



VENTURA BREEZE

Your Hometown Paper

Vol. 15, No. 25 Published Every Other Wednesday Established 2007 September 7- September 20, 2022



Safety concerns pushes back one school's re-opening

by Mira Reverente

The first day of school at Ventura County Christian School (VCCS) was pushed back by a week after its lease was terminated by its landlord, the Ventura Unified School District (VUSD).

Almost 200 students in the K-12 private school headed back to their classrooms last Monday, August 29, amidst an air of uncertainty and unpredictability. Parents congregated outside while doing their morning drop-off, mostly seeking answers and clarity amidst the ongoing discord between the school and the school district.

A structural inspection by architectural firm 19six had deemed the century-old school property along MacMillan Avenue unsafe.

Continued on page 13

A structural inspection deemed the century-old school property unsafe.

Ventura City Fire mourns the loss of Firefighter-Paramedic Matthew Clapsaddle

It is with deep sadness and regret that the Ventura City Fire Chief announces the loss of Firefighter-Paramedic Matthew Clapsaddle.

At about 7:00 a.m. on August 20, Firefighter Clapsaddle passed away from a sudden, critical medical emergency while off-duty.

"It is truly heartbreaking when we lose a teammate and friend. Matt was a positive and dedicated leader who brought so much joy and energy to our fire family," shared Fire Chief David Endaya. "These are difficult days with more to come. We hold Matt's family in our hearts and will continue to lift them up as they navigate this unexpected path."

Firefighter Clapsaddle was an active-duty member of the department since 1994. In addition to his role as a firefighter and paramedic, he had been integrally involved in the department's Ocean Rescue Team, Urban Search and Rescue Team, and ladder truck company at Fire Station 5. Clapsaddle is survived by his wife, Jennifer and son, Tanner.

The community and public safety agencies are invited to join the Ventura Fire Department in paying tribute to Firefighter-Paramedic Matthew Clapsaddle.

Amemorial service will be hosted at Calvary Community Church on Friday, September 9, from 10:00 a.m. to 12:00 p.m. The church is located at 5495 Via Rocas in Westlake Village.

Starting at 8:30 a.m., firefighting apparatus will arrive at Calvary Community Church. Continued on page 13



Firefighter Clapsaddle was an active-duty member of the department since 1994.

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Remembering the Fair in photos by Alysia Byrnes, Yana Khiyod, Amy Brown, Patricia Schallert and Staci Brown.





Remembering delightful Breezy



Sheldon Brown from August 24 Breeze

I so very sorry to report that the most wonderful Breezy (Deena) Gledhill has passed away from cancer at only 45-years-old. Last summer she told us that she was cancer free and how wonderful that was. But, cancer does what it wants and it returned with a vengeance. Her spirit through all of this was unbelievable and an inspiration to all who knew her.

She first approached me over 10 years ago to become an account executive for the Breeze. With that name I immediately hired her. Without her the paper would not exist as her ability to meet people and have them advertise was great.

I considered her to be my adopted daughter and will miss her always.

Adela Trainor

I saw on FB. I'm so sorry Sheldon. I know how much you loved "your girl". It is heartbreaking for us left behind but hopefully her spirit is free to be all that we knew her to be, without being held back by a failing body. Let her light shine through all that knew her.

Cindy Summers

She was such a brave and courageous fighter, even when dealing with the lowest points of her struggle she always showed caring, kindness and compassion for others it truly seemed cancer had no chance against her bright light I never imagined this would happen

Ana Baker

Breezy was just as fun as her name. I will always remember the constant texts she sent me all year to help me in my grief. She was an inspiration and a fighter. Breezy had an amazing soul. My heart will always remember her. I will miss her.

Jennifer Talt-Lundin

I am so, so very sorry to hear that she has passed. I am heart-broken. We absolutely adored Breezy and we have been sending so many positive vibes her way, for her to beat this awful disease and be able to continue to enjoy her beautiful life. She was such a pleasure to work with and she will be greatly missed by all here.

Our hearts, prayers and thoughts are with you and her family during this difficult time. She touched so many people and was such a bright light in our harbor community.

Carol Leish

She would always compliment me on what I wrote for the 'Ventura Breeze.'

She was always positive, even with going through so much. And, I was also impressed with her many posts on Facebook talking about her 'journey.'

Going to miss her a lot, too. As Judaism says, 'Her memory will continue

to be a blessing.'

Valerie Bereman

Oh Sheldon, I am so very sorry she passed. I only knew her through e-mails, but we became friends on the side. She was so fun and sensitive. What a fighter she was. I am at a loss for words, you were a great family to her

I know. I am so sorry for you and the Breeze family.

Patti Channer

Another bright star in our galaxy.

Lysa Urban

I'm so very sorry and saddened to hear... I didn't know that Breezy was ill. She was a wonderful, uplifting person. My sincerest condolences to you, her family and the Ventura Breeze family.

Amy Brown

I am so very, very sorry—she was just wonderful and very loved.

Mike Macke

Our deepest condolences to all of her family, and the Breeze family, who we know considered her family. Breezy will be dearly missed and our hearts our saddened by her loss.

With deepest sympathy.

Susan Bejeckian

Sheldon I was so sad to hear today about the passing of Breezy.

She truly was a wonderful person, full of boundless enthusiasm.

I will really miss working with her.

Jennifer Buckley

Hi. Just wanted you to know I'm very sorry about Breezy. I know she had become like family. She cared for both of you so much and was happy to be included in family celebrations. A lovely person. She will be missed.

Alfred J. Lewis

For the decade she was part of the paper I have to say, with absolutely no reservations, it ran like a Swiss watch. The clients loved her as well.

She always kept her private live private, but she had a great sense of humor and, try as I might, I could never get her goat. She was completely bullet proof, right up to the end.

Breezy loved guinea pigs, so I started sending her guinea pig videos on Instagram. I didn't know what else to do, I knew things weren't going well and I wanted to do something. Anything. She always seemed to enjoy them. I hope she did. I hope it made things a tiny bit easier.

I don't pray and I gave up drinking so I can't offer a toast. I'll say I miss her and leave it at that.

From Reardon

With deep sorrow and much love, we mourn the passing of Deena "Breezy" Gledhill, who lost her courageous battle with cancer on August 22, 2022 at the age of 45.

Breezy was special from the day she was born. Making her debut on 7/7/77, Breezy's arrival made the local newspaper in Burbank, California, where she was born to lucky parents, Denise and Don Gledhill. Breezy grew up in nearby Santa Clarita, graduating from Saugus High School in 1995 and going on to earn a BA from Chapman University.

In 2008, Breezy made the move to Ventura, California, where she immediately fell in love with the community. Breezy's luminous spirit enabled her to develop authentic and lasting friendships wherever she went. From her first local job as a server at Mimi's Cafe to her years working with The Ventura Breeze newspaper, Breezy built an army of friends who would forever be changed for the better, just for having known her.

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One of Breezy's passions was working with the senior community. She spent much of her time being a chaperone on field trips and visiting her senior buddies, who she loved to spend hours with, listening to their stories from the past. Breezy cherished these moments and the bonds she made.

Breezy was a free spirit, who danced to the beat of her own drum and had a heart of gold... or perhaps tie-dye. In her freetime, Breezy loved playing her Little Martin guitar and listening to the Beatles on Sunday mornings. Live music brought her joy, especially Tom Petty and Pearl Jam, and she was so proud to watch her brothers play throughout the years. The beach was her happy place, where she found beauty, inspiration, and solace. It was along the rocks at Surfer's Point where Breezy first discovered that she had a raw talent for photography, capturing stunning pictures of both nature and people. Breezy's greatest joy, however, came

from spoiling her niece, Louvelle, and Breezy would revel in sharing Louvelle's latest photo, or funny anecdote, with anyone she met.

Breezy's sincerity, dedication to others, and empathy had an impact on every life she touched, which could be seen by the sheer number of old friends and new who reached out, dropped by to visit, and/or offered support to Breezy during her cancer fight. Her last two years were not easy but are a testament to Breezy's strength and heart that she never stopped fighting and never allowed cancer to steal her love of life.

The world has lost an incredible human being, and she will be greatly missed.

Breezy is survived by her mother, Denise Gledhill, her brothers, Doug and Derek, her half-brother, Scott, her sister-in-law, Sheryle, and her niece, Louvelle.

In lieu of flowers, memorial donations may be made to The Humane Society of Ventura County or The VCAA Foundation.



Sheldon, Staci Brown and James Gray enjoying a day out with Breezy.



VENTURA BREEZE

Your Hometown Paper

Member, Ventura Chamber of Commerce

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

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Opinion/Editorial



Sheldon Brown
Publisher-Editor

■ What heat wave?

As I sit here listening to the sea lions bark their heads off it is 111 in Ojai and 72 here (wow we had a 97 day).

■ A Ronald McDonald Family Room

is set to open at the Ventura County Medical Center on Sept. 12. Thanks to Amy Towner, Dr. Fankhauser, Christine Petti, the amazing women of NCL Juniors Ventura County, Supervisor Matt LaVere, and the many others who worked for years to bring this vision to reality. This room will provide much-needed resources for families in the midst of their darkest hours. And thanks to the hard work and generosity of so many, it will be the first Ronald McDonald Family Room in Ventura County.

■ Recently the Ventura Police held a **DUI** checkpoint. 1,152 cars passed through the checkpoint with the following results.

12 drivers cited for VC12500(a), Unlicensed Driver

2 drivers cited for VC14601.1(a), Suspended Driver

1 driver cited and released on scene for a Suspended Driver's License Misdemeanor Warrant

1 driver cited for 23222(b)(1), Open Container Marijuana

Even though they don't usually result in many DUI arrests, I think the checkpoints serve a good purpose to get drivers thinking about not driving after drinking. And, the checkpoints are funded by a grant from the California Office of Traffic Safety, through the National Highway Traffic Safety Administration, so they don't cost Ventura anything.

■ I have great respect for **Liz Cheney**, and it has nothing to do with Trump. She is very conservative so I don't agree with her policies, but I respect her for doing what she feels is best for the country knowing that she will never get elected again.

We have a serious problem in this country with politicians voting strictly on being re-elected to their positions and not what they feel is necessarily best for the country. The

political system in this country is a mess and something needs to be done to straighten it out.

If Democrats sponsor a bill, Republicans oppose it. If Republicans sponsor the same bill Democrats oppose it. Not based upon what is best for the country but what will get them re-elected.

Perhaps we shouldn't have professional politicians and their term should be a one time for six years, so they don't need to be concerned with elections and will do what they think is best for the country. Then go back to a real job.

Also, something needs to be done about the **Supreme Court** which is out of touch with even the will of the people. They should not serve for a lifetime and perhaps should be selected by a general election and not appointed. Maybe serving only one time for eight years.

And using the constitution as a basis for their decisions probably doesn't make a lot of sense. For instance this is from the Bill of Rights, "No Soldier shall, in time of peace be quartered in any house, without the consent of the Owner, nor in time of war, but in a manner to be prescribed by law."

■ A U.S. Marines veteran, and former NYPD officer has received the longest sentence yet in connection with the January 6 **Capitol riot**. Thomas Webster was sentenced to 10 years in prison. Not sure why he received the longest sentence but glad that those that participated in this insurrection are going to prison.

■ So happy that New Mexico's governor has signed an executive order pledging \$10 million to build a clinic that will provide **abortions** and other pregnancy care. I certainly hope other states follow suit. Sixty percent of the nation think Congress should pass a law guaranteeing access to legal abortion nationwide.

■ Guns in The News

One person was killed and four others were injured in a shooting on the Coney Island boardwalk the NYPD said. While officers investigated the scene, a witness walked up

and told them about a second scene at 7 Mile and Wyoming. Police said a 28-year-old man was fatally shot at that location.

A gunman carrying an assault rifle entered a Safeway in Bend, Ore., killing two people and sending terrified shoppers running.

A poll by the University of Chicago Harris School of Public Policy and The Associated Press-NORC Center for Public Affairs Research shows 71% of Americans say gun laws should be stricter, including about half of Republicans, the vast majority of Democrats and a majority of those in gun-owning households.

Eight in 10 Americans perceive gun violence is increasing around the U.S., and about two-thirds say it's increasing in their state.

■ When Rep. **Matt Gaetz** (R-Fla.) made the following ignorant statement, I thought it would be hard to top but it wasn't.

"Unattractive women who 'look like a thumb' shouldn't complain about losing abortion rights because they're the least likely to get pregnant" he said in a speech to college students at a conservative conference in Florida.

"Have you watched these pro-abortion, pro-murder rallies," Gaetz asked the crowd at the Turning Point USA Student Action Summit in Tampa. "The people are just disgusting. Why is it that the women with the least likelihood of getting pregnant are the ones most worried about having abortions?"

"Nobody wants to impregnate you if you look like a thumb. These people are odious from the inside out," the congressman continued. "They're like 5'2", 350 pounds, and they're like, 'Give me my abortions or I'll get up and march and protest.'"

As amazingly ignorant as that was, perhaps what **Lindsey Graham** said was even worse because it could result in deaths. Following the FBI's retrieval of at least 184 classified documents from former President Donald Trump's Florida residence, Sen. Lindsey Graham (R-SC) appeared on Fox, claiming there would be "riots in the streets" if Trump is prosecuted.

■ The average **low temperature** in July was 63.6 degrees, which beat the previous record set in 2011 by a few hundredths of a degree. The mark is not only the hottest nightly average for July, but for any month in 128 years of record keeping, said National Oceanic and Atmospheric Administration climatologist Karin Gleason. July's nighttime low was more than 3 degrees warmer than the 20th century average.

■ Quick help for **suicidal thoughts** and other mental health emergencies are now easily accessible as 9-8-8. It's designed to be as easy to remember and use as 911, but instead of a dispatcher sending police, firefighters or paramedics, 988 will connect callers with trained mental health counselors.

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

City News Water General Manager's Message

It's Back-to-School time here in Ventura and we all have a thing or two to learn. I learned that the citizens of Ventura know how valuable of a resource their water is. You took the conservation message to action, and we reported a record drop in water demand in July; 1,195 acre-feet. That's 34 acre-feet less than June and an overall 28.58% reduction in water usage since we started tracking in 2013! Great job Ventura, and let's keep it up!

We have spent the summer reaching out to all of you and offering tools and suggestions to reduce our water usage. Thank you for your suggestions and we will look to implement them.

Right now, there is state legislation that is being proposed to set a legal limit on indoor water consumption. The practices we adopt today will have

us better prepared for any future limits. Ventura Water will continue to look towards sustaining our water sources and securing additional sources for the future. We are committed to ensure Ventura has a reliable water supply for generations to come.

As the summer ends, staff is focusing on funding opportunities and project design development. The VenturaWaterPure program was recently awarded over \$14 million in federal grant monies by the Bureau of Reclamation, to add to the \$4.2 million we had already received. This grant will help to make your rate dollars do more to achieve a new water supply and protect the unique environment of the Santa Clara River Estuary. Design and permitting for our projects are moving along and progress is happening.

There are some really great things taking place and you should be proud to be a part of it. Thank you, Ventura!

Respectfully,
Gina Dorrington

The greatest
glory in living
lies not in never
falling, but in
rising every
time we fall.

— Nelson
Mandela



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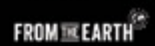
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In compliance with the Americans with Disabilities Act, special needs can be met by calling 805-652-4525 or through the California Relay Service.





Real Estate/Development

On August 30 a meeting was held at the Museum of Ventura County to discuss possible changes to agricultural zones, density, building heights and other general plan updates.

It was presented by City staff members.

The meeting was just one of a series to be held for the general plan update. The general plan covers land use, housing, economic development and will determine development for the next 20-30 years.

Tuesday's meeting ran about three hours. Some attendees expressed their displeasure with what was presented by to shouting at various times during the lengthy presentation.

A virtual meeting was also held on Thursday. These meetings collect public opinions about where housing, industrial use, retail, and other uses should be located.

Ventura Community Development Director Peter Gilli understood the anger in the room.

He stated "Admittedly, it didn't start well but I'm happy with the feedback. It's only the first step. We're going to do a lot more and get as much feedback as possible."

The revisions to the general plan will ultimately be made by the City Council possibly by late 2023.

The Ventura Planning Commission purpose is to advise and recommend on the development and maintenance of general and specific plans. Review annual and five-year capital improvement programs. Advise and make recommendations on applications for zone changes, tract maps, subdivisions, variances, use permits, planned development permits, and related matters.

Commission Members:

David Comden - Chair

Appointed by Councilmember Doug Halter

Jenny Lagerquist - Vice Chair

Appointed by Councilmember Jeannette Sanchez-Palacios

Mark Abbe

Appointed by Councilmember Mike Johnson

Kara Davis

Appointed by Councilmember Lorrie Brown

Jane Farkas

Appointed by Councilmember Jim Freidman

Scott McCarty

Appointed by Deputy Mayor Schroeder Lucas Zucker

Appointed by Mayor Sofia Rubalcava

Homeless individuals and previously homeless families will get first choice to be tenants at an affordable housing project at Ventura's Westview Village.

The project is in west Ventura at 1153 Village Way. Of the 320 affordable units, 20 will be set aside for previously homeless families and five for homeless individuals.

The plan for Westview Village called for the demolition of the public housing complex built in 1952 and the construction of new apartments, which began in 2017.

With the former residents accounted for, the project provides enough room to

accommodate homeless families and individuals, which wasn't part of the plan when the project was first approved.

The Housing Authority of the City of San Buenaventura determined there was a need to fill in the community. The authority co-developed the complex with San Francisco-based nonprofit developer BRIDGE Housing Corp. The authority is the property manager and service coordinator for the complex.

Recently, developers broke ground on some of the apartments aimed for homeless individuals. Another phase of affordable units, including 20 for previously homeless families, is set to be complete next month.

There will be two case managers on staff and a community services department that will help the homeless families once they've moved in.

For more information, visit www.hacityventura.org.

New developments being proposed, approved or under construction in Ventura

Front and Kalorama (PROJ 14570)
Located: 935 East Front Street (District 2)
Description: A new 4-story building with 88 residential units and podium parking on a 0.9 acre site.
Status: Under Review
Hearing Info:
Design Review Committee: 03/31/22
Planning Commission 09/28/22
City Contact: Gene Burse, Senior Planner
gburse@cityofventura.ca.gov



Ventura Ranch Market (PROJ-15349)
Location: 1532 - 1536 East Main Street (District 2)
Description: Alcohol Use Permit for a new 9,000 square foot grocery store.
Status: Approved
Hearing Info:
Director's Hearing: August 25, 2022
City Contact: Jared Rosengren
jrosengren@cityofventura.ca.gov



AutoZone Store (PROJ-22-0117)
Location: 1260 East Main Street Citrus Drive (District 7)
Description: Request for Major Design Review for a new 5,980 square-foot commercial building on a 0.48-acre site in the Urban Center (T5.2) zone within the Midtown Corridors Development Code with a land use designation of Commerce.
Status: New Application
Submitted: 08/05/2022
Hearing Info:
Design Review Committee: TBD
Director's Hearing or Planning Commission: TBD
City Contact: Gene Burse, Senior Planner, gburse@cityofventura.ca.gov



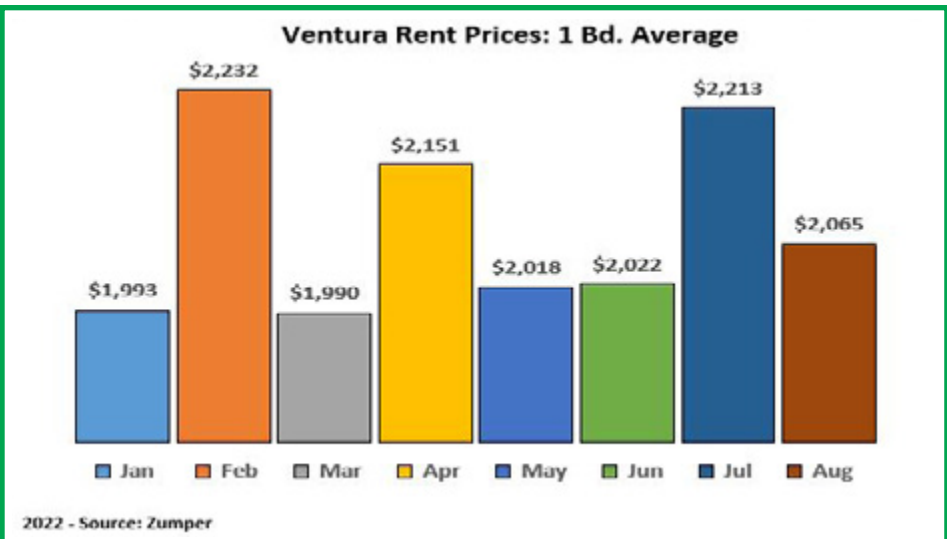
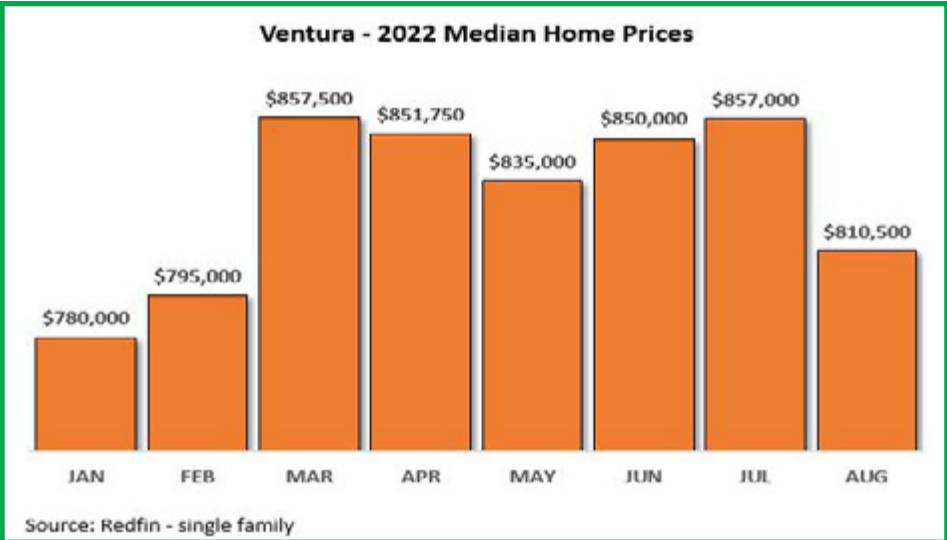
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News & Notes



Jim Duran welcomed all and was ready to serve food with the residents.

City Center held an open house event for current and past residents

by Richard Lieberman

August 18, 2022, an open house event was held at the City Center in Ventura. Jim Duran the lead pastor of the River Community Church founded by Duran and his team in 2004 is the Executive Director of the City Center.

The City Center is a transitional living facility for homeless individuals and families giving them the needed skills and tools to rebuild their lives and gets them on the road to self-sufficiency and healing. The event held at the City Center, 837 East Thompson Blvd. was attended by several Ventura dignitaries including Sabrena Rodriguez, Ventura Unified School District, School Board, Doug Halter Ventura City Council Member, Alex McIntyre, Ventura City Manager and Sergeant Michael Anselmo, Ventura Police Department.

To be considered for the City Center program individuals or families must



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complete an application process. “We ask pretty simple questions there are only about nine questions we require,” Duran said. “We ask them how long they have been free from drugs and alcohol and if they say less than six months then we do another program with them.” Added Duran. “They have to be willing to work that is really the bottom line, they have to be willing to get out of the situation they are in, get their kids out of the situation,” he added. Some of the requirements include the potential resident’s willingness to get out of debt and be alcohol and drug free in order to be considered for the program. The center helps by working out programs that will help the potential resident get off government funding, and programs that help with drug or alcohol addiction.

“We have a curfew we do random drug testing unlike our shelter here in Ventura which is called a low barrier shelter so if I get in

the shelter, I can eat a few meals then I can go out and get wasted and as long as I am back by curfew, I am good.” Duran added. “How is that helping anyone.” He spoke. The Center in the last eight years has helped 108 families and 304 individuals to get permanent housing and of all the graduates of the program 95% have never gone back into homelessness.

The Center also offers help by having several classes for resident’s that range from how to build a resume to financial coaching. Several businesses in our area have been willing to give the Center’s residents an opportunity at gainful employment.

City Council Member Doug Halter was in attendance. “The City Center is probably the most successful model of how to get people off the streets.” Halter said. “City Center is essential for this city.” He added.

Sponsorship for housing a family costs \$7,500 and covers the cost of housing for up to a year.

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News & Notes



John Brooks and Chipper Bell are all smiles at the Festival. Photos by Patricia Schallert

Aloha Beach Festival gives back to the community

On Sept. 3 & 4, the 14th annual Aloha Beach Festival was held at Promenade Park Surfers Point in Ventura. The event featured live entertainment, surfing, arts & crafts, food and beer, Hawaiian dancers and the C-Street Classic surf competition.

It is the brainchild of Chipper “Bro” Bell, a 12-time world Frisbee champion. The Aloha Beach Festival was designed to give back to our local social and environmental organizations. Chipper and his family each year choose a charity organization and they volunteer for them for one year. Each year the Festival has grown in size and scope and brings the community together to share the aloha spirit. This year’s proceeds went to benefit the Merito Foundation.



This family enjoyed Cheap Trick at the Fair.

A Family Affair with Cheap Trick

by Amy Brown

Cheap Trick burst onto the music scene nearly 50 years ago, became icons in the subsequent decades, and took their rightful place in the Rock and Roll Hall of Fame in 2016. When the band rocked the Ventura County Fair stage, they did so with their characteristic genre-transcending flair, along with some next generation talent. Many of their fans also felt that music should be a family affair, and were there with their children to see the band that had been so influential in their own youth.

25-year-old Jason Kell and his mom Margie Foot were right at the front of the stage for the show. “I’m really grateful that I was raised listening to this music, and was introduced to these concerts at a young age, and then continued the tradition as I’ve grown up,” Kell said. “It’s really nice to have that experience with my mom.” The two have shared their love of live rock shows over the years, from AC/DC to Van Halen, as well as seeing their first Cheap Trick concert together when Jason was only 13. “It’s so great to share this as a family, and to see an amazing band like this together again,” she said. Kell shared that if he becomes a parent he definitely intends to continue this legacy of introducing kids to great music early on.

Bre Magdalik and her mother Sue Fooshee have a similar tradition of attending major concerts together and are diehard Cheap Trick fans. “They’ve

had a significant impact on me and I think their contribution to American music has been substantial. Their lyrics, energy, and musicianship always bring so much joy,” said Magdalik.” The first time I saw them live my uncle was working for them. I knew it was going to be a great show but when they hit the stage I was completely blown away by their energy and how much fun it seemed they were having. I vowed then that I’d keep seeing them perform as long as they wanted to keep playing!”

They both shared that they were glad to see that Cheap Trick’s children are involved in their music. “We have musicians in our family too and it’s definitely a family affair! It’s something special to share with your loved ones, so it’s very cool to see families rocking out together,” said Fooshee, who has always had eclectic musical taste, and helped foster that same appreciation in her daughter as she grew up.

Migan Locascio said she was most excited to see Robin Zander play again, and was at the show with her 17-year-old son Ryan, who had never seen Cheap Trick before. “We go to all of the greatest concerts, he’s my best concert date,” she said. She introduced Ryan to 80s rock bands when he was growing up. “It’s so great to go listen to cool music with my mom,” said Ryan, who will be attending Pepperdine in the fall, and has developed

Continued on page 13

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With no experience in radio at all, she launched “In The Women’s Room”

Let’s meet Kathleen Good

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 Kathleen Good from CAPS RADIO KPPQ 104.1 FM and see how she sees it.

Kathleen Good, an incredible retiree with a second or maybe third career, is a talk show host at CAPS Media, KPPQ 104.1 FM. (Community Access Partners of San Buenaventura) She attended UW-Madison, Wisconsin and earned a Masters Degree in Rehabilitation Psychology—Special Education.

She worked to set up a first generation of special education resource classrooms. Then reflected that after a life-changing event, she took an opportunity to go to New York that had always intrigued her. While working with learning disabled students in art, she created three-dimensional fiber pieces which were so unusual they found their way into New York galleries and shows and gave her a reason to make the move to New York.

Kathleen moved to London after meeting her husband where she did training for a qualification in psychotherapy/counseling and developed a private practice. Her niche specialty was working with artists who were experiencing creative blocks and unable to move forward with their chosen artistic form.

After a couple of false starts, Kathleen settled less on the idea of retirement and more on working in radio and television. When she discovered CAPS Media, a non-profit in Ventura, Kathleen initially produced funny videos on climate change. When CAPS added a radio service, KPPQ 104.1 FM, she found it to be a great fit for expanding her ideas on women’s equality. To create the show, she used all the experiences gained during years of teaching, counseling, and making art—as well as the technical skills she learned from the master-level CAPS staff.

With no experience in radio at all, she launched “In The Women’s Room” a radio talk show at CAPS Radio dedicated to “educating the public about women’s

issues, women’s concerns, and women in the arts.” “In the Women’s Room” exists, Kathleen reflects, to “support and appreciate women.” She hosts guests who give women ideas, expertise, information, and resources about universal issues and concerns.” She is focusing this year on women working in climate mitigation and that includes women in action groups, government entities, and non-profit agencies.

Kathleen feels she lives a happy successful retirement and values the turning points in her life as they created the opportunities that moved her forward. She takes her time producing a show so she is able to do research, consider questions, write and edit, and works hard to get to know her guest so she can get out the very best message to the public

Kathleen responded to my question about lessons she has learned over the years with these thoughts: “I think there is a remedy to every problem or issue if you look long enough. Even problems that can’t be entirely fixed, can be lessened, alleviated or mitigated.” She also believes that movement (stretching and strengthening) is the key to being able to continue with her relevant work. Her day is centered around movement work-outs interspersed with computer time, Zooming and talking!

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.

Tips for helping a person with dementia stay active

Take a walk together each day. Exercise is good for caregivers, too!

Use exercise videos or check your local TV guide to see if there is a program to help older adults exercise.

Dance to music.

Senior Living

Be realistic about how much activity can be done at one time. Several short “mini-workouts” may be best.

Make sure he or she wears comfortable clothes and shoes that fit well and are made for exercise.

Make sure he or she drinks water or juice after exercise.

Even if the person has trouble walking, they may be able to:

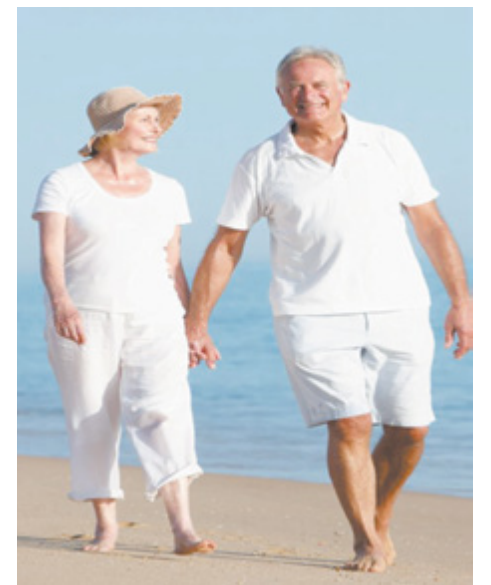
Do simple tasks around the home, such as sweeping and dusting.

Use a stationary bike.

Use soft rubber exercise balls or balloons for stretching or throwing back and forth.

Use stretching bands.

Lift weights or household items such as soup cans.



Take a walk together on the beach.



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T cells are an essential part of the immune system and help the body fight off infection

Exposure to social stress was associated with accelerated aging of the immune system, according to an NIA-funded study recently published in PNAS. The body's immune system changes as people age, and there's large variability in these changes. The study, led by researchers at UCLA, investigated whether social stressors added to immune system decline.

The researchers analyzed data from more than 5,500 people enrolled in the Health and Retirement Study, a long-term, nationally representative study of Americans over age 50. The researchers measured stress by analyzing responses to questions about exposure to various types of social stress, including discrimination, trauma, and other life events, such as unemployment. They also analyzed the participants' immune system function — by drawing blood and measuring white blood cell levels, specifically T lymphocytes (also called T cells). T cells are an essential part of the immune system and help the body fight off infection.

Results showed that exposure to social stress was associated with a greater proportion of T cells committed only to fighting infections like those already encountered and fewer T cells that could adapt to new challenges, indicative of accelerated immune aging. The association between social stress and T cells was still present even after controlling for education, smoking, drinking, body mass index, and race or ethnicity.

Researchers did find that, after controlling for lifestyle factors such as diet and exercise habits, the connection between stress and accelerated immune aging was not as strong. These findings suggest that improving diet and exercise behaviors in older adults may help offset the immune aging associated with stress.

Increased immune aging is associated with chronic diseases, weakened response to acute infections, increased risk of pneumonia, reduced efficacy of vaccines, and organ system aging. This study provides important insights into the effect of social stress on immune aging, highlighting the key role of health behaviors and social-environmental conditions. It also identifies potential intervention points that may be useful in addressing inequalities in aging.

This research was supported in part by NIA grants U01AG009740 and P30AG017265.

A Good Night's Sleep

by National Institute on Aging

Many older people don't sleep well. If you're always sleepy or you find it hard to get enough sleep at night, it may be time to see a doctor. Waking up every day feeling tired is a sign that you are not getting the rest you need.

Older adults need about the same amount of sleep as all adults—7 to 9 hours each night. But, older people tend to go to sleep earlier and get up earlier than they did when they were younger.

There are many reasons why older people may not get enough sleep at night. Feeling sick or being in pain can make it hard to sleep. Some medicines can keep you awake. No matter the reason, if you don't get a good night's sleep, the next day you may:

- Be irritable
- Have memory problems or be forgetful
- Feel depressed
- Have more falls or accidents

Being older doesn't mean you have to be tired all the time. You can do many things to help you get a good night's sleep. Here are some ideas:

Follow a regular sleep schedule. Go to sleep and get up at the same time each day, even on weekends or when you are traveling.

Avoid napping in the late afternoon or evening, if you can. Naps may keep you awake at night. Develop a bedtime routine.

Take time to relax before bedtime each night. Some people read a book, listen to soothing music, or soak in a warm bath.

Try not to watch television or use your computer, cell phone, or tablet in the bedroom. The light from these devices may make it difficult for you to fall asleep. And alarming or unsettling shows or movies, like horror movies, may keep you awake.

Keep your bedroom at a comfortable temperature, not too hot or too cold, and as quiet as possible.

Use low lighting in the evenings and as you prepare for bed.

Exercise at regular times each day but not within 3 hours of your bedtime.

Avoid eating large meals close to bedtime—they can keep you awake.

Stay away from caffeine late in the day. Caffeine (found in coffee, tea, soda, and chocolate) can keep you awake.

Having trouble sleeping can mean you:

- Take a long time to fall asleep
- Wake up many times in the night
- Wake up early and are unable to get back to sleep
- Wake up tired

Feel very sleepy during the day

Often, being unable to sleep becomes a habit. Some people worry about not sleeping even before they get into bed. This may make it harder to fall asleep and stay asleep.

Some older adults who have trouble sleeping may use over-the-counter sleep aids. Others may use prescription medicines to help them sleep. These medicines may help when used for a short time. But remember, medicines aren't a cure for insomnia.

Developing healthy habits at bedtime may help you get a good night's sleep.

I VOLUNTEER BECAUSE
I love adventures like shopping and lunching with my senior.

Phyllis P.

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For more information, go to vcneurofitness.com OR contact Dr. Vanessa White: 805.300.7749 — vcneurofitness@hotmail.com



Photo Contest

The results are in for the Breeze photo contest. The entrees were all so good that our staff couldn't decide which is best so have decided that they are all WINNERS!



Ruth Crofton



Rhonda Moss



Diane Brown



James DiModica



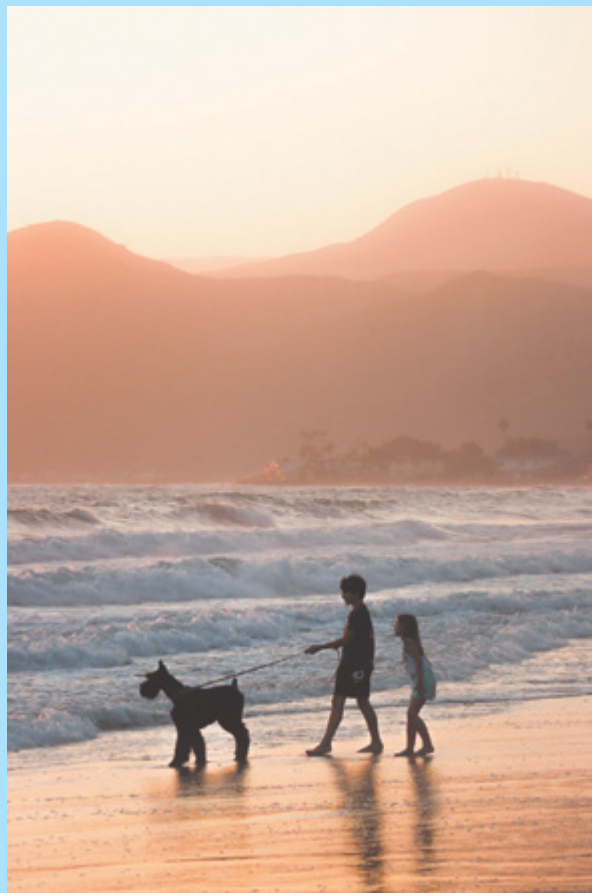
James Di Modica



Kirk Mann



Maggie McKinney



Jakob Palmer



John Queen



Scott McCarty



Ripple



Community Events

Ventura events

by Ana Baker

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

Wanna Play Bridge? Join us for ACBL sanctioned duplicate bridge games every Tuesday, Wednesday and Thursday at 12:30 p.m. 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.

Sept. 7, 21: Parent grief support group. The Compassionate Friends (TCF) of West Ventura County provides free grief support for families after the death of a child. Parents, grandparents and siblings over 16 are welcome to join us on the first and third Wednesdays of every month from 7-8:30 p.m. via ZOOM. First-time attendees join the call at 6:45 p.m. We provide peer-led support where you can openly grieve without judgement. If interested, please contact (805) 835-9100 and leave your email address so we can forward the ZOOM link via email a few days before the scheduled call. For more information, visit TCFVentura.org. To speak with the TCF Chapter Leader in Ventura, contact Laura Lindsay at (914) 610-8918. We welcome you to this club

no one ever wants to join. We understand grief and are here to help you take the next step in your healing journey.

Sept. 10, 11: The 14th Annual Ventura Art & Street Painting Festival, benefitting Food Share of Ventura County and the Boys and Girls Club of Greater Ventura, returns to Ventura Harbor Village 10-5 p.m. The event allows artists to display their work in the artist's vendor festival near Fisherman's Memorial between Andria's Seafood Restaurant and Market and Brophy Bros Clam Bar and Restaurant.

Sept. 11: Rancho Days - Celebrate Life on the Rancho Olivas Adobe. Experience what it was like to live and work on Rancho San Miguel. Free hands on activities, storytelling, music and more. New exhibit in the small adobe. Open Sundays 11-3 p.m. September-December. House tours for a small fee. www.cityofventura.ca.gov/olivasadobe.

Sept. 15: The East Ventura Community Council meeting is on Thursday at 7 p.m. Participants will hear from City of Ventura Planning Staff on the topic of Land Use Alternatives. The community is invited to weigh in on the options, which include increased heights and the possibility of utilizing SOAR protected lands. The East Ventura Community Council is inviting local candidates for City Council in Districts 4, 5 and 6 to introduce themselves. This will be an opportunity for candidates to share information about themselves and their goals. (It will not be a forum for questions.) Commander Weeks of the Ventura Police Department will discuss area crime statistics.

Sept. 17: The Ventura County Genealogical Society presents Free Family History Program online with Zoom, Saturday 1- 4p.m. <https://venturacogensoc.org/this-month/> Presenter: Chris Paton "British & Irish Newspapers" Presenter: Karen Fortin "Creating Google Earth Tours". All monthly lectures and workshops are free to our members and the public. Non-members should request an invitation here <https://venturacogensoc.org/request-invitation-to-lecture/>

Sept. 18: The Ventura and Santa Barbara County chapter of the National Association of Watch and Clock Collectors (NAWCC) will meet Sunday, in the Campus Student Center of Ventura College, 4667 Telegraph Road. The regular meeting starts at 11a.m. and 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 p.m. Anyone interested in watches and clocks, (modern & antique) is invited to visit and join our chapter. Bring a watch or clock for a free evaluation. More information about chapter 190 at www.nawcc-ch190.com.

Sept. 20: At 5:30 pm, Livingston's Grief & Bereavement Program will be offering a weekly Good Grief Club to children from 7-11 years old who have lost a loved one. The club will be focused on the themes of acknowledging death and remembering the loss of the person that passed. The club will run for 8 weeks. Contact (805) 389-6870 for more information. All support groups are free for the community. Additional support groups include General Be-

reavement Support Group Mondays 3:00 to 4:30 pm. General Bereavement Support Group Tuesdays 10:30 am to 12 pm. General Bereavement Support Group Wednesdays 6:30 to 8 pm. Adult Loss of Parent Support Group 1st and 3rd Thursday of every month 6:00 to 7:30 pm. Reinvesting in Life After Loss Wednesdays 1:00 to 2:30 pm. Widow and Widower's Support Group Wednesdays 1:00 to 2:30 pm. Young Widow and Widowers Support Group Tuesdays 5:30 to 7 pm. Visit www.LMVNA.org for more information.

Sept. 23: The Oxnard Performing Arts Center Corporation (OPAC) is closing out its two-year program, Close to Home: A Community Conversation Spotlighting the People, Places and Perspectives Surrounding Homelessness, with a night of storytelling. The public is invited to OPAC on Friday, from 6 to 8 pm for a free outdoor performance called Stories from the Street.

Sept. 17: at 7pm Call Me Elizabeth, a one-woman show about the early life of Elizabeth Taylor, will be presented at NAMBA Performing Arts Space. The production, written by Kayla Boye and directed by Erin Kraft, comes to Ventura following a critically acclaimed world premiere in the 2022 Hollywood Fringe Festival. Set in May 1961, Call Me Elizabeth is inspired by Taylor's conversations with writer Max Lerner as they discuss plans for a biography. General admission tickets are now on sale for \$20 and may be purchased by visiting www.nambaarts.com or by calling the Box Office at 805-628-9250. 47 S. Oak St.

Sept. 28: The College Area Commu-

Continued on page 15

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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.

Assault with a deadly weapon/ Carrying a concealed fixed blade knife

The victim was inside his business when he heard something being thrown against his outside wall. The victim confronted 28-year-old Ventura resident Sariah Cundif outside and Cundif pulled a fixed blade kitchen knife. Cundif aggressed the victim and slashed at him several times with the knife. Cundif fled the area and patrol officers located her at a nearby shopping center where she was identified by the victim. Officers located the knife used in the assault concealed in Cundif's clothing. The victim was not injured in the assault.

Cundif was booked at the Ventura County Jail on the above charges.



Shooting with Arrest

On August 3, at approximately 1:30 am, the Ventura Police Command Center received a call of a shooting that just occurred near the intersection of Seaward Av and San Marcos St. Responding officers arrived within two minutes of the initial call.

The officers learned that the victim was stopped at a red light at the intersection when the suspect drove up next to him and stopped. The victim recognized the occupant as a former acquaintance when the suspect fired several rounds at him nearly striking him. The suspect fled from the scene. The victim had minor injuries due to glass breaking in his face.

The ensuing complex investigation by detectives culminated with the arrest of the suspect, 46-year-old Ventura resident Cleveland Casey, on August 31.

Cleveland Casey was located by detectives at a gas station at Citrus Dr and Wells Rd. During the arrest of Cleveland, he was in possession of a loaded firearm and illegal narcotics.

A subsequent search warrant was served at Cleveland's residence where an additional firearm and ammunition was located as well as over a pound of suspected fentanyl, over a pound of suspected methamphetamine, heroin, and a large sum of money.

Cleveland was booked into Ventura County Jail for assault with a deadly weapon (firearm), felon in possession of a firearm, possession for sale of controlled substances, and other drug related charges.

Harbor Patrol Blotter

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

8/17 10:33am, dispatched to a stingray strike at Harbor Cove. Officers responded with hot water to treat the injury. The patient was treated, released at scene.

11:11am, observed a personal wa-

tercraft operating in violation of speed and wake ordinance. Officers responded in Fireboat, educated operator of the PWC.

8/18 3:50pm, received report of sealions damaging water spigot at VHV F-dock. Officers responded and assisted Port maintenance with removing mammals so that they could repair the water spigot.

8/19 12:35pm, received report of an emergency, a sealion upside down near the end of the A-basin. Officers responded, found a sealion suffering from demoic acid poisoning. Contacted Channel Islands Marine Wildlife Institute (CIMWI).

8/20 4:55pm, received an injured sea bird, a Grebe. Officers contacted bird rescue volunteers and coordinated a pickup for the bird.

5:10pm, received report of a deceased sea lion near VIM. Officers responded in the Fireboat and were able to remove the carcass.

8/21 12:15pm, dispatched to stingray strike at Harbor Cove. Officers responded with hot water to assist State Parks lifeguards with the patient.

8/22 11:40am, a fishing seiner crashed into the fish offloading pier while attempting to dock and unload. No injuries or major damage reported.

8/24 7:54pm, received report of a vessel accident, person hit by a drone. The drone hit the sailboats mast and crashed into one of the deckhands. The patient was taken to the hospital to receive stitches. The incident is under investigation.

8/26 7:30am, received the first of many reports of sick sea lions. Unfortunately, for the last few weeks sea lions have been observed suffering from demoic acid poisoning. RP's have been advised to contact CIMWI to report incidents.

9:25am, officers attending procession for Ventura Firefighter Matt Clappsaddle.

6:02pm, received report of juveniles trespassing in Harbor Town point pool. Officers assisted, impounding their bikes and having their parents retrieve them.

8/27 3:33pm, received request for a jumpstart for a dead battery for a vehicle in Harbor Cove parking lot. Officers were able to successfully jumpstart vehicle.

4:00pm, dispatched to stingray strike at Harbor Cove. Officers responded with hot water to assist State Parks lifeguards with the patient.

8/28 8:50am, received report of an oil sheen near VHV I-dock. Officers responded, found the sheen, searched the area for the source by the docks and vessel but were unable to find where the thick substance came from.

1:43pm, dispatched to an unconscious person in village. Officers responded and assisted VFD/AMR with the patient in a village business. Patient transported.

2:00pm, received report of 5 personal watercraft "beached" near the Santa Clara Rivermouth. Officers responded by land and sea to the incident. State Parks and Harbor Patrol were able to assist all 5 operators get their skis off the beach.

8/29 7:04pm, dispatched to an

Ocean Rescue, kite surfer in distress at the Ventura Pier. Officers responded with multiple agencies, victim safely escorted to shore.

8/30 3:04pm, received report of a vessel accident at VIM H-dock. Officers responded, investigated collision between a moored sailboat and a 42ft Catalina sailboat. Minor if any damage observed in the accident.

Safety concerns

Continued from page 1

VUSD board president Sabrena Rodriguez said, "The results were that it would not provide safety in the event of a natural disaster."

The private school's principal Perry Geue pushed to re-open classes last Monday, August 29, claiming the district misinterpreted the findings of the inspection report. In a recent interview, Geue said, "School has started and we have no place to go."

Geue also said that they do not agree that their school is unsafe and feels that "other intentions are at play."

Lease negotiations have been ongoing for months now between VUSD and VCCS first over the rent negotiations followed by a lease clause saying the school would agree not to discriminate in hiring based on religion.

Geue said they could potentially be forced to hire teachers who "don't hold to a Christian worldview."

Ron Bamieh, a lawyer for the school, claims the clause was an "overt act of prejudice against the Christian school." But Rodriguez disagrees, saying the lease language is standard in all district leases and also covers race, gender, sexual orientation, among other categories.

In a letter to district officials, Bamieh said the district refused to strike the religion component from the clause. The district pointed out that the same clause could be found in the school's last lease, but Bamieh claims he was not aware of the clause's inclusion in the previous lease.

Also based on the report's findings, the Ventura County Schools Self-Funding Authority, a multi-district cooperative that provides property insurance for the district, has also declared that the school building would not be covered in the event of a disaster such as an earthquake.

VCCS moved into the former Washington School building almost two decades after the public school closed in 1983 amid structural concerns. An inspection in 2001 found the ground sufficiently stable and the school began leasing the building. It also poured in about \$3.5 million for various repairs and improvements.

In 2003, Thousand Oaks engineering firm Vinci & Associates declared the building structurally sound.

But the school and its lawyers say the district misinterpreted the report, citing the findings of its own commissioned report by Vinci & Associates.

According to the Vinci report, "While further study of the building is prudent, nothing on-site or in

the recommendations by the (19six report) warrants vacating the facility at this time."

Furthermore, the report said, "The items noted as recommendations either can be easily addressed and rectified, or require further study and review."

While Rodriguez contends the lease is no longer in effect as of August 19, Bamieh said the district could not terminate the lease under the terms of the agreement. The district had already validated the new lease by cashing the school's deposit and two rent payments.

"If they think they have a good case, let's bring it to court, litigate it," said Bamieh, during a news conference on the first day of school.

Amidst the crowd gathered at the school's entrance, their board president Dustin Lyons said she and her fellow parents had "zero concern" with the building's integrity and "feels like we're standing on solid ground."

Ventura City fire mourns

Continued from page 1

Church and be staged along La Tienda Road and Via Rocas surrounding the church. Uniformed personnel are requested to be seated inside the church by 9:00 a.m.

Memorial service attendees should plan to arrive early as parking and space are limited. Motorists in the area are asked to be mindful of the presence of emergency vehicles and drive cautiously.

For donation information, visit the Ventura Fire Foundation at www.VenturaFireFoundation.org.

A Family Affair

Continued from page 8

his own wide range of musical genres along the way.

Sometimes kids discover music on the radio that their parents grew up with, and then get to rediscover it together. "I was listening to a band and after a while, I was like 'I like that one song' and didn't realize it was Cheap Trick at first," said 17-year-old Heidi Shoemaker, at the concert with family and friends, including her mom Josefina, who first saw the band in 1979. "Now I love Cheap Trick, I grew up with them. It's cool seeing them and other bands with my parents."

Weekly SUDOKU

Answer

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



The Pet Page



Dedicated to Scamp

Members of the National Association of Insurance Commissioners (NAIC) passed a pet insurance model act, which institutes regulatory standards for pet coverage including consumer

protections, rules for preexisting conditions and training requirements. States would still need to adopt the model law either as written or in a modified form.

"This model law establishes clear rules for the sale of pet insurance and provides important disclosures to pet owners interested in purchasing this product," Beth Dwyer, superintendent of insurance for the Rhode Island Department of Business Regulation, said in a release. "Now, it is up to the states to see if they would like to adopt or modify the model law for this regulatory framework to be in effect." (HealthDay News)

Getting fit with fido is a win-win for everyone, a new Canadian study finds. While previous research has shown that dog owners tend to get more exercise than folks without dogs, the new study shows that dogs with more active owners also get more exercise.

Obesity in dogs is on the rise, and dogs who are overweight face a number of health problems, such as diabetes and heart disease.

For the study, researchers analyzed results from a survey of nearly 3,300 dog owners in France, Germany, the United Kingdom, Canada and the United States. The survey looked at owners' and dogs' diets and exercise routines, along with the owner's perception of their dog's weight.

The bottom line? Dogs got more exercise if their owners spent more time exercising. More active owners were also more likely to perceive their dog as having an ideal body weight, the study showed.

Vigorous exercise for dogs included running, playing ball or swimming, while moderate exercise was defined as walking, hiking or visiting the dog park.

Folks who didn't perform more than 15 minutes of vigorous exercise weekly were less likely to report that their dog performs vigorous exercise, the study showed.

Dog owners who performed moderate exercise for more than five days per week were more likely to exercise their dogs for 60 minutes to 90 minutes or more per day, the study showed.

"We encourage dog owners to include exercise as part of their dog's daily routine," she said. "If the dog is overweight, starting with smaller bouts of less intense exercise, such as a walk around the block, is a great way to gradually incorporate exercise into your dog's routine."

The study is published in the Aug. 24 issue of PLOS ONE.

A new study from North Carolina State University explores the connection between hearing loss and dementia in geriatric dogs. The work could aid in both treatment of aging dogs and in understanding the relationship between sensory loss and cognitive function in dogs.

"In humans, we know that age-related hearing loss is estimated to affect one-third of people over age 65," says Natasha Olby, the Dr. Kady M. Gjessing and Rahna M. Davidson Distinguished Chair in Gerontology at North Carolina State University and corresponding author of the study.

"We also know that the rate of cognitive decline is approximately 30-40% faster in people with age-related hearing loss and that hearing loss is a greater contributor to dementia risk than other factors such as hypertension or obesity. But we don't understand whether the same holds true for dogs."

In the study, Olby and colleagues evaluated 39 senior or geriatric dogs. Auditory and cognitive tests were performed on each dog and their owners were asked to fill out two commonly used questionnaires - one focused on cognitive ability and the other on quality of life. Cognitive testing, questionnaire scores and age were compared between hearing groups.

The "average" dog can hear tones at 50 decibels (dBs) with no difficulty. Of the study cohort, 19 of the dogs could hear at 50 dBs, 12 at 70 dBs, and eight at 90 dBs (roughly equivalent to the noise made by a jet plane at takeoff). The average age of the dogs within each group were 12, 13 and 14 years old, respectively.

When the researchers compared the hearing results with owners' quality of life questionnaire responses, they found that scores related to vitality and companionship declined significantly as hearing deteriorated.

Similarly, cognitive questionnaire scores ranked all eight of the dogs in the 90 dB group as abnormal, compared to nine of the 12 in the 70 dB group and eight of the 19 in the 50 dB group. Results from cognitive testing were similar: as hearing declined, so did the dog's ability to perform tasks.

"Hearing loss is one of the biggest predictors of dementia in people," Olby says. "Hearing loss also contributes to falls in elderly people, as sensory decline contributes to a loss in motor skills. So the connection between physical and neurological decline is clear for humans."

"This study indicates that the same connection is at work in aging dogs. But since we can potentially treat hearing loss in dogs, we may be able to alleviate some of these other issues. By quantifying neurological and physiological changes in elderly dogs, we're not only improving our ability to identify and treat these issues in our pets, we're also creating a model for improving our understanding of the same issues in humans."

The study appears in the Journal of Veterinary Internal Medicine. Margaret Gruen, assistant professor of behavioral medicine at NC State, is co-senior author of the work.

By Linda Carroll
"Gifted" dogs, who have a rare talent for learning lots of words for objects easily, also turn out to be more playful than other dogs, a new study finds.

Prior research in humans has shown

Scamp Club

(Scampclub pets are not for adoption.)



Scout is a 1 1/2 year old cocker spaniel pup. He loves to go on walks by the Ventura Pier and enjoys people watching.

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.

a link between playfulness and problem-solving abilities, so animal behavior researchers from Eötvös Loránd University in Budapest, Hungary, wondered if the same was true for rollicking pups.

What is a gifted dog? In the new study, it was Border collies who had proven in prior research that they were able to learn as many as 12 new words per week and then retain them for months.

To take a closer look at the possible association between giftedness and playfulness in dogs, Claudia Fugazza, a researcher in the university's department of ethology (the study of animal behavior), and her colleagues asked the owners of 165 Border collies to fill out dog personality questionnaires. Twenty-one of the dogs were gifted and the other 114 were just randomly selected with no testing for word learning ability.

The surveys assessed the personality of the animals in five categories: Fearfulness, including fear of people, nonsocial fear, fear of dogs, fear of handling. Aggression toward people, including general aggression and aggression in certain situations. Activity/Excitability, including excitability, playfulness, active engagement and companionship. Responsiveness, such as trainability and

controllability.

Aggression toward animals, including aggression toward dogs, prey drive and dominance over other dogs.

For the evaluation of playfulness the owners were asked to rate their dogs in three areas:

Dog gets bored in play quickly.

Dog enjoys playing with toys.

Dog retrieves objects, such as balls, toys and sticks.

The researchers focused solely on Border collies because earlier experiments found that the breed is more likely to be good at learning new words compared to others.

After collecting the survey responses, the researchers then compared the responses from owners of gifted dogs to those from the owners of dogs who had not been identified as gifted.

Playfulness was the only personality trait that was consistently different between the two groups.

It's not clear from the study whether it's the playfulness that helps the dogs learn more words, or whether the extra playful ones ended up with more opportunities to learn, said Fugazza, the study's lead author, said in an email. That's because gifted dogs tend to learn words for objects when their owners are playing with them.



"I gave up architecture because I didn't want to learn to draw on a computer."

SPAN Thrift Store
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Must call for appointment
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805.641.1170 110 A & B N. Olive St., Ventura CA 93001 www.spanonline.org



The Pet Page

Forever homes wanted

Hi! I'm Shea (Shea Shea Butter), a shy Shepherd X who was rescued from a kill shelter where I was found as a malnourished stray. My rescuer is moving out of the country and I can't go. I get spooked easily as I'm blind in my right eye due to scarring from a previous unknown trauma. For this reason I'd do best in an adult only home or a home with older children. I'm active so another active dog and active humans as well as a friendly cat would be great for me. I currently live with an elderly cat and another dog and we're all best of friends. After a few months of being rescued, I now know what true love feels like, how to be a puppy again, and have discovered treats and toys for the first time. I'm looking forward to being a part of a loving forever family. If you're interested in meeting me, please fill out an online application. Canine Adoption and Rescue League C.A.R.L.



Dexter, a 7-month-old shorthaired rabbit! He came rather timid, but the Volunteer Bunny Brigade has been working with him and he's come out of his shell. He loves having his head rubbed and will sit with you if you keep touching him! If you'd

like to meet Dexter, email VCASBunnyBrigade@gmail.com and one of our Bunny Brigade volunteers will reach out to you soon! Animal ID: A787053 Camarillo Animal Shelter. Adoption Process: www.vcas.us/adopt

Ventura Events

Continued from page 12
ity Council will be holding a Zoom meeting on Wednesday at 7 p.m. Everyone on the CACC mailing list will receive an invitation and link. Visit the College Area Community Council website to be added to the mailing list or to access a link to the Zoom meeting @ <https://caccventura.com>
 Kara Lakes is the ideal person to continue Performances To Grow On.

Ojai news and events

The Ojai Valley Museum is holding a raffle for a beautiful quilt made by the Ojai Community Quilters. Tickets are on sale now with the winner drawn on October 15, Ojai Day. Tickets are available at the museum or contact the museum to purchase. All proceeds benefit programs at the museum.

The "Grandmother's Garden" quilt has a special history. Heidi DiCapua started the quilt with blue pieced medallion flowers with red centers. Unfortunately, she passed away before finishing the medallions. Her husband Peter donated the flowers to the Ojai Community Quilters. Heidi belonged to the group for many years.

Glenda King, Sheryl McArthur, Ann Scanlin, and Jane Weirick took on the task of completing the 49 large and 36 smaller flowers and turning them into a queen-sized quilt. It was then machine quilted by Susan Leech. Making this quilt was a labor of love for the group. They dedicated the quilt to the memory of their long-time friend Heidi, and her beautiful detailed work. Photographs don't do the quilt justice. See it in person at the Ojai Valley Museum.

The Ojai Valley Museum is located at 130 W. Ojai Avenue in Ojai. Free parking is available behind the museum,

enter from Blanche Street. The Museum is open Friday, Saturday, and Sunday from 10 am to 4 pm and until 7 pm on the 3rd Friday of the month. Suggested admission is \$5 per adult, \$1 for children 5-18. Facemasks are encouraged inside



Kara Lakes is the ideal person to continue Performances To Grow On. the museum.

In Kara Lakes, Brian and The Ojai Storytelling Festival have found the ideal person to continue Performances To Grow On in the spirit Brian intended. Kara has been a teacher in the Ojai Valley for over 20 years, bringing creative music and storytelling techniques to her students. Kara looks forward to expanding accessibility to low income, hearing impaired, and special needs communities, with help from local organizers. To that end, Kara will continue expanding access to the art of storytelling.

Purchase tickets for the 21st annual Storytelling Festival, October 27th-30th, 2022 and find out about other events by visiting [/www.ojaistoryfest.org](http://www.ojaistoryfest.org)

Ojai ACT Artistic Director Tracey Williams Sutton pulled some magic out of her hat with the announcement of the company's 2023 season of plays. Opening the season in January 2023 will be Becky's New Car, by Steven

Dietz. Becky is a middle-aged woman in a middle-aged marriage with humdrum job and a humdrum adult son living at home. Then she meets a mixed-up millionaire who makes her an offer she can't refuse. Or can she? The audience are her new best friends on this quirky adventure so prepare yourself to listen. It's definitely worth the ride.

Red by John Logan, directed by Aileen Marie Scott will open in March.

For the summer musical, Artistic Director Williams Sutton will direct Nunsense, the original musical in Dan Goggin's successful franchise. It seems there's been a tiny mix up in the kitchen

and the sisters need money. Fast. Don't miss their raucous fundraising attempts next June.

The mood shifts to the dark side in September with the production of the classic 1929 mystery, Rope by Patrick Hamilton.

For the holiday season OACT will offer the majestic musical, Scrooge, directed by Gai Laing Jones, with book, music, and lyrics by Leslie Bricuse. Adapted from the film—also written by Bricuse—this colorful rendition of the Dickens' classic brings 19th century London alive again.

Are sea lions protected in California?



As sea lions are taking over some of our docks with their loud barking and poop the question is what can be done to remove them? Not much.

Sea lions enjoying a cool day at the docks at Ventura Harbor. Photo by Patricia Schallert.

The Marine Mammal Protection Act of 1972 provides federal protection not only to harbor seals, but also to northern elephant seals, California and Steller sea lions, whales, porpoises, sea otters and other marine mammals. This law prohibits killing or harassing these shy creatures in any manner. It's illegal to harass, feed, hunt, capture, collect or kill these animals.

According to the National Oceanic and Atmospheric Administration (NOAA), in recent years the populations of these animals have increased dramatically and are now considered healthy and robust.

SATURDAY September 17th 2022 9AM - NOON

For self-guided cleanups download and use the Clean Swell data collection app to record and report your cleanup.

<p style="text-align: center; font-weight: bold;">Thank you to our sponsors!</p> <div style="display: flex; justify-content: space-around; align-items: center;"> </div> <div style="display: flex; justify-content: space-around; align-items: center;"> </div> <div style="display: flex; justify-content: space-around; align-items: center; font-size: 8px;"> </div> <div style="display: flex; justify-content: space-around; align-items: center; font-size: 8px;"> </div>	<p style="text-align: center; font-weight: bold;">For more information & site locations visit:</p> <p style="text-align: center; font-weight: bold; color: #0070C0;">WWW.VCCOASTCLEANUP.ORG</p> <div style="display: flex; justify-content: space-around; align-items: center;"> <p style="font-size: 8px;">Ventura County Annual Coastal Cleanup Day</p> </div> <div style="display: flex; justify-content: space-around; align-items: center;"> <p style="font-size: 8px;">@vccoastcleanupday</p> </div>
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by Pam Baumgardner
VenturaRocks.com

How hot was that Labor Day weekend? I hope you were able to get out and catch some of the many live music events along the coast where it was mostly bearable. As for the rest of September, it looks like the weather should remain warm to hot...just not Vegas hot.

As always, at the top of my list of recommendations is anything I'm involved with, so I hope you'll consider Taste of Local as it returns this year on Sunday, September 11 presented by Totally Local VC Agricultural Education Foundation. VenturaRocks (myself) will help to host the music stage where Spencer the Gardener, Dan Grimm and the Rose Valley Thorns will be performing. Along with the live music, there will be a local homebrew challenge, a farm-to-glass mixology throwdown and dozens of booths where you can taste delicious samples from local chefs. There is expected to be over 60 area chefs, farmers, purveyors, wineries, breweries and distilleries showcasing their culinary expertise. You can find out more about this wonderful event at TotallyLocalVC.com and I hope to see you there!

The 5th annual Oxnard Jazz Festival runs three days this year at Oxnard Beach Park (1601 Harbor Blvd.) Friday, September 9 - Sunday, September 11. This ticketed event will feature live music all three days. Delta by the Beach kicks off the live music on Friday; Kelly's Lot, Hiroshima, Jeffrey Osborne, Jeff Ryan and others on Saturday, and Sunday it's Paula Atherton, Bunny Brunel, Erin Stevenson, the Emotions and more. You can get the full list of acts, Covid-19 updates and ticket information at OxnardJazzFestival.com.

The Roots 805 Jam is Saturday, September 10 at Oceanview Pavilion in Port Hueneme from 3 - 11 pm with Tomorrows Bad Seeds, Kyle Smith, Krooked Treez, Synrgy, Morie & the Heavy Hitters, Rising son, Jacob Marquez & the Good vibes and more. Tickets range from \$30 to \$65 on EventBrite.

The 34th Anniversary show for Chick Singer Night will be held on Saturday, September 10, with Martha V, Diana Bacon, Olivia Mucha, Kerri Climer and Vanise Terry. The location is Sound Palace, Studio B in Oxnard. Tickets are \$25 through EventBrite.com.

Dirty Cello returns to Ventura with a show at Namba Performing Arts Space on Saturday, September 10. Band leader and cellist Rebecca Roudman is also a member of classical orchestras, but with the Dirty Cello band she lets her hair down and uses her classical training to push the cello to its limits - more Jimi Hendrix than Yo-Yo Ma. Roudman says, "We play what folks want to hear, from the Devil Went Down to Georgia to Led Zeppelin, we go on stage with a huge collection of songs and then just have a ton of fun - we don't take ourselves too seriously, and we just want the audience to have a good time too."

The Leashless Brewing End-of-Summer Lu'au party falls on Saturday, September 17. You're invited to dress in your lava-lavas, sarongs, or your aloha shirts...and bring on the island vibe because this will be a party!

Morie and the Heavy Hitters play from 6 to 9 with proceeds from the event donated to the Ventura State Rescue Association.

Saturday September 17 at the Beatrice Wood Center for Arts in upper Ojai will have an event being billed as Gypsy Meets Choro, featuring Finnish guitarist Olli Soikkeli and Italian-Brazilian 7-string guitarist, Cesar Garabini. The duo offers up an exquisite duet paring swinging Django Reinhardt-style gypsy jazz guitar and spicy choro style jazz guitar. You can get more information at BeatriceWood.com

New shows added at Ventura Music Hall:
Tribal Seeds feat. Hector Roots Lewis - October 4
Atmosphere - October 19
Klangstof - October 25
Big Head Todd and the Monsters - November 11
Zepparella - December 8
Mat Kearney - February 11

Mark your calendar (more details next issue) for Saturday, September 24: The Banana Festival in Port Hueneme, Oktoberfest at Lucas Sellers in Moorpark and it's the Rudder Room's 60th anniversary with Teresa Russell.

Quick Notes: Starship feat. Mickey Thomas at Libbey Bowl on September 4 was cancelled; The Fabulous Thunders play Ventura Music Hall on Wednesday, September 7; Flipper, Mike Watt and The Robot Uprising play Gigi's on Thursday, September 8; IDKHow plays the Ventura Theater on Friday, September 9; Bart Davenport plays the Deer Lodge on Friday, September 9;

Blood, Sweat and Tears play Libbey Bowl on Saturday, September 10; Kansas plays the Thousand Oaks Performing Arts Center on Thursday, September 15; Josh Damigo will open for Allen Stone at the Ventura Music Hall on Friday, September 16; And Panteon Rococo plays the Ventura Theater on Tuesday, September 20.

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

Beatrice Wood Center for the Arts

8585 N. Ojai Road, Ojai

Sat 9/17: Gypsy Meets Choro - Olli Soikkeli & Cesar Garabini

Boatyard Pub

1583 Spinnaker Dr., Ventura

Wednesdays: Frank Barajas
Thursdays: Jim Friery; Bluegrass Jam
Fri 9/16: Teresa Russell
Sat 9/17: Big Adventure Duo

Cantara Cellars

126 N. Wood Rd., Camarillo

Fri 9/9: Ray Jaurique and his Big Band
Sat 9/10: Ignition
Fri 9/16: Slogan Acoustic
Sat 9/17: What the Funk

Copa Cubana

Ventura Harbor Village

Tuesdays: Blues Tuesdays

Thursdays: Glenn Bennet

Copper Blues

The Collection, Oxnard

Friday 9/9: Retrospect
Sat 9/10: Brandon Ragan Project

Deer Lodge

2261 Maricopa Hwy, Ojai

Fri 9/9: Bart Davenport & Adron

El Rey Cantina

2302 Ventura Blvd., Camarillo

Sun 9/11: Vinyl Gypsies

Four Brix Winery

2290 Eastman Ave., Ventura

Fri 9/9: DRB
Sun 9/11: Jayden Secor
Fri 9/16: Caliente 805
Sun 9/18: Cary Park

Gigi's Cocktails

2493 Grand Ave., Ventura

Thurs 9/8: Flipper, Mike Watt

The Grape

2833 E. Main St., Ventura

Tuesdays Jazz Jam
Thurs 9/8: SicNarf
Fri 9/9: Native Vibe
Sat 9/10: Barrelhouse Wailers
Wed 9/14: trio WoRK
Thurs 9/15: Dennis Mitcheltree Quartet
Fri 9/16: Beksy
Sat 9/17: One shot Deal Plays Zappa

Keystone Lounge

10245 E Telephone Rd, Ventura

Thursdays: Open Mic
Sat 9/10: Toxic Sushi
Fri 9/16: Vinyl Gypsies
Sat 9/17: Whiskey Business

Leashless Brewing

585 E. Thompson Blvd., Ventura

Thurs 9/8: Matt (Blown Over)
Fri 9/9: Illunis
Sat 9/10: Blues Bullet
Sun 9/11: Keyth Garcia
Thurs 9/15: Christopher Hawley
Fri 9/16: Grooves Shine
Sat 9/17: Morie and the Heavy Hitters
Sun 9/18: Hazy Autumn

Libbey Bowl

210 Signal St., Ojai

Sat 9/10: Blood Sweat & Tears
Fri 9/16: Sergio Mendes

Madewest Brewing

1744 Donlon St., Ventura

Sun 9/11: Dylan Brehm
Sun 9/18: Gianna Bella

Majestic Ventura Theater

26 S. Chestnut St., Ventura

Fri 9/9: I Don't Know How But they Found Me, Joywave

Fri 9/16: DJ Quik, Heck Adaptive, LilPaxxx
Tues 9/20: Panteon Rococo, Bite Me Bambi

Margarita Villa

Ventura Harbor

Fri & Sat 8-11 pm; Sun 5-8 pm
Fri 9/9: Cinnamon Whiskey
Sat 9/10: Vinyl Gypsies
Sun 9/11: Corsican Brothers
Fri 9/16: Colette Lovejoy
Sat 9/17: Crosscut 805
Sim 9/18: On Tap

Namba Arts

47 S. Oak Street, Ventura

Sat 9/10: Dirty Cello
Sun 9/11: Iona Fyfe
Sun 9/18: Tony McManus

Oceanview Pavilion Performing Arts Theater

575 E. Surfside Dr., Port Hueneme

Sat 9/10: Tomorrows Bad Seeds, Kyle Smith, Synrgy, Krooked Treez, more...

Ojai Underground

616 Pearl Street, Ojai

Sat 9/17: Severin Browne & JaKl

Oxnard Jazz Festival

Oxnard Beach Park - 1601 Harbor Blvd.

Fri 9/9: Cisco Kid, Delta by the Beach
Sat 9/10: Hiroshima, Jeffrey Osborne, Kelly's Lot, Jeanette Harris & Alhea Rene, more...

Sun 9/11: Thee Travis Miller, Paula Atherton, Bunny Brunel, the Emotions,

The Raven Tavern

1651 S. Victoria Ave., Oxnard

Fri 9/9: Bulldawgs Blues Band
Sat 9/10: Steph's Rockin' Road show
Sun 9/11: Guy and Dave duo
Fri 9/16: Cinnamon Whiskey
Sat 9/17: Vinyl Gypsies
Sun 9/18: Karen Eden w/ Bill Macpherson

San Souci

21 S. Chestnut St., Ventura

Sat 9/17: The Focke Wolves, Dee Skusting, the Rodents

The Six Chow House

419 E. Main St., Ventura

Wed 9/14: Owl, Black Moon Lilith, Die Healing

The Shores

1031 Harbor Blvd., Oxnard

Sat 9/10: Headway
Sat 9/17: Sin Chonies

The Sound Palace

1681 Beacon Pl., Oxnard

Sat 9/10: Marina V, Diana Bacon, Karri Climer, Vanise TGerry, Olivia Mucha

The Twist on Main

454 E. Main St., Ventura

Wednesdays: Americana Night
Thursdays: LA Jazz Connection
Fri 9/9: Heathers on Fire
Sat 9/10: Gary Ballen (2 pm); The Jetlemons (8 pm)
Sun 9/11: Karen Eden (12:30 pm; Joe Delia (5 pm)
Fri 9/16: The Balance
Sat 9/17: Steve and Sally Williams (2 pm); Dave Rea Acoustic DNA (8 pm)
Sun 9/18: Sean Wiggins (12:30 pm); Déjà vu Too (5 pm)

Vaquero y Mar

435 E. Thompson Blvd., Ventura

Sundays: Mariachi
Tuesdays: The Sea Hunter
Wednesdays: Tribal Me
Sat 9/10: Heart of Blues
Sun 9/11: Del Franklin

Ventura Music Hall

1888 E. Thompson Blvd., Ventura

Wed 9/7: The Fabulous Thunderbirds
Thurs 9/8: Ricky Montgomery
Sat 9/10: Noche de Verano Sin Ti
Fri 9/16: Allen Stone, Josh Damigo

The Vine

308 E. Ojai Ave., Ojai

Saturdays: Smitty and Julia and Friends
Sundays: Austin Vallejo
Fri 9/9: Ray Jaurique

Winchesters

632 E. Main St., Ventura

Music Thurs 5:30; Fri 7 pm; Sat 2 pm; Sun 3 pm
Thurs 9/8: The Brandon Ragan Project
Fri 9/9: Sean Wiggins
Sun 9/11: Tossers
Thurs 9/15: Karyn 805
Fri 9/16: Shaky Feelin'
Sat 9/17: Two's Company
Sun 9/18: Johnny & the Love Handles
Tues 9/20: Open mic w/ Jenna Rose

ventura Music Scene



At Studio 99 @ The Bell Arts Factory. Location is around the back of the building off of Wall St.

Life Cycle a trio of solo shows by **Tamiko Jordan, Michelle Nosco and Bonnie Quan.**

Now thru October 1, 2022. Open Fridays and Saturdays, noon to 4pm.

View or purchase all of these artworks and more at BuenaventuraArtAssociation.org



Biodiversity # 120 50" x 102", oil on canvas, 2019

Gallery Walk with Hiroko Yoshimoto. Santa Paula Art Museum 117 N 10th St, Santa Paula. Monday, October 10, 1:00 p.m.

Art isn't one thing. It doesn't inspire identical reactions from all viewers. Art inspires, educates. Consciously or not, our responses to works of art help us understand the world around us. Artist Hiroko Yoshimoto inspires us to think deeply. Her work has the power to amaze us. This is especially true of her body of work known as Biodiversity.

Hiroko will share her thoughts about the ecological damage to our planet occurring every day, man's role in that destruction, and nature's response.

This event is limited to 20 guests. Suggested donation \$20. Attendees who are not members of Santa Paula Museum of Art are asked to pay the Museum's admission price (\$4 adults' \$3 seniors) at the time of the event. Reservations required by October 7.

Also showing is a large-scale installation titled Impending Storms, based on the theme of saving endangered species. Working in collaboration with the Blue Marble Art Collective.

Space is limited! RSVP: FocusontheMasters.com, at 805-653-2501 or Pam@FocusOnTheMasters.com

Ventura Art Scene

Ribbon Cuttings



Rowan Boutique held a ribbon cutting at their new Ventura location located at 1058 S. Seaward Ave. They are a beachside women's clothing boutique embodying the quintessential California lifestyle. The girl is a lover of all things beachy, furry, and bubbly with salty hair and skin, sunrise to sunset. Phone: (805) 628-3194. Photo by Michael Gordon.

A surf inspired gala celebration supporting foster youth and families

by Kids & Families Together

We are excited to share with you our 2022 sponsorship opportunity for our upcoming fundraising event at the Crowne Plaza Ventura Beach on the

evening of Saturday, November 5th, 2022 ... "Fostering the Next Wave"

Founded on January 1, 2000, Kids & Families Together (K&FT) has been serving foster, adoptive, kinship, and birth families throughout Ventura County. For over two decades K&FT has become the leader in providing critical services and support to children who have experienced trauma, abuse, neglect, loss, and multiple placements.

Recently, we've had the great fortune to connect with an up-and-coming local non-profit, More Than Conquerors Surf (MTC Surf). MTC Surf, founded in 2020,

Continued on page 20

Ventura Executive Suites

701 E. Santa Clara Street

Ventura CA., 93001

(805) 653-2381



Ventura Executive Suites Email: info@venturaexecutivesuites.com

Ventura Executive Suites Website: venturaexecutivesuites.com

One Month FREE*!!

*on select units

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

Networking Mixer!

When: Thursday, August 25th @ 4:00 PM

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

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

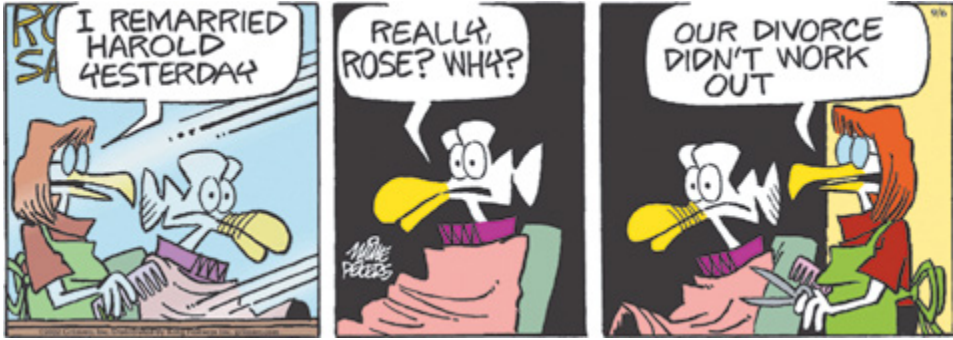
Ventura Executive offers fully furnished office spaces in a prime location located in Downtown Ventura. We offer FREE phone & Internet on a one year lease, mail services, conference rooms, 24/7 access, tenant parking PLUS MORE!!

Move In Special: \$499 a Month*



Lighter Breeze

Mother Goose and Grimm



Mutts



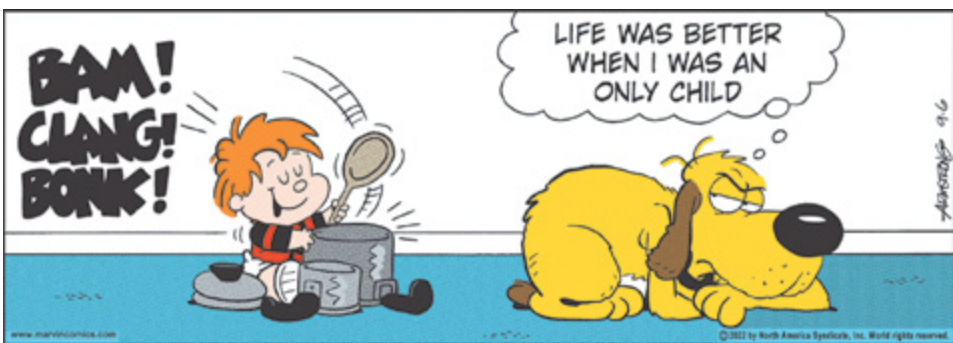
Between Friends



Dustin



Marvin



Moose and Molly



Solutions on page 13

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

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

Weekly SUDOKU

by Linda Thistle

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

DIFFICULTY THIS WEEK: ♦♦

♦ Moderate ♦♦ Challenging
♦♦♦ HOO BOY!

The Bookmark

About Libraries and Friends

by Mary Olson

With the opening of Fall classes, Ventura County librarians will be paying visits to elementary schools to encourage students to get library cards and take advantage of all the services the library has to offer.

In addition to books and activities students can find at the library, a library card gives them access to many online resources, including live tutors in math, science, reading/writing, social studies, PSAT/SAT, ACT, AP and state standardized tests. At the vencolibrary.org website, the resource HelpNow! by Brainfuse offers live online tutoring every day 1:00 PM to 10:00 PM PDT. Log in to the resource with your library card bar code number. In addition to the live tutoring, a 24-hour writing lab is also available where essays and other forms of writing can be submitted for constructive feedback.

A variety of research tools, including digital books, audiobooks, Encyclopedia Britannica, magazines and newspapers can also be found through the eLibrary at vencolibrary.org.

Ventura County Library offers volunteer opportunities for students needing school community service credit and teens 13-17 who want to help the library in a virtual and/or in-person

environment. These volunteers assist with children's programs, research and recommend books for the library to purchase and research and recommend websites for the library's Steam Resources web page.

Please visit the teen volunteers page for more information: <https://vencolibrary.org/teen-volunteers> and contact vcl.volunteer@ventura.org with your interest.

The Friends of the Preuter Library will be holding their 19th High Tea on Oct. 16th from 2-4 PM at the library located at 510 Park Ave in Port Hueneme. The cost is \$40 per person and guests are seated at tables of four or six people. Guests willing to host a table (supply china and linens) are especially welcome. There are competitions for best table and best hat. Deadline for reservations is Sept. 30th. Don't forget your checkbook or cash for the opportunity drawing.

If you have questions or to make a reservation, please contact Jo Ann Van Reenan (805) 282-9794 or vanreenanj@gmail.com. All proceeds benefit the library.

Ventura Friends of the Library can always use more volunteers to sort and price donated books, work in the bookstore in E.P. Foster Library and work at our quarterly book sales.

If you would like to help, please email friends@venturafriendsofthelibrary.org or stop by our bookstore in E.P. Foster Library, open 11 am to 4 pm Tuesday through Saturday.

For today's horoscope go to www.venturbreeze.com

September is National Suicide Prevention Month

Preventing Suicide: Connections & Community

7th Annual Forum Free Events

In-Person:
Wednesday, Sept. 21
9:30am – 2pm
Ventura College

Virtual:
Thursday, Sept. 29
4pm – 5:30pm

Suicide touches us all. Find connections and support through personal stories, creative expression, wellness activities, and local resources.

Register Now!
www.brite.link/forum2022

Interpretation and childcare available upon request.
For more information, email mhsa@ventura.org.

Funding is made through Ventura County Behavioral Health, Mental Health Services Act.

988 SUICIDE & CRISIS LIFELINE Call for yourself or someone you care about. You're not alone.



Showtime

A View from House Seats

Family Upset Looms in Uncle Vanya

by Shirley Lorraine

Ah, Uncle Vanya. Considered one of Anton Chekhov's great masterpieces of theater, the production now playing at the Santa Paula Theater Center is a slightly updated adaptation by Conor McPherson. Little seems changed, save for periodic references to more twentieth century concerns such as climate change, reforestation and the medical profession. And, of course, the addition of a few F-bombs, the addition of which added nothing except a disconnect with the references to turn of the previous century.

Despite this jarring reminder of our current consciousness, the play remains timeless in nature. It is, perhaps, the origin of the "play about nothing," a format borrowed freely by Jerry Seinfeld. The location is a bit hazy. Originally set in Russia, now possibly Ukraine, the setting is anywhere of a remote nature. Every so often a hint of an unidentifiable accent was heard but was not pronounced enough to associate specifically.

The action, or more precisely, inaction, takes places in a country house maintained by relatives of a recently returned member of an extended family. Taking up a tiresome residence, the Professor settles in to write a multitude of opinion pamphlets which, it is suspected, no one actually reads. The Professor demands central attention, bringing along his much younger and quite fetching supremely bored wife who is then sought after by several of the parties involved.

The play explores unrequited love, misplaced passions, the daily dreariness felt by Uncle Vanya, the primary

caretaker of the property for the last 20 years, family interactions and conflicts. Everyone seems to be in a state of ennui, merely existing from day to day. The real drama begins when the Professor announces he plans to sell the house. Emotional chaos ensues. Throughout, the characters provide a panoply of comic relief in their desperate struggle to maintain their lifestyles.

Casting by Director David Ralphe is simply brilliant. Each of the actors melt into their roles as second skin. The key character, beleaguered and underappreciated Uncle Vanya, is played by Brian Robert Harris, to near perfection. Yelena, the beautiful young bride, played by Jessi May Stevenson, provides volumes of soulful depth in a mere disdainful glance or a slight movement. Ron Feltner as the alcoholic Dr. Astrov is forceful. Nancy Solomons Barker channels Sophia of the Golden Girls in her portrayal of the aged Nana. She has many quite amusing lines. Tom Hall is marvelous in his persona of the Professor, a man oblivious to the contributions and needs of others.

Erin Hollander plays Sonja, a young girl who assists in the house maintenance and yearns for a relationship she will never have, handling the role beautifully. L.J. Noel and Allan Noel complete the cast as Vanya's mother and Telegin, adding to the comedy immeasurably.

The play is extremely well done. Casting is outstanding. The set designed by Nick Caisse is simply stunning.

Uncle Vanya continues through September 25. Reservation (805) 525-4645, or www.santapaulatheater-center.org.

Streaming Spotlight by Cindy Summers

A League of Their Own

- Amazon Original Series



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

"A League of Their Own" highlights an actual time in history during the mid 1940's when women played professional baseball while the men were away fighting in World War II. Scouts scoured the country for talent and looks, and tryouts were held in Chicago in 1945. The All-American Girls Professional Baseball League was the brilliant idea of Morris Baker, famous at the time for his candy bar company, which sponsored the league of four teams: the South Bend Blue Sox, the Racine Belles, the Kenosha Comets, and the Rockford Peaches.

Each team had a home they shared in their team's hometown, which was monitored by an assigned chaperone and where they were taught how the league wished them to appear in public. "Beauty lessons" were from Vivienne Hughes, who explained that their conformity was the price of freedom in a man's world. They were required to wear

makeup in public, not allowed to wear pants outside the house (or be fined) and all dates had to be accompanied by the chaperone.

The series focuses mainly on players from the Rockford Peaches, coached by a previous major league pitcher named Casey "Dove" Porter (Nick Offerman). Carson Shaw (Abbi Jacobson) played catcher and was married with her husband off at war. Greta Gill (D'Arcy Carden) played first base and was quite charming, beautiful and single. Jo DeLuca (Melanie Field) was the team's best hitter and had been best friends with Greta since they were children. Lupe Garcia (Roberta Colindrez) who was the team's pitcher referred to as the "Spanish Striker". Jess McCready (Kelly McCormack) was a very competitive Canadian player constantly fined for wearing pants in public.

Another aspect of the series focused on a young talented black pitcher named Maxine "Max" Chapman who was denied trying out due to racial issues so was trying to get a shot with the male dominated Negro League. Clance Morgan, (Gbemisola Ikumelo) was Max's very supportive best friend and a comic book artist trying to make a profession from her hobby. Max had been trying to get on the local factory team the "Screws" but didn't initially have a job at the factory so wasn't allowed to play. The factory was only hiring men, so Max applied as

Continued on page 20

TASTE
THURSDAY, OCTOBER 13, 2022
5:00pm - 7:30pm
Presented by: VENTURA CHAMBER OF COMMERCE
Join us for a Taste of Ventura!

Where:
Museum of Ventura County
100 E. Main Street
Downtown Ventura

Get Tickets:
www.venturachamber.com/TASTE2022
\$40 Members (Chamber & Museum)
\$60 - All Non-Members/ \$65 @ door

TASTE features more than 45 restaurants, caterers, breweries, wineries, distilleries and eateries offering small bites and drink samples. Enjoy live music under the stars while networking, making friends and enjoying a TASTE of Ventura.

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FENCES

This 'n' That

Surf inspired gala

Continued from page 17 serves foster youth in Ventura County by providing them with the opportunity to experience freedom, joy, and confidence through the gift of surfing. MTC Surf's mission is to provide foster youth with the ultimate surf experience in a safe and fun environment while encouraging personal growth, community, and faith. MTC Surf desires that every child and teen that surfs with them would know that they are fully loved and capable of conquering any current and future challenges they may face.

With our common connection of both organizations providing programs and services for foster, adoptive and kinship families, we decided it would be perfect for us to collaborate on a joint fundraising event that we are calling... "Fostering the Next Wave".

This will be the inaugural year for this event, and we want this to be a very fun, yet casual (gala-type) event overlooking the sunset of Surfers Point. We'd love for it to be an event where people will gather to share their love of surfing, while helping to raise money for two organizations that are providing support and services to some of Ventura Counties most vulnerable children. Guests will enjoy a buffet style dinner, drinks, gorgeous sunset views, surf-inspired music and short films, silent auction, and a hula performance by "Hula Anyone" <https://www.hulaanyone.com/>.

Your donations will be doubled! All funds raised from this event (including sponsorships and ticket sales) will be matched dollar-for-dollar by a generous donation from a private family foundation! For full details, please visit the official event website at the link listed below...

Fostering the Next Wave 2022 - <https://fundraise.givesmart.com/e/F-zIMA?vid=sy1pf>
More Than Conquerors Surf... <https://www.mtcsurf.org/>

Who we Are (2 min. video) ... https://www.youtube.com/watch?v=AXkp2nbjX_8&t=64s

A league of their own

Continued from page 19 "Max" and got a job, but unfortunately blew her shot when her nerves got the best of her at practice.

Though Carson was married, she found herself attracted to Greta's charm and charisma. Greta seemed as though she had some experience at intimacy with women, but also was quite stunning and liked the attention men showed her on and off the field. The two had a rendezvous, which confirmed Greta's suspicions regarding Carson's attraction to her, but confused Carson as she had never been with anyone other than her husband. There was also the danger of getting caught in a time where gays and lesbians were considered sexual deviants and persecuted by society.

Coach Porter ended up abruptly leaving the team, so the chaperone assigned Carson to coach the Peaches. Carson didn't look at herself as a leader and did not want to coach, which caused a problem with Lupe as she felt she should coach the team. After losing several games, the league decided that to boost ratings they would take the best players from the Peaches and move them to the top two teams. The Peaches made some changes and made a comeback winning all the rest of their games in the season sending them to the playoffs against the Blue Sox.

"A League of Their Own" series has a great cast, costuming and sets and shares much more about social issues of the time and things off the field than the 1992 movie with the same name.

Runtime: 8 - 1hr Episodes

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