

Celebrating our 15th anniversary!



VENTURA BREEZE

Your Hometown Paper

Vol. 16, No. 2 Published Every Other Wednesday Established 2007 October 19– November 1, 2022

Teacher wins Chris Prewitt Eternal Optimist Award



Superintendent Dr. Antonio Castro, Ms. Julie Blevins and Mound Principal Ms. Bobbi Powers celebrating the award.

Julie Blevins, a kindergarten teacher at Mound Elementary School in the Ventura Unified School District (VUSD), has received the “Chris Prewitt Eternal Optimist Award.” The “Chris Prewitt Eternal Optimist Award” was created after Chris Prewitt, beloved VUSD Assistant Principal, who passed away in 2014 after a woman under the influence hit and killed Prewitt while he was out jogging.

Chris was an incredible teacher, water polo coach, administrator, and friend to all
Continued on page 2



Our first issue October 24, 2007.



The event launched the organization into its 25th year.

Norm Lewis helped raise funds for the Rubicon

On October 8, under a beautiful Ventura evening, A Starry Soirée fundraiser was held for the Rubicon Theatre Company at the wonderful Ventura home of Julia Campbell. It featured the wonderful singing of Emmy, Grammy, Tony and SAG Award Nominee Norm Lewis.

The event launched the organization into its 25th year. Attendees were treated to a concert of musical theatre hits sung by Lewis, Broadway's first African-American Phantom and one of the most acclaimed artists of stage and screen.

Along with pre-show drinks and hors d'oeuvres, silent auction (including 10 spots at an exclusive luncheon with Mr. Lewis), and a post-concert talkback with the Broadway Star, audience members provided generous philanthropic support to the Rubicon as it heads into the final year of its first quarter century.

Between his songs Lewis reflected on his music career. As a youth he wanted to be a professional tennis player until his junior high school year when his choice of electives were home economics or chorus and he chose chorus which was the beginning of his most successful stage career.

Besides starring in many many Broadway hits Norm Lewis recently starred in Spike Lee's critically acclaimed, “Da 5 Bloods,” and in the groundbreaking FX series, Pose. Additionally, Mr. Lewis can be

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City News

General Manager's Message

by Gina Dorrington, Ventura Water

I am pleased to announce that Ventura Water customers continue to conserve at record levels. These efforts are helping to keep our local water supply sustainable. We appreciate our community members' concerns for the City's water resources and value the input you provide. We are fortunate to have skilled and knowledgeable staff that are just as passionate as you, and assess water supply and demands through various planning efforts including the annual Comprehensive Water Resources Report and the Urban Water Management Plan. These assessments consider new development projects and the anticipated increase in water demands and impact on water supply, to ensure a balanced and stable water future. We utilize additional tools to manage our water resources including the Water Shortage Event Contingency Plan and Water Waste Ordinance. You can learn more about these efforts at the Water Commission meetings held every fourth Tuesday of each month. A lot of work

goes into ensuring a secure water supply for existing and future customers.

I had the privilege of being a panelist at the September 8th Forum on Ventura County's Water Crisis and California's Drought, hosted by Assemblymember Steve Bennett. This was a great opportunity to talk about Ventura's water supply reliability and to showcase how conservation has allowed Ventura to meet its water demands. Many questions were submitted at this forum, as well as at other community meetings, regarding why the City allows development projects and how it impacts water supply.

The City's Ventura Water and Community Development departments are working together to bring you those answers and assist in moving the City forward in the development of the General Plan. We plan to host a community workshop in mid-October to address the community's concerns and provide more information on the City's water neutral development policy and future water supply projects.

Build a home fire escape plan

The Ventura Fire Department urges residents to build a home fire escape plan and start conversations about fire prevention with loved ones.

"Fire won't wait. Plan your escape!" was the theme for the 100th anniversary of National Fire Prevention Week. This theme serves to help residents understand the simple, but important actions they can take to keep themselves safe from home fires.

"You may have as little as two minutes to safely escape a home fire. Your ability to get out fast depends on early warning from smoke alarms and advance planning," said Fire Marshal Brett Reed. "During Fire Prevention Week, please check that smoke and carbon monoxide alarms are working properly, practice your home escape plan, and make sure your loved ones know how to quickly respond if an alarm sounds."

In celebration of Fire Prevention Week the public is invited to download a home fire escape plan activity at www.CityofVentura.ca.gov/FirePrevention-Week, complete the activity with their household, and submit it for a chance

to win an emergency go-kit and a visit with Ventura firefighters. Submit your completed home fire escape plan via email at K9Hope@cityofventura.ca.gov.

The Ventura Fire Department shares the following home fire escape plan tips:

Make sure your plan meets the needs of all your family members, including those with sensory or physical disabilities. Visit www.VenturaCityFire.com to download the Ready Ventura County Emergency Preparedness Guide.

Smoke alarms should be installed inside every sleeping room, outside each separate sleeping area, and on every level of the home.

Know at least two ways out of every room, if possible. Make sure all doors and windows open easily.

Establish an outside meeting place a safe distance from your home.

Practice your home fire drill at least twice a year with everyone in the household, including guests. Practice at least once during the day and once at night.

To learn more about the fire prevention and Ventura Fire's educational resources, visit www.CityofVentura.ca.gov/FirePrevention. For more general information about the National Fire Prevention Week, visit www.FPW.org.

Workforce Development Board launches new workforce navigation hub

Ventura County Workforce Development Board of Ventura County (WDBVC) is excited to announce the launch of the new Ventura County Works Hub, a virtual call center and online resource hub where job seekers will be navigated to the appropriate services offered by the Workforce Development Programs and Partners across Ventura County.

"WDBVC believes our new Ventura County Works Hub will help job seekers easily connect with our resources and our partner's resources," explained Norman Albances, Assistant Director WDBVC. "We recognized that we needed job seekers to have easier access to our services. Therefore, job seekers can call, fill out a form, or chat with our Navigators who will then provide an individualized assessment so they can connect them to real-time programs and services, all at no cost."

August reporting by CNBC (<https://www.cnbc.com/2022/09/02/august-2022-jobs-report.html>) showed the unemployment rate climbed to 3.7%, two-tenths of a percentage point higher than expectations. Wages rose 5.2% from a year ago, slightly lower than estimated, and the biggest sector gains were in professional and business services, health care, and retail.

Just in time to meet the increased job placement demands, the new Ventura County Works Hub will aid job seekers with the individualized services and resources needed. Job-seekers can call 805-648-WORK (648-9675), or visit <https://workforceventuracounty.org>

"It's an exciting time in the Workforce Development Board of Ventura County's 40-year history," said Rebecca Evans, Executive Director. "This new resource allows us to easily help those in need of a career change, job training and certification by bringing the service to them, all at no cost to our community."

Staff are on standby M-F 8-12 noon and 1-5 pm, with services available in both English and Spanish. Individuals can also access the live chat function on the Workforce Development Board of Ventura County's website to connect with services and support.

In other Workforce news Stephen Yeoh has been elected as chair and Sandy Smith as vice-char. Yeoh and Smith will serve one-year terms.

Stephen Yeoh, who joined the board in 2016, is the Chief Peace of Mind Officer at Un1tee, an IT service provider located in Thousand Oaks with clients in the health-care, finance, and legal industries. He served on the board of the Greater Conejo Valley Chamber of Commerce and was a volunteer instructor for the Central Coast Chapter of the Project Management Institute.

Smith was appointed to WDB in 2020. He is a project manager at Sespe Consulting, Inc., an engineering, land use and environmental company based in Ventura. Smith, a former Ventura city council member, is currently a Senior Adjunct Instructor at Cal Lutheran University. He is a long-time participant in non-profits that focus on sustaining this county's quality of life. "I'm looking forward to working with staff and our board in our continued efforts to promote innovative workforce programs and institutions that offer all our residents an opportunity for a higher quality of life," says Smith.

Members of the WDB include leaders from business, economic development, education, labor, government, and community-based organizations.

Teacher wins Chris Prewitt Award

Continued from page 1

lucky enough to spend time with him. Chris' unrelenting passion for life inspired the staff and students of his schools and the community.

Each year a recipient is honored with this award. The honorees of this award show the same spirit and passion that Chris carried with him daily and have positively impacted their school sites in the same way that Chris affected his.

This year's winner, Ms. Julie Blevins, is the epitome of an eternal optimist. She teaches kindergarten at Mound Elementary School and wears a constant smile on her face. In addition, she volunteers for School Site Council and the Parent Teacher Organization in her free time. Others describe her as always proactive and positive. She always has a kind word for those she meets.

"Julie remained positive and a bright light through the complications of COVID-19 for Mound and its students. She is loved by students, colleagues, and parents alike. Anyone who meets her would agree that she deserves this recognition," stated Principal Bobbi Powers.

"I am humbled and honored by this award. Chris Prewitt was an amazing man," stated Ms. Blevins.

Superintendent, Dr. Antonio Castro, presented Ms. Blevins with the award in front of her kindergarten class, who gave her a standing ovation.

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City News



On October 12, the Ventura Fire Department held a live burn and fire sprinkler demonstration for students at Westpark Community Center. Luis Martinez, a fire prevention specialist, talked with the kids about smoke detectors, sprinklers, and how to extinguish a fire.

There was a demonstration on the response time for a fire, and how a fire fighter sets up in preparation for a fire.

This educational event was hosted during the 100th anniversary of National Fire Prevention Week.

Students Damien Fernandez, Kingston Reyes and Yeliny Madrigal were chosen to try out the fire extinguishers.

Emily Graves, Ventura Community Outreach Specialist set it up for the kids at Westpark Community Center.

Photos by Patricia Schallert.

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

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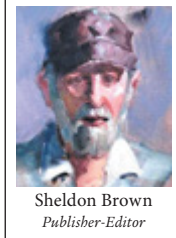


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Life is what happens when you're busy making other plans.

— John Lennon

Opinion/Editorial



Sheldon Brown
Publisher-Editor

■ Wow, this is the 15th anniversary of the **Ventura Breeze**. Very hard to believe that it's our 15th year. A big thank you to our dedicated staff, wonderful readers, much needed advertisers and donors who keep us going.

■ The **Ventura Christian School** is getting closer to final eviction. It has leased the MacMillan Avenue building from Ventura Unified School District (VUSD) for the last 20 years. The district has filed court documents for its removal. The building is over 100 years old.

The VUSD stated that the school's lease was never renewed after expiring in June. The building has been determined to be of a "potentially unsafe condition" by a building inspection, which is being disputed by the school along with religious discrimination.

■ Controversy over how **rent increases** are determined for Ventura mobile home parks has always been very controversial. Residents of mobile home parks are upset they can't challenge the costs of capital improvements that could increase their rent.

Under the current ordinance, when a capital improvement is made rent can be increased based on the cost of the improvements.

The city council is concerned that if it allows for challenges to proceed it could put the entire existing mobile home park ordinance at risk of a lawsuit if it was amended.

Councilmember Jim Friedman said, "I'm fearful that what we do may cause you to lose something that is extremely important, which

is rent control."

This is a tough one. If improvements are really necessary to maintain a park in a proper living condition the owners might not make necessary improvements if they can't increase rent to cover their costs. In this case, residents might then complain about the conditions at the facilities.

■ **Mayor Sofia Rubalcava** delivered the annual State of the City Address at the City Council Meeting on October 10, as well as at an event hosted by the Ventura Chamber of Commerce on September 22. A recording of the event, including presentation slides in English and Spanish are available at <https://www.cityofventura.ca.gov/2126/State-of-the-City>.

Topics highlighted during the 2022 State of the City presentation included:

Overview of the Fiscal Year 2022-23 Budget.

Community Survey 2022 Results.

Overview of the seven-member City Council.

Overview of the City's team of department directors.

Highlights of recent City and partnership successes

■ Economic Development updates.

■ Encouragement to get involved in the City's General Plan Update and background on the process.

■ The U.S. House Jan. 6 committee has voted to subpoena former President **Donald Trump** to testify. It presented interviews with his aides and new documents detailing his efforts to overturn his 2020 election loss.

The vote seeking Trump's testimony comes as the panel

produced many new details and evidence of Trump's state of mind as he refused to concede his election loss to Joe Biden, resulting in the 2021 attack at the Capitol.

Trump did not say whether he would comply with the subpoena. Instead, he repeated various long-debunked election claims that he makes in public that he won while privately admitting that he lost the election.

If he has indeed broken the laws of this country, he must be held accountable, just as you and I would be (maybe I could plead freedom of the press).

■ Most American's are disturbed that some countries have **morality police** that arrest women for how they dress. Doesn't this country also have morality police?

It wasn't that long ago that police raided "gay" bars and arrested men who were present even though they did not create any crimes or harm anyone. They have the same rights to be happy that we all have.

And, today doctors who provide abortions and recipients of abortions are being (or will be) arrested for what some perceive as immoral acts.

■ Scores on the **ACT college admissions** test by this year's high school graduates hit their lowest point in more than 30 years, the latest evidence of the enormity of learning disruption during the COVID pandemic.

The class of 2022's average ACT composite score was 19.8 out of 36, marking the first time since 1991 the average score was below 20. And an increasing number of high school students have failed to meet any of the subject-area benchmarks set by the ACT, showing a decline in preparedness for college-level work.

This could set back our education system for many years because it will be very difficult for students to catch up.

According to a 2017 UNESCO report, the number of students worldwide attending higher education institutions increased from 100 million in 2000 to 207 million in 2014. But which countries are the most educated? This is not as easy a question to answer.

Despite the vagueness of the concept, multiple surveys and studies have done their best to determine which countries have the most-educated population. One of the most highly regarded analyses comes from the Organization for Economic Cooperation and Development, or OECD, which released its list of the world's most educated countries in 2018.

The Top 10 **Most-Educated Countries** does not even include the U.S. so we are behind to begin with. The top 3 are Canada, Japan and Israel.

■ Saw an ad on TV for pants that have "a **hidden phone pocket**." What if you need your phone and you can't find it?

■ Saw an ad "Express Hand Wax" \$120. Seems like a lot to have your hand waxed. Maybe 2 would only be \$200?

Mailbox

Hi Sheldon,

Just a quick note to tell you how much I have enjoyed reading the Breeze during the year and a half since I moved to Ventura.

I never miss scanning the Opinion/Editorial section as I always find it informative, and appreciate your often pithy humor.

Keep up the good work, and don't let any bad tempered readers get you down!

Sincerely,

Fereva May Lawrence

(Former Editor of the Outlook newspaper in La Canada Flintridge)

To Patricia at the Ventura Breeze

(From Sherry): I wanted to express our appreciation for your helpfulness on Saturday, September 3rd, at the 2022 Aloha Beach Festival. My husband Don, was having trouble getting up and so you and another lady as well as some volunteers helped him out. Also you provided him with bottled water, which was very much appreciated on such a hot morning. I'm not sure of the name of the lady who was with you, also from The Breeze, who was very helpful, too.

(From both of us): We've lived in Ventura for decades and before that we were regular visitors here. We've always found it to be the friendliest town out of the various places that we've lived. We also wanted to express our condolences to you and your

colleagues in regards to the recent passing of your Breeze staff member Breezy Gledhill. It seems that this has been a year of losses of people who we have heard about like Breezy or others who we knew somewhat like Suz Montgomery. We also lost someone who we knew who was the leader of the Santa Monica Astronomy Club who recently died of complications from cancer. Your cousin, William Schallert, and his grand nephew sometimes liked to attend the meetings there. We belonged to the Club a long time ago but still keep track of their activities through Zoom.

Again, thanks for your help,

Sincerely,

Donald A. and Sherry L. Berry

Patricia - Thank you for your kind words. The other Breeze staff member was Yana Khyod.

Breeze:

I am much in favor of education, but in the face of falling enrollment and already high housing prices, it seems wrong to me to be asking the public to support this bond measure which is not an insignificant amount and will add to inflation and increased housing costs when we already have a housing affordability and supply issue. The school district holds so much land, much of which is not in use, and could be sold to finance needed building upgrades.

Continued on page 20

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



News & Notes



“This truck replaces a field truck that was 20 years old.”

Field truck purchase advances Ventura Land Trust’s Land conservation efforts

Ventura Land Trust purchased a 2019 Toyota Tacoma to replace a field truck lost last year in a traffic collision, bringing the number in the organization’s fleet of field trucks to two. The truck was purchased with support from community donations, corporate support, and a lead gift from Southern California Gas Co. (SoCalGas).

The four-wheel drive field truck is used daily to transport Ventura Land Trust staff, tools, water tanks, and other gear necessary for conservation work and preserve management. The truck is also used to haul thousands of pounds of trash from the Ventura River.

“This truck replaces a field truck that was 20 years old,” says Ventura Land Trust Executive Director Melissa Baffa. “It feels good to have a vehicle that can safely carry our staff and partners, and that is capable of meeting the demands of land stewardship.”

“We know that people will see this truck driving around town with the water tank we use to care for young

plants, or piled high with trash bags from a clean-up. It’s really a moving symbol of the work we do every day to protect and preserve local open spaces. We’re pleased to have the support of the community and partners like SoCalGas, who understood the urgent need to add to our field truck fleet and came through with the support we needed to do so.”

The field truck is used in land management in Harmon Canyon Preserve, Big Rock Preserve, and Willoughby Preserve, which are open daily to public for free, as well as other properties that Ventura Land Trust owns and manages. It will be instrumental in preparing Ventura Land Trust’s newest conserved property, Mariano Rancho Preserve, to open to the public in the next two to three years.

The exterior of the truck is outfitted with an acknowledgement to SoCalGas, as well as a QR code to information about Ventura Land Trust membership. Learn more about Ventura Land Trust at www.venturalandtrust.org.



Hear the stories about our local farms.

10th Annual Ventura County Farm Day

On Saturday, November 5, more than 15 Ventura County farms, ranches and agricultural organizations will invite the public to experience a day of free agricultural activities and tours during the 10th Annual Ventura County Farm Day. This year’s theme is “Meet All The Hands That Feed You.”

Visitors can map out their day by selecting locations from the Farm Day Trail Map at <https://venturacountyfarmday.com/map>. Each site offers tours and produce and other giveaways. Tour hours are from 10 a.m. to 3 p.m. Some locations require reservations.

“Agriculture is Ventura County’s largest industry. Farm Day is the opportunity to see how fruits and vegetables are grown, harvested and then shipped to stores for sale,” says Mary Maranville, founder and CEO of the nonprofit Students for Eco-Edu-

cation and Agriculture (SEEAG), which puts on Ventura County Farm Day each year. “You’ll come away with an appreciation of the hard work that goes into growing each piece of produce.”

Participating in Farm Day include Reiter Affiliated Companies (berries), Driscoll’s (strawberries), Duda Farm Fresh Foods (row crops), Alpacas At Windy Hills (Alpaca fleece), Good Farms (strawberries), Oxnard Historic Farm Park (antique farm equipment, vegetable crops, talks about the agricultural heritage of the Oxnard Plains), Prancer’s Farm (strawberries, tomatoes, avocados), Agromin (organic compost, mulch), The Abundant Table (nonprofit farm), Sow A Heart Farm (regenerative agriculture), McGrath Family Farm (organic farming), SEEAG’s Farm Lab (hands-on farm-related kids activities) and Petty Ranch (also the Farm Day hub). The Ventura County Farm Day Trail Map list of participating locations is updated daily.

Ventura County Farm Day sponsors include The Wood-Claeysens Foundation, Driscoll’s, Gene Haas Foundation, Kaiser Permanente, Bobalu Berry Farms, Ventura County Agricultural Commissioner, The Port of Hueneme and Reiter Affiliated Companies.

SEEAG’s mission is to help children understand the farm origins of their food through classroom agricultural and nutrition education and free farm field trips. Through this and other SEEAG programs, over 60,000 elementary school students

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in Central and Southern California have increased their understanding of the food journey since SEEAG’s founding in 2008.

For more information about Ventura County Farm Day, visit www.VenturaCountyFarmDay.com or call 805-901-0213.



Could this be an Olivas ghost? Photo by Yana Khiyod.

Olivas Adobe – an official Haunted House?

by Richard Senate

The State of California has two official Haunted Houses, sanctioned by the State Legislature; The Whaley House in Old Town San Diego and the Winchester Mystery House in San

Jose. The Winchester Mansion, built by Spiritualist Sarah Winchester (of the Winchester firearms fortune) is more an attraction than anything else. I spoke with workers there and they have seen the shade of Mrs. Winchester wandering the elaborate pile, so it is haunted.

But, I contend that after years of research the historic 1841 Olivas Adobe in Ventura should be recognized as number three haunted house for our state. Why? Because visitors and staff have repeatedly encounter ghosts at the two-story adobe home of Don Raymundo Olivas.

The wealthy Don is never seen but a number of phantom women are--they are now joined by ghostly children. When the site opened as a historic house museum in 1972 people began to see a phantom woman in a black dress looking out the windows and walking on the balconies of the casa. They called her “The Lady in Black” and it was thought she was the specter of Mrs. Teodora Lopez Olivas, the wife of the builder and the mother of his twenty-one children (Thirteen boys, eight girls).

As the years passed other ghostly women were seen by visitors and staff, a woman with a gray skirt and apron, A young woman in a white wedding dress, as well as the Lady in black who was seen now on the grounds and first floor. Years ago a new apparition was added to the phantom population; that of a little girl in a white nightgown. She was seen by well over one hundred visitors over a period of two years--then she simply stopped showing up. Now a little boy in short pants, jacket, tie and leather shoes has been seen. At least the ghost girl has someone to play with. They have been joined by a ghost dog, a

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News & Notes

Community Memorial Hospital Earns “Blue Distinction® Center+” recognition for expertise and quality in spine surgery

The national Blue Cross Blue Shield Association has selected Community Memorial Hospital in Ventura as a Blue Distinction Center+ for Spine Surgery, as part of the Blue Distinction Specialty Care program. Blue Distinction Centers® are nationally designated healthcare facilities that show a commitment to delivering high-quality patient safety and better health outcomes, based on objective measures developed with input from the medical community and leading accreditation and quality organizations.

“We are excited to announce that we have received the Blue Distinction Center+ recognition for our exceptional spine surgery program at Community Memorial Hospital,” said Community Memorial Health System Senior Vice President and Chief Operating Officer, Adam Thunell. “Meeting the rigorous criteria for this designation is a true collaboration amongst our surgeons, clinical leaders, and staff, and we are proud to offer such a high level of spine care right here in our community.”

According to the Agency for Healthcare Research and Quality,

spinal surgeries are among the most common and expensive elective surgeries in the United States. Facilities like Community Memorial Hospital that are designated as Blue Distinction Centers® for Spine Surgery demonstrate expertise in cervical and lumbar fusion, cervical laminectomy and lumbar laminectomy/discectomy procedures, resulting in fewer patient complications and readmissions compared to other facilities. Designated facilities include hospitals and surgery centers and they must maintain national accreditation. In addition to meeting these quality thresholds, facilities designated as Blue Distinction Centers+ are, on average, 20% more cost-efficient for an episode of care compared to other facilities.

The Blue Distinction Specialty Care program has helped patients find quality care in the areas of bariatric surgery, cancer care, cardiac care, cellular immunotherapy, fertility care, gene therapy, knee and hip replacements, maternity care, spine surgery, substance use treatment and recovery, and transplants. Research

for many of these programs shows that those designated as Blue Distinction Centers demonstrate higher quality and improved outcomes for patients. Community Memorial Hospital is also a Blue Distinction Center for Maternity Care.

For more information about the program, visit www.bcbs.com/blue-distinction.

Only 11 of California’s 116 community colleges offer housing

In Ventura County, the median gross rent is \$1,854, according to Census.gov (2016-2020). For college students, this can be a crushing obstacle to fulfilling their educational goals. When Governor Gavin Newsom signed Assembly Bill No. 183 in June, approving more than \$542 million for the construction of affordable student housing, Ventura College was honored to be among the 11 recipients.

The college will receive over \$62 million, which will fund apartment-type student housing to provide over 300 beds in 95 units with rental costs ranging from \$400-\$900 per month.

“Access to affordable housing continues to be an issue that California must address,” said State Assemblymember Steve Bennett (District 37). “Students are particularly impacted, and in this year’s state budget, we were able to direct funding to colleges and universities across the state to help address that impact. I know Ventura College’s new housing will enable hardworking students access to a safe and affordable place to live.”

The funding comes at a critical time, as 18% of Ventura College students experience housing insecurity, defined as having issues with affordability, safety, quality or housing loss. A student housing marketing and demand analysis created for Ventura College determined that students have experienced increased costs and challenges in finding housing.

All three colleges in the Ventura County Community College District – Moorpark College, Oxnard College

and Ventura College – received funding through AB 183. Moorpark College and Oxnard College were awarded \$250,000 and \$249,000, respectively, for proposals to research the feasibility and planning of future affordable student housing on their campuses.

The Ventura College housing project will be located on campus property and is expected to break ground in 2023.

“California has made incredible strides in passing AB 183. This funding will provide affordable student housing opportunities and is a game changer in helping students meet their academic goals,” said Kim Hoffmans, president of Ventura College.

The Bookmark

About Libraries and Friends

by Mary Olson

The California State Library has announced a new free service supported by the U.S. Institute of Museum and Library Services under the provisions of the American Rescue Plan Act, administered in California by the State Librarian.

Connected California: Digital Navigators

Digital navigators can help you find free or low-cost internet service; free or low-cost devices, such as computers, tablets or smartphones; learn basic computer skills, such as how to use the internet or set up email and find and use online resources for things such as taking courses or applying for jobs.

You can contact a navigator by voicemail at 1-800-790-5319; by text at 1-626-873-8390; by email at help@connectedca.libanswers.com or through their website: <https://connectedca.org/>

A navigator will respond within 24 hours of your inquiry, Monday through Friday. Your navigator will work with you one-on-one by phone, in English or Spanish, to discuss your needs and help you get connected to the internet and online resources.

October is the month of One County, One Book. This month, Ventura County is reading Taste Makers: Seven Immigrant Women Who Revolutionized Food in America by Mayukh Sen. One County, One Book culminates with a special author event with Mayukh Sen at 2 pm on Saturday, November 12 at California State University, Channel Islands’ Grand Salon.

Ventura's Premier Gem Show



The Gold Coast Gem Show

Sat. & Sun, Nov 5-6, 2022

Ventura County Fairgrounds, Ventura, CA

Gems • Minerals • Fossils • Jewelry • Beads • Lapidary Supplies • Demonstrations
Admission Free • goldcoastgemshow.com

The Gold Coast Gem Show is coming to the Ventura County Fairgrounds, November 5 & 6, 2022, featuring dealers, including demonstrators and local Gem and Mineral Societies. Diane Cook, the owner of Daisy’s Rocks and Things, has curated a variety of vendors/dealers who specialize in gems, minerals, and fossils. Show goers will find unique and quality specimens, beads, jewelry, and lapidary supplies, including demonstrations and kids activities, fun for the whole family. The show is FREE and open to the public (fairground parking is additional). The show hours are Saturday, November 5, 10-5 pm, and Sunday, November 5, 10-4 pm. The Ventura County Fairgrounds is located at 10 W. Harbor Blvd., Ventura, CA 93001.

We look forward to seeing you there!



Chamber Ribbon Cutting

The Skin Queue Aesthetics Medical Spa
The Skin Queue Aesthetics Medical Spa is revolutionizing injectables like Botox and natural skin fillers. 3140 Telegraph Rd. Suite C. Ventura
Photo by Michael Gordon



News & Notes

For more information and to register for the author event, go to <https://vencolibrary.org/i-want/one-county-one-book>.

Ventura Friends of the Library have two big events in the next couple of weeks. If you are interested in what the Friends of the Library do to support our local libraries and literacy in our community, please drop by ---

Ventura Friends of the Library Book Sale
Saturday, October 22, 10 am to 3 pm
at the Vons at Telegraph and Victoria

Quality used books at bargain prices.
Music on CD and Vinyl and Audiobooks.
Ventura Friends of the Library Annual Membership Meeting
Sunday, October 30
2:00 to 4:00 pm

E.P. Foster Library Topping Room

In keeping with the Taste Makers theme of this year's One County One Book selection, we have invited Emily Tan from SpiceTopia to spice up our meeting with a flavorful tale. SpiceTopia is a purveyor of teas and spices, including their very own Tastes of Ventura blends. The shop is located at 576 E. Main Street.

All are invited to attend!

Her presentation will be followed by a brief business meeting for members to receive the Treasurer's report, elect the Officers for 2023 and vote on a bylaw change.

For more information about Friends' events, visit our website: <https://venturafriendsofthelibrary.org> or email friends@venturafriendsofthelibrary.org



Rudd has to clear out Bank of Books by the end of the month. Photo by Patricia Schallert.

Rudd has to clear out Bank of Books by the end of the month

It was in June 1974 that Clarey Rudd, age 22, first opened a bookstore in Ventura called Rudds. A second store for the family business. He grew up working in his parents' bookstore in Oxnard. During Rudd's time at CSUF, he was invited by the owner to work at one of the largest independent bookstores in the nation. A year later, after his Junior year at Biola University, he became manager of their bookstore. Being part of the staff, he had to complete his marketing and management degree back at CSUF. At that time, he decided he was going to open a bookstore in Ventura.

The family bookstores expanded to Ventura, Camarillo and Santa Paula. When his dad had an accident, he became responsible for the Ventura and Santa Paula bookstores. He then expanded to Thousand Oaks, Santa Barbara and Bellflower. He did workshops and wrote for a trade magazine.

All of the family bookstores had been sold and Clarey bought Second Time Around bookstore in downtown Ventura.

Rooted in 60 years of downtown Ventura's history, he sold on the internet and became a vendor with Amazon. Second Time Around was renamed Bank of Books. Part of the books are from the 1700's and 1800's with many originally signed books.

Clarey became the founding chairman of the Downtown Ventura Organization (DVO) overseeing the goals of downtown Ventura. Bank of Books became a famous International Bookstore getting world travelers to the bookstore to buy books. Bank of Books has been voted number 1 independent bookstore for 19 years.

Sir Anthony Hopkins wrote "best bookstore I have ever been in, and I am a book geek" Over the years 300,000 books have been given away. Rudd has served on the International Board of Mission without Border for 32 years and ran for city council in 2021. Clarey organized all of the independent bookstores in Ventura to seek city council to declare Ventura an international book city.

Recently, Rudd expanded to Santa Paula which would have made three bookstores except for the unfortunate closing of Bank of Books due to a severe rent increase.

Rudd has to clear out Bank of Books by the end of the month. He and the bookstore are Ventura icons, and he has done a lot for this community. Please go to Bank of Books and buy some books for 60-90% off before they close and be sure to visit Abednego and Bank of Books Santa Paula.

Bank of Books is located at 748 E. Main.

VC Fusion announces Ventura Orthopedic as official youth training jersey partner

The reigning USL League 2 champion Ventura County Fusion has selected Ventura Orthopedic as its official youth training kit partner. Under the terms of the multi-year agreement, Ventura Orthopedics' logo will be featured on the front of youth team training jerseys.

Ventura Orthopedics is the Fusion's first youth training kit partner. It has been the Official Medical Care Provider for the Fusion's USL 2 team since 2011.

"We could not be happier to extend our relationship with Ventura Orthopedics," said Ventura County Fusion president Ranbir Shergill. "They are an established, trusted community member that is committed to improving the lives of individuals by providing exceptional care and treatment with facilities throughout Ventura County."

The Fusion, which competes in the USL 2 southwestern division, offers an extensive youth program with teams for children born between 2002 and 2014. It also fields a full roster of competitive teams that participate at the highest levels of US youth soccer including MLS Next and USL Academy.

"Both of our organizations are dedicated to serving this amazing county, so it is a natural fit for us to continue our support into the youth levels of the Ventura County Fusion," said Andy Conli, business development manager for Ventura Orthopedics.

For more information about Ventura County Fusion, please visit VCFusion.com or call (805) 830-8027.



On October 9, Celebrate Life on the Rancho a Victorian Halloween was held at the Olivas Adobe Historical Park. Guests explored the historic home, learned about Victorian customs and heard haunting stories. Photos by Yana Khoyod.

10th Annual

805

Writers Conference & Book Expo

November 5 & 6, 2022, Crowne Plaza Hotel, Ventura, California

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- Plus two-hour specialty workshops
- Conference is both virtual and in-person



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Desiree Duffy of Black Chateau Marketing

For information visit 805WRITERSCONFERENCE.COM





News & Notes



Speakers NY Times bestselling mystery author William Bernhardt, Edgar Allen Poe winner Wendelin Van Draanen, Penny Sansevieri and Desiree Duffy.

805 Writers Conference returns with Book Expo

Declaring the Covid hiatus over, the 805 Writers Conference returns from hibernation on November 5 & 6 to the Crowne Plaza Hotel in Ventura, with in-person and virtual sessions, a Book Expo, and half-day workshops. This will be the tenth annual conference, which started in 2011.

“No more hiding behind our keyboards,” said Kathleen Kaiser, president of the Writers & Publishers Network (WPN), a national literary nonprofit based in Ojai, California, and sponsor of the conference. “By November, everyone can be boosted against Covid, a virus that is becoming the new flu. We must learn to live and thrive with Covid, and coming to a writing conference is a great way to get out and back on track.”

For book lovers, there will be a free Book Expo on both days from 10 am to 5 pm, with regional authors selling their books and various speakers available to sign their books. A author speakers will be in and out of the expo through the weekend, chatting with everyone and signing their books.

The Book Expo is free for the public to attend, making sure you can go pick up your winter TBR stack. So even if you haven't bought a ticket to the conference—there is still a way to meet all these amazingly talented humans at the Book Expo. Register in advance for the expo and have a chance to win one of four Bags of Books worth over \$100 each.

Every writer needs community, and attending writing conferences is the best place to build one by meeting other writers and learning from successful authors, agents, editors, and book marketers. Face-to-face meetings, talking during breaks, and finding like-minded people—it's the best way to keep on track, learn new ways to market your book, finish your book, and get published.

The 805 brings together top authors

from all genres to discuss their process or specific craft elements all writers need to know. In addition, book marketing experts discuss how to launch a book and understand how to sell books on Amazon. Small publishers looking for direct submissions will discuss their search for new writers and be ready to meet them at the conference. Plus, there will be literary agents, book editors, and more. And one session showcases successful indie authors from the 805 area code.

“As the conference director,” said Kaiser, “I've found the best experts to talk with writers of all ages. Hear how they started, the obstacles they overcame, their process, and the joy of writing, which should inspire everyone to go home and get back to work on that manuscript.”

Learn more about the conference and how to register for the Book Expo at <https://805writersconference.com>.

Aera Energy celebrates its 25th anniversary by helping others

Two organizations that empower, educate, support wellness, and change lives in Ventura County are getting a boost from Aera Energy as the company celebrates its 25th anniversary.

Aera employees are sharing their excitement by providing much needed resources to the communities where they live and work. Aera's employee-resource groups (ERGs) selected

ten nonprofit organizations to receive a total of \$100,000 in grants to support programs aligned with Aera's values and those of the ERG. The National Alliance on Mental Illness (NAMI)-Ventura County and the STEMBassadors, Inc. IDEA Center on Ventura Avenue each received a \$10,000 grant to help amplify the work they do for Ventura families.

Dozens of teens will use the new IDEA Center with the help of the grant from Aera's Interfaith ERG. Local middle and high school students exploring STEM can use the latest lasers, computer-controlled cutting machines, and 3D printers – to bring their own creations to life at this student-run center. They can manufacture and sell the products they create at local stores, which is something they can't do through school programs. Some teens have gone on to start their own for-profit businesses.

The grant covers monthly membership fees for teens from middle and high schools including De Anza Academy of Technology and the Arts, Ventra and El Camino high schools.



NAMI received a \$10,000 grant.

It's about giving teens options that can make lasting impacts on their futures, said Alex Wulff, president of STEMBassadors, Inc., who oversees the IDEA Center.

Aera's Diverse Ability and Wellbeing Network (DAWN) selected the NAMI Ventura County's Family-to-Family Program, designed to foster learning, healing and empowerment among individuals supporting loved ones with serious mental illness.

“The DAWN ERG is focused on normalizing discussions around mental and physical disabilities so that we can help each other navigate resources, build trust, and exercise compassion,” said John Bohan, Aera production engineer, and chair of DAWN. “We feel passionate about supporting NAMI Ventura's Family-to-Family program because it supports people who care for a loved one with a mental illness and empowers caregivers to make meaningful differences in the lives of those they love.”

NAMI Ventura County has been providing its services at no cost to families for 41 years. “Our mission is to educate, support and advocate for families and individuals who often can't speak for themselves,” said Roberta Griego, executive director of NAMI Ventura County. “Thank you Aera, for your support in helping make our work possible.”

Museum of Ventura County making news

Museum of Ventura County announces the addition of two members to their Board of Directors, longtime Ventura County supporter Greg Monterrosa and Immigration Attorney Gabriella Navarro-Busch. The Museum's 13-member board helps to guide the collections, exhibits, and educational programs, which collectively celebrate the rich history, art and culture of Ventura County.

Greg Monterrosa joins the Museum of Ventura County board with a history of dedicated work in supporting and advancing entrepreneurship, innovation, and economic development in Ventura County.

Gabriella Navarro-Busch comes to the Museum's board of directors with extensive experience as an immigration attorney. She also is a former president of the Ventura County chapter of the Mexican American Bar Association, recipient of the 2004 State Bar of California President's Pro Bono Service

To learn more about the Museum of Ventura County's 2021-2022 Board of Directors, please visit: venturamuseum.org/board-and-committees

The Museum of Ventura County has received a grant from the National Archives' National Historical Publications and Records Commission to make collections accessible to the public, one of just 37 grants awarded nationwide. This month marks the start of the Museum's National Archives grant-funded project. The \$95,000 grant will allow the museum to catalog the Martin & Associates collection, representing institutional records of one of the county's longest-serving civil engineering firms. It includes records created by six civil engineers and their staff over nearly a century.

“The Robert Martin and Associates Collection represents 89 years of civil engineering in Ventura County,” said Research Library and Archives Director Deya Terrafranca.

The collection began with the Waud and Ramelli firm in 1924. J.B. Waud was one of the earliest surveyors and civil engineers in Ventura County. He is responsible for much of the County's early infrastructure such as roads and bridges. Milton Ramelli, born in 1893, worked for Waud in the county surveyor's office before they started the company Waud & Ramelli in 1924. In 1928, Ramelli set up shop separately as M.E. Ramelli, until 1956, when he went into business with Robert Martin. Ramelli passed away in 1960 and in 1962, the firm became Robert Martin and Associates.

Bill Hale purchased the firm from Robert Martin in 1991. After his passing, his widow sold the company to Ventura resident Ed Campbell, who renamed the firm U.S.A. Architects.

The collection includes engineering and architectural drawings, maps, and planning files for residential, commercial, and government buildings from the 1920s to 2013. With the help of the grant, the Museum will be able to catalog 431 cubic feet of materials and digitize at least 1,000 items, including oversized maps and civil engineering plans.

The grant will also be used to offer

Continued on page 12



“You will be able to move forward with passion.”

Congratulations to the graduates of Project SEARCH at Cypress Place Senior Living

by Carol Leish, MA

On October 7, Nicholas (Nick) Riesgo, Maria (LuLu) Martinez, and Jeremy Moore graduated from a 10-month internship at Cypress Place. They interned in the areas of dietary, laundry, and housekeeping.

By getting involved in the Project SEARCH program, Executive Director of Cypress Place, Gina Salman said, “We wanted our interns to gain independence, work as a team and interact with our residents. They have been a tremendous support to the community. Our staff and residents have enjoyed their presence. We as a community have learned patience, empathy and humility from them. There is a mutual respect between all of us.”

In her remarks congratulating the graduates, Salman said, “You will be able to move forward with passion, while not being afraid of change. We appreciate that you have been a part of our community.”

India Lakoda, Program Manager, and Ricardo Castellon, Direct Support Staff, both at Project SEARCH, guided the

interns during their 10-month internship.

Lakoda said, “I am so excited to celebrate our graduating class today! One of the qualities that I love about interns participating in Project SEARCH is that the amount of growth they curate in just 10 months. Through this journey the interns have learned another quality—to be courageous.”

Of her internship, Lulu Martinez said, “Thanks for all the kindness you have all given to us, like a family. I will say, ‘See you later,’ instead of saying goodbye.”

Regarding his internship, Nick Riesgo said, “I will be missing the residents at Cypress Place. I would like to thank Ricardo for keeping things under control, and giving all of us support.”

Of his internship, Jereme Moore said, “I am thankful for having gone through this program. I’m also thankful that Ricardo made the program work out for me.”

Lakoda also mentioned that, “Your

Senior Living

commencement today is a celebration of your commitment to growth and readiness to embark on this new journey into the workforce. My wish for all of you is to continue to hold onto the courage within you and allow it to guide you. While you are no longer an intern of Project SEARCH, you will always be part of our PathPoint family.”

Brain scans may offer early clues of future frailty risk

Physical frailty is associated with abnormal structures in white matter of the brain, according to a study funded in

part by NIA. The research, led by an NIA scientist and published in the Journal of Gerontology, Series A: Biological Sciences and Medical Sciences, suggests that these abnormal structures may be an important biomarker for future frailty risk.

Frailty is common in older adults and is characterized by susceptibility to poor health, a loss of physical or psychological function, and an elevated risk of disease and death. Physical frailty is associated with an increased risk of developing dementia and other neurologic disorders, but few studies have examined the neurobiological changes that underlie frailty and frailty risk. The research team studied the association of cerebral white matter structure with current and future frailty.

The researchers engaged participants Continued on page 11

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Felipe Naranjo
Kaiser Permanente
Medicare specialist
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mykpagent.org/FelipeN

Learn more at kp.org/medicare

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“If I can just remember where I put my glasses!”

Are you taking longer than before to learn new things?

Many older adults worry about their memory and other thinking abilities. For example, they might be concerned about taking longer than before to learn new things, or they may sometimes forget to pay a bill. These changes are usually signs of mild forgetfulness – often a normal part of aging – not serious memory problems.

What’s the difference between normal, age-related forgetfulness and a serious memory problem? It’s normal to forget things once in a while as we age, but serious memory problems make it hard to do everyday things like driving, using the phone, and finding your way home.

Talk with your doctor to determine whether memory and other cognitive problems, such as the ability to clearly think and learn, are normal and what may be causing them.

Signs that it might be time to talk to a doctor include:

Asking the same questions over and over again
Getting lost in places a person knows well
Having trouble following recipes or directions

Becoming more confused about time, people, and places

Not taking care of oneself – eating poorly, not bathing, or behaving unsafely

People with some forgetfulness can use a variety of techniques that may help them stay healthy and deal with changes in their memory and mental skills. Here are some tips:

Learn a new skill.

Follow a daily routine.

Plan tasks, make to-do lists, and use memory tools such as calendars and notes.

Put your wallet or purse, keys, phone, and glasses in the same place each day.

Stay involved in activities that can help both the mind and body.

Volunteer in your community, at a school, or at your place of worship.*

Spend time with friends and family.*

Get enough sleep, generally seven to eight hours each night.

Exercise and eat well.

Prevent or control high blood pressure.

Don’t drink a lot of alcohol.

Get help if you feel depressed for weeks at a time.

Mild cognitive impairment

Some older adults have a condition called mild cognitive impairment, or MCI, meaning they have more memory or other thinking problems than other

people their age. People with MCI can usually take care of themselves and do their normal activities. MCI may be an early sign of Alzheimer’s disease, but not everyone with MCI will develop Alzheimer’s.

Having more trouble coming up with desired words than other people of the same age

If you have MCI, visit your doctor every six to 12 months to track changes in memory and other thinking skills over time. There may be habits and behaviors you can change and activities you can do to help you maintain memory and thinking skills.

Dementia is not a normal part of aging. It includes the loss of cognitive functioning – thinking, remembering, learning, and reasoning – and behavioral abilities to the extent that it interferes with a person’s quality of life and activities. Memory loss, though common, is not the only sign of dementia. People with dementia may also have problems with language skills, visual perception, or paying attention. Some people have personality changes.

Flu and older adults

Each year, millions of people suffer from seasonal influenza, which is often called the flu. Flu is a respiratory illness caused by viruses that infect the nose, throat, and sometimes the lungs.

Flu is a mild illness for some people. But for others, including older adults and those with chronic (long-lasting) health conditions, the flu can be very serious and even life-threatening. Getting a flu vaccine every year can help prevent the flu. The vaccine is safe, effective, and available for little to no cost to you.

Most people who get the flu feel better after a few days to two weeks. However, the flu can make you seriously ill. Some people develop other health issues, called complications, because of the flu. Complications can be mild, such as a sinus or ear infection, or more serious, like pneumonia.

Anyone can get sick from the flu, but some people are more likely to have complications. You are more at risk for flu and its complications if you:

Are age 65 or older

Have certain medical conditions such as asthma, diabetes, or chronic kidney disease

Have heart disease or have had a stroke

Live in a nursing home or other long-term



Senior Living

care facility

Pregnant people and children younger than five years old are also more likely to get very sick from the flu. Flu vaccination is especially important for people in these higher-risk groups. Learn more about people at increased risk for flu and its complications.

The flu is more dangerous for older adults for a few reasons. One reason is that the immune system — which helps your body fight infections — weakens as you age. For example, because your body is busy fighting off the flu, you might pick up a secondary infection such as pneumonia. A second reason is that older adults are also more likely to have other health conditions, like diabetes, that increase their risk for complications from the flu.

The good news is the flu vaccine reduces your risk of getting the flu and of getting seriously ill if you do get sick with the flu. Flu vaccination is especially helpful for people with chronic health conditions. For example, it has been linked to lower rates of heart problems (cardiac events) among people with heart disease and fewer hospitalizations among people who have chronic lung disease or diabetes. Learn more about the benefits of flu vaccination.

The flu is contagious, which means it spreads from person to person. It mostly spreads through droplets in the air when people with flu cough, sneeze, or talk. It can spread from up to six feet away. Although it isn't as common, the flu can also spread from surfaces — for example, if you touch something the virus is on and then touch your nose, mouth, or eyes.

It's possible to spread the flu before you feel sick and when you have symptoms. Typically, people with the flu can spread it a day before, and up to a week after feeling sick. Young children and people with weakened immune systems may be able to spread the flu for even longer. If you or someone you know is sick with the flu, take steps to help prevent spreading the disease.

People with the flu can have fever, chills, dry cough, general aches and pains, and a headache. They feel very tired. Sore throat, sneezing, stuffy nose, or stomach problems are less common. What some people call "stomach flu" is not influenza.

Myths About Aging

National Institute on Aging (NIA)

A person's chance of having Alzheimer's disease may be higher if he or she has a family history of dementia because there are some genes that we know increase risk. However, having a parent with Alzheimer's does not necessarily mean that someone will develop the disease. Learn about your family health history and talk with your doctor about your concerns.

Environmental and lifestyle factors, such as exercise, diet, exposure to pollutants, and smoking also may affect a person's risk for Alzheimer's. While you cannot control the genes you inherited, you can take steps to stay healthy as you age, such as getting regular exercise, controlling high blood pressure, and not smoking.

As the U.S. population ages, the number of licensed older adults on the road will continue to increase. The Federal Highway Administration (FHWA) recorded a record-high 221.7 million licensed drivers in the U.S. in 2016, including 41.7 million — or almost one in five — who are 65 years or older.

Natural changes can occur with age that may affect a person's ability to drive,

like having slower response speed, diminished vision or hearing, and reduced strength or mobility. The question of when it is time to limit or stop driving should not be about age, rather, it should be about one's ability to drive safely. These questions may help you determine if you or a loved one needs to limit or stop driving. Talk with your doctor if you have any concerns about your health and driving.

Although osteoporosis is more common in women, this disease still affects many men and could be underdiagnosed. While men may not be as likely to have osteoporosis because they start with more bone density than women, one in five men over the age of 50 will have an osteoporosis-related fracture. By age 65 or 70, men and women lose bone mass at the same rate.

Many of the things that put men at risk are the same as those for women, including family history, not enough calcium or vitamin D, and too little exercise. Low levels of testosterone, too much alcohol, taking certain drugs, and smoking are other risk factors.

It doesn't matter how old you are or how long you have been smoking, quitting at any time improves your health. Smokers who quit have fewer illnesses such as colds and the flu, lower rates of bronchitis and pneumonia, and an overall better feeling of well-being.

The benefits of quitting are almost immediate. Within a few hours, the carbon monoxide level in your blood begins to decline and, in a few weeks, your circulation improves, and your lung function increases. Smoking causes an immediate and long term rise in your heart rate and blood pressure, but quitting can lead to a lowering of heart rate and blood pressure over time. Quitting smoking will also lower your risk of cancer, heart attack, stroke, and lung disease. Quitting will also reduce secondhand smoke exposure to other family members or caregivers in the home. It is never too late to reap the benefits of quitting smoking and setting a healthy example for your children and grandchildren.



Gary Whiddon and Alan Hammerand, table tennis winners.

Venturan Alan Hammerand was a multi-winner

Several local senior table tennis players recently traveled to Henderson, Nevada (Nevada Senior Games) and

St. George, Utah (Huntsman World Senior Games) to compete in table tennis tournaments. The Huntsman World Senior Games is the largest multi-sport senior athletic competition in the world. Over 10,000 senior athletes compete in over 30 sports.

At the Nevada Senior Games in Men's Doubles Alan Hammerand (Ventura) and Gary Whiddon (Thousand Oaks) won the Bronze Medal.

In Random Draw Doubles Alan Hammerand and Stu Sinykin (Minnesota) won the Gold Medal.

At the Huntsman World Senior Games in Men's Random Draw Doubles Alan Hammerand and Dan Morgan won the Gold Medal.

Green space might make you healthier

Residential areas with more green space were associated with faster thinking, better attention, and higher overall cognitive function in middle-aged women, according to an NIA-funded study. Published in JAMA Network Open, the findings suggest that green space — such as trees, flowers, grass, gardens, and parks — could be explored as a potential community-based approach to improving cognitive health.

For this study, a team of researchers from Boston University, Harvard University, and Rush University's Alzheimer's Disease Center in Chicago analyzed cognitive test and residential green space data from 13,594 women with an average age of 61. The women were enrolled in the Nurses' Health Study II, a longitudinal study that examines risk factors for major chronic diseases in women. The participants took online cognitive tests that measured psychomotor speed, attention, learning, and working memory. Then, using satellite image-based technology, the researchers determined the amount of green space around each participant's home. Researchers evaluated the association between the amount of green space within walking distance of a participant's home and their cognitive function.

They found that women living in areas with more green space had higher scores on thinking speed, attention, and overall cognitive function. From a cognitive perspective, this translated to being 1.2 years younger. However, living in an area with more green space did not affect learning or working memory, which involves keeping track of information while doing a task. This finding is consistent with another study that found living in neighborhoods with green space was not associated with the size of the hippocampus, a part of the brain responsible for memory and learning.

Next, the team tested several factors thought to affect cognition, including neighborhood socioeconomic status (SES). Notably, among women living in neighborhoods with a higher SES, the positive association between green space and thinking speed and attention, as well as overall cognitive function, was greater. They also found that the effects of green space

on cognition were not significantly affected by population density. This suggests that the cognitive benefits of green space extend to various settings, such as urban neighborhoods.

Previous research has shown that green space is associated with decreased pollution levels, lower risk of depression, and increased physical activity — all of which can positively affect cognition. In this study, the researchers found that the positive impact of green space on thinking speed, attention, and overall cognitive function could not be explained by the effects of air quality or physical activity. However, they found that the cognitive benefit of living near green space could be partly due to reduced rates of depression.

This nationwide study shows that exposure to green space may support cognitive health. Moreover, the findings support the need for further research into the use of green space exposure as a possible way to reduce the risks of cognitive decline and dementia in older adults.

This research was supported in part by NIA grants 1K99AG066949-02, R01AG067497, and R01AG065359.

Brain scans may offer early clues

Continued from page 9

in the Atherosclerosis Risk in Communities Study (ARIC) Neurocognitive Study, an ongoing, community-based study that recruited 15,792 volunteers aged 45-65 years from Washington County, Maryland; Forsyth County, North Carolina; northwestern suburbs of Minneapolis; and Jackson, Mississippi.

Using brain MRI data from 1,754 participants in the ARIC Neurocognitive Study, the researchers found that frail individuals had more abnormal white matter structures in their brains, known as white matter hyperintensities (WMH), than non-frail participants. WMH are brain lesions that indicate injury or disease and show up as bright areas during MRI scans.

Non-frail participants with a high volume of WMH had an increased risk of developing frailty during a seven-year follow-up period, suggesting that WMH may be an important biomarker for future frailty risk. The findings held true for Black and white participants, men and women, and those without a history of dementia or stroke. Though frailty is unlikely to cause these brain changes, it is possible that structural damage to cerebral white matter promotes the development of frailty.

The research suggests physical frailty may serve as a clinical indicator of cerebral small vessel disease and perhaps a sign that a person has an increased risk for future dementia or cognitive deterioration. The team noted that implementing a frailty assessment in a health care setting may help identify individuals at risk for cognitive and functional decline. Additionally, they acknowledged that other biomarkers of brain health, such as brain volume, may also relate to frailty risk.

Further studies are needed to determine whether neurological factors play a causal role in frailty development.

This research was supported in part by NIA grants ZIAAG000348 and P30AG021334.



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VENTURA BOTANICAL GARDENS

Celebrate the Resilience OF THE ISLAND FOXES

Photo: Phil Ranjer

Free Admission

The recovery of the Santa Cruz island fox marked the fastest recovery of any mammal under the Endangered Species Act. To celebrate these charismatic little creatures, Mike and Loretta Merewether, with the help of artists Joanne Duby and Chris Provenzano, imagined this sculpture into reality.

The foxes are located in the Chilean Garden Zone, a half mile from the Garden entrance. Be sure to also stop into our courtyard garden shop, browse our plants and pottery, and ask about our plant sponsorships.

DATE
Thursday,
Oct. 27
HOURS
9am-5pm

SUPPORT THE VENTURA BOTANICAL GARDENS,
BECOME A MEMBER TODAY!

567 S. Poli St. | 805.232.3113 | VenturaBotanicalGardens.com

This 'n' That



Photos by Patricia Schallert.



Keri Bernstein and Deb Jeffers, the executive Director of American Cancer Society were part of the walkers.

This year, Making Strides Against Breast Cancer celebrated its 30th anniversary

On October 8, hundreds joined the campaign to celebrate survivorship and eliminate breast cancer this century at the annual Making Strides Against Breast Cancer walk for Ventura County starting at Ventura Harbor and continuing the promenade at Portside Ventura Harbor. The Harbor Village Main Lawn featured informative booths and more!

Since 1993, the American Cancer Society Making Strides Against Breast Cancer® (MSABC) campaign has united communities, companies, and individuals with a collective goal to end breast cancer as we know it. Over the past two decades, the 3- to 5-mile noncompetitive walks have collectively grown into the nation's largest and most impactful breast cancer movement providing a supportive community for courageous breast cancer survivors and metastatic breast cancer thrivers, including caregivers, and families alike.

This year, Making Strides Against Breast Cancer celebrates its 30th anniversary and will take place in more than 150 communities nationwide.



This is always smiling Breeza (her given name) Barajas who works at Tatiana's Coffee & Tea located at 2470 E Main St. We figured anyone with the name Breeza deserves to be in the Breeze.

Museum of Ventura County

Continued from page 8
paid internships, a critical accessibility initiative that makes internships and work experience available to students who would not otherwise be able to afford unpaid internship hours. Students will be paid the City of Ventura's living wage. This initiative aims to help address a need in the archive's community for more diverse students to gain experience in the field.

ognized by the state assembly as truly a haunted house. People have even photographed apparitions at the site and felt touched by unseen hands. Not everyone who visits sees or hears a ghost but, many do. As the Halloween season approaches us in Ventura its natural to turn to the supernatural and places rumored to be haunted. What are ghosts? No one knows for certain but in the words of Mark Twain: "I don't believe in ghosts but I am scared of them all the same."

Olivas Adobe - official Haunted House

Continued from page 5
black hound with white forepaws.
Besides seeing the haunts, people have heard their footsteps, as well as voices and singing! One ghost hunting group even recorded the strains of a song being sang by a little girl. The number of events documented indicates that this site is one of the more haunted places in the Golden State and should be rec-

Norm Lewis helped raise funds

Continued from page 1
seen starring in ABC's newest series, Women of The Movement, and offscreen, his voice can be heard in the latest season of Apple TV's animated series, Central Park. He was also seen as 'Caiaphas' in the award-winning NBC television special, "Jesus Christ Superstar Live in Concert!," alongside John Legend, Sara Bareilles, and Alice Cooper.

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

I can help you with that!

ADELA TRAINOR
DRE 01985025
805.701.7694
TEAMTRAINOR12@GMAIL.COM

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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.

School Threat with Arrest

On October 4, at 2:30 pm, The Ventura Police Department became aware of an online threat on Instagram directed at Foothill Technology High School.

In collaboration with the Ventura Unified School District an investigation into this incident was conducted. It was learned that the online threat originated from a 14-year-old male student at Foothill Technology High School.

The student was identified, and it was determined that he made online threats against the campus and the student body. He was subsequently arrested for criminal threats and booked into Ventura County Juvenile Hall.

The parents of the student were contacted and cooperated with the investigation. Several weapons were taken into police custody without incident.

The Ventura Police Department and the Ventura Unified School District take all threats to our campuses and students seriously. When adolescents are involved, it is sometimes difficult to determine the intent of these types of threats, as they are occasionally done as a prank or joke. The Ventura Police Department encourages parents to discuss these types of behaviors with their children, as well as the consequences. To learn more about our School Resource Officer program, please visit www.CityofVentura.ca.gov/SROs.

Stabbing

On October 7, at approximately 5:45 am, officers contacted the victim at the Ventura County Medical Center with a stab wound to his leg. The victim said he was riding his bicycle on Ventura Avenue near the intersection of Fix Way when he passed an unknown suspect standing on the sidewalk. The victim believed he was punched by the suspect as he rode by. The victim quickly realized he had been stabbed and was taken to the hospital for treatment.

The victim sustained serious, but not life-threatening injuries. Officers canvassed the area and located a crime scene near the intersection. Anyone with information about this investigation is asked to contact the Ventura Police Detective Sergeant Bill Dolan at 805-339-4444.

Burglary Arrest

On October 9, at 12:30 pm, the Ventura Police Command Center received a call of subjects, later identified as 60-year-old Ventura resident Melissa Christenson and 35-year-old Ventura resident Shea Flores, making illegal entry into a residence on Franklin Lane.

Responding officers contacted Christenson and Flores inside of the residence. The investigation revealed Christenson was a prior tenant of the residence, however had been evicted from the property in recent months. A subsequent search of Christenson and Flores revealed Christenson to be in possession of a key to the residence and Flores to be in possession of a lock pick device and potential stolen property.

A search of the Ventura County Superior Court's database revealed that Christenson has prior arrests for being under the influence of a controlled substance and possession of medica-

tion without a prescription. Flores has prior arrests for driving while under the influence, resisting and/or delaying an officer, possession of brass knuckles, driving on a suspended license and being in possession of a controlled substance.

Christenson was booked at the Ventura County Jail for burglary and conspiracy to commit burglary. Flores was booked at the Ventura County Jail for burglary, conspiracy to commit burglary, and possession of a lock pick device.

Home Invasion Robbery Arrest

On October 10, at approximately 10:00 pm, the Ventura Police Department Communications Center received a call of a robbery at a residence in the 6900 block of Gull Court. Upon arrival, officers learned that the resident and four friends were in the garage of the residence when a subject, later identified as 21-year-old Ventura resident Andrew Cornish, entered the partially open garage door, pointed a handgun at them, and demanded money and property. The victims gave Cornish several items and he left.

A short time later, a single-vehicle traffic collision was reported in the area of Thille Street and Johnson Drive. Responding officers noticed the driver, Andrew Cornish, matched the description of the robbery suspect from earlier. Cornish was identified as the robbery suspect and was found to be in possession of several items stolen during the robbery. Cornish was arrested and booked at the Ventura County Jail for Home Invasion Robbery and Driving Under the Influence of Drugs.

Harbor Patrol Blotter

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

9/27 4:15pm, received complaint of 2 transients with bikes & a large trashcan in handicap R/R at the launch ramp. Cleaners attempted to clean but they refused to leave. Officers responded, issued warning for loitering, removed them

11:55pm, received report of a domestic dispute on a vessel in VIM M-dock. Officers tried to convince RP that this was a police issue and to contact them. Eventually officers responded, contacted VPD and they resolved the issue.

9/28 3:25am, observed National Weather Service issued a Small Craft Advisory for West winds to 25kts today. Officers illuminated warning lights, raised pennant.

5:45am, contacted by new female transient looking for Harbor Blvd. Officers gave detailed directions, inquired where she was from, she stated Los Angeles.

8:10am, received request for a tow from a disabled vessel inside the harbor. Officers responded in Fireboat 1, but a Good Samaritan boat was able to assist.

9/29 9:10am, observed a dense fog bank roll in, officers activated fog signal. 4:25pm, received report of a disabled motor vessel in the sandtrap. Officers responded in Fireboat, located then towed the vessel to the launch ramp.

5:05pm, received report of Hazard to navigation, a large piece of timber near VHV I-dock. Officers responded, removed it, and disposed at the launch ramp.

10:07pm, while on patrol observed

blinding lights on the sport fishing vessel Endeavor while berthed. Officers contacted, issued warning for the violation.

9/30 2:51am, dispatched to a fall victim in the Ventura Marina Community. Officers responded with AMR/VFD and assisted patient with lift assist, no injuries.

7:56am, dispatched to stroke victim in Ventura Marina Community. Officers responded with AMR/VFD to an 83 y/o male who states he feels like he's in a dream. The patient was treated then transported to local hospital for further eval.

10:58am, dispatched to Ventura Marina Community for unknown medical. Officers responded with AMR/VFD. No medical, patient refused assistance.

10/1 1:33am, while on patrol in vehicle, contacted by the owner of a disabled vehicle in the district lot. Officers were able to jumpstart the



vehicle.

6:00am, 2022/2023 lobster season officially open. Officers on patrol in Fireboat to check on diving and hoop netting activity near the Harbor Breakwall.

1:30pm, while on patrol in the vehicle, received a request to transport a surfer near the Santa Clara Rivermouth who was suffering from a back injury. Officers transported surfer to Surfers Knoll, where a friend transported him to a hospital.


8:05pm, on patrol in Fireboat to check on diving/hoop-netting activity near the breakwall and entrance. Officers conducting safety inspections of vessels, ensuring no ordinance violations and/or closed areas clear of fishing.

10/2 1:18am, dispatched to a sick person near the Sheraton. Officers responded with AMR/VFD, patient wasn't sick or injured, just tired, walked from South Oxnard.

VUSD

Information Night



Thurs. Nov. 3

5:30-8 pm

Schools of Choice Lottery Information
Talk with Schools and Service Departments

Buena High School
5670 Telegraph Rd.,
Ventura

www.venturausd.org/enrollment/infonight

Weekly SUDOKU

Answer

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

King Crossword

Answers

Solution time: 26 mins.

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



The Pet Page



Dedicated to Scamp

■ Search Dog Foundation (SDF) -When Hurricane Ian made landfall in Florida on September 28, it did so as a Category 4 with 150 mph winds.

Even viewing a model, it's easy to imagine how entire towns can be wiped out and residents trapped under debris, a sobering reminder of the importance of our mission. Over the years, our SDF teams have deployed to Ian and hundreds of other disasters to ensure no one is left behind.

With your support, we continue to keep our teams and the next generation of first responders prepared and ready to act when communities need them.

We had three teams deploy in response to Hurricane Ian: Karen Meadows & Jax and Shawn Hall & Manion of Virginia Task Force 2, and Ed Ruiz & Harper of California Task Force 2. Notably, all three teams are relatively new to the roster, partnered in the last eighteen months.

New does not mean green, though. Even after the leashes of search dogs are handed off to their first responder partners, the teams have ongoing support and instruction from our dedicated canine training staff. These three teams had been training consistently for any disaster they might encounter and were well-prepared and ready to join their task forces when the call came.

After 15 days in Florida, all canine teams have demobilized from the Hurricane Ian incident and returned home. The many days of searching through homes ripped from their foundations, boats stranded inland, and streets unrecognizable with debris become a blur amid such widespread devastation. However, like the resilience and determination we look for in our search dogs, many human rescuers worked day in and day out until they completed their mission. We are incredibly proud of these teams and thankful for their sacrifice and their service.

■ We are celebrating National Make A Dog's Day on October 22. We use this day to ensure that the dogs around us enjoy themselves as best as possible. This is a day to spread information about dogs' importance in our lives and how much they can improve our days with love and loyalty. We also use this day to encourage people to adopt from shelters and provide a better life for at least one puppy. We mean the world for a dog, and it is time we ensure they get everything they deserve.

■ Is it safe for cats to drink milk? By Charles Q. Choi

Cats are commonly shown lapping milk from saucers. But can they safely drink milk?

The popular image of cats drinking milk may have emerged during the



Three SDF teams were among hurricane Ian response.

19th century, when cats and dogs became popular subjects for artists. As the Industrial Revolution progressed and more people migrated to cities, the number of cat and dog owners grew, and artists were increasingly called on to paint charming works of pets. As such, French artist Alfred-Arthur Brunel de Neuville often drew cats drinking from bowls of milk, and his work proved very popular during his lifetime, according to Rehs Galleries in New York City.

However, giving milk to adult cats might actually do more harm than good to them, according to Britain's leading veterinary charity, the People's Dispensary for Sick Animals. Cats often lose their tolerance for lactose, the sugar found in milk, when they get older, just as most humans do.

"For most cats, the ability to digest lactose declines after weaning," Nathalie Dowgray, head of the International Society of Feline Medicine in the United Kingdom, told Live Science. "As a result, milk can cause digestive issues in cats and lead to symptoms such as diarrhea or vomiting."

Some cats may keep the ability to digest lactose into adulthood, just as some people do, Dowgray noted. Still, "there are no additional nutritional benefits to giving your cat cow's milk if they are fed a high-quality complete and balanced cat food," she said.

In addition, cow's milk is full of fat. A saucer of milk for a cat "is like you eating an entire 12-inch pizza," the People's Dispensary for Sick Animals noted. As such, cow's milk can lead a cat to become overweight, Dowgray said.

Cats may still crave milk despite the problems it causes because they may connect it with positive memories from their time as kittens, according to Hastings Veterinary Hospital Burnaby, British Columbia. They may also simply like the taste of the fat in it, the People's Dispensary for Sick Animals noted.

■ Nearly one in three pet dogs suffer from these ADHD-like repetitive behaviors — and researchers now suspect that an animal's home life could be the cause.

A study involving thousands of Finnish pet dogs found that certain factors make a canine more likely to develop repetitive behaviors, including: Belonging to a first-time dog owner.

Living in a larger family.
Being the only dog in a family.
Getting little exercise.

These repetitive behaviors can range from the annoying to the actively harmful.

Dogs can injure themselves by licking or chewing a paw, or break a tooth lunging at a glimmer of light on a wall, said Erica Feuerbacher, an associate professor who studies domestic dog behavior at the Virginia Tech College of Agriculture and Life Sciences in Blacksburg, Va.

Feuerbacher herself ran into such trouble while transporting a rescue Belgian Malinois, because she didn't know that the dog was a "light chaser."

"We had just had her loose in the back of my car, kind of tethered but not in a crate," Feuerbacher recalled. "And my phone flashed, caught a light, and she leapt into the driver's seat — while I was driving! I had a mesh barrier up between the front

Scamp Club

(Scampclub pets are not for adoption.)

This is Bodie enjoying the sunset at the top of canyon lodge in Mammoth. Bodie is a lover of the mountains and hiking. He visits Mammoth often all year round. He lives by the beach and loves the water. Everyone loves Bodie and we can not walk far without stopping for him to say hello and receive some pets and a belly rub.



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.

seats and the back of the car, but she launched herself over it!"

She added: "Luckily my husband was able to catch her and restrain her. We pulled over right after that and he sat in the back with her the rest of the way" to keep her settled, so those lights didn't cause an accident.

For the study, Sulkama and her colleagues gathered questionnaire data on almost 4,500 Finnish pet dogs and

their owners.

About 30% of the dogs in the study engaged in repetitive behaviors, the researchers found, and the likelihood of these behaviors was associated with a dog's home and lifestyle.

For example, dogs that are their owner's first canine companion are 58% more likely to develop repetitive behaviors than ones that belong to veteran dog owners, results show.

Forever homes wanted

Hi: I'm Thena, a cute 4-month-old Shepherd X who wandered up to a CARL volunteer's house. How fortunate I was to find her house. No one came to claim me, so I'm now up for adoption. I am almost through my chew everything in sight stage and I have a couple of things I am supposed to chew that I love so you can safely welcome me into your home. I love other dogs and I understand correction warnings so even though I am still a puppy, my older foster brothers and sister can tolerate me. I do love to play. Since I'm just a puppy, children in the home must be at least 6 years of age. I know I'm cute and everyone will want me, but please be sure you're ready to take on a puppy as it's similar to having a newborn in the home. If you're ready and able to give me a lifetime of love and wonderful memories, please fill out an application to meet me. Canine Adoption and Rescue League C.A.R.L.



Meet Leroy, a cuddly 5-year-old domestic longhair cat. He was sadly discovered in an apartment when his family moved out, so the landlord brought him to VCAS for care. During his time here, we discovered that Leroy is diabetic. We are managing his diabetes nicely through a change in diet and that seems to be affective. He is not currently receiving insulin injections. So, if you'd like to meet Leroy,

schedule an appointment at www.vcas.us/adopt or come down to the shelter during normal Adoption Hours of 1:00pm - 6:00pm Tuesday - Sunday. If you have questions, please contact us at (805) 388-4341 or info@vcas.us.



Community Events

Ventura events

by Ana Baker

The Ventura Senior Men's Group continues to meet for a social lunch and program at the Poinsettia Pavilion on the first and third Tuesday of each month. Men of all descriptions are always welcome to stop in to sample our shenanigans. Lyle Hotzler at 805-341-9820 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.

Oct. 22, 23: The Channel Islands Chamber Orchestra (CHICO for short) turns 20 years old this season. To commemorate that birthday, CHICO, which features some of the most talented musicians in Ventura and Santa Barbara County, will celebrate with two exciting concerts culminating in a gala celebration and a champagne reception after the second concert. The concerts will take place in Camarillo on Saturday, October 22, at 7 p.m. located at St. Mary Magdalen Church 25 N. Las Posas Road. Sunday, October 23 at 3 p.m. in Ventura, at Ventura First United Methodist Church, 1338 E. Santa Clara Street.

Oct. 22: The Ventura County Genealogical Society will host the Annual Family History and Genealogy seminar, presented virtually this year as a webinar on Zoom. Presenting: Making Sense of the Census. An In-Depth Look at Census Records by Gena Philibert-Ortega. Learn how to search census records more effectively. Saturday, 8:30 - 3:30 p.m. Registration fee: \$30. Registration is available online. <https://venturacogensoc.org/2022-annual-seminar/>

Oct. 26: The College Area Community Council will be holding a Zoom meeting on Wednesday at 7 p.m. Council meetings are held on the fourth Wednesday of each month and include speakers and discussion on neighborhood and community interest topics, including public safety and economic development. An invitation and link to the meeting will be sent to everyone on the CACC mailing list. CACC represents citizens in the area bounded by Mills Road on the west, Hill Road on the east, city limits on the hillsides on the north, and the 126 Freeway on the south. Visit the College Area Community Council website @ <https://caccventura.com> to learn more, add to the mailing list, or access a link to the Zoom meeting.

Oct. 30: Ventura Friends of the Library will hold their Annual Membership Meeting in E.P. Foster Library Topping Room 651 E Main St, from 2- 4 p.m. Keeping with the Taste Makers theme of One County One Book, we have invited Emily Tan from SpiceTopia to spice up our meeting with a flavorful tale. All are invited to attend. A brief business meeting for members will follow the presentation to receive the Treasurer's report, elect the Officers for 2023, and vote on a bylaw change.

Nov. 2: 9:30 a.m, BCNN monthly coffee meet at the Ventura Yacht Club in Ventura Harbor. The speaker will be our own harbor area's Connie Korenstein. Connie is known as the actress behind many recreations of Oxnard history and has written a children's book on this. At the meeting, Connie will talk about the history of women's hats from 1600 on. Many will be available to try on and photograph. BCNN (Beach Cities Neighbors and Newcomers) is a group for women from

Ventura, Oxnard and Port Hueneme. It has dozens of small group off shoots from sports activities, to wine tasting, bridge, games, book groups and more. Newcomers are welcome to attend gratis, to see if they like it. (www.bcnnwomensgroup.org)

Nov. 2, 16: 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 judgment. 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.

Nov. 5 & 6: The Gold Coast Gem Show is coming to the Ventura County Fairgrounds featuring dealers, including demonstrators and local Gem and Mineral Societies. Diane Cook, the owner of Daisy's Rocks and Things, has curated a variety of vendors/dealers who specialize in gems, minerals, and fossils. Show goers will find unique and quality specimens, beads, jewelry, and lapidary supplies, including demonstrations and kids activities, fun for the whole family. The show is free and open to the public (fairground parking is additional). The show hours are Saturday, November 5, 10-5 pm, and Sunday, November 6, 10-4 pm. The Ventura County Fairgrounds is located at 10 W. Harbor Blvd.

Nov. 19: Channel Islands PC User Group (CIPCUG) Online and live at our temporary location Ventura County Computers 2175 Goodyear Avenue, Unit 117 (805) 289-3960. Discussion, Tutorial, and Q&A sessions centered on Computers, email, and the Internet, social media brokers such as Facebook, LinkedIn, Google, and Yahoo. Events begin at 9:30 am. All CIPCUG events can be attended online. Due to limited space, live attendance is reserved for members. Details for connecting to online events are emailed before the event.

Ojai news and events

A new exhibition, Ojai Day Mandalas, opens at the Ojai Valley Museum. The pop-up exhibit will only be on view for four weeks. It runs through November 6.

The annual Ojai Day Mandala is a long-time tradition. Started by local artist River Sauvageau, she continues to lead a small group of women who plan the design and lead the community painting. The exhibition explores making the yearly Mandala through drawings, photographs, and videos provided by the self-titled Mandala Mavens.

In addition to Ojai Day Mandalas, small exhibitions on a range of topics related to the history of the valley, and a diorama of the Sespe Wilderness, are always on view at the museum.

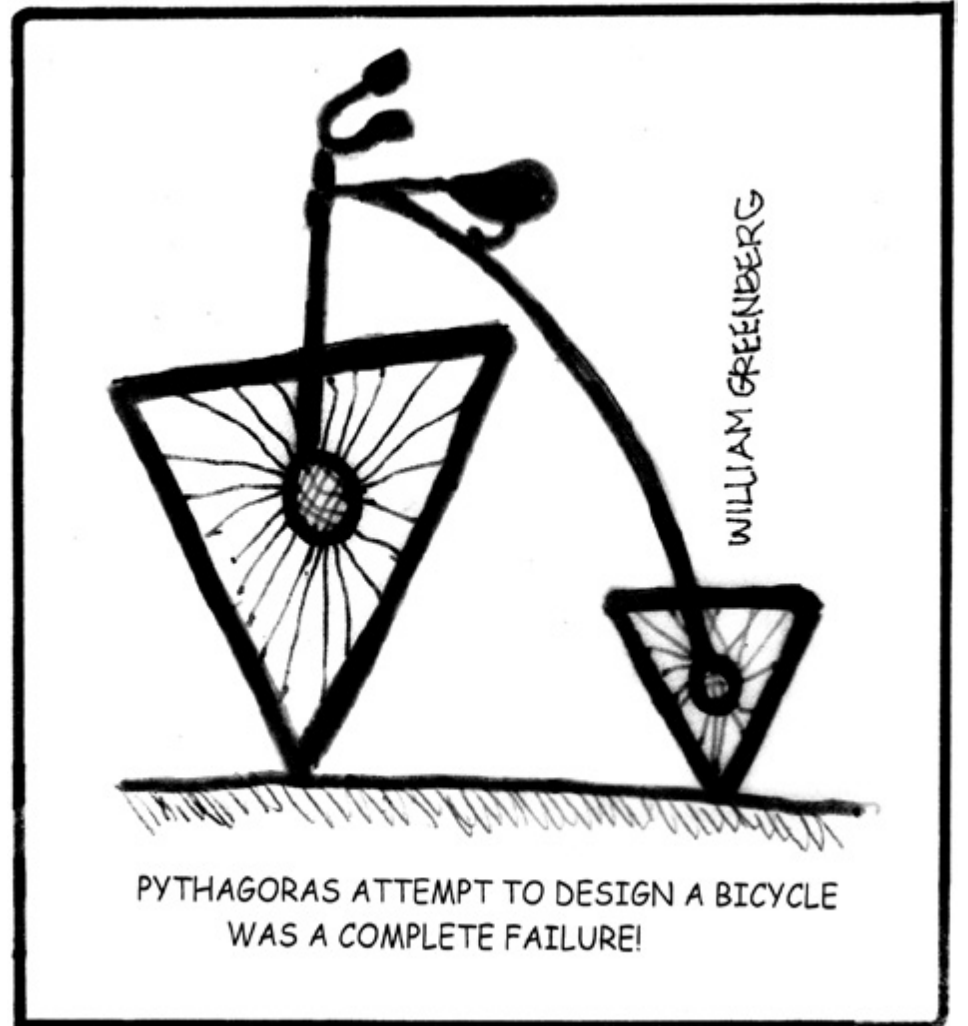
The Ojai Film Festival spotlights filmmaking in the Ojai Valley, and surrounding areas, with the Gold Coast series which ties up the four days of in-person screenings on Monday, November 7. This year's Bill Paxton Award goes to Travis Greer, whose narrative feature "Time Capsule" will screen that evening at 7 p.m.

Honorees, including Greer, will receive their awards at a brunch on Sunday morning, November 6, in the Ojai Art Center courtyard. Gold Coast screenings happen at 1 p.m., 4 p.m., and 7 p.m. on Monday, November 7, also at the Ojai Art Center.

The Ojai City Council declined to deal with the decision to allow up to three

cannabis lounges in the city. Council members decided to hold off on the item until a new City Council is installed in January.

A cannabis lounge allows cannabis smoking, vaping or consumption of edibles on-site. Port Hueneme is expected to open the first cannabis lounge in Ventura County this fall.



Amateur cartoonists send your art to publisher@venturabreeze.com

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by Pam Baumgardner
VenturaRocks.com

I'm loving fall so far with all the unpredictable weather changes; it's safe to say go out wearing layers, and trust me when I say, you'll certainly want to be able to strip off several layers once you warm up while dancing at the Salsa Music Fest on Saturday, October 22 at Freedom Park in Camarillo. This one runs from 11 am - 6 pm with food and craft vendors, with dancing like there's no tomorrow to Chino Espinoza y Los Duenos Del Son! And in case you're a little rusty on your salsa skills, or have never attempted this fabulous dance, there will be beginner's salsa lessons at 11:30 along with an advanced lesson featuring star guest, Hector Sanchez. There's a lot more going on, so be sure to get the details and secure your tickets at SalsaMusicFest.com.

Ventura Music Festival is already busy with next year's lineup for next summer, but meanwhile, they're be partnering with Sterling Venue Ventures to bring Mnozil Brass, an Austrian band known as the "Monty Python" of the music world to town. The band's brand of slapstick comedy promises a fun evening you won't soon forget when they play the Oxnard Performing Arts Center on March 2, 2023. Find out more about their early bird special at VenturaMusicFestival.org.

The next free Ojai Pops Concert Series show will be Sunday, October 23, with vocalists Miriam Dance and Sophie Holt featuring the music of Leonard Bernstein, John Williams, selections from Dreamgirls and Aretha Franklin. Concert starts at 3:30 pm. The next and final show will be on November 6th featuring Larktown & Friends with Lark Cobb and Todd Temanson. And just a reminder that while these shows are free, donations are greatly appreciated.

The Merry Wives of Windsor will perform during the Ojai Storytelling Festival which runs October 27 - 30. The ten-piece all-female folk band blending elements of folk from the British Isles and the Americas will perform during the kickoff celebration on Thursday, October 27 at Libbey Bowl. Find out more about all the performances, dates, locations and tickets at OjaiStoryFest.org.

The Judy Collins and Sophie B. Hawkins concert at Libbey Bowl was cancelled due to Judy breaking an arm. The Libbey Bowl website posted that a full recovery is expected and Ms. Collins looks forward to performing at the Libbey Bowl on June 3, 2023. Original tickets will be honored.

Now to the really fun stuff involving a few Halloween parties.

There are a couple of "early-bird" events this year including the one at the Oceanview Pavilion in Port Hueneme where they're hosting a "Thriller Bash" with Green Jelly (pronounced jello) and Sik Sik Siks performing on Saturday, October 22 with a ton of prizes for best costumes. Tickets are available on Eventbrite with this one open to 18 and over.

On the same night, it's Angie & the Nightmares along with Duncan & the Dragonslayers for one of the Garage's Halloween parties on Saturday, October 22. This one is free with costume prizes, but you need to be 21+ to attend.

And then the NextGen Rotary club is hosting Crawl-O-Ween on Sunday afternoon

October, 23 with several venues participating downtown Ventura; Winchesters will provide live music from the Ray Jaurique Trio. Find out more and get your tickets (after lining up your designated driver) on EventBrite.com. Three non-profits will benefit: NextGen Rotary, Surf Rider Foundation and Food Share. Costumes are encouraged as a contest with prizes will be awarded.

Otherwise, the weekend before Halloween (which falls on a Monday this year) will lead up to the big night:

Thursday, October 27

Coleen & Co. at The Grape

Friday, October 28

Vinyl Gypsies at the Keynote

The Grizwalds at Sunland Vintage Winery

Saturday, October 29

Shaky Feelin' at Leashless Brewing

The 805 Social Club at Strey Cellars

Morie & the Heavy Hitters at Aqua Bar, Crowne Plaza Nick & the Old Souls at Namba Performing Arts Center

Dave Rea & Acoustic DNA at The Twist on Main

Vinyl Gypsies at The Raven

Ganda at the Garage

Tasty Thieves at Azar's

Dave Palmer & Friends at Deer Lodge

Sunday, October 30

Heart & Soul at Tony's Pizzeria

Quick Notes: Bruno and the Hooligans (Bruno Mars tribute) play the Collection on Wednesday, October 19; the Expandards with Isaac Koren & Mikael Jorgensen featuring Mario Calire and Kevin McCormack play the Ojai Underground on Friday, October 21; Top Shelf Brass Band (NOLA style dirty dance music) play Ojai Valley Brewing on Saturday, October 22; and if you're willing to travel to Simi Valley, Harley's Rock & Roll Pizza's Halloween party will have Hollywood Crue, Black Sabbath and Metal Health on Saturday, October 29.

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

Aqua Beachfront Bar
Crowne Plaza Hotel, Ventura

Music at 7 pm

Thurs 10/20: Lion Heights

Sat 10/29: Hallo. Party w/ Morie & Heavy Hitters

Boatyard Pub

1583 Spinnaker Dr., Ventura

Wednesdays: Frank Barajas

Thursdays: Jim Friery; Bluegrass Jam

Fri 10/21: Teresa Russell & Stephen Geyer

Sat 10/22: Guy and Dave

Tues 10/25: Troy Edwards

Fri 10/28: Epitome of Dreams

Sat 10/29: Frank Barajas

Cantara Cellars

126 N. Wood Rd., Camarillo

Fri 10/21: Slogan Acoustic

Sat 10/22: Caught Red-Handed

Fri 10/28: Johnny and the Love Handles

Sat 10/29: The Brandon Ragan Project

The Cave

4435 McGrath St., Ventura

Wed & Thurs: Bobby Apostol

Fri & Sat: Warren Takahashi

Copa Cubana

Ventura Harbor Village

Tuesdays: Blues Tuesdays

Thursdays: Glenn Bennet

The Collection

2751 Park View Court, Oxnard

Rock the Collection

Wed 10/19: Bruno and the Hooligans

Copper Blues

The Collection, Oxnard

Fri 10/21: Zeppheads

Sat 10/22: NDR CVR

Fri 10/28: Blue Moon Boys

Sat 10/29: No Idea Band

Four Brix Winery

2290 Eastman Ave., Ventura

Sun 10/23: Mark Masson solo

Fri 10/28: On Tap

Sun 10/30: Moxy Raven

Gigi's Cocktails

2493 Grand Ave., Ventura

Sat 10/22: Rat Boy, False Confession,

Latch-key Kids

The Grape

2833 E. Main St., Ventura

Tuesdays Jazz Jam

Thurs 10/20: Tom Etchart & Friends

Fri 10/21: Fred Kaplan (5pm)

Sat 10/22: Fausto Cuevas y la Moderna (2 pm);

Thom Rotella Quartet (8 pm)

Wed 10/26: Gregg Karukas

Thurs 10/27: Tom Etchart & Friends (5 pm);

Coleen & Co. (7 pm)

Fri 10/28: Fred Kaplan (5 pm); Ed Smith &

Loloraccie (8 pm)

Sat 10/29: Barrelhouse Wailers (5 pm); Big Bad

Voodoo Daddy and Big Bad Band (sold out)

Harbor Cove Café

1867 Spinnaker Dr., Ventura

Saturdays: The Cook Hand Ukles

Keynote Lounge

10245 E Telephone Rd, Ventura

Thursdays: Open Mic

Sat 10/22: Pull the Trigger

Fri 10/28: Halloween Party w/ Vinyl Gypsies

Leashless Brewing

585 E. Thompson Blvd., Ventura

Fri 10/21: Evan Joffred

Sat 10/22: Vinny Berry

Sun 10/23: Jayden Secor

Fri 10/28: Jacob Marquez & the Good Vibes

Sat 10/29: Halloween Party w/ Shaky Feelin'

Sun 10/30: Kavika G

Libbey Bowl

210 Signal St., Ojai

Sun 10/23: Ojai Pops Orchestra (3:30 pm)

Majestic Ventura Theater

26 S. Chestnut St., Ventura

Fri 10/21: Alkaline Trio, Slaughterhouse

Wed 10/26: Thursday

Sat 10/29: Black Flag, Total Chaos, iDecline

Manhattan

5800 Santa Rosa Road, Camarillo

Wed 10/19: Richard Weiss

Fri 10/21: Tour Support

Sat 10/22: Jeanne Tatum Trio

Wed 10/26: Robert Van

Fri 10/28: Mark and Jim Duo

Sat 10/29: Pam and Hollywood

Margarita Villa

Ventura Harbor

Fri & Sat 7-10 pm; Sun 5-8 pm

Fri 10/21: Tossers

Sat 10/22: Big Adventure

Sun 10/23: Operation 90s

Fri 10/28: Colette Lovejoy Band

Sat 10/29: Cinnamon Whiskey

Sun 10/30: CRV

Mrs. Olson's

2800 Harbor Blvd., Oxnard

Sat 10/22: The Bomb

Sun 10/23: Teresa Russell

Namba Arts

47 S. Oak Street, Ventura

Fri 10/21: Bryan Bielanski

Fri 10/28: Listening Room Redux

Sat 10/29: Halloween Party w/ Nick & Old Souls

Ojai Underground

616 Pearl Street, Ojai

Fri 10/21: Expandards

Ojai Valley Brewing

307 Bryant Street, Ojai

Wed 10/19: Artists Brew

Thurs 10/20: Singer Songwriter Series

Fri 10/21: Van Allen Twins

Sat 10/22: Top Shelf Brass Band

Sat 10/29: Buena Onda

The Raven Tavern

1651 S. Victoria Ave., Oxnard

Fri 10/21: Hogers Heroes

Sat 10/22: Free Love Project

Sun 10/23: Brittney & Ben

Fri 10/28: Jayden Secor

Sat 10/29: Halloween Party w/ Vinyl Gypsies

Sun 10/30: Teresa Russell

Salsa Music Festival

Freedom Park, Camarillo

Sat 10/22: Chino Espinoza y los Duenos del

Son of Los Angeles, Humberto Barajas

San Souci

21 S. Chestnut St., Ventura

Fri 10/21: The Pitts, Wormwood, Alkaline Trio

Sat 10/29: Voght Kampff, Buffalo Trance, Ooo Wee Ooos

The Shores

1031 Harbor Blvd., Oxnard

Sat 10/22: No Biggie

Strey Cellars

951 Rice Ave., Oxnard

Fri 10/21: Barrelhouse Wailers

Sun 10/23: Bar Fly Band

Sat 10/29: Halloween Party w/ 805 Social Club

The Twist on Main

454 E. Main St., Ventura

Wednesdays: Americana Night

Thursdays: LA Jazz Connection

Fri 10/21: The Jetlemons

Sat 10/22: Bella Lucarelli (2 pm); Dive Bar Messiahs (8 pm)

Sun 10/23: Subs (12:30); Austin Vallejo (5 pm)

Fri 10/28: Breaking Bored

Sat 10/29: Dive Bar Steve (2 pm); Halloween

Party w/ Dave Rea and Acoustic DNA (8 pm)

Sun 10/30: Bob Bishop Band (12:30 pm);

George & Michael (5 pm)

Vaquero y Mar

435 E. Thompson Blvd., Ventura

Sundays: Mariachi

Tuesdays: The Sea Hunter

Wednesdays: Tribal Me

Ventura Music Hall

1888 E. Thompson Blvd., Ventura

Wed 10/19: Atmosphere

Fri 10/21: Sueco

Sat 10/22: Knuckle Puck

Sun 10/23: REXX Life Raj

Wed 10/26: Ginger Root

Thurs 10/27: Aquadolls, Sitting on Stacy, Strange Case

Sat 10/29: Red Not Chili Peppers

Tues 11/1: La Santa Cecilia

The Vine

308 E. Ojai Ave., Ojai

Saturdays: Smitty and Julia and Friends

Sundays: Austin Vallejo

Winchesters

632 E. Main St., Ventura

Music Thurs 5:30; Fri 7; Sat 2 pm; Sun 3 pm

Thurs 10/20: Doc Rogers duo

Fri 10/21: Brittney & Ben

Sat 10/22: Mack & D

Sun 10/23: Ray Jaurique Trio

Thurs 10/27: Big Adventure

Fri 10/28: Blown Over

Sat 10/29: LA Jazz Connectin w/ Davey Miller

Sun 10/30: Sin Chonies

Tues 11/1: Open Mic w/ Jenna Rose

Ventura Music Scene



Immigrant by **Elizabeth**.

FOTM'S Learning To See Community Impact Project is here! Please join us in giving voice to historically underrepresented populations in Ventura County.

Ventura County Government Center Hall of Administration Atrium
Through November 14, 2022

The public is invited to join the Focus on the Masters Arts Archive & Library (FOTM) for a celebration of the creative spirit by underrepresented populations in our community through the Impact Project. With funding from the California Arts Council, this exhibit features collaborative artworks by members of the Immigrant, LGBTQ and Black communities of Ventura County.

Also on display is artwork by k-8 students who participated in our Learning To See Outreach (LTS) in-school art program and a selection of early photographic portraits of FOTM documented artists by Founder Donna Granata.



The inkspots annual exhibit "Printing with Passion" will have their opening reception Friday, November 4, 5-8pm, music, snacks and free drawing for a folio of original prints. Saturday Gallery hours 1-4pm, November 5, 12, 19 and 26 and by appointment inkspotsventura@hotmail.com. Printmaking demos each Saturday.

643 N. Ventura Ave, Ventura 93001

All events are free and open to the public



Buenaventura Art Association is closing out 2022 with a flourish, presenting six exhibitions of members' works at three locations and wrapping up its monthlong Under \$50 fundraising sale.

Two of the shows will be at Harbor Village Gallery & Gifts. The current fundraiser will be up until Nov. 7 and a members' holiday show will run Nov. 8 through Jan. 10. The gallery is open 11 a.m.-6 p.m., seven days a week. The fundraiser features 8-by-8-in. original artworks created and donated by BAA members, selling for \$49 each.

In Studio 99 at Bell Arts Factory, 432 N. Ventura Ave., a display through Oct. 29 of members' original works will be followed by one for the holiday season, Nov. 4-Dec. 24.

Two evening receptions are planned for the Studio 99 holiday exhibition, 6-9 p.m. on Nov. 4, opening night, and Dec. 2, in conjunction with Ventura's First Friday celebration of the arts. Regular hours are noon-4 p.m. Fridays and Saturdays.

BAA, a nonprofit arts cooperative founded in 1954, welcomes additional business partnerships to expand its exhibit space and artist exposure. For more about BAA and its programs, call the gallery at 805-648-1235 or visit buenaventuraartassociation.org.

Ventura Art Scene



During a beautiful October 13 Ventura evening, one of the Ventura Chamber's most popular events, TASTE of Ventura was held at the Museum of Ventura County (outside and inside). Partnering with "very" local restaurants, wineries, breweries, and bakeries/confectioners, guests enjoyed the very best Ventura has to offer in a festive, casual atmosphere. Live music under the stars was also enjoyed.

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Lighter Breeze

Tiger



Crock



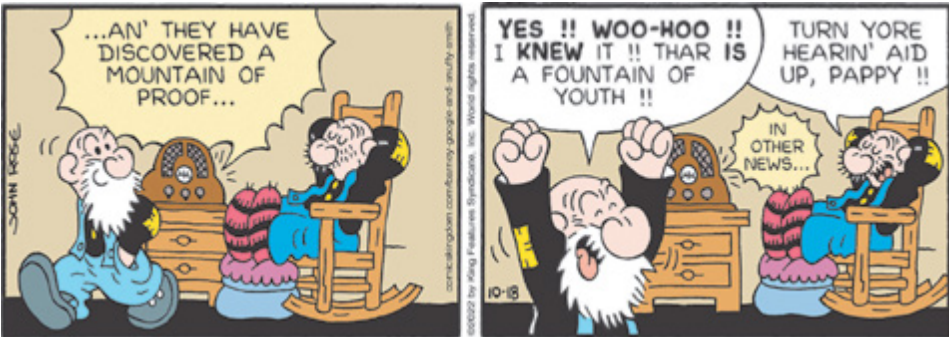
Mutts



Hagar the Horrible



Barney Google and Snuffy Smith



Moose and Molly



Solutions on page 13

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

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

Weekly SUDOKU

by Linda Thistle

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

DIFFICULTY THIS WEEK: ♦♦

♦ Moderate ♦♦ Challenging
♦♦♦ HOO BOY!

Solutions on page 13

King Crossword

ACROSS

- 1 "Big Blue"
- 4 Twice cuatro
- 8 Tubular pasta
- 12 PBS funder
- 13 Beloved
- 14 Optimist's credo
- 15 Standards
- 17 Profs' degrees
- 18 Finally
- 19 Snooze
- 21 Sound from a hot wok
- 22 "Conga" singer Estefan
- 26 Eastern European cake
- 29 Wager
- 30 Nile reptile
- 31 Novelist Anita
- 32 "Mayday!"
- 33 Ovid's 53
- 34 Hostel
- 35 Farm pen
- 36 Tightly packed
- 37 Illinois city
- 39 Day light
- 40 Corn serving
- 41 Tempt
- 45 Wicked
- 48 Bliss
- 50 News reporter Logan
- 51 Nepal's continent
- 52 "— a Won-

1	2	3	4	5	6	7	8	9	10	11
12			13					14		
15			16					17		
18						19	20			
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26	27	28			29			30		
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45	46	47			48	49				
50					51			52		
53					54			55		

- 53 derful Life"
- 54 Linen source
- 55 Squad
- 56 Command to Rover
- 8 Lighter brand
- 9 German pronoun
- 10 Wee bit
- 11 — and outs
- 16 To-do list items
- 20 PC key
- 23 Picnic spoiler
- 24 Egyptian deity
- 25 "... baked in —"
- 26 Radar dot
- 27 First-rate
- 28 U2 lead singer
- 29 Lad
- 32 Ogle
- 33 Slow, in music
- 35 "Chandelier" singer
- 36 "Girls" star Lena
- 38 Chill out
- 39 Old photo tint
- 42 Rainbow
- 43 New York's — Field
- 44 Sunrise direction
- 45 Sprite
- 46 Actor Kilmer
- 47 401(k) alternative
- 49 Work with

DOWN

- 1 Early Peruvian
- 2 Ernie's pal
- 3 Postal delivery
- 4 Black Sea port
- 5 Breath mint brand
- 6 "Bali —"
- 7 Vitamin C providers

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influence how you choose to deal with them.

LIBRA (September 23 to October 22) You might need more facts before you can decide on a possible career change. But you should have no problem making a decision about an important personal matter.

SCORPIO (October 23 to November 21) You're respected by most people for your direct, no-nonsense approach to the issues. But be careful you don't replace honest skepticism with stinging sarcasm.

SAGITTARIUS (November 22 to December 21) A newly emerging situation could require a good deal of attention and some difficult decision-making. However, close friends will help you to see it through.

CAPRICORN (December 22 to January 19) Family matters need attention. Check things out carefully. There still might be unresolved tensions that could hinder your efforts to repair damaged relationships.

AQUARIUS (January 20 to February 18) Of course you deserve to indulge yourself in something special. But for now, tuck that bit of mad money away. You'll need it to help with a looming cash crunch.

PISCES (February 19 to March 20) A temporary setback in your financial situation is eased by changing some of your plans. You'll be able to ride it out quite well until the tide turns back in your favor.

BORN THIS WEEK: You have a gift for understanding people's needs. You have a low tolerance for those who act without concern for others.

ARIES (March 21 to April 19) This is a good time for the usually outspoken Lamb to be a bit more discreet. You still can get your point across, but do it in a way less likely to turn off a potential supporter.

TAURUS (April 20 to May 20) Good news: All that hard work you put in is beginning to pay off. But you need to watch that tendency to insist on doing things your way or no way. Be a bit more flexible.

GEMINI (May 21 to June 20) You might want to delay making a decision on the future of a long-standing relationship until you check out some heretofore hidden details that are just now beginning to emerge.

CANCER (June 21 to July 22) Your reluctance to compromise on an important issue could backfire without more facts to support your position. Weigh your options carefully before making your next move.

LEO (July 23 to August 22) This is a good time for ambitious Leos or Leonas to shift from planning their next move to actually executing it. Your communication skills help persuade others to join you.

VIRGO (August 23 to September 22) Relationships -- personal or professional -- present new challenges. Be careful not to let a sudden surge of stubbornness



Showtime



Christopher James Hester, Desmond Newson, Fredericka Meek, Constance Jewell Lopez and Nataley Carter star in Carmen Jones.

Theatre season opens with Carmen Jones

by Sheli Ellsworth

The musical Carmen Jones, Oscar Hammerstein's take on Bizet's 1875 opera, opened on October 8 and will run through October 23 at The New Vic, 33 W. Victoria Street in Santa Barbara. A talented, all-African American cast detonates the operatic spirit into the launching of Ensemble Theatre Company's 44th season.

Carmen Jones is set in an American, 1940s WWII parachute factory and chronicles a love triangle between: factory worker Carmen (Fredericka Meek) who plays the seductress; Corporal Joe (Chauncey Packer) a handsome young soldier who guards the plant; and his small-town girlfriend, the ever-true Cindy Lou (Zelda Carmen).

The ambitious Carmen is an adept social climber. She flaunts her sexuality with the shamelessness of a modern-day pop diva. After she finally convinces Joe that they belong together, he turns his back on Cindy Lou and his dying mother to be with Carmen. Joe, whose ambition is to become an airplane pilot, leaves the army and goes AWOL to be with Carmen in Chicago.

Once in Chicago, Carmen finds the champion boxer, Husky Miller (Troy D. Wallace), to be a higher rung on the social ladder and dumps Joe for the fighter. Joe's life is destroyed against the backdrop of Miller's success. The popular song "Stan' Up and Fight" brings back visions of a great united

country determined in its war effort to "fight like hell."

The live musical accompaniment to this adaptation of Carmen Jones was flawless. Positioned above the stage, theatre goers were impressed not only with the talent of the musicians but their visibility during the performance. The baby grand piano appears to almost float in the air along with the music and the mellifluous arias.

Fortunately, we go to operas for the music. But Carmen Jones is more than an opera. It is part of America's heritage and in many ways the performers made being an American feel noble again. However, every time one of the performers were positioned on the tiny stage tables, the audience teetered with them. And when the Sergeant called Corporal Joe, "boy," I hoped that Oscar Hammerstein's language hadn't offended anyone. Then when the scenes of domestic violence became a theme, there were audible sighs in the audience. Should we keep these archetypal opera plots or find fresh ones? If you have ever been to the opera, you already know how it ends.

Performances are Wednesdays and Thursdays at 7:30 p.m., Fridays and Saturdays at 8:00 p.m. and Sundays at 2:00 p.m. There will be no performance on Saturday, October 22 at 8:00 p.m. or Sunday October 23 at 7:00 p.m. Tickets prices range from \$40-\$84. Visit www.etc.sb.org or call 805.965.5400.

Streaming Spotlight by Cindy Summers

Top Gun: Maverick

- Amazon Rentals & Theaters



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

When the U.S. Government discovered there was an unsanctioned nuclear enrichment facility that could supply the needed materials to build nuclear weapons, the decision was made that the facility would have to be destroyed. Unfortunately, it was at the end of a narrow, well-guarded canyon in the crevasse of two large mountains making it almost inaccessible even by air strikes. A plan was formulated to get the Navy to solicit the skills of their top twelve Top Gun

pilots to train a team to take out the facility, though most had never seen any combat flying.

When considering who would train the best for this impossible mission, one of the Navy's top aviators, Pete "Maverick" Mitchell (Tom Cruise) was called to action by his Top Gun rival, Admiral Tom "Iceman" Kazansky (Val Kilmer), who had become commander of the U.S. Pacific Fleet, while Maverick rose only to Captain in the ranks over the past 30 years, spending his time testing Next-Gen jets pushing them past supersonic to the Mach 10 threshold.

Maverick didn't consider himself a trainer and was also concerned that one of the twelve pilots selected to train for the mission was Bradley "Rooster" Bradshaw (Miles Teller), son of Maverick's late best friend and RIO Nick "Goose" Bradshaw. Rooster resented Maverick for pulling his papers and setting him back four year in the pilot program, but unbeknownst to him

Continued on page 20

NOW thru **OCTOBER 23** Tickets starting @ \$40!

"Delights from Beginning to End" MONTECITO JOURNAL

"A Vibrant Tour De Force" VOICE MAGAZINE

Carmen Jones

BOOK & LYRICS BY **Oscar Hammerstein II**
 MUSIC BY **Georges Bizet**
 DIRECTED BY **Jonathan Fox**

etc

ENSEMBLE THEATRE COMPANY
 AT THE NEW VIC

33 West Victoria Street | Santa Barbara
etc.sb.org | 805.965.5400

Fredericka Meek in Carmen Jones Photo: Zach Mendez

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This 'n' That



On Saturday, October 15, Timbre Books celebrated their 2-year anniversary. It opened on Oct. 17, 2020 by Kyle and Megan Murai who stated "Thank you for supporting your friendly neighborhood bookshop. Here's to another year.". The celebration included live music, raffles, kids' story times. A portion of the proceeds of the day went to the Planet Foundation.

Timbre Books
1924 E. Main St.
(805) 628-3370

Photos by Patricia Schallert.

Top Gun: Maverick

Continued from page 19

Maverick promised Rooster's mother before she died that Rooster would not become a pilot like his father.

The mission was a direct assignment from Iceman, who knew though Maverick had a harsh exterior that he was the best pilot and candidate for the job. Maverick wanted to decline, but heeded his dear friend's words and set off to head up the mission and deal with the loss of Goose and having Rooster on the team. Maverick's true wish was to honor his best friend and be the father Rooster never had, but

Rooster blamed him for his father's death.

Maverick felt that if he put Rooster on the team he may lose his life and if he didn't Rooster would never forgive him. Maverick was reluctant to further interfere with Rooster's career, but Iceman advised him that "It's time to let go" and reassured him that both the Navy and Rooster needed Maverick. Unfortunately Iceman died shortly after of throat cancer and was no longer there to help Maverick navigate the intricacies of diplomacy.

The other pilots also didn't respect Maverick, though quickly changed their views after every one of them lost to

Maverick in basic dogfight training in their F-18s. After numerous VR training flights, Maverick chose Lieutenant Natasha "Phoenix" Trace and WSO Lieutenant Robert "Bob" Floyd. to lead the second strike pair, including Lieutenant Reuben "Payback" Fitch and WSO Lieutenant Mickey "Fanboy" Garcia and chose Rooster as his wingman. The four jets launched from an aircraft carrier as Tomahawk cruise missiles were launched from the USS Leyte Gulf to destroy the nearby air base as they approached.

As they said throughout the movie, the

success of the mission ultimately "comes down to the pilot in the box" regardless of the considered odds against them, and "Top Gun: Maverick" shares a compassionate putting aside of the past between Maverick and Iceman (Val Kilmer), who actually suffers from the health condition he portrayed in the movie.

Rated: PG-13
Runtime: 2h 11m

Mailbox

Continued from page 4

(Do we really need air conditioning in our moderate climate, with school out during summer? I don't have AC at our home and do ok with just fans).

I am open to other views, but with nearly 1/2 of our population being renters who unrealistically may expect owners to bear this cost without passing it on, I think renters and policy makers need to consider the ramifications.

Now if it were a bond issue to support new housing on school land for teachers or staff, that would be another matter.

Mike Merewether

To the staff at Ventura Breeze:

I had a great surprise yesterday when I visited Cypress Place Senior Living to visit a friend. There on the table were copies of Ventura Breeze. Thanks so much for being so faithful to the people of Ventura and our wonderful city. Do we take out subscriptions now? Seems only right in this economy when few good things are free!! Congratulations!! Special thanks to you, Sheldon Brown ---great job!

Always a faithful supporter.

Dolores Bray

Sorry Dolores no subscriptions yet.



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Housing Authority of the City of San Buenaventura
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