1, 2022. Dr. Bayless will replace Dr. Antonio Castro, who was recently named incoming VUSD Superintendent after Dr. Roger Rice announced his retirement.

In this new role, Dr. Bayless will oversee departments such as; Curriculum and Instruction, Early Childhood Programs, Multilingual & Multicultural Education, Special Education, Expanded Learning Opportunities Program, Student Support Services, and Health Services and Prevention Programs.

Dr. Bayless has over twenty-five years of educational experience with the Ojai and Ventura Unified School Districts. He has recently served as the Executive Director of Educational Services at Ventura Unified. Before that, he served as VUSD's Director of Secondary Education since 2017. He also stepped in as Interim Co-Assistant Superintendent of Educational Services during the 2020-21 school year.

Dr. Bayless's extensive experience in Educational Services Administration will serve him well as he successfully leads this team. In addition, he has served as the Assistant Principal of Curriculum & Instruction and as Principal at Nordhoff High School in Ojai. He also served as the Director of Secondary Curriculum

and Instruction for the Ojai Unified School District before joining VUSD. Dr. Bayless' strengths lie in his ability to build trust with families and partnering and supporting teachers and staff, serving as a conduit when needed between the sites and the district offices.

The Lions Club International Ventura Downtown Chapter will donate a Welch Allyn SPOT Vision Screener to Ventura Unified School District (VUSD) on Thursday, August 11, 2022, at the Ventura Poinsettia Pavilion. This generous donation will give VUSD's School Nurses a critical state-of-the-art vision screening tool that will screen students who are unable to be screened with traditional vision screening techniques. The SPOT Vision Screener is a handheld device that gives a digital reading within five seconds. VUSD's youngest and most vulnerable students will benefit from early vision detection, which research shows are critical for children and their learning process. This donation is especially beneficial for younger children with limited verbal abilities and/or a language barrier.

"The Ventura Unified School District is beyond thankful to the Ventura Downtown Lions Club for the priceless donation of a Welch Allyn Spot Vision Screener. When it comes to vision screenings, we need an equitable and accessible solution for our students with disabilities who struggle to conform to traditional vision screening within the educational setting to ensure that vision loss will not go undetected. With this generous donation, all of our children will now receive the timely vision services they need, eliminating the increased risk of impacting their cognitive, emotional,

neurological, and physical development. VUSD is truly grateful to the Ventura Downtown Lions Club for partnering with us and helping to level the playing field for all of our learners," stated Neil Virani, VUSD's Executive Director of Special Education and Pupil Services.

Contact Ann Marie Bidlingmaier, R.N., VUSD's Health Services & Prevention Programs Coordinator, at ann.bidlingmaier@venturausd.org or 805-641-5000 extension 1136 for more information.

Crop and Livestock Report presented to supervisors

The County of Ventura's Department of Agriculture/Weights and Measures presented the 2021 Crop and Livestock Report to the Board of Supervisors at recent meeting. Agricultural Commissioner and Sealer Ed Williams reported the value of crops for the county for 2021 was \$2,085,999,000, an increase of 5% from 2020. Strawberries, lemons, and nursery stock remained the highest valued crops, followed by raspberries, avocados, and celery. For the second consecutive year, the report has been published in Spanish.

"It is good to see the gross values for Ventura County's crops rising again

compared to the bit of a slump in 2020 due to the pandemic," said Williams. "Production costs have increased, and growers must receive a good return on their investments for farming to continue. The impact of farming and ranching goes far beyond the farm gate by providing jobs for processors, marketers, transporters, farm supply companies, and restaurants, to name a few, and especially the tens of thousands of farmworkers who provide the skill and foundation to make it all possible. I deeply appreciate the many people who play a key role in keeping Ventura County's agriculture thriving."

Seafood, including fish and squid, was included in the report for the first time, with a value of over \$31 million. The Organic Farming Program saw an increase of 27% from prior years, with 217 registered growers in 2021. Almost 12% of the total crop in 2021 was produced organically. Vegetable crops struggled in 2021. Of note, the tomato crop dropped out of the top ten for the first time in 22 years.

"Agriculture is the backbone of our community and drives not only our local economy but also contributes to feeding the world," said Chair of the Board of Supervisors Carmen Ramirez. "We are proud of the irreplaceable contributions of the entire agricultural community in helping provide food and products for us all, especially our growers, providers, farmworkers, suppliers, the Department of Agriculture/Weights and Measures, among many other partners."

Since 1895, under the direction of the Board of Supervisors, the Department

Continued on page 20



Lighter Breeze

Tiger



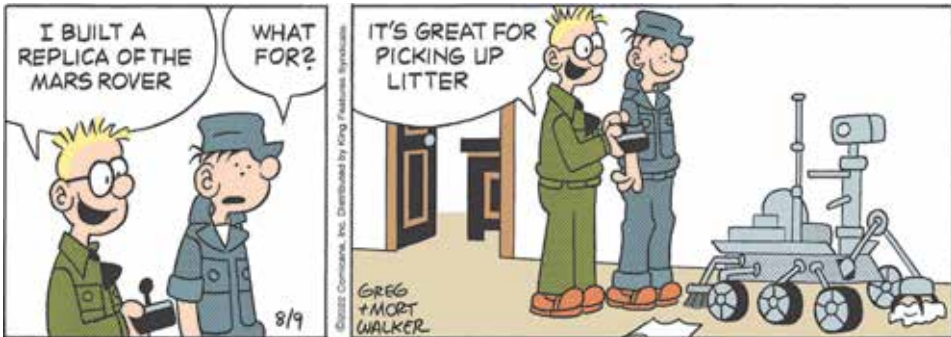
Shoe



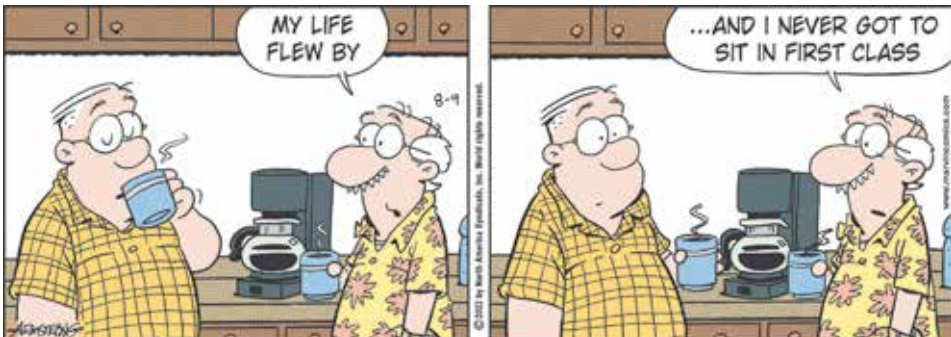
Hagar the Horrible



Beetle Bailey



Marvin



Todd the Dinosaur



Solutions on page 13

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

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

Weekly SUDOKU

by Linda Thistle

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

DIFFICULTY THIS WEEK: ◆◆◆

◆ Moderate ◆◆ Challenging
◆◆◆ HOO BOY!

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Solutions on page 13

King Crossword

ACROSS

- 1 Witty one
- 4 Brings in
- 9 Rail
- 12 Mess up
- 13 Unconventional
- 14 Quarterback Manning
- 15 Airhead
- 17 Heavy weight
- 18 Verily
- 19 Made finer, as flour
- 21 Rope parts
- 24 "Holy —!"
- 25 Prefix with gram or center
- 26 Spasm
- 28 Picture puzzle
- 31 Towering
- 33 "Eureka!"
- 35 Nickelodeon's "Explorer"
- 36 Politico Stevenson
- 38 Branch
- 40 Klutz
- 41 Village People hit
- 43 Place of worship
- 45 Thief
- 47 Equal (Pref.)
- 48 Terre Haute sch.
- 49 Inflatable pool toy

1	2	3	4	5	6	7	8	9	10	11	
12			13					14			
15			16					17			
			18			19		20			
21	22	23				24					
25			26		27	28			29	30	
31			32		33	34		35			
36			37		38		39		40		
		41		42		43		44			
45	46					47					
48				49		50			51	52	53
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- 1 Entanglement
- 2 "Entourage" character
- 3 Spike's warning
- 4 Actor De Niro
- 5 Turkey is part of it
- 6 — glance
- 7 Spectrum creator
- 8 Soon-to-be grad
- 9 Cartoon vamp
- 10 Medicinal plant
- 11 Peel
- 16 Coloring agent
- 20 Skedaddled
- 21 Greek salad cheese
- 22 Apple tablet
- 23 Melville sailor
- 27 Dance syllable
- 29 Russian river
- 30 Ump's call
- 32 Gentle soul
- 34 Newspaper piece
- 37 Headache aid
- 39 Fits together
- 42 Where the action is
- 44 Unruly group
- 45 Tears
- 46 Job-safety org.
- 50 Literary rep
- 51 Chopping tool
- 52 Fish story
- 53 Dogpatch adjective

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more flexible in your demands. **LIBRA** (September 23 to October 22) That uneasy mood could be your Libran inner voice reminding you that while it's great to be with your new friends, you need to take care not to ignore your old ones.

ARIES (March 21 to April 19) Aspects favor socializing with family and friends, but an irksome workplace situation could intrude. No use grumbling, Lamb. Just do it, and then get back to the fun times.

SCORPIO (October 23 to November 21) A sudden spate of criticism could shake the Scorpion's usually high sense of self-confidence. Best advice: You made a decision you believed in -- now defend it.

TAURUS (April 20 to May 20) There's still time for you Ferdinands and Fernandas to relax and sniff the roses. But a major work project looms and will soon demand much of your attention through the next week.

SAGITTARIUS (November 22 to December 21) Your reluctance to help restart a stalled relationship could be traced to unresolved doubts about your partner's honesty. Rely on a trusted friend's advice.

GEMINI (May 21 to June 20) Your enthusiasm persuades even the toughest doubters to listen to what you're proposing. But don't push too hard, or you'll push them away. Moderate for best results.

CAPRICORN (December 22 to January 19) The capricious Sea Goat is torn between duty and diversion. Best advice: Do both. Tend to your everyday chores, and then go out and enjoy your well-earned fun time.

CANCER (June 21 to July 22) Your energy levels are rising, and you feel like you can handle anything that the job requires. While that's great, don't isolate yourself. Keep your door open to your workplace colleagues for sound advice.

AQUARIUS (January 20 to February 18) Cutting back on some of your activities for a few days helps to restore your energy levels. You should be feeling ready to tackle your many projects early next week.

LEO (July 23 to August 22) A workplace change could lead to that promotion you've been hoping for. But you'll have to face some tough competition before the Lion can claim his or her share of the goodies.

PISCES (February 19 to March 20) A co-worker might secretly be harping on about your work to your mutual colleagues. But some associates will come to your defense, and the situation will ultimately work to your advantage.

VIRGO (August 23 to September 22) Your rigidity regarding a difficult workplace situation could be the reason your colleagues aren't rushing to your assistance. Try being

BORN THIS WEEK: Your ambition makes you a success at whatever you choose to do -- especially if it's in the world of the performing arts.

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Showtime

A View from House Seats

Joseph Rocks Simi Stage

by Shirley Lorraine

Ready for some high energy, off the charts action and exciting stage work? Then Actor's Repertory Theatre of Simi's production of Joseph and the Amazing Technicolor Dreamcoat is where you need to be.

Playing now at the Simi Valley Cultural Arts Center through August 21, this staging is exciting, colorful, surprising and filled to the brim with high-quality talent.

Extracted from the Bible's Book of Genesis, Joseph is the story of a young man heralded, banished, enslaved, heralded again and finally triumphant as he and his dreams lead Egypt to glory.

The sung-through play marked the first staged collaboration of the uber-successful team of Tim Rice (lyrics) and Andrew Lloyd Webber (music) and ranks as one of the most staged productions world-wide. Why? Because not only does it tell a story well, it is also simply a rocking fun time. The musical styles vary widely, costuming is vibrant, and the choreography is outstanding, keeping the audience enthralled throughout.

A live orchestra accompanies the operetta, although frequently the electronic instruments' amplified volume drowned out the strings completely. The singers, while equipped with microphones, really had to push to be heard over the accompaniment. As a result, much of the actual story line was masked under the music. Take a synopsis with you to get the whole story. Or just enjoy the sheer velocity of the piece. You'll be swept up immediately even if you miss a few details.

My guest, a degreed musician,

commented about the need for balance among the instruments. When the story line is sung, to get the full effect it is imperative that the words can be heard. By the second act our ears had acclimated to the volume some, but we found the most enjoyable moments by far to be Joseph's solo songs when his clear voice shone, and the beautiful message could be heard in full.

In this version there are two narrators, Siena Avila and Mia Vavasseur, who complemented each other quite well. Both have strong stage presence and quality voices. Vincent Perez as Joseph is a force of nature. His portrayal is powerful, compelling and spot-on vocally. An extremely entertaining performance is given by George Chavez as the Pharaoh, who commanded the audience expertly.

The large ensemble cast carries off their multiple personas with verve. The spotlighted character moments give many individuals their opportunity to show additional talents. The bevy of beautiful wives and dancers, along with the highly capable men and the children's chorus round out the action nicely.

Direction by Jesse Saywell is creative and tight, choreography by Becky Castells is well suited to the dancers and well executed. The eclectic mix of costuming styles is a delight. The entire crew is to be commended for their contributions to this greatly enjoyable presentation.

Joseph and the Amazing Technicolor Dreamcoat continues through August 21. Performances are Fridays and Saturdays at 8 p.m., Sundays at 2 p.m. and Saturday matinees at 2 p.m. on August 13 and 20. www.svac.org, 805-583-7900.

get the boys out alive. They decided they would have to drug the boys so they would be unconscious and not panic during the long dive and continually dose them to remain unconscious while being guided underwater. Rick Stanton suggested they contact their diving friend Harry Harris (Joel Edgerton) who was also an anesthetician who decided to use Ketamine.

On Day 15, officials approved the plan but said no information would be shared with the parents or media. The Navy SEALs went in first to bring needed supplies for the rescue, but unfortunately Navy SEAL Saman Gunan (Sukollawat Kanarot) drowned due to an equipment malfunction. On Day 16, John Volanthen and Rick Stanton lead a team of thirteen cave diving experts and five Navy SEALs who brought four boys out safely. On Day 17, they brought out five boys and on Day 18 they brought out the remaining three boys and coach, along with the Navy SEALs.

Days after the rescue the cave became completely submerged for the next 8 months. The rescue involved more than 10,000 people from 17 countries, including more than 100 divers, 900 police officers, 2000 soldiers, 100 government agencies, as well as ten police helicopters, seven ambulances, more than 700 diving cylinders, and the pumping of more than a billion liters of water from the caves. Farmers who suffered losses were offered government compensations and the coach and three of the boys, all stateless, were granted citizenship by the Thai government.

Rated: PG-13 Runtime: 2h 29m

CMH receives Quality Achievement Award

For another consecutive year, Community Memorial Hospital has received the American Heart Association/American Stroke Association's Get With The Guidelines-Stroke Gold Plus Quality Achievement Award for its commitment to ensuring stroke patients receive the most appropriate treatment according to nationally recognized, research-based guidelines.

Community Memorial Hospital earned the Get with The Guidelines-Stroke Gold Plus Quality Achievement Award by meeting specific quality achievement measures for the diagnosis and treatment of stroke patients at a set level for a designated period. These measures include evaluating the proper use of medications and other stroke treatments aligned with the most up-to-date, evidence-based guidelines, with the goal of enhancing recovery and reducing death and disability for stroke patients. Community Memorial Hospital's comprehensive stroke center is also certified by DNVHealthcare.

"We are honored to be recognized by the American Heart Association for our dedication to helping our patients have the best possible outcomes following a stroke," said Gary K. Wilde, Community

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Streaming Spotlight by Cindy Summers

Thirteen Lives

- Amazon Originals



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

Directed by Ron Howard, Thirteen Lives shares the incredible true story of the global effort to rescue a youth Thai soccer team that became trapped in the Tham Luang Cave when monsoon season came early and submerged the cave underwater. It took nearly two weeks to find the boys in the flooded cave system, and once located it took an international team of skilled cave divers, Navy SEALs and thousands of volunteers to develop a rescue plan and get the boys out alive.

On June 23, 2018, the Wild Boars soccer team finished their afternoon practice and decided to bike to the Tham Luang Cave in Khun Nam Nang Forest Park around 3pm for a group adventure before heading home to celebrate one of the player's birthday. It was a sunny day and the coach decided to join the 12 boys to be certain they made it back safely before dark. Unexpected rain trapped them deep in the cave and when the boys

didn't arrive by 7:30pm the parents headed down the cave to see why the boys were delayed only to find all their bike parked outside.

Navy SEALs arrive early the next morning, but their efforts were hampered by their limited expertise in cave diving and continual flooding and collapses in the cave system due to the torrential rains. On Day 5, cave diving experts John Volanthen (Colin Farrell) and Rick Stanton (Vigo Mortensen) of the Conventry England Diving team arrived and on their first dive after four hours had moved 1600 meters from the entrance. Unfortunately the heavy rains began to cause equipment failures and injuries, to the governor temporarily ceased all rescue operation.

On Day 10, the governor sent the English team back in and they got much further than the Navy SEALs had before, traveling 2500 meters from the entrance over 6.5 hours and discovered all twelve boys and the coach, hungry and cold but alive. Seeming a cause for celebration, it was actually a cause for concern as there immediately seemed no logical way to safely get the boys out due to the hours it took to dive through the underwater cave system to reach them.

On Day 11, the Navy SEALs went back to in where the boys were trapped, but used too much air so only one could return. The English team developed a rescue plan that seemed dangerous, but also the only option

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FENCES

This 'n' That

Families and mentors can really make a life-changing decision to help

Ventura County Children and Family Services' Homes with Heart VC program needs additional families to step up and support older youth during their transition into independence.

Homes with Heart VC, a program of Ventura County Children and Family Services, is very actively seeking families in Ventura County that can open their hearts and homes to older youth in care. With over 250 older youth in care in Ventura County, Resource Families for older youth between the ages of 16-25 are in higher demand than ever before.

"We need our older youth to go out into the world with that key to success -- knowing that they are loved and supported to lead healthy and productive lives," said Jaci Johnson, Program Coordinator III at Ventura County Children and Family Services.

Ventura County Children & Family Services' Homes with Heart VC was developed to increase the amount of loving resource families who are ready to take in children in need in Ventura County.

To learn more about how you can get involved and help older youth in Ventura County, visit www.homeswithheartvc.org/tay. Learn how Ventura County Children and Family Services' Homes with Heart VC is making a difference throughout Ventura County, www.homeswithheartvc.org.

mysterious wooden bells wanted them sent to the Smithsonian Museum in Washington DC. They were taken down from the tower but, in a change of heart, Ventura refused to part with them.

CMH receives award

Continued from page 19

Memorial Healthcare System's Chief Executive Officer. "I am exceedingly proud of the work our physicians and stroke team do on an ongoing basis to ensure that the most current, evidence-based treatment protocols are in place at Community Memorial Hospital."

Community Memorial Hospital also received two other awards: the Target Stroke Honor Roll Elite Plus, and the Target Type 2 Diabetes Honor Roll, a national recognition for hospitals participating in the Get With The Guidelines program. Hospitals receive these honors if they meet high performance criteria for the speed of treatment for stroke patients, as well as other measures. The awards were based on data submitted for the 2021 calendar year.

Get With The Guidelines-Stroke was developed to help healthcare professionals implement the most up-to-date, research-based guidelines for treating stroke patients. For more information, visit heart.org.

Community Memorial Health System is a not-for-profit health system comprised of two hospitals (Community Memorial Hospital in Ventura and Ojai Valley Community Hospital in Ojai), a skilled nursing facility, and a network of primary and specialty care clinics that serve communities throughout Ventura County, California. Visit <https://www.cmhshealth.org>.

Crop and livestock report

Continued from page 17

ment has worked in cooperation with the California Departments of Food and Agriculture and Pesticide Regulation, agricultural community partners, residents, and others to protect and promote Ventura County's agriculture in the areas of pesticide use enforcement, permitting, quality control, certification of exports, among others.

View the 2021 Crop and Livestock Report in English and Spanish at <https://www.ventura.org/agricultural-commissioner/crop-reports/>. For more information about the Department of Agriculture/Weights and Measures, visit <https://www.ventura.org/agricultural-commissioner/>.

The Bells of San Buenaventura

Continued from page 5

in 1976 when the Church received a special dedication as a basilica. It is a glorious sound. Once the upper elements held three wooden bells, their exact purpose is unknown, but many speculate they were simply place holders for bells that never arrived. One didn't survive, but fragments of the other two can be viewed in the Mission Museum. They were carved from ebony wood, but who fashioned them is unknown. It is known that the Chumash People were excellent carvers and it is highly possible they were created locally, even if the wood had to be imported. President Theodore Roosevelt visited the Mission in the early 20th Century and learning of the

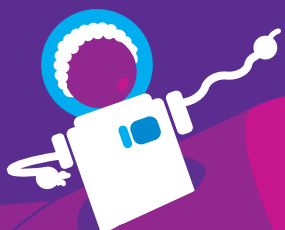
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Blue Oyster Cult at the Ventura County Fair, Saturday Night, August 6, 2022. Photo by Pam Baumgardner.