



VENTURA BREEZE

Your Hometown Paper

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City approves applicants for commercial cannabis business permits



Cannabis stores are clean, professionally designed retail businesses.

The Ventura City Manager Alex D. McIntyre selected the finalists for the City's first round of commercial cannabis permits. The three retail businesses that have been conditionally awarded permits are Responsible and Compliant Retail Ventura, located at 1890 East Main Street; TAT Ventura, located at 2835 E Main Street; and ZASA, located at 4591 Market Street. The only industrial applicant in the process has been awarded to Ventura's Finest, located at 3037 Golf Course Drive.

"The City embarked on an extensive evaluation process that included feedback from an outside consulting group, staff, and community members. All applications were carefully reviewed to allow for responsible commercial business operations in our community," said City Manager Alex D. McIntyre. "This is an extremely regulated area. These businesses were selected because they provided thorough neighborhood compatibility, security, and safety plans. They also demonstrated a strong desire to be responsible partners that would invest in community groups and local organizations."

Once operating, all cannabis businesses are subject to regular inspections, audits, and monitoring. City staff, the Ventura Police Department, and State regulators will collaborate to safeguard the community and ensure all local and state requirements are met. All cannabis retailers must check IDs and ensure customers are 21 years of age or older (18 or over if a medical patient). Cannabis businesses must be at least 600 feet from an elementary, middle, or high school. Permits are renewed annually and can be

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Ventura's Golden Age of Surfing: 1960-2022

by Amy Brown

In the 1960s, surfing was still in its relative infancy along the California coast. The 'Sport of Kings' started in ancient Polynesia, and had a surge of U.S. mainstream popularity in the Post-Vietnam war, as it gravitated from Waikiki to Malibu. The next few years were referred to as the Golden Age of surfing, as surfing gained momentum, media visibility and exponentially evolved. Meanwhile, Ventura was blossoming with its peeling point, reef and beach breaks and a small but seriously stoked cadre of enthusiasts was putting the sport and the city on the map.

One of them was Bill "Blinky" Hubina, now owner of Ventura Surf Shop, who was recently inducted into the International Surfboard Builders Hall of Fame. He moved to Ventura in 1961 to attend Ventura College, but his academic fervor quickly gave way to following his real passion on the waves. "It was the very beginning back then, there were probably only ten major surf shops on the whole California coast at that time," he said. "With the boom of the Golden Age, Ventura soon had a major surfboard business on Callens Road, Ventura International Plastics, that made mass production surfboards sold all across the country."

Hubina and his friends didn't have wetsuits in the 1960s, and while

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Bill Hubina has long been a fixture in the Ventura surf community. Photo by Cecilia Ortiz @thepixelchick.

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City News

Apply to join a city board, commission, or committee

The City of Ventura invites residents to get involved in decisions that impact the community. There are currently 10 openings across several City boards, commissions, and committees. These positions assist and advise the City Council on various programs and projects. All applications are due by Friday, November 9, 2022, at 5:30 p.m.

There are four openings on the Local Construction Appeals Board. This seven-member advisory board meets annually in January with additional meetings as needed. The board decides on appeals made by the Building Official or Fire Marshal relative to the application and interpretation of the City's building requirements.

There is one opening on the Mobile Home Rent Review Board. This five-member advisory board meets on the third Thursday of every quarter (February, May, August, and November) at 3:00 p.m. to receive, investigate, hold hearings on, and act on the issues relating to mobile home park rent stabilization.

There is one opening on the Historic

Preservation Committee. This five-member committee meets on the fourth Wednesday of the month at 6:00 p.m. to make recommendations concerning the designation of historic districts, landmarks, sites, and points of interest significant to the heritage and development of the City's Mills Act contracts. They also provide recommendations for applications affecting identified or potential historic resources.

There are three openings on the Downtown Parking Advisory Committee. This seven-member advisory committee meets on the third Thursday of the month at 3:00 p.m. to advise on parking management strategies and programs in the Downtown Parking District area. This includes capital budgets, hours of operations, parking pricing policies, valet programs, and employee commuter parking policies.

There is one opening on the Measure O Citizen Oversight Committee. Recruitment is open to residents who are not an employee or dependent of an employee for the City of Ventura. This seven-member committee meets quarterly on the first Tuesday of the month to review the projected revenues and recommended expenditures for the funds generated by Measure O. The committee also makes recommendations to the City Council as a part of the City's budget process.

Vacancies occur either by the expiration of a term or resignations during the year. Per San Buenaventura Ordinance 2019-003, no citizen may serve on more than one committee, commission, or board. Dual appointments are not permitted.

For questions or to apply for a position, contact the City Clerk's Office at (805) 658-4787 or email cityclerk@cityofventura.ca.gov. To learn more about the City's boards, commissions, or committees, visit www.cityofventura.ca.gov/Recruitments.

ment and particularly the advancing challenge of Climate Change that threatens our way of life and the livability of the planet. We believe individual and local actions can help mitigate the looming threat, and position the Community to best adapt to the problems that are already baked into our future. We surveyed all Council candidates for their positions on the following measures and strategies that we believe should be pursued.

Survey Questions

1. Adoption of ordinances or amendments to the State Building Code (a "Reach" Code) that, with few exceptions, prohibit new buildings to be hooked-up to natural gas pipelines.
2. Seek and support programs that promote retrofitting gas powered equipment and appliances with electrically powered ones in existing buildings.
3. Re-locate the Southern California Gas Co. compressor plant on North Olive St. in West Ventura to a remote location away from its present location across the street from a school.
4. Commit the City to using 100% renewable electrical energy supplied by the Clean Power Alliance (CPA).
5. Set a goal to have 20% of the city staff work from home each week to help reduce vehicle miles traveled (VMT) that create about 40% of the Climate Changing gases generated in the community.

We believe individual and local actions can help mitigate the looming threat, and position the Community to best adapt to the problems that are already baked into our future.

Each of the council candidates in the four districts where elections are being held (for a total of 12 candidates) was sent a survey on October 5th and asked to respond by October 14th. They were told their responses would be published in the local press to share with voters.

The candidates were asked to rate their level of support for each action on a scale of 1-5, with 5 being the highest level of support equating to voting for the action.

Seven candidates responded, including at least one from each of the four districts in question (1, 4, 5, and 6). The responding candidates' level of support for the actions were largely "4s and 5s". The fact that a majority of the candidates

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The Ventura Climate Coalition interviewed the city council candidates

The Ventura Climate Coalition (VCC) is a local group of citizens that are deeply concerned about our environ-

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¹\$Benefits listed are for SCAN Classic (HMO) in Ventura County only. Other SCAN plan options may be available in this county with plan benefits that may differ from those listed here. ¹\$0 copay for Preferred Generic and Generic drugs at SCAN Preferred pharmacies and with mail-order only. ²\$25 insulin available for a 1-month supply through SCAN Preferred pharmacies and mail-order only; Only Humalog®, Humulin®, Lantus®, Lyumjev®, Toujeo®, and Soliqua® are available. SCAN Classic (HMO) is an HMO Plan with a Medicare contract. Enrollment in SCAN Health Plan depends on contract renewal. Y0057_SCAN_20224_2023_M 08152022 S2332 9/22



City News

responded (7 of 12) and that their level of support for specific climate action was high, is encouraging.

Candidates By District

Level of support for five climate action measures

District 1				
1	2	3	4	5
Alyona Brody				
NR	NR			NR
Liz Campos				
5	5	5	5	5
Marco Cuevas				
3	5	5	4	5
Helen Eloyan				
5	5	5*	5	5
District 4				
Jim Rundle				
NR	NR		NR	NR
Jeanette Sanchez Palacios				
5	5	5	5	5
District 5				
Bill McReynolds				
NR	NR		NR	NR
Marie Lakin				
5	5	5	5	5
District 6				
Jim Duran				
NR	NR		NR	NR
Lorrie Brown				
NR	NR		NR	NR
Danny Carrillo				
4	5	5	4	5!
Steph Karba				
4	5	5	3-4	4-5

In November 2020, voters approved a ballot measure for the taxation of cannabis in the City of Ventura. City Council approved an ordinance on February 24, 2021, and authorized the City Manager to initially grant up to five retail storefront or non-storefront cannabis permits and 10 industrial permits.

The City's rigorous, merit-based application process opened in August 2021 with 25 retail and one distribution applications. In April 2022, nine finalists were selected by City staff and an outside consulting group using combined criteria of business ownership, neighborhood compatibility, community benefits, investment plans, and proposed locations, among other criteria. The finalists participated in a public meeting in July 2022, where community members shared input on applicants and the proposed locations.

Three of the five retail cannabis permits were included in the City's first round of applications. The other two retail permits will open after the California Coastal Commission decides if cannabis businesses will also be permitted to operate in the City's Coastal Zone. The final two retail permits will be considered Citywide and not limited to the Coastal Zone.

Cannabis businesses are expected to generate between \$600,000 to \$700,000 in revenue to fund City services in the first full year of operation by June 30, 2024.

For more information on the City's cannabis regulations or the application process, visit www.CityofVentura.ca.gov/Cannabis.

City approves applicants for...

Continued from page 1

revoked if a business does not conform to the terms of its permit or comply with the City's ordinance.

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- Housing

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Danny Carrillo
for
Ventura City Council

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VENTURA BREEZE

Your Hometown Paper

Member, Ventura Chamber of Commerce

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

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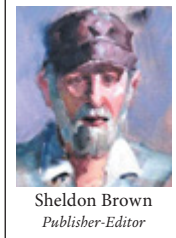
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Those who are too smart to engage in politics are punished by being governed by those who are dumber.
—Plato, ancient Greek Philosopher

Opinion/Editorial



Sheldon Brown
Publisher-Editor

I'm sorry to say that after much thought this will be my last editorial. I've enjoyed this very much but time for my old brain to relax a little. I thank those who loved reading me and even those who hated it.

■ I wrote this prior to making my decision. Now there is no reason to not read the Breeze.

I think this is the definition of a **dichotomy**. A reader emailed me that the reason he doesn't read the Ventura Breeze is because he doesn't like what he reads in my column. Does that mean he just reads my column?

Perhaps what he meant to say is he no longer reads the Breeze because of my column.

On occasion, I may say some things that are deemed controversial.

The Breeze contains about 40,000 words in total, so why deprive yourself of all the good news about Ventura because of 300, or so, words I might write - that leaves 39,700 words that aren't controversial.

■ The **Veterans Affairs Clinic** that opened last month in Ventura has been named for Capt. Rosemary Bryant Mariner. She was one of the first six women to earn wings as a Naval aviator in 1974. She had a 24-year Navy career. The U.S. House of Representatives passed legislation authored by Congresswoman Julia Brownley (D-Calif.) to name the new U.S. Department of Veterans Affairs (VA) Community-Based Outpatient Clinic in Ventura after Captain Mariner.

President Joe Biden signed the legislation on Oct. 11 authorizing the clinic's naming.

■ Albuquerque Cospir Head (that's his name) has been sentenced to **seven and a half years** in prison for assaulting former Metro police officer Michael

Fanone during the January 6 Capitol riot. I'm very glad those responsible are getting what they deserve but most are not receiving long enough sentences.

■ **Steve Bannon**, a former adviser to former President Trump, has been sentenced to four months in prison and fined \$6,500 for contempt of Congress charges after he declined to hand over documents and appear before the January 6 committee. What will happen if Trump refuses to appear?

■ There is no evidence of widespread fraud or manipulation of voting machines. Exhaustive reviews in key states upheld Democrat **Joe Biden's win**, while judges - including some appointed by Trump - dismissed numerous lawsuits challenging the outcome. Trump's own attorney general, William Barr, called the claims bogus.

■ President Joe Biden is pardoning thousands of Americans convicted of "simple possession" of **marijuana** under federal law, as his administration takes a dramatic step toward decriminalizing the drug and addressing charging practices that disproportionately impact people of color. It's about time a president did this. Folks spent years in prison for possessing what you will soon be able to purchase at a shop in Ventura.

■ The pastor of Mission Basilica San Buenaventura, **Fr. Tom Elewaut**, voiced his concerns to Ventura County officials about "inaccurate, inflammatory testimony" targeting the legacy of St. Junípero Serra that led to the removal of the Franciscan missionary's likeness from the county seal earlier this year (and removal of his statue across from city hall).

■ I keep seeing **antifa** capitalized as if it is an organization. It is a political movement not an organization (a way of thinking). A person can't join antifa and become a card carrying antifaite.

■ Ventura's own Supervisor **Matt LaVere** will provide oversight for the Oxnard-based Fifth District pending the

governor's appointment of a successor of the late Carmen Ramirez.

The remaining four members of the county Board of Supervisors, including LaVere, approved the oversight duties along with giving him authority to be a steward for concerns of the district's constituents.

It's not clear how long it will take Gov. Gavin Newsom to appoint a new supervisor with key decisions on oil and gas issues and litigation pending before the board. County officials say it could take months.

■ Even in a rough year for just about every US tech titan (and others), the wealth erased from the chief executive officer of Meta Platforms Inc. **Mark Zuckerberg's** stands out. His fortune has been cut in half and then some, dropping by \$71 billion so far this year, the most among the ultra-rich tracked by the Bloomberg Billionaires Index. At \$55.9 billion, his net worth ranks 20th among global billionaires.

I feel sorry for him - it's tough to live on \$55.9 billion. He might need to get a side job to keep food on his table at his 40,000 square foot home.

■ This would be funny if it wasn't so sad. A state corrections officer who works at the California youth correction facility accidentally **shot himself** in the leg in the fairgrounds parking lot after attending a gun show there. The man's job meant he was authorized to carry a weapon at the show.

A new law prohibiting firearm sales at the Ventura County Fairgrounds takes effect in a few months.

■ San Francisco police witnessed Paul Pelosi, the husband of House Speaker **Nancy Pelosi**, and an intruder struggling over a hammer before he was attacked, officials said. Responding to an emergency call at the couple's home officers saw the attacker and Pelosi both holding the hammer when they entered the room.

The man, who allegedly attacked House Speaker Nancy Pelosi's husband early Friday, posted memes and conspiracy theories on Facebook about Covid vaccines, the 2020 election and the January 6, 2021, attack on the Capitol. An acquaintance told CNN that he seemed "out of touch with reality." Perhaps his reality is becoming that of many Americans who are attempting to destroy our democracy.

David DePape, 42, was identified by police Friday as the suspect in the assault on Paul Pelosi at the speaker's San Francisco home. Paul is expected to have a full recovery

■ A 12-year-old girl from Texas **shot her father** as part of a plot with her friend to murder their families and run away from home.

The girl and her friend had planned the murder plot for weeks, the Parker County Sheriff's Office said. They had allegedly plotted to kill their families and their pets before fleeing together to Georgia. But the girl's friend never went through with the plan. Some friend.

Gun violence isn't just happening in America. At least 17 people are dead and 24 others are injured after a gunman opened fire at a school in central Russia. It happened at a school in Izhevsk. The shooter killed a guard and multiple children. Russia's Investigative Committee said the shooter was wearing a t-shirt with "Nazi symbols" during the attack.

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

Mailbox

Breeze:

Several years ago, I met Sheldon Brown and was invited to write for the Ventura Breeze. It's been a wonderful experience to be a part of our hometown paper. Now, I have finally published my first book *Off the Chart: A Nurse's Journey of Heart and Humor*. It's a memoir of my nursing career here in Ventura; but along with my own stories, I share the stories of some very remarkable co-workers and patients that I've met along the way. In fact, it was their stories that drove me to write this book. In the world of nursing, they say if it wasn't charted (documented) it wasn't done. These are the stories behind the scenes in healthcare; the ones you'll never read in a nurse's notes. The book is not intended to be limited to the medical community; there's information that should interest everyone from eighteen to eighty-eight! And of course, you can't write a book about healthcare during a pandemic and not talk about that too.

Available at barnesandnoble.com and amazon.com

I've also created a website/blog for nurses to share their off-the-chart stories at nursingoffthechart.com

I've done 99 articles for the Ventura Breeze, and (if he'll still have me), I plan to make number 100 something super special!
Jennifer Tipton

Hi Sheldon

I had a brother who was a quadriplegic

in the 80's and we worked hard developing handicap parking in California along with several paralyzed associations. It was always designed to help people who couldn't walk. Today, it seems every Dr is willing to issue these plaques if someone has a pimple on their butt. I'm sick of these so called handicap people parking in spaces where real disabled people who can't walk have their space stolen by one of these "entitled" people park.

Today topped it all. I saw a Harley (2 wheeled) parked in a handicap zone at a restaurant where there was plenty of spots available right next to the spot. I would love to know what others feel about this situation as it has to stop.

Leon Rouso

Sheldon

Thank you for all you have done. We gained a number of new members thanks to the info in The Breeze. I love the Breeze and I think you do a bang up job.

Lauraine Effress BCNN

William Greenberg

What is so funny about triangle shaped bike wheels?

Larry Chiro

Larry:

You will need to Google Pythagoras to figure it out so I won't tell you.

William



News & Notes



On October 28, a large group of Ventura witches paddled out on the 4th Annual Witches Paddle in the Ventura Harbor! Anyone with a witch hat, a pair of striped socks, a cape and a paddle board or kayak joined in on the fun event. It also included a few warlocks. Most witches were on paddle boards, but kayaks were also represented and a large pumpkin. Photos by Patricia Schallert.



His work has been published over 100,000 times.

Museum of Ventura County presents Ivor Davis: Up Close and Personal with Joe Sohm

Author, journalist, and investigative reporter Ivor Davis, brings his series, Up Close and Personal with Ivor Davis, to the Museum for a special interview with award-winning photographer Joe Sohm on Thursday, November 3, 2022, 6:30 PM to 8:00 PM. Guests are encour-

aged to attend both virtually via Zoom and in-person at the Museum's Ventura campus, 100 E Main Street. This event is free for members, \$10 for non-members in-person, and \$5 for non-members attending via Zoom. Museum members who register for this event (in-person or via Zoom), will be entered into a drawing to receive an autographed copy of Joe Sohm's book, Visions of America: Photographing Democracy. To become a member, or register for this event, please visit: <https://venturamuseum.org/event/ivor-davis-up-close-and-personal-with-joe-sohm/>

Joe Sohm is one of the nation's pre-eminent political photographers. His work has been published over 100,000 times throughout his career and has been featured in publications such as, The New York Times, Wall Street Journal, Washington Post, National Geographic, and Time Magazine, as well as news outlets including, MSNBC, CNN, ABC, and PBS. Sohm's lens knows no political bias. He has photographed various candidates and elected officials from Donald Trump to Barrack Obama, Bill Clinton to George W. Bush, and Bernie Sanders to Ted Cruz. Extending beyond

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Edward Jones

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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 6, 10-4 pm. The Ventura County Fairgrounds is located at 10 W. Harbor Blvd., Ventura, CA 93001.

We look forward to seeing you there!



City Council

Twelve candidates running for four seats in the Ventura City Council election

by Richard Lieberman

Candidates will compete for four seats on the city council in districts 1,4,5, and 6 for the November 8th election cycle.

Alyona Brody, Liz Campos, Marco Cuevas, and Helen Eloyan, are the candidates in District 1. Incumbent mayor Sophia Rubaclava has declined to run. Candidate Jim Rundle and incumbent Jeannette Sanchez-Palacios will compete in District 4.

Marie Lakin and Bill McReynolds will face off in District 5. Current councilmember Jim Friedman is not running. In the District 6 race, incumbent Lorrie Brown is challenged by Jim Duran, Danny Carrillo, and Steph Karba.

The Breeze has given a forum for the candidates to answer questions based on reader feedback. We were able to interview 10 of the 12.



Marco Cuevas

Age: 24. Occupation: Assistant Vice President. Education: Bachelor's degrees in business and economics.

What ideas do you have to address the problem of housing affordability and homeless issues facing Ventura today?

The same issues I ran on 4 years ago are the same issues today. Seems like they are the same issues today, they seem like the same issues I have seen in my entire life. Homelessness, infrastructure, and the economy. My background is in economics and business. It is a matter of incentive. We have to make sure we have affordable units. We have to work with those people who are building housing in the city. Section 8 and other such programs. We need workforce housing. Teachers as an example, if we could supply teachers with affordable housing in properties the city or school district owns it would be just one example of a step toward affordable housing. With over 70% of the five hundred homeless residents in Ventura unsheltered, we should increase the capacity to shelter these individuals. There is no one blanket solution Looking at the ARCH shelter there are two more floors that can be built out. Using existing buildings before we try and build new buildings would be a start.

What do you intend to do about attracting high paying jobs to the city?

We need infrastructure to attract businesses to Ventura. For example, we need better internet services we need to make our city attractive to have businesses come. We also need to have the highest quality infrastructure. This means having well paved roads, safe walkable sidewalks, and brighter lighting. Many

companies are increasing their use of technology, so we need to make sure that we have broadband internet that can support this.



Liz Campos

Age: 68. Occupation: Retired Teacher. Education: Master's Degree in English, bachelor's degree in chemistry with a minor in plant biology.

What ideas do you have to address the problem of housing affordability and homeless issues facing Ventura today?

Immediately we need an inclusionary housing ordinance that is truly inclusionary not just use the ambiguous word affordable but require units for all income levels meaning low income, extremely low income, and extremely low income that means not to segregate put them all together and that will help solve part of the problem of homelessness. Put strong restrictions on rent increases even going lower than the state but still making sure property owners make enough to do what they need to do. Change the requirements that allow an owner to come in and buy a big property and say oh it needs major renovations and kick everyone out and also somehow work with people who make a business out of buying a house renting it to someone for 9-12 years and the minute the mortgage is paid off they kick them out and sell, then they buy another house cheap buy it low sell it high. There are lots of people living in boats and cars in Ventura who came through that situation hard working people who cannot find a house now because it is so expensive. There is also a need for immediate help. I know that the school district is working extremely hard to support families that are homeless there is a lot of children who are homeless in Ventura. Our rental costs are increasing and that is why I think we should put a cap on rentals. We need to encourage not discourage the building of ADU's. We have a broken system, and it needs to be fixed.

What do you intend to do about attracting high paying jobs to the city?

I think that over the last thirty years in government and in the media, there has been so much talk and competition about things like bring Amazon here I do not think that is the way Ventura will grow. Ventura needs to maintain a powerful focus on tourism and prepare for that, however we need to limit short-term vacation rentals, but we have a huge swath of our population unemployed a lot of the unsheltered people have great college educations, but they are not

employed. So rather than attracting more businesses where the employees may have to live in Santa Paula and Oxnard and spend their money there, we need to start programs that train the population we have into high end jobs.



Helen Aloyan

Age: 27. Occupation: Environmental/landuse planner. Education: Bachelor's degree in environmental science and resource management, master's degree in public policy and administration.

What ideas do you have to address the problem of housing affordability and homeless issues facing Ventura today?

There are a lot of creative entities county wide that can help cut the cost. Also having a one stop shop program so it would be working with Westside community development corporation. Come to us we take care of the management of the whole entire project. Housing and homelessness issues require a collaborative approach to be effective and the following options are a good start:

Facilitate lower-density housing solutions like accessory dwelling units, that is, that are reduced in size but offer communal living areas.

Offer a "one-stop-shop" development program for property owners who are interested in developing ADUs in exchange for long term affordability.

A multi-disciplinary approach to homelessness that incorporates supportive services at each touch point with unsheltered individuals.

A Tailored approach to meet each unhoused individual's needs, whether it be mental health services or addiction counseling.

Transportation options to return individuals home after they are discharged from the county jail or hospital.

What do you intend to do about attracting high paying jobs to the city?

I intend to create an incubator zone within District 1 to foster the development of a highly skilled workforce and supply local job opportunities for residents. I believe we can leverage the creative and entrepreneurial nature of our community to create more job opportunities that offer higher pay. For example, the development of a vocational school specializing in healthcare, construction trades, culinary arts, business management, etc. would inherently diversify and create a highly skilled workforce that can directly contribute to our local economy. This setting would be attractive for the development of new local businesses and would give residents a chance to pursue their desired employment opportunities.



Jim Rundle

Age: 55. Occupation: Emergency medical technician. Education: Bachelor's degree in history.

What ideas do you have to address the problems of housing affordability and homeless issues facing Ventura today?

The homeless issue is of great concern and we as the City Council, and me specifically, need to look to having a closer relationship with the organizations who are already addressing this issue such as Ventura Social Services Task Force and Homes for All. I would like to have a close relationship with these organizations and look for ways to continue the work they are already doing as well ask work together to see how we can go forward to address the homeless problem even further and find solutions to their problems, not just band-aids.

What do you intend to do about attracting high paying jobs to the city?

Ventura has a lot of higher paying jobs already. We have many jobs in the government center as well as through our hospitals and health care systems. I do not know that attracting more high-paying jobs is the problem. I would like to focus more on retaining our small businesses and addressing the needs of our local businesses that are already a part of our community. There are many fees that these businesses pay that are pure government overreach and need to be addressed such as the fee charged just to hang a sign up at a place of business. We should be working with these businesses to encourage their growth and opportunity, not making it harder for them to even exist.

The city council first has to look at expanding roads and to be honest get rid of bike lanes. I am not in favor of taking away traffic lanes for bike lanes I am never going to favor that. You do not see thousands of bikers on our roads. To be honest they are not safe riding next to 4-6 10,000-pound vehicles.



Jeannette Sanchez-Palacios

Age: 48. Occupation Councilwoman District Director for state lawmaker. Education: Bachelor's degree in women's studies with a minor in political science,



City Council

master's degree in public administration and enrolled in educational leadership doctoral program.

What ideas do you have to address the problems of housing affordability and homeless issues facing Ventura today?

One of the options we do have is we can purchase land and sell the land for dollars where affordable housing developers can come in and build affordable housing which is something the city has not done. At the end of the day, we have to provide all income levels. It's about equity making sure everyone who works here has a place to live. As a whole we can start to look at some of those projects where having a workable relationship with developers is so important. Homeless challenges will not be solved overnight. Strengthening partnerships with public housing agencies, private partners and non-profits can help produce a collaborative solution. Also allowing for denser development in compatible areas for affordable and mixed-income housing developments.

What do you intend to do about attracting high paying jobs to the city?

We need to be responsive to businesses when they want to come to Ventura, the city has to be welcoming. We need to say how can we work together what do we bring to the table see how they will fit in our city. One way of attracting businesses to the city is to be responsive to businesses when they want to come to Ventura. Recently, the council voted to further streamline our building permit review process by cutting down on outside contractors by using three firms rather than a multitude of contractors. This allows for cohesion, efficiency, and improved customer service. The city must continue supporting start-up businesses as well as major corporations by providing resources that help start, retain, or grow businesses in Ventura. Working with the chamber, visitor's bureau, and other community groups to collaborate on attracting businesses to Ventura is also fundamental.



Marie Lakin District 5

Age: 62. Occupation: Non-Profit president. Education: Bachelor's degree in journalism and mass communication with an emphasis in public relations.

What ideas do you have to address the problems of housing affordability and homeless issues facing Ventura today?

Much of the housing we are currently building in Ventura is market rate and expensive. We are in need of affordable and workforce housing for the families who work in this community. Ventura should look at an inclusionary housing policy which mandates a portion of every new rental project include affordable units or an in-lieu fee paid to build it elsewhere. The city should prioritize partnering with

the county on permanent supportive housing efforts such as building out the floors above the ARCH shelter. Project Room key, which currently houses 198 people in local motels, is set to expire soon. A replacement or extension of this program must happen.

What do you intend to do about attracting high paying jobs to the city?

People and companies can now choose to locate wherever they want. Those with choices want Ventura's lifestyle. We need to invest in what people already love about this city – the beach, open space, downtown, neighborhood centers and parks. We are not doing enough of that.

New businesses want certainty and timeliness when opening new facilities. Our community development department suffers from staff shortages and tech problems. We need to do better.



Bill McReynolds

Age: 51. Occupation: Residential Builder. Education: Bachelor's degree in Political Science.

What ideas do you have to address the problems of housing affordability and homeless issues facing Ventura today?

To ensure the creation of affordable housing, Ventura needs to update its inclusionary (affordable) housing ordinance to include rental units. That update will lead to the creation of low-income housing where the demand exists the most. The council needs to advocate to our state legislators for the creation of a dedicated affordable housing funding source, which we have not had since 2011. The opening of the ARCH emergency shelter in Ventura was a step in addressing homelessness. We need to continue working with our public and private partners to expand the social services offered at the ARCH, while continuing to expand the patrol task force, the frontline police officers that are addressing vagrancy.

What do you intend to do to attract more high-paying jobs to the city?

As we enter a post-COVID world, finding a sense of community in a potential location has become more important to businesses as they look to relocate or start-up. This is one of Ventura's strengths. Ventura needs to market this strength to the business community. That marketing effort must include the story of Ventura's most successful start-up Trade Desk. Trade Desk started in Ventura for this reason and has committed to remain in Ventura because of the community here. We need to assist Trade Desk in starting construction on its headquarters in Ventura, as this will add to our community and create an energy that will attract other businesses with high-paying jobs.



Lorrie Brown

Age: 51. Occupation: Government service. Education: Master's degree in public policy and administration.

What ideas do you have to address the problems of housing affordability and homeless issues facing Ventura today?

I plan to continue being an unapologetic advocate for affordable housing on the dais, in committee and through policy.

I have already done many things in these three positions as chair of General Plan Advisory Committee, delegate to the Southern California Association of Governments and as former chair of the Housing Opportunities, Proactive Engagement, and Solutions committee. It has been my intent to make sure the opportunity for affordable housing alternatives were seriously considered and discussed while furthering the idea that housing is needed for our residents, our workers, our seniors, and our children. I will continue this fight.

What do you intend to do about attracting high paying jobs to the city?

Ventura is attractive because of all it has to offer. Moving into the future, it would be beneficial to partner with the county for workforce investment initiatives, promote local hiring, support skilled apprenticeships, advocate for healthcare requirements to keep our workers healthy and continue to support our vibrant small business community. Many industries in this county are faltering because skilled employees turn down lucrative job offers after discovering they are unable to find a place they can afford. Continuing the fight for housing affordability for starter families, graduates coming out of college and seniors on a fixed income is integral in sustaining a strong workforce.



Danny Carrillo

Age: 61. Occupation: Regional Director for local union, personnel commissioner for college district. Education: Associate degree in liberal studies, bachelor's degree in business administration.

What ideas do you have to address the problems of housing affordability and homeless issues facing Ventura today?

We need to make sure the builders are in fact providing new housing that fits in to the affordability range where local workers and residents have an opportunity to live where they work. In

lieu fees should not always be accepted as a way out for developers to only build high-end homes here. There are many programs, both in this State and throughout the country, where we do not have to reinvent the wheel to help our homelessness problem. This problem did not happen overnight, and a remedy will not be produced overnight either. We have to look at the three components that exists in addressing this problem. Number one is the law; number two is the mental health of those who choose to remain in the streets and number three is making sure we have enough workers and professionals who deal in case management today and have been.

What do you intend to do about attracting high paying jobs to the city?

There are opportunities to continue teaching a better green environment to not only our students who will be learning these programs but to our communities as well. Continuing to explore uses of solar, wind, the ocean and other technological fields will help attract not only green jobs but higher paying jobs. Working with our local school districts and community and university colleges will help to fill up that pipeline for generations to come.



Jim Duran

Age: 61. Occupation: Pastor, executive director of a nonprofit. Education: Associates degree in biblical studies, bachelor's degree in ministry, master's degree in theology.

What ideas do you have to address the problems of housing affordability and homeless issues facing Ventura today?

Homelessness comes in all shapes and sizes, and we cannot implement a one size fits all to solve this problem. We have some amazing programs, and I plan to continue to support those programs that are making a difference. We need to deal with the top two reasons for homelessness, mental illness, and drug addiction.

With respect to affordable housing, I will support our inclusionary housing plan. I will also work with my colleagues in developing a plan for workforce housing. I recommend that our state money set aside for homelessness be used for affordable housing. If more affordable housing is not built, our homelessness challenge will only increase.

What do you intend to do about attracting high paying jobs to the city?

In order to attract more higher-paying jobs, we need to attract the companies paying these wages. I am a lifelong resident of Ventura, and I have had the opportunity to manage, own and operate several businesses in our city. I am committed to supporting a strong local economy to ensure we have the money to pay for the things we need.

I will work hard at decreasing obstacles in our current process that keep businesses from opening and prospering. I believe we need to treat every business as a customer and do what we can to help them succeed. Because when businesses prosper, so does our city.



News & Notes



Salud immigrated from Mexico to Arizona with his family at 5 years old.

California's 24th Congressional District's candidate Salud Carbajal

by Ross Williams

Salud Carbajal is currently running for reelection to Congress for the Central Coast, California's 24th district. With a busy schedule and the election right around the corner Mr Carbajal has a lot on his plate and while pressed for time, Salud was able to answer questions with the poise of a polished politician but with a rhythm and cadence similar to that of a fighter finding his rhythm on a speed bag.

Salud immigrated from Mexico to Arizona with his family at 5 years old and is the youngest of 7. His father worked as a miner in Arizona and moved the family to Ventura County after the Mine closed down. From there he found work in the fields of Oxnard, and many summers Salud would work alongside his father. Here Salud experienced the hard work and sacrifice of his parents firsthand.

Salud attended UCSB where he received his Bachelor's Degree and joined the Marine Corps Reserves. He is married to wife Gina and has two children, a daughter and a son.

Currently finishing his third term in Congress, Salud states that he has always had a deep appreciation of public service. From serving in the Marine Corp Reserves to protecting our democracy and our freedoms, he believes in stepping up and improving the lives of the people around him. Whether it's healthcare for children, improving our roads and bridges, improving our healthcare system or child care and housing opportunities, he's proud of this track record and will continue his work on this path.

How do you make your accomplishments come to fruition? How do you work with organizations and groups to make those things happen?

"Firstly, while still in local government, we passed one of the most significant health initiatives to insure children as the central coast had one of the highest rates of uninsured children. I find opportunities to work across the aisle. When you consider that right now the most pressing issue is rising costs to

families; whether it be gas, child care, groceries and housing. Addressing these issues as well as drought and water security issues and fire. We can find ways to work together."

"I proudly stand behind the work I've done in upholding our fundamental rights. For women to have access to abortion and reproductive healthcare, making sure 'They' are making the decisions over their own bodies. And the rights of the LGBTQ community, making sure they are afforded the same rights as every other resident and citizen of our country. And of course voter rights."

For your constituents, what do you think is their current version of the American Dream?

"I think it's the ability to put food on the table, to provide a roof over your head, to be able to pay rent or a mortgage. To provide accessible and quality child care, pay reasonable prices for gas, have good and affordable quality health care, good jobs, economic opportunities and be able to pursue a higher education. That is the American Dream. That everybody can thrive and live up to their potential and be productive citizens.

"Addressing the challenges that we face like climate change, drought and fires and water security is vital. I think those are important, but the first is dealing with everyday essentials; hierarchy of needs, food, housing, health care."

Going into the election, how are you feeling?

"I feel good. I feel I've worked hard. I've been a good listener. I've been accessible. I have a track record of delivering for the Central Coast and I've been able to promote the values and priorities of my constituents and that is reflected upon in the accomplishments that I've been able to achieve and the investments that I've been able to bring. I feel hopeful that the residents of the central coast will again vote for me to continue representing them in Washington, and continue delivering on the issues that are important for the Central Coast."

The Bookmark

About Libraries and Friends

by Mary Olson

November brings the culmination of Ventura County Library's annual community reading program, One County, One Book, featuring the book **Taste Makers**: Seven Immigrant Women Who Revolutionized Food in America. Author Mayukh Sen will speak at 2 pm on Saturday, November 12 at California State University, Channel Islands' Grand Salon. Following his talk, Sen will sign copies of his book. Copies of his book will be available for purchase at the event.

Registration for the Author Talk with Mayukh Sen is free but required.

To offset the travel and venue expenses of the free author event, the Ventura County Library Foundation is hosting **Passports**, a lively discussion with local food influencers on topics ranging from County food trends to local and worldwide food issues followed by small bites representative of the food cultures in Ventura County. Included will be tastes from India, Oxnard's Mixteco community, France, China and Italy and wines donated by local vintners. Passports will begin at noon in the Grand Salon.

For more information and to register for both events, go to www.vclibrary-foundation.org. Tickets are free for the author event and \$75 for Passports.

Also, in November, two lectures in

the California State University Channel Islands Lecture Series will be presented in Ventura County Library branches.

These lectures are free and open to the public.

Chumash Presence Past and Present at Hill Road Library on Saturday, November 5, 11:30 am

This archaeology focused presentation covers the unique history and culture of the mitsqanaqan (Ventureño) Chumash and their adaptations to the natural environment of the Santa Monica Mountains, the ocean, Mugu Lagoon, and the Oxnard Plain, including Chumash activities in Ventura County today.

For more information, contact Linda Cherry, Librarian, (805) 677-7180.

Primitive Art in Civilized Places at Ojai Library on Saturday, November 19, 1 pm

For more information, contact the Ojai Library at 805-646-1639.

Ventura Friends of the Library will have a table at the One County One Book event at Channel Islands State University where we will have cookbooks for sale. We'll take every opportunity to place our donated books into the hands of new readers! Please drop in to our book store in E.P. Foster Library, Tuesday through Saturday, 11:00 am to 4:00 pm and check out our sale shelves at Hill Road Library. We are always looking for new members and volunteers to sort and price donated books and to staff the bookstore. If you are interested, stop by the bookstore or email friends@venturafriendsofthelibrary.org

TREE TOWN



On October 5, over 40 volunteers of all ages helped plant 20 new oak trees at the Ventura Community Park (Kimball), on the multi-use path. Ten new Valley Oaks and ten Coast Live Oaks were planted to celebrate OAKtober and Clean Air Day. There are now 40 young oak trees along the path to provide shade and beauty, and help clean the air. The trees were purchased and volunteers organized by the Ventura Tree Alliance, and the City of Ventura Urban Forestry staff provided expertise and dug holes for the planting. Trees will be watered using Gator Bags filled weekly with reclaimed water.

venturatrealliance.com

No Delay in Trash, Recycling and Yard/Organic Waste Pick Up Due to the Veterans Day Holiday

The Veterans Day holiday falls on Friday, November 11. The collection of trash, recycling and yard/organic waste will not be affected the week of Nov. 6-12 in the Cities of Ventura, Ojai and the surrounding areas.

Thank you and Happy Holiday
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Senior Living



"I hope I don't fall from here?"

Falls and Fractures in Older Adults: Causes and Prevention

A simple accident like tripping on a rug or slipping on a wet floor can change your life. If you fall, you could break a bone, which thousands of older adults experience each year. For older people, a broken bone can also be the start of more serious health problems and can lead to long-term disability.

If you or an older adult in your life has fallen, you're not alone. More than one in four people age 65 years or older fall each year. The risk of falling – and fall-related problems – rises with age. However, many falls can be prevented. For example, exercising, managing your medications, having your vision checked, and making your home safer are all steps you can take to prevent a fall.

Many older adults fear falling, even if they haven't fallen before. This fear may lead them to avoid activities such as walking, shopping, or taking part in social activities. But staying active is important to keeping your body healthy and actually helps to prevent falls. So don't let a fear of falling keep you from being active! Learn about what causes falls and how to lower your risk of falling so you can feel more comfortable with staying active.

Many things can cause a fall.

Your eyesight, hearing, and reflexes might not be as sharp as they were when you were younger.

Certain conditions, such as diabetes, heart disease, or problems with your thyroid, nerves, feet, or blood vessels can affect your balance and lead to a fall.

Conditions that cause rushed movement to the bathroom, such as incontinence, may also increase the chance

of falling.

Older adults with mild cognitive impairment or certain types of dementia are at higher risk of falling.

Age-related loss of muscle mass (known as sarcopenia), problems with balance and gait, and blood pressure that drops too much when you get up from lying down or sitting (called postural hypotension) are all risk factors for falling.

Foot problems that cause pain, and unsafe footwear such as backless shoes or high heels, can also increase your risk of falling.

Some medications can increase a person's risk of falling because they cause side effects such as dizziness or confusion. The more medications you take, the more likely you are to fall.

Safety hazards in the home or community environment can also cause falls.

What can you do to prevent Alzheimer's?

Although there is no effective treatment or proven prevention for Alzheimer's and related dementias, in general, leading a healthy lifestyle may help address risk factors that have been associated with these diseases.

Control high blood pressure. High blood pressure, or hypertension, has harmful effects on the heart, blood

Continued on page 11



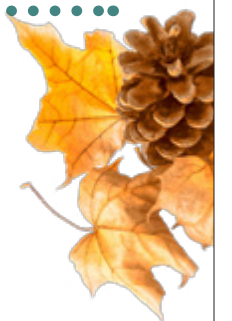
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Senior Living



Loneliness and social isolation are different, but related.

Loneliness and Social Isolation — Tips for Staying Connected

Everyone needs social connections to survive and thrive. But as people age, they often find themselves spending more time alone. Being alone may leave older adults more vulnerable to loneliness and social isolation, which can affect their health and well-being. Studies show that loneliness and social isolation are associated with higher risks for health problems such as heart disease, depression, and cognitive decline.

If you are in poor health, you may be more likely to be socially isolated or lonely. If you are socially isolated or feeling lonely, it can put your physical and mental health at risk. Adults who are lonely or socially isolated are less healthy, have longer hospital stays, are readmitted to the hospital more often, and are more likely to die earlier than

those with meaningful and supportive social connections.

The number of older adults age 65 and older is growing, and many are socially isolated and regularly feel lonely. The coronavirus outbreak in 2020 brought even more challenges due to health considerations and the need to practice physical distancing. Older African American woman combats loneliness and social isolation by video chatting with her family on a tablet.

Loneliness and social isolation are different, but related. Loneliness is the distressing feeling of being alone or separated. Social isolation is the lack of social contacts and having few people to interact with regularly. You can live alone and not feel lonely or socially isolated, and you can feel lonely while being with

other people.

Older adults are at higher risk for social isolation and loneliness due to changes in health and social connections that can come with growing older, hearing, vision, and memory loss, disability, trouble getting around, and/or the loss of family and friends.

People who are socially isolated or lonely are more likely to be admitted to the emergency room or to a nursing home. Social isolation and loneliness also are associated with higher risks for:

People who are lonely or socially isolated may get too little exercise, drink too much alcohol, smoke, and often don't sleep well, which can further increase the risk of serious health conditions.

People who are lonely experience emotional pain. Losing a sense of connection and community can change the way a person sees the world. Someone experiencing chronic loneliness may feel threatened and mistrustful of others.

Emotional pain can activate the same stress responses in the body as physical pain. When this goes on for a long time, it can lead to chronic inflammation (overactive or prolonged release of factors that can damage tissues) and reduced immunity (ability to fight off disease). This raises your risk of chronic diseases and can leave a person more vulnerable to some infectious diseases.

Social isolation and loneliness may also be bad for brain health. Loneliness and social isolation have been linked to poorer cognitive function and higher risk for dementia, including and especially for Alzheimer's disease. Also, little social activity and being alone most of the time may contribute to a decline in the ability to perform everyday tasks such as driving, paying bills, taking medicine, and cooking.

The Eldercare Locator connects the public to services for older adults and their families. This resource seeks to provide assistance for a wide range of issues affecting older Americans, including social isolation and loneliness.

Call the Eldercare Locator at 800-677-1116 or visit <https://eldercare.acl.gov/> to get connected today.

For additional resources on older adults and social isolation and loneliness visit, Expand Your Circles: Prevent Isolation and Loneliness As You Age (PDF, 4.75M).

Resources to help adults who might be at risk of homelessness

by Carol Leish, MA

"A common denominator for older adults being at risk of facing homelessness is a fixed low income that isn't keeping pace with the cost of housing in Ventura County," according to Carey Aldava, Manager of Ventura County Adult Protective Services Program. "Many older adults who face homelessness are affected by the increased cost of housing in California and the lack of affordable senior housing options. According to 2022 data from the Homeless Management Information System, 25% of those experiencing homelessness in Ventura County are older adults living on a fixed social security income. Older women may be

disproportionately impacted by the loss of their spouse's income, which affects their ability to afford housing"

Going through the pandemic has affected older adults in various ways. Aldava said, "During the pandemic, some older adults may have lost a spouse who supplied additional income to the household. Some dependent adults may no longer have been able to afford their existing housing and may have had to relocate, or in some cases, have become homeless for the first time. The United Way of Ventura County's Landlord Engagement Program has been offering signing bonuses and holding deposits to help secure more rental units for low-income households. To learn more, visit: www.unitedendhomelessvc.org/landlord-engagement-program.

"Understanding how the pandemic disproportionately has affected the need of special populations, like the elderly and people who are unhoused, could be helpful in being able to better address issues related to the pandemic in Ventura County.

"Older adults who qualify as Adult Protective Services (APS), clients and have a current protective issue," may be eligible for emergency housing funds through APS. To qualify for APS services, adults must be 60 and older or between the ages of 18-59 with challenges caring for themselves and needing someone to advocate for them." As to resources available, Aldava said.

According to Jennifer Harkey with the Ventura County Continuum of Care in the County's Executive Office, "the Ventura County Homeless Prevention and Rapid Re-Housing Program provides grant funding to local residents who are currently homeless or at risk of homelessness (received a notice to vacate). To learn more, call: (805) 385-1800 or visit: www.vchsa.org/homeless-services-more."

The connection of resources can help. Harkey said, "Our community can better tackle homelessness by collaborating and working together as a community, which includes: helping to connect people to resources, working with landlords to advocate for permanent housing options, and sometimes even providing cash assistance that may be available to help people get back on their feet. Shared housing options for seniors on fixed incomes is one creative approach in this high-cost rental market. The Ventura County Area Agency on Aging has a HomeShare program to help match renters/owners who are interested in sharing a home. To learn more call: (805) 477-5300 or visit: www.vcaaa.org/our-services/housing."

Reporting self-neglect of an individual is important. "If an older or dependent adult lacks housing, that is considered a type of self-neglect and is reportable to Adult Protective Services," according to Aldava.

"Our team would respond to the report by working to link the older or dependent adult to needed services and provide them with available housing options within the community. Reports of suspected abuse or neglect may be made online at www.reporttoaps.org or by calling the Child and Adult & Neglect Hotline at: (805) 654-3200.

"Also, the Ventura County Continuum of Care offers resources for those experiencing homelessness who need housing, a shelter or other resources. Please call: 2-1-1 or visit: www.venturacoc.org.

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Senior Living



Pickleball is becoming very popular with older adults.

Physical activity is vital for your health

Exercise helps you maintain a healthy weight and prevent chronic diseases ranging from heart disease to diabetes. The Physical Activity Guidelines for Americans recommend that adults get a minimum of 2.5 to 5 hours of moderate-intensity aerobic physical activity each week, or at least half that amount of vigorous-intensity activity.

Previous studies have found that a wide variety of leisure-time physical activities can provide health benefits. But these studies have largely been done in younger adults. And many did not track different levels of various types of activities.

To understand whether older adults benefit from various types of exercises, NIH researchers led by Dr. Eleanor Watts analyzed data from more than 272,000 participants in a national health survey. The participants were first surveyed in the mid-1990s. When they responded to a follow-up questionnaire between 2004 and 2005, they had an average age of 70.

The study captured information on health conditions, habits like smoking and alcohol use, socioeconomic status, and diet. It also recorded participation in seven different recreational activities. These were running or jogging, cycling (outdoors or on a stationary bike), swimming, other aerobic exercise (such as aerobics class or using exercise machines), racquet sports, golf, and walking.

The researchers examined the risk of death during the 12 years of the study. They compared reductions in that risk provided by different levels and different types of physical activity. Results were published on Aug. 24, 2022, in JAMA Network Open.

Among older adults who exercised regularly, walking was the most common activity. That was followed by other aerobic exercise, cycling, golf, swimming, running, and racquet sports. Older adults who participated in any combination of these activities but did not meet the recommendations in the physical activity guidelines had a 5% lower risk of death during the study than those who were inactive.

Those considered active — with at least the amount of aerobic activity recommended by the guidelines — had a 13% lower risk of death compared with inactive participants. Participation in racquet sports and running was associated with the greatest risk reductions, but all activities provided benefit.

The risk of death continued to decrease with additional activity beyond the recom-

mended levels. But these returns diminished as activity increased to high and very high levels.

Running was associated with the greatest risk reduction for death from cancer. Racquet sports were associated with the greatest risk reduction for death from heart disease. However, people who got the recommended amount of exercise, regardless of activity, had a reduced risk of death from both cancer and heart disease.

“We found that all types of recreational activities that get people moving are associated with greater longevity,” Watts says. “So, the most important thing an inactive older adult can do to improve their health is find an activity that they enjoy and can stick with.”

What can you do to prevent...

Continued from page 9
vessels, and brain, and increases the risk of stroke and vascular dementia. Treating high blood pressure with medication and healthy lifestyle changes, such as exercising and quitting smoking, may help reduce the risk of dementia.

Manage blood sugar. Higher than normal levels of blood sugar, or glucose, can lead to diabetes and may increase the risk of heart disease, stroke, cognitive impairment, and dementia. Making healthy food choices, getting regular exercise, stopping smoking, and checking glucose levels can help manage blood sugar.

Maintain a healthy weight. Being overweight or obese increases the risk for related health problems such as diabetes and heart disease. Being active and choosing healthy foods can help maintain a healthy weight.

Eat a healthy diet. Aim for a mix of fruits and vegetables, whole grains, lean meats and seafood, unsaturated fats such as olive oil, low-fat or nonfat dairy products, and limit other fats and sugars.

Keep physically active. Physical activity has many health benefits, such as helping to prevent being overweight and having obesity, heart disease, stroke, and high blood pressure. Aim to get at least 150 minutes of moderate-intensity physical activity each week.

Stay mentally active. Lots of activities can help keep your mind active,

including reading, playing board games, crafting or taking up a new hobby, learning a new skill, working or volunteering, and socializing.

Stay connected with family and friends. Connecting with people and engaging in social activities can prevent social isolation and loneliness, which are linked to higher risks for cognitive decline and Alzheimer’s disease.

Treat hearing problems. Hearing loss may affect cognition and dementia risk in older adults and can make it more difficult to interact with others. Protect your ears from loud sounds to help prevent hearing loss and use hearing aids if needed.

Take care of your mental and physical health. This includes getting your recommended health screenings, managing chronic health issues such as depression or high cholesterol, and regularly checking in with your health care provider.

Sleep well. Sleeping well is important for both your mind and body. Try to get seven to eight hours of sleep each night. Talk with your doctor if you are not getting enough sleep, sleeping poorly, or think you may have a sleep disorder.

Prevent head injury. Take steps to prevent falls and head injury, such as fall-proofing your home and wearing shoes with nonskid soles that fully support your feet. Consider participating in fall prevention programs online or in your area. Also, wear seatbelts and helmets to help protect you from concussions and other brain injuries.

Drink less alcohol. Drinking too much alcohol can lead to falls and worsen health conditions such as diabetes, high blood pressure, stroke, memory loss, and mood disorders. The National Institute on Alcohol Abuse and Alcoholism (NIAAA), part of the National Institutes of Health, recommends that men should not have more than two drinks a day and women only one. Learn more at NIAAA’s Rethinking Drinking website.

Stop tobacco use. At any age, stopping smoking can improve your health and lower the risk of heart attack, stroke, and lung disease.

Researchers cannot say for certain whether making the above lifestyle changes will protect against dementia, but these changes are good for your health and are all part of making healthy choices as you age.

FREE
VENTURA COUNTY PARKINSON'S SUPPORT GROUP
NEXT MEETING: Tuesday, November 15 (10-11:00am)
Meetings are held at Crosspointe Church in Ventura (5415 Ralston Ave.) on the **THIRD** Tuesday of each month from 10-11am
For more information, go to vcneurofitness.com OR contact Dr. Vanessa White: 805.300.7749 — vcneurofitness@hotmail.com

Livingston Memorial
Visiting Nurse Association & Hospice

FREE
WEBINAR 2022-23 SERIES



TUESDAY, NOVEMBER 15 • 6:30 p.m.

How to be a Grief Partner

Presented by Stacia Sickle, MSW, LCSW
Director of Grief & Bereavement Program
You do not have to have extensive training in psychology to provide support to someone grieving.

This webinar will give you the tools to create a proper environment for the bereaved to follow their natural process to do their grief work. Helping in this way is a truly generous, meaningful, and necessary gift for the bereaved individual.

UPCOMING WEBINARS

- [Diabetes Awareness](#)
- [What is Palliative Care](#)
- [Dementia Awareness](#)

FOR MORE INFORMATION OR TO REGISTER

CALL (805) 642-0239 ext. 641
VISIT lvmna.org/webinars

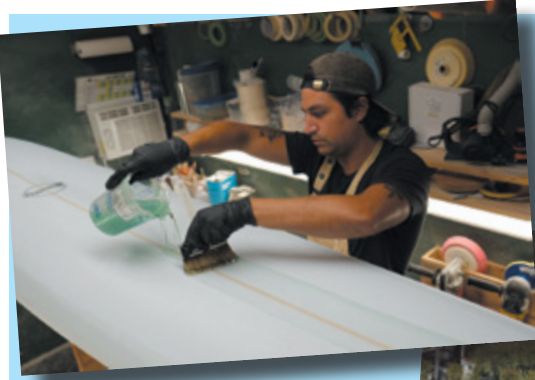


Instructions for joining the webinar will be provided when you register.

Livingston Memorial Visiting Nurse Association & Hospice
1996 Eastman Ave., Ste. 101 | Ventura



This 'n' That



Bobby Biggerstaff working in his shaping shed at home.



Nancy Cairns says "Rides are better with friends."

Ventura's Golden Age of Surfing

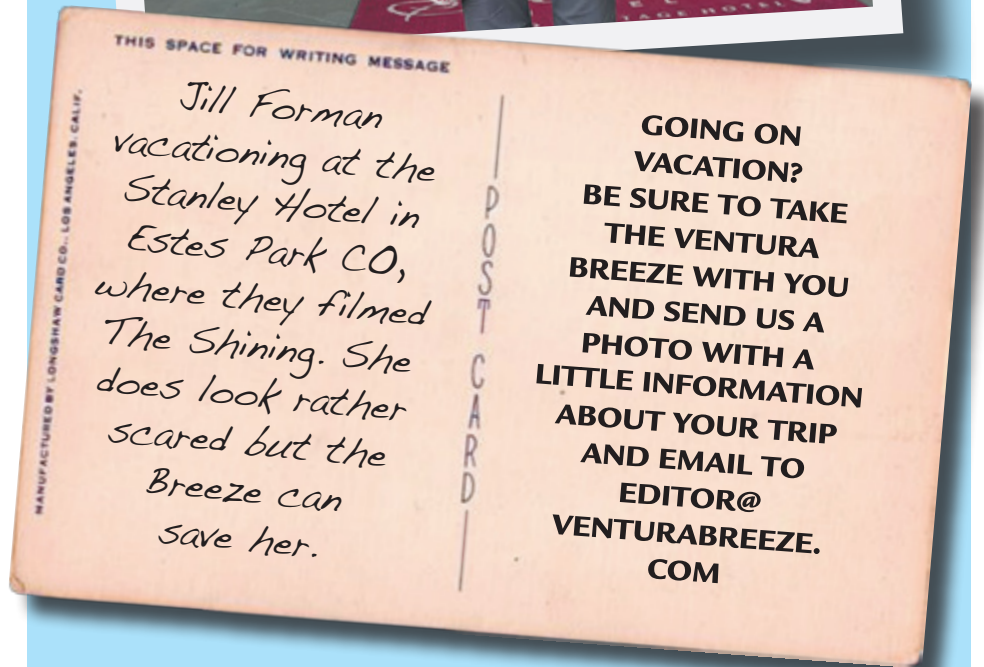
Continued from page 1

there were not yet a lot of surfers, when they came they were welcomed. "Mile for mile, we have more surf here than any other place on the coast," said Hubina. Around that time he created what he calls the first short board in Ventura—by accident. "I was broke, and wanted a new board but didn't have enough money. I was doing repairs and had a blank that I'd sawed the nose off to repair and then sawed the tail off to put on another board. I made a shorter longboard that was 7'11 that I took to C Street and was amazed at how it surfed; all my friends wanted to ride it. That started my career of making short boards."

For many, surfing is legacy passed down in the family, like Bobby Biggerstaff, who grew up surfing in Hueneme with his dad, who learned from his father. Biggerstaff is now a shaper for Fletcher Chouinard, a surf division of Patagonia, but started making boards in the garage with his father. "It started because of my dad,

and because boards are so expensive. My dad has a DIY mentality," said Biggerstaff. "You don't have to have a pro's name on a board to make you surf better." He says his family has seen the local surfing culture change and grow over the years. "Back when my dad was young, the Strand was super local spot. You kind of had to be more respectful in the water and more aware. Now it's a bit more of a free for all." He suggests that if someone is just learning to surf, it's a good idea to hire someone to show them the ropes and learn safety rules and etiquette. "Surfing is for everyone. No matter where you're from, your skin color, how you identify, there's a place for you in surfing. You need to know the rules of the road—it's kind of like driving a car, if you're out of your lane or cutting people off, you can seriously hurt someone. It's important to learn the right way."

Learning the right way is a legacy that can come from strangers in the lineup and can grow to include ocean literacy and social responsibility,



according to Nancy Cairns. She been surfing in Ventura for 20 years, and remains grateful for the folks that were willing to help her learn. She joined local groups that focus on surfing and environmental and social responsibility. "That's really grown in Ventura's culture of surfing, activism around surfing is about maintaining and preserving our environment. I'm really impressed with the younger generation that are activists, protecting our environment and wanting to engage people with disabilities and get them connected with surfing, with something that will change their lives."

beauty that radiates from America's monuments and iconic locations as seen in his book, Visions of America: Photographing Democracy.

"With so much political division happening in our country at the moment, it's refreshing to see the world through the balanced lens of Joe Sohm," said the Museum's Barbara Barnard Smith Executive Director Elena Brokaw. "Ivor Davis has brought so many wonderful guests to the Museum and he's done it again with Mr. Sohm. I look forward to an evening taking in historical photos and hearing Sohm's stories of how he's documenting our country's political past and present." Davis' Up Close and Personal series has included many notable Ventura County residents including, Bob Eubanks, Chris Hillman, Malcolm McDowell, and Miriam Arichea, among others.

Museum of Ventura County presents...
Continued from page 5
portraits of those in office, Sohm has captured the raw emotion of protests, joyous displays of patriotism, and the

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Moving Up?
Moving Out?**

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WESTSIDE HOUSING FORUM

**Wednesday,
November 16, 2022
6:30pm to 8:30pm**

Bell Arts Factory • 432 N. Ventura Ave. • Ventura, CA 93001

www.CityofVentura.ca.gov/HousingServices



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.

Stabbing and Rollover Collision

On October 22, at approximately 2:30 am, officers were dispatched to a single vehicle rollover collision on Thompson Blvd., near Seaward Avenue. When officers arrived, they discovered two of the three vehicle occupants had been stabbed several times.

The ensuing investigation revealed the three victims were on the beach promenade near Paseo de Playa when they were confronted by two male suspects in their 20's. A verbal altercation took place and one of the suspects produced a knife, stabbing two of the three victims multiple times.

While trying to drive to the hospital, the driver became unconscious due to the injuries he sustained from being stabbed. The vehicle struck a curb and overturned. The two passengers with stab wounds were transported to a local hospital where they are listed in critical, but stable condition.

Ventura Police Detectives responded and have taken over the investigation. Anyone with information about this incident is asked to contact Detective Sergeant Bill Dolan at 805-339-4444.

Harbor Patrol Blotter

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

10/11 8:01pm, while on patrol in vehicle, observed thunderstorms South and East of the Harbor. Officers updated the weather message board at launch ramp and contacted boaters who were heading out, warning of the hazardous conditions.

10/12 12:21am, received report of an alarm sounding near 1691 Spinnaker Dr. Officers responded and found a door to the wash and restrooms was ajar. Secured door.

1:30pm, officers attending interagency Firefighting training with Ventura City at the Ventura Port District with the fireboat and other related equipment. During training, NWS called advising severe weather, thunderstorm, training canceled.

10/13 5:34pm, dispatched to an unconscious person at Water's Edge restaurant. Officers responded with VFD/AMR to the call. Patient transported to hospital.

7:07pm, while on patrol in Rescue B19, officers educated operator in a small skiff for insufficient navigation lights and hoop nets in prohibited area.

10/14 9:00am, officers attending Fireboat training with Ventura City Fire at the Port District Harbor Patrol dock with Fireboat 1 and firefighting equipment.

7:15pm, while on patrol in Rescue B19, officers educating fishermen hoop netting around the breakwall. Violations varied from insufficient navigation lights, safety equipment deficiencies and fishing regulations.

10/15 1:00pm, new patrol officers short tow and side tow training with small sailboats throughout the harbor, placing vessels in slips.

3:03pm, received a request from State Parks officers to contact 3 personal watercraft in violation of reckless operation at Mondos beach. Officers gathered descriptions and made contact, educated operators at the launch ramp.

4:15pm, received a report of a dog off the leash on South Beach from PD dispatch. Officers responded in vehicle, found a dog off the leash sleeping with its owner near Lifeguard tower 2. No contact made.

10/16 1:28pm, while manning the operations center, received a report of a sick/injured sea lion near Marina Park. Officers relayed mammal rescue experts contact info, Channel Islands Marine Wildlife Institute (805 567-1505).

7:10pm, received a report of an unknown person knocking on the door of a Ventura Marina Community unit. Advised to contact VPD, the individual said that PD would not respond. Officers responded, observed PD at the residence contacting the RP. The disturbing party was gone on arrival.

8:45pm, observed a fleet of light boats in the channel, marking where the squid are for the purse seiners. Also noticed several semi-trucks staging on Spinnaker near the Fish offloading pier. Receiving inquiries about the lights in the channel.

10/17 6:04pm, dispatched to an ocean rescue, para glider in distress upcoast of the Ventura Pier. Officers responded in Fireboat to the call. The victim was able to self-rescue after refusing assistance from first responders.

10/18 4:35pm, received a report of a remote-control boat operating in the Pierpont Basin. Advised it was observed and no violations or disturbance noted.

7:45pm, received inquiries about the lights in the East Santa Barbara Channel. Advised it was light boats fishing for squid, specifically holding spots for seiners.

Ventura Bike Depot to host a 40-year anniversary party

Ventura Bike Depot will host a 40-year anniversary party on Saturday November 5th from 5:00pm to 8:00pm. The public is invited to celebrate with free drinks, snacks, music, ping pong and more. People who ride their bikes to the event will receive a free patch kit or phone holder.

Seeing pedal-powered carriages on the Island of Crete, Greece in the early 80's struck a chord with owner Shelley Sund, propelling her into a lifelong passion for cycling. She was the first importer & distributor of 4-wheel bikes (Surrey quadricycles).

Ventura Bike Depot has earned the Reader's Choice Award for Best Bike Shop, Ventura County, for the 3rd consecutive year in a row. The store provides bicycle tours, rentals, repairs, new and used bike sales and accessories.

If possible, please bring a canned food item to the event to be donated to the local Food Share. Ventura Bike Depot is located at 239 West Main Street in Ventura. <http://www.venturabikedepot.com>.

805 Gift Emporium



Vintage style toys and beautiful Fall decor. Come see our expanded children's department. We have something for everyone.



805.658.0805 • Hours: 1:00pm – 6:00pm on Wednesday
11:00am – 5:00pm on Thursday, Friday and Saturday

2500 Channel Dr. at the end of Howard St.

Ventura Unified SCHOOL DISTRICT



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

King Crossword

Answers

Solution time: 22 mins.

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



The Pet Page



Dedicated to Scamp

■ Cats respond preferentially to the voice of their owner

Indoor cats react when their owners speak in a high-pitched “kitty voice” – such as by moving their heads and ears more – but not when strangers do so.

Unlike dogs, which respond to speech directed at them whether it is from their owners or from strangers, cats only seem to respond when the speaker is their owner. This may suggest that cats and their owners bond through their own unique form of communication, says Charlotte de Mouzon at University Paris Nanterre in France.

De Mouzon and her colleagues tested the behavior of 16 cats, nine males and seven females, living in studio apartments either as single pets with a female owner or as pairs of cats with a heterosexual couple. The cats ranged in age from 8 months to 2 years old, and their owners were all veterinary students at the National Veterinary School in Alfort, near Paris.

The team recorded the owners calling their cats by name in a high-pitched voice, as they would normally. The owners were also asked to say things in French relating to one of four contexts. These included: “Do you want to play?”, “Do you want to eat?”, “See you later!” and “How are you?”. The team then recorded the pet owners saying the same phrases to people, now using the style of speech they would typically use with friends or adult family members.

Sixteen women – not known to the cats – also had their voices recorded as they said the same four things to adult humans and to cats that they saw in videos in de Mouzon’s laboratory, using the same styles of speaking as the cat owners.

The cats heard all the recordings in their own homes, with their owners present but not interacting with them. When they heard the voices of their owners, the cats tended to interrupt their behavior and begin doing something else, such as looking around, moving their ears and tails, or even becoming completely still.

Even when they heard strangers speaking to them in a high-pitched, affectionate manner, calling them by name and inviting them to play or eat, the cats essentially ignored them, says de Mouzon. However, that could be related to the fact that all the cats were exclusively indoor pets, with few opportunities to interact with strangers, she says.

The findings provide further evidence that cats have strong social cognitive skills and that they are “sensitive and communicative individuals”, she says.

“We know that they react to this kind of speech and it’s a good way for cats to know that we’re addressing them,” says de Mouzon. “So, we should feel confident about speaking to our cats with this kind of ‘baby talk’.”

Journal reference: *Animal Cognition*, DOI: 10.1007/s10071-022-01674

■ Dr. Lori Teller, a clinical associate professor of telehealth at the Texas A&M School of Veterinary Medicine & Biomedical Sciences, says there are several foods people should avoid giving their pets, but especially any

foods containing xylitol.

“Anything that contains xylitol should never be given to dogs,” Teller said. “It is extremely toxic and can lead to liver failure and death. It is a common replacement for sugar in many human foods, but it is so toxic to dogs that there has been legislation filed in Congress to require that any products containing xylitol be labeled as such. The bill is titled the Paws Off Act of 2021.”

Traditional holiday cooking and baking ingredients also can be dangerous for pet consumption. Some such items include chocolate, especially dark or baking chocolate; grapes or raisins; fatty foods; macadamia nuts and walnuts; bones; alcohol; raw dough; seeds and pits from fruits (such as apples, apricots, cherries, peaches); caffeinated products; avocado; and onions and garlic.

“Any dangerous foods should be stored in a pet-proof cabinet, pantry, or container,” Teller advised. “Some pets are ‘counter-surfers’ and will jump up on a counter to steal something that smells irresistible.”

Teller said that while some foods should be avoided in pet consumption at all costs, such as products containing xylitol and grapes or raisins, the effects of other foods are dose-dependent.

“One example is chocolate,” she explained. “If your healthy Labrador retriever gets a hold of a couple of milk chocolate M&Ms, then the risk is pretty low for any problems. However, if the dog eats a couple of squares of baking chocolate, there is a much higher risk of toxic effects and you should seek veterinary care. When in doubt, talk to your veterinarian.”

While some traditional holiday eats and treats are dangerous for pets, others can be enjoyed together in celebratory moments. “These include most fruits (minus the seeds or pits), such as apples, bananas, blueberries, and watermelon. Most vegetables are healthy as well, including carrots, green beans, chickpeas, lettuce leaves, and cucumbers,” Teller said. “White rice and plain bread in small quantities are also acceptable. Cooked chicken, turkey or fish, without the skin or bones, is also safe for pets.”

“Any treats or human foods given to pets should not exceed 10% of their dietary intake,” Teller shared. “More than this and their diet may become nutritionally unbalanced. It is always a good idea to talk with your veterinarian to make sure foods that you want to give your pet will be safe, especially if your pet has an underlying health problem.”

Keeping your pet away from potentially toxic foods may also involve educating children and visiting relatives, or even keeping the pet out of the kitchen entirely. Keeping your pet’s safety top of mind will help ensure that the entire family has a happy, healthy holiday season.

If you find yourself in a situation this holiday season where your pet has consumed something potentially detrimental to their health, The ASPCA’s Animal Poison Control can be reached at (888) 426-4435 and the Pet Poison Helpline can be reached at (855) 764-7661.

Pet Talk is a service of the School of Veterinary Medicine & Biomedical Sciences, Texas A&M University.

Scamp Club

(Scampclub pets are not for adoption.)

Hi: My name is TriTip and this is my person Marcus. I’m a working “Mouser” around Surfer’s Point, keeping the apartments & condos free of pesky rodents. Meanwhile supplying my humans with plenty of entertainment.



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.

Mother Goose and Grimm



Forever homes wanted

Hi: I’m Paca, a shy, sweet 6-year-old Chow that was rescued after my owner passed away. My house sold quickly and was gated up. It’s unknown if I escaped and couldn’t be caught or someone turned me loose to fend for myself. Either way I was out on my own for two months in very hot weather. As you can see I’ve been shaved down. After being scared and on my own, my fur became matted and I needed to be shaved. But don’t worry, my beautiful fur will grow back. CARL volunteers are working on getting to know my likes/dislikes and helping me with leash training. I’m happy to explore my new world when I go out for my regular walking route. I have not been reactive to other dogs. I’m shy of strangers. A huge heartfelt thank you to all the wonderful people who helped rescue me and who donated towards my care. If you’re interested in meeting me, please fill out an online application to meet me. Canine Adoption and Rescue League C.A.R.L.



Meet Frida, an adorable 1-year-old shorthaired, indoor rabbit. She’s a social girl who seeks attention. She loves other bunnies and enjoys playing with her little toys. She’s litterbox trained and has the most darling personality! If you’d like to meet Frida, email VCASBunnyBrigade@gmail.com and one of our Bunny Brigade volunteers will reach out to you soon!



Community Events

Ventura events

by Ana Baker

Want to cure the Holiday Blues? Consider joining Circle of Friends, a social group for retired women. The Club is seeking new members. The group meets monthly for a business/luncheon on the first Wednesday of the month at the Poinsettia Pavilion, 3451 Foothill Road, Ventura. Various events promote friendship and fun among the members. For more information, call Loretta at 805-216-1694 or Carol at 805-340-6336. The price for a luncheon is \$25, and the annual fee is \$50.

The Ventura Senior Men's Group continues to meet for a social lunch and program at the Poinsettia Pavilion in Ventura on the first and third Tuesday 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 Tues. Wed., and Thurs. 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.

Nov. 4-6: The Queen of the Cove is the first all-women's longboard surf competition in Ventura and will be held at C Street. The event will feature amateur and professional divisions, is open to all ages, and will benefit More than Conquerors Surf, supporting foster youth and engaging them in surfing. There will be a special event on Sunday celebrating the legacy of Ventura surf pioneer Mondo's Mary with a paddle out in sweaters—something Mary adopted in place of a wetsuit in the 1950s.

Nov. 6: Open house tours of the 1892 Dudley Historic House Museum will take place on Sunday from 1 to 4 p.m. Admission is free. The museum is located at the corner of Loma Vista and Ashwood Streets (197 N. Ashwood). Please call (805) 642-3345 or visit the website at dudleyhouse.org.

Nov. 6: Old-Time Country Bluegrass Gospel Music Assoc. Sunday, 2 -4 p.m. at the Poinsettia Pavilion, 3451 Foothill Rd. Live Music on stage. Jamming in the Canada Room. Free Admission. Free parking and open to the public. For more information, call 805-517-1131 or visit Facebook: OTCBGMA.

Nov. 8: Ventura Audubon Society: Ten Million Birds: A Bird Photographer's View of Great Salt Lake. 7 - 8:30 p.m. Poinsettia Pavilion and Zoom. Join our November program featuring wildlife photographer Mary Anne Karen. Our November program will be a hybrid meeting via Zoom or in person at the Poinsettia Pavilion, Canada Larga Room, 3451 Foothill Rd. For more information and the Zoom link, go to <https://www.venturaaudubon.org/monthly-speakers>.

Nov. 8: November 8, 2022, Tuesday, San Buenaventura Women's Club meeting. Noon Lunch (\$20) program and meeting. Poinsettia Pavilion, 3451 Foothill Road. Program: Mary O. Kerrigan, Exec. Director of Step Up Ventura. (805) 654-8370. Reservations required. Everyone welcome.

Nov. 13: Olivas Adobe Volunteer, Open House at 10 a.m. Do you like

gardening, history, and planning events? See how volunteering at the Olivas Adobe can fit into your schedule. We have something for everyone to share and enjoy this historic site.

Nov. 13: Toys of Old 11- 3 p.m. Discover what toys may have been enjoyed by young and old alike at the Olivas Adobe through the ages. Croquet, dice, board games and more. Costumed docents will be on-site for tours of the Olivas property, and the gift shop will be open with unique items for purchase. Also, the Family of Distinction exhibit, with paintings by Laura J Jespersen. For more information, go to www.cityofventura.ca.gov/Olivasadobe.

Nov. 15: Livingston Webinar Series - How to Be a Grief Partner. You do not need extensive training in psychology to provide support to someone grieving. This free webinar will give you the tools to create a proper environment for the bereaved to follow their natural process to do their grief work. This webinar is from 6:30 to 7:30 p.m. via Zoom. To register, visit lmvna.org/webinars.

Nov. 20: The Ventura and Santa Barbara County chapter of the National Association of Watch and Clock Collectors (NAWCC) will meet on Sunday in the Campus Student Center of Ventura College, 4667 Telegraph Road. The regular meeting starts at 11 a.m. There will be a mart where items will be for sale, followed by lunch. An informational meeting and a presentation on clocks or watches will start at 1 p.m. Bring a watch or clock for a free evaluation. Monthly meetings are held on the 3rd Sunday at the Ventura College location. More information about chapter 190 can be found at www.nawcc-ch190.com.

Nov 27: 10th Annual Giant Christmas Tree Lighting from 5-7 p.m. at the Orchard Community Church, 8180 Telephone Rd. Come kick off the Christmas Season as we light our Giant Christmas Tree in East Ventura. Free snacks & activities for the whole family! The lighting ceremony begins at 6:45 p.m. with selfies, photo ops, photo booths, Live Music, a Caroling Choir, Free Hot Chocolate, Popcorn, Crafts, Face Painting, Cookie Decorating, Christmas Bingo, and more.


Ojai news and events

The Ojai Film Festival returns November 3-20, 2022 for its 23rd year with both in-person and virtual events, celebrating the works of filmmakers from around the world. The official festival schedule includes 84 selected films (varying from features, shorts, documentaries, and animated films), over a dozen seminars, panels, and receptions with filmmakers, live music from local artists, and the Awards Brunch.

For the second year in a row, the festival will run in hybrid form, screening all films in person from November 4-7 at the Ojai Art Center, and virtually from November 8-20 via the Eventive.org festival hosting platform, doubling last year's length of virtually available stream times.

This year's festival features an expanded selection of conversations with filmmakers and creatives that delve deeper into the world of film, production and post-production,

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from the Emmy-nominated director and producer team, Michael Milano and Noémie Dumont (137 Shots, Ojai Burning) to VFX Specialist, Bill Mather (Star Trek: Generations, Men in Black and Star Wars: Episode IV - A New Hope), and more. This year's World Music in Film seminar, designed to raise awareness of the many world cultures that are presented to us through a variety of mediums, will focus on the music in film tracks.

Two Lifetime Achievement Awards, now known as Distinguished Artist Awards, will be presented to audio engineer Paul Massey (Moonage Daydream, Deadpool, 007: No Time to Die) and actress Jacqueline Bisset (Loren and Rose, La Ceremonie, The Deep). For the second year in a row, there will also be two dynamic Diversity in Film panels, and a special Diversity Film Award, sponsored by Panavision. All awards and trophies will be presented at the Awards Brunch on Sunday, November 6, to which all are invited.

The Beatrice Wood Center for the Arts in Upper Ojai is pleased to present BeatoFest, an art fair featuring live music, tours, and demonstrations on the back patio of the Center. A wine bar and vegetari-

an fare will be among the offerings. The event is free to the public. On Sunday, Nov. 6, from 11am-4pm.

"Beato" is the nickname of Beatrice Wood, and the event celebrates Wood leaving her home, studio and art collection for the creation of an art center in Happy Valley, in honor of Annie Besant's 1927 vision for the land.

Live music begins at 11 am with Francisco Leon, followed by the RubySky Music from Noon to 2 pm. Jill Martini & The Shrunken Heads take the stage from 2 - 3 pm, and singer/songwriter Kimberly Lee performs at 3 pm.

The film Special People: Beatrice Wood, directed by Gail Cottman, will be screened throughout the day, and the Center will be open for self-guided tours.

For more information, contact the Beatrice Wood Center for the Arts at 805-646-3381 or beatricewoodcenter@gmail.com.

A special event coming up at the Ojai Library. California State University Channel Islands Professor of History Rainer F. Buschmann, Ph.D. will visit the Ojai Library at 1pm on Saturday, November 19, 2022, to deliver a talk titled "Primitive Art in Civilized Places: Oceanic Art between the West and the Pacific."

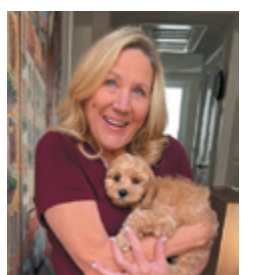
Personal Assistant Available for Ventura Area \$25/hour - 2-Hour Minimum

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As a tech-savvy person, I can also help you with your iPhone, iPad, laptop, or other electronic devices or apps such as Zoom or other video or game apps, talk-texting, family apps, and online shopping for groceries, gifts, amazon.com, etc.

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by Pam Baumgardner
VenturaRocks.com

It didn't surprise me at all when I heard that several members from Army of Freshmen had taken on a new project, an album for children, called Good Kids. It features 14 high-spirited, multi-genre songs that speak to children. If you know the band, then you know what quirky high energy fun-loving free spirits they are, so this totally makes sense! A few factors help mold the project, the most important one, being that they are parents themselves, but then the pandemic hit and it was the perfect time to fill in all that free time they now had on their hands. To accompany the release of Good Kids on November 4, will be a new web series of the same name offering four-minute episodes hosted by a different band member interviewing a "real" good kid, as well as comical vignettes of the band taking on the subject themselves from sports to going to school to starting a band. Well to go boys!

Expect frivolity, over-the-top theatrics and just an awesome stage show when punk legends Gogol Bordello hit the stage at the Ventura Theater on Saturday, November 5; and then Canadian indie pop duo, Tegan and Sara (twin sisters) play the Majestic on Friday, November 11.

Meanwhile just a few miles away on Thompson Blvd, this is the Ventura Music Hall line up for the next two weeks: Sammy Johnson on Thursday, November 3 Tai Verdes on Wednesday, November 9 The Longest Johns with Shane Alexander opening on Thursday, November 10 Big Head Todd and the Monsters on Friday, November 11 The Sinseers on Saturday, November 12 Flamingosis & Blockhead on Sunday, November 13

Dave Alvin & Jimmie Dale Gilmore with the Guilty Ones on Tuesday, November 15

I'm looking forward to the new release from Anchor & Bear. You can see them perform "No More Nights on the Roof" at Topa Topa Brewing, downtown Ventura on Friday, November 11, with Looking West opening the show. By the way, if you haven't been to this Topa Topa Brewing location in a while, you need to check it out. They cleared out the back room where they use to have their brewing equipment and now they have a spot for live bands, open mics and screenings. I'm hoping this will become consistent listening room for artists to perform.

Quick Notes: Danny Carey of Tool returns to the Grape with the Doug Webb Group on Thursday, November 3; Poseidon Brewing's First Friday is offering up the CocoKnots with a Hawaiian vibe on November 4; the final free Ojai Pops Concert Series show of the season will be Sunday, November 5, at 3:30 pm at Libbey Bowl with Larktown & Friends; Jodi Farrell's live performers' workshop at Namba will be on Sunday November 6 (donations appreciated); Michael Falcone does a tribute to Sinatra on Thursday, November 10 at the Manhattan in Camarillo; David Franz album release

party will be at the new Feros Ferio Winery in Ojai on Saturday, November 12; local singer/songwriter, Krystal Park, performs a set at Surfers Point Café on Sunday, November 13 (1 pm); and tickets are on sale via eventbrite for Dr. Know & Stalag 13 at the Oceanview Pavilion in Port Hueneme for Saturday, January 7, 2023;

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

Angry Ferret Brewery

11990 Hertz St., Moorpark

Sat 11/5: DVR Band

Sat 11/12: Moxy Raven Band

Aqua Beachfront Bar

Crowne Plaza Hotel, Ventura

Sat 11/12: Preston Smith

Black Angus

4718 Telephone Rd., Ventura

Fri 11/11: Déjà vu Too

Boatyard Pub

1583 Spinnaker Dr., Ventura

Wednesdays: Frank Barajas

Thursdays: Jim Friery; Bluegrass Jam

Fri 11/4: Teresa Russell & Stephen Geyer

Sat 11/5: Epitome of Dreams

Tues 11/8: Karen Eden & the Bad Apples

Fri 11/11: Mack and D

Sat 11/12: Epitome of Dreams

Cantara Cellars

126 N. Wood Rd., Camarillo

Fri 11/4: Ignition unplugged

Sat 11/5: Bad Habit

Fri 11/11: Katie Shorey

Sat 11/12: The Dirty Lowdown

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

Sun 11/13: Brian Batchley & Friends

Copper Blues

The Collection, Oxnard

Fri 11/4: Brandon Ragan Project

Sat 11/5: Mike Scully

Fri 11/11: Brittney and the B Sides

Sat 11/12: Power Syndicate

Deer Lodge

2261 Maricopa Hwy., Ojai

Fri 11/11: Glenn Annie w/ Tom Relling Band

Downtown Ventura Stage

California and Main

Sat 11/5: Looking West (1 pm)

Enegren Brewing Co.

444 Zachary St., Moorpark

Fri 11/11: Weatherford

Feros Ferio Winery

310 E. Ojai Ave., Ojai

Sat 11/12: David Franz

Four Brix Winery

2290 Eastman Ave., Ventura

Fri 11/4: Karen Eden & the Bad Apples

Sun 11/6: Strummed Down

Garage

1091 Scandia Ave., Ventura

Fri 11/11: Lucy Morningstar

Sat 11/12: No Biggie

The Grape

2833 E. Main St., Ventura

Tuesdays Jazz Jam

Thursdays: Tom Etchart & Friends (5-7 pm)

Fridays: Fred Kaplan (5-7 pm)

Thurs 11/3: Doug Webb Group feat.

Danny Carrey (8 pm)

Fri 11/4: Paul McCallum and Friends

(7 pm)

Sat 11/5: Fausto Cuevas y la Moderna (2 pm); Gregg Karukas (8 pm)

Wed 11/9: Ben Scholz

Sat 11/12: the YaYennings Trio

Harbor Cove Café

1867 Spinnaker Dr., Ventura

Saturdays: The Cook Hand Ukes

Keynote Lounge

10245 E Telephone Rd, Ventura

Thursdays: Open Mic

Sat 11/5: Pull the Trigger

Leashless Brewing

585 E. Thompson Blvd., Ventura

Fri 11/4: Mike Beers

Fri 11/11: Jacob Martinez & the Good Vibes

Sat 11/12: Vinny Berry

Libbey Bowl

210 Signal St., Ojai

Sun 11/6: Ojai Pops Orchestra (3:30 pm)

Lucky Fool's

75 E. High St., Moorpark

Sat 11/12: DRB Acoustic

Madewest Brewing

1744 Donlon St., Ventura

Sat 11/5: Josh Nordgren

Majestic Ventura Theater

26 S. Chestnut St., Ventura

Sat 11/5: Gogol Bordello

Fri 11/11: Tegan and Sara

Manhattan

5800 Santa Rosa Road, Camarillo

Wed 11/2: Richard Weiss

Fri 11/4: Mrak and Jim

Sat 11/5: Michael Falcone

Wed 11/9: Robert Van

Thurs 11/10: Michael Falcone

Fri 11/11: Tour Support

Sat 11/12: Jeanne Tatum Trio

Margarita Villa

Ventura Harbor

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

Fri 11/4: Whiskey Business

Sat 11/5: Dive Bar Messiahs

Sun 11/6: DRB

Fri 11/11: Jetlemons

Sat 11/12: Vinyl Gypsies

Sun 11/13: Karen Eden & the Bad Apples

Mrs. Olson's

2800 Harbor Blvd., Oxnard

Fri 11/4: Magnificent Bastards

Sun 11/6: Teresa Russell

Namba Arts

47 S. Oak Street, Ventura

Sat 11/5: Mighty Cash Cats; Linda Ronstadt Experience

Sun 11/6: Jodi Farrell Performance workshop

Sat 11/12: Whole Hog

Ojai Underground

616 Pearl Street, Ojai

Fri 11/4: Louise Mosrie w/ Claudia Russell & Bruce Kaplan

Sat 11/5: Dauzat St. Marie

Fri 11/11: Perla Batalla (sold out)

Sat 11/12: Perla Batalla

Ojai Valley Brewing

307 Bryant Street, Ojai

Thurs 11/3: Teresa Russell

Onyx Bistro

2390 Las Posas Rd., Camarillo

Fri 11/4: Smokey & Friends

Sat 11/5: Jade Hendrix

Oxnard Performing Arts Center

800 Hobson Way, Oxnard

Sun 11/6: Renegades (courtyard)

Poseidon Brewing Co.

5777 Olivas Park Dr., Ventura

Fri 11/4: CocoKnots

The Raven Tavern

1651 S. Victoria Ave., Oxnard

Fri 11/4: Holgers Heroes

Sat 11/5: Rewind

Sun 11/6: Steve and Sally Williams

Fri 11/11: Cinnamon Whiskey

Sat 11/12: Jetlemons

Sun 11/13: Jen & Bill

Surfers Point Café

204 E. Thompson Blvd., Ventura

Sun 11/13: Krystal Park

Tony's Pizzeria

186 E. Thompson Blvd., Ventura

Thurs 11/3: Levi & Rockstone

Thurs 11/10: Jah Standards

Topa Topa Brewing

4880 Colt Street, Ventura

Sun 11/6: the Trivle Omdobble

Topa Topa Brewing

104 E. Thompson Blvd., Ventura

Fri 11/11: Anchor & Bear w/ Looking West

The Twist on Main

454 E. Main St., Ventura

Thursdays: LA Jazz Connection

Fri 11/4: Tossers

Fri 11/11: Vinyl Gypsies

Vaquero y Mar

435 E. Thompson Blvd., Ventura

Sundays: Mariachi

Tuesdays: The Sea Hunter

Wednesdays: Tribal Me

Fridays: Conjunto Zacamandu de Tomas Herrera

Ventura Harbor Village

1559 Spinnaker Dr., Ventura

Sat 11/12: Karen Eden

Sun 11/13: Lynnzee Fraye

Ventura Music Hall

1888 E. Thompson Blvd., Ventura

Thurs 11/3: Sammy Johnson

Sat 11/5: Blink-180True

Wed 11/9: Tai Verdes

Thurs 11/10: The Longest Johns

Fri 11/11: Big Head Todd and the Monsters

Sat 11/12: Thee Sinseers & the Altons w/ Rudy de Anda

Sun 11/13: Flamingosis & Blockhead

Tues 11/15: Dave Alvin & Jimmie Dale Gilmore w/ the Guilty Ones

The Vine

308 E. Ojai Ave., Ojai

Saturdays: Smitty and Julia and Friends

Sundays: Austin Vallejo

Fri 11/4: Coyote

Fri 11/11: Brian Batchley & Friends

Winchesters

632 E. Main St., Ventura

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

Thurs 11/3: Brandon Ragan

Fri 11/4: Whole Hog

Sat 11/5: Crooked Eye Tommy

Sun 11/6: Karen Eden & the Bad Apples

Thurs 11/10: Steve & Sally Williams

Sat 11/12: Delta by the Beach

Sun 11/13: Colette Lovejoy Band

Tues 11/15: Open mic w/ Jenna Rose

Ventura Music Scene



The Ventura County Potters' Guild will host a double event in downtown Ventura on November 5 and 6 (10am-6pm). There will be an outdoor market on Main and California Streets showcasing many local potters just in time for your holiday shopping. Handmade pottery makes a thoughtful, personal gift. Peruse the gorgeous mugs, bowls, vases, planters, sculpture and more. You will have your holiday gift list checked off in no time.

In addition, there will be a Bowl of Thanks fundraiser. Local potters are donating hundreds of bowls that can be purchased for \$20 each. Funds raised will be donated to Downtown Ventura's Family Reconnection Program.

Each bowl purchase is accompanied by a punch card allowing the purchaser to sample tastes from over 15 restaurants and pubs. Bowls for pasta, ice cream, cereal, berries, loose change or your doggy (or kitty) will be available in all sorts of sizes and colors.

The Ventura County Potters' Guild, a non-profit founded in 1957, continues its mission of promoting ceramic arts through its Gallery in Ventura Harbor, workshops, and monthly meetings. www.venturapottersguild.org.



Saturday, November 19th 5:00 p.m. to 9:00 p.m. – A Year Without You Opening Reception – The RAD Foundation & artist Julie Dahl-Nicolle are collaborating to showcase "A Year Without You," for 30 days in the Museum of Ventura County's Pavilion. The collection of one hundred floral mixed media canvas paintings represents a sense of loss many have experienced for the last two years due to COVID-19. The collaboration aims to bring acceptance and understanding to loss all while giving hope & joy for the future ahead. The opening reception will invite guests to participate in hanging clouties – an homage to the Irish Rag Tree tradition. (Free, Drop-in Event)

Ventura Art Scene

Call For Artist/Teachers Join FOTM's Award Winning Learning to See Outreach Team of In-school Instructors. Training \$20 per hour/\$50 per class Fine arts and teaching experience required.

Email CV to Aimee@FocusOnTheMasters.com



Just in time for Fall, the new Deep Sea Wine Tasting Room in Ventura Harbor Village is giving wine lovers a reason to toast the coast. On October 21, a Ventura Chamber ribbon cutting was held to celebrate their official opening.

Owned and operated by the Conway family of Santa Barbara/Ventura County, this modern wine tasting room is sure to be a popular spot with 15 different wines of interesting and unusual blends of reds and whites, each produced in small batch production. Along with their friendly and knowledgeable tasting room hosts, daily tastings offer a selection of both Conway and Deep Sea wines offering something for all palates.

Deep Sea Wine Tasting Room
1591 Spinnaker Drive
(805) 321-9463

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OPEN HOUSE

November 13, 2022

1-5 pm

Please join us for Holiday Cheer,
Music, Tours, Drawings & Holiday Gifts

Studio Be
Gyrotonic Ventura
Mission Animal Hospital
April's Therapeutic Massage
Points of Healing Acupuncture & Herbs

April's Therapeutic Massage

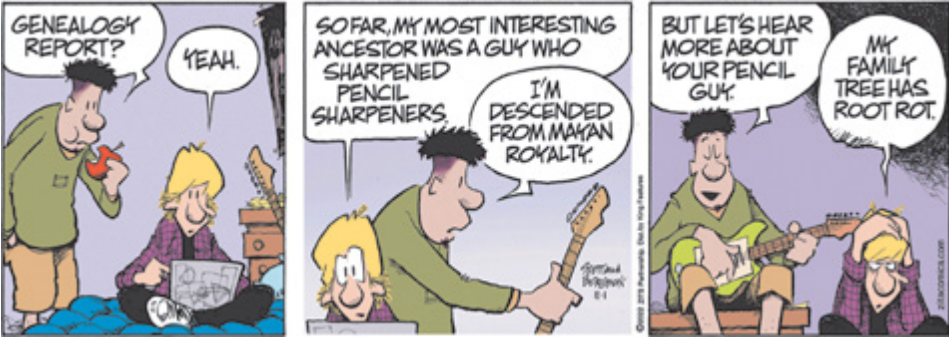
points of healing

1453 & 1455 E Main St. Ventura



Lighter Breeze

Zits



Crock



Shoe



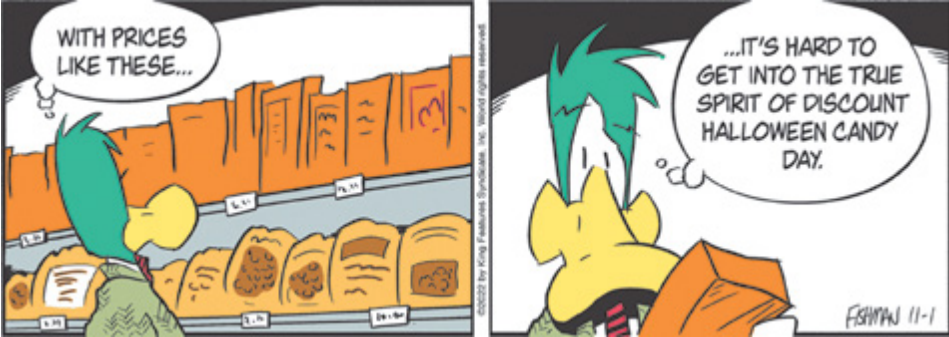
Hagar the Horrible



Blondie



Mallard Fillmore



Solutions on page 13

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

	7		8		3			
9		3			2			
	8			6				7
1		5		3		7		
	6		4			9		
		4		1				2
8				7		3		
	9		1				5	
		3			4			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 Creche trio
- 5 Sheep's cry
- 8 Espy
- 12 Optimist's credo
- 13 Steal from
- 14 Texas city
- 15 Lost traction
- 16 'Madam Secretary' memoirist Madeleine
- 18 Dutch exports
- 20 Spanning
- 21 Demolish, in Dover
- 23 Jungfrau, for one
- 24 Tirana resident
- 28 Blathers
- 31 Meadow
- 32 Seafood selection
- 34 Gangster's gun
- 35 Lincoln in-law
- 37 Tuna type
- 39 Sneaky chuckle
- 41 Son of Adam and Eve
- 42 You can count on it
- 45 Seduce
- 49 Prince of Monaco who is Grace Kelly's son

1	2	3	4		5	6	7		8	9	10	11	
12					13				14				
15					16			17					
18				19			20						
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24	25	26					27		28		29	30	
31				32				33		34			
35			36			37			38				
			39		40		41						
42	43					44		45			46	47	48
49						50				51			
52						53					54		
55						56					57		

- 51 Shark variety
- 52 Check
- 53 Rm. coolers
- 54 Baby carriage
- 55 Golf stroke
- 56 Belly
- 57 Eyelid woe
- 6 MSN rival
- 7 "Waterloo" group
- 8 Making spiral patterns
- 9 Samoan port
- 10 Phil of folk music
- 11 Youngsters
- 17 - Victor
- 19 Skillets
- 22 British nobles
- 24 Flight stat
- 25 Zodiac cat
- 26 Vice
- 27 Mother Teresa, for
- 29 Standard
- 30 Fr. holy woman
- 33 Social appointment
- 36 Not half bad
- 38 Victors
- 40 "Ben- -"
- 42 Seniors' org.
- 43 - cheese dressing
- 44 Male deer
- 46 Scurry
- 47 Fine
- 48 Iditarod terminus
- 50 Post-op area

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ARIES (March 21 to April 19)

Although you love being the focus of everyone's attention, it's a good idea to take a few steps back right now to just watch the action. What you see can help with an upcoming decision.

TAURUS (April 20 to May 20)

"Caution" continues to be your watchword this week, as a former colleague tries to reconnect old links. There are still some dark places that need to be illuminated.

GEMINI (May 21 to June 20)

Making a good first impression is important. Revealing your often hidden sense of humor can help you get through some of the more awkward situations.

CANCER (June 21 to July 22)

Are you taking that Cancer Crab image too seriously? Lighten up. Instead of complaining about your problems, start resolving them. A friend would be happy to help.

LEO (July 23 to August 22)

A widening distance between you and that special person needs to be handled with honesty and sensitivity. Don't let jealousy create an even greater gap between you two.

VIRGO (August 23 to September 22)

Congratulations. Your handling of a delicate family matter rates kudos. But, no resting

on your laurels just yet. You still have to resolve that on-the-job problem.

LIBRA (September 23 to October 22)

You might surprise everyone by being unusually impulsive this week. But even level-headed Libras need to do the unexpected now and then.

SCORPIO (October 23 to November 21)

A period of turmoil gives way to a calmer, more settled environment. Use this quieter time to patch up neglected personal and/or professional relationships.

SAGITTARIUS (November 22 to December 21)

A new relationship could create resentment among family and friends who feel left out of your life. Show them you care by making more time for them.

CAPRICORN (December 22 to January 19)

Concentrate on completing all your unfinished tasks before deadline. You'll then be able to use this freed-up time to research new career opportunities.

AQUARIUS (January 20 to February 18)

You're right to try to help colleagues resolve their heated differences. But keep your objectivity, and avoid showing any favoritism between the two sides.

PISCES (February 19 to March 20)

Your personal life continues to show positive changes. Enjoy this happy turn of events, by all means. But be careful not to neglect your workplace obligations.

BORN THIS WEEK: People of all ages look to you for advice and encouragement. You would make an excellent counselor.

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Showtime



Ryan Reyes (far left) and the company of the Rubicon Theatre Company production of *In the Heights*.

A View from House Seats

Musical Highlights Life in a Barrio

by Shirley Lorraine

Rubicon Theatre Company's current production of Lin-Manuel Miranda's *In the Heights* is an absolute must-see. The fast-paced operetta is packed with non-stop action, tight, acrobatic dancing and engaging characters.

A multi-levelled challenging production to mount, the quality of this Rubicon offering is as high as any Broadway show. From the opening notes to the end, the production offers an upbeat picture of the stark realities of life in a depressed neighborhood, struggles to maintain dignity and overcome pitfalls as well as the enduring positivity of relationships, hope and redemption.

Usavi (Ryan Reyes) runs a small bodega in Washington Heights. Along his street are a beauty salon, a car service and residences of long standing. All the businesses are barely getting by, but the joy of the residents pervades the neighborhood. There are romances, ongoing dilemmas, humor and a few surprises laced throughout. Author Miranda has drawn on his own background to create a world foreign to many of us Californians. However, there is universality in the situations portrayed that embrace and touch everyone in some way.

Although a good deal of the dialogue and lyrics are in a mixture of what the play refers to as Puerto-Rican Spanish and Dominican Spanish, it not difficult to ascertain the meanings involved. The panoply of emotions run deep and are clearly conveyed.

There are many strong voices in this large cast, most beautifully heard when the orchestra allows the vocalists to shine in quieter moments. The rapid pace of the lyrics is a marvel to hear as the actors barrel forward without missing a single beat or step. I could not catch some of the lyrics due to the pace, but the meanings were clear throughout. The lead character, Usavi, embodied by Ryan Reyes, is simply mesmerizing as he weaves the story thread along.

This is a production I could see multiple times and each time see something different as a focal point. Each character is singularly well defined yet universal. Standout performances are given across the board from the smallest ensemble role to the leads.

Bringing extremely strong characterizations to the story are Laura Lebron, Corinne Miller, Jalon Matthews, Luis-Pablo Garcia, Danny Bolero, Laura Castrillon, Susan Oliveras, Suzanna Guzman, Jeffrey Nunez, Yan Carlos Diaz and Mariana Herrera Juri. Their stories are complex, completing the neighborhood's saga.

Director / Choreographer Luis

Salgado has brought his considerable talents to our community by which we are enriched beyond measure. Salgado was Assistant Choreographer for the Tony-Award winning *In the Heights* on Broadway and Director/Choreographer for a production of same in Washington, D.C. for which he garnered several awards. The use of the entire cast as enhancing movement background on multiple levels of the impressive street setting is fresh and exciting.

Rubicon Theatre has presented outstanding, challenging productions that have benefitted our community for 25 years. This production of *In the Heights* ranks right up there towards the top. *In the Heights* runs through November 13 with many afternoon and evening options to choose from. www.rubicontheatre.org. Get tickets before they are sold out.

Streaming Spotlight by Cindy Summers

The Good Nurse

- Netflix Originals



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

In "The Good Nurse" when the arrival of new ICU nurse Charlie Cullen (Eddie Redmayne) at Parkfield Memorial Hospital in New Jersey coincided with a series of suspicious deaths, nurse Amy Loughren (Jessica Chastain) risked her own safety to uncover the truth in this movie based on true events.

Amy Loughren had been working at Parkfield Memorial for eight months, where she was trying to get a year of employment to qualify for health benefits. She had cardiomyopathy, a condition requiring her to have a heart transplant and that was unknown to her employer, believing her job would be at risk. She was assigned to the ICU, where she was introduced to an experienced nurse that had just been hired named Charlie Cullen (Eddie Redmayne).

When Amy's patient, 77-year-old Ana Martinez, passed away inexplicably, the hospital launched an internal investigation, but did not contact the state police until seven weeks after Ana's death and also had not contacted her family to inform them they believed she died under suspicious circumstances. Detectives Danny Baldwin (Nnamdi Asomugha) and Tim Braun (Noah

Continued on page 20

Tickets starting @ \$40!

DECEMBER 1-18

"No matter how many times you've experienced *A Christmas Carol*, this version is not one to miss."

— STAGE MAGAZINE

A Christmas Carol

BY Patrick Barlow
DIRECTED BY Jamie Torcellini

ENSEMBLE THEATRE COMPANY
AT THE NEW VIC

33 West Victoria Street | Santa Barbara
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A PREMIER COLLECTION OF INDEPENDENT FILMS FROM AROUND THE WORLD

- FEATURES, DOCUMENTARIES AND ANIMATION
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- ENVIRONMENTAL FOCUS FILMS

All Festival Films will be Available "on-demand" November 8-20

Festival schedule & tickets online at OjaiFilmFestival.com



Celebrate! 40th Anniversary Party

Sat., Nov. 5th, 5 - 8pm Public invited



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Famous People who have visited the Olivas Adobe over the years

by Richard Senate

Over the years many great people have visited the Olivas Adobe. Perhaps a list could be assembled to better understand this historic place in Ventura. Many greats have passed near the structure in the last two centuries from Fr. Serra to Ronald Reagan but this study will focus upon those historic people who have set foot inside the adobe. The list starts with...

US Senator Thomas R. Bard. He

was the first and only US Senator from Ventura County, a prominent land developer and oil man. He wrote of his visit in letters and described the old house and the Olivas Family. They played the music box for him (barrel piano) and gave him a tour of the house. He was most impressed with the parlor on the second floor (perhaps the Chapel?).

Andrew Mellon. The Secretary of the Treasury who came here as a guest of yeast king Major Max Fleishmann. They came to the isolated adobe to talk and hunt ducks in the Santa Clara River Valley.

Erle Stanley Gardner. The lawyer and mystery writer who created the character of Perry Mason was a member of the Old Adobe Gun Club in the 1920s. He was also the lawyer for Mrs Dorothy Olivas in her divorce

This 'n' That

action and visited his client here. He may have used the adobe in one of his many mystery stories.

Clark Gable. The uncrowned king of Hollywood's Golden Age was an avid duck hunter and was caught poaching on Fleishmann's hunting preserve. Max didn't call the sheriff but invited him to dinner. They feasted on wild duck and—it can be guessed—Lima bean soup.

Will Rogers. Comedian and political satirist is said to have dined here as a guest of Major Fleishmann. They both shared a love for the sport of polo. This was in the early 1930s when



US Senator Thomas R. Bard received a tour of the house.

Rogers was becoming a success in Hollywood before his ill-fated round the world flight with Wylie Post. That ended with his death in Alaska.

Martin Sheen. Actor and activist. He came to the adobe and held a small rally here, making a documentary in support of the Farm Workers.

Linda Blair. Actress. She made a short film here for the Sundance Film Festival titled "Marina". The Old Adobe subbing for Spain. (Note: Mr. Richard Senate was an extra in the film)

Candice Bergen. TV and Movie Star came here with her daughter's class to do the Rancho Program. The school was an exclusive private school from Beverly Hills. All of the students were in uniforms with coats and skirts—all of them became very muddy! (they had been warned). But, Candice and the children had a great time.

Over the years many other celebrities have visited the old hacienda. If you know of any stories of these visit please contact Mr. Senate and he will add them to the growing list.

The Good Nurse

Continued from page 19

Emmerich) found these facts to be very troubling as it seemed Parkfield's board, led by Linda Garran, the hospital's risk manager, downplayed it, claiming the death was unintentional and that the reason for reporting it was simply to abide by health protocol.

Unfortunately, Ana Martinez had been cremated, so there was no physical evidence to help the investigation. Baldwin and Braun began interviewing the staff and when Amy reviewed the records noticed that insulin had been administered to Martinez, despite her being a non-diabetic. When they questioned Amy directly about Charlie, she defended him, so Braun shared all the hospitals where Charlie had previously worked weren't willing to co-operate. To complicate matters further, when Parkfield finally shared its investigation with the police the file was basically empty, which caused Baldwin to snap at Garran who banned both detectives from the hospital.

When Kelly Anderson, another ICU patient, suddenly developed strange symptoms, Amy discovered that insulin had been administered to her which at that moment caused her to go into a seizure and die despite Amy's efforts to save her. Amy began working with the police and convinced Kelly's husband to exhume her body for an autopsy, which revealed that she had insulin and digoxin in her system which led to her death. With this unquestionable proof, Amy agreed to wear a wire and meet with Charlie to see if she could get him to confess, though to this point he had no proof she knew what he was doing.

The real Charlie Cullen plead guilty to the death of 29 people to avoid the death penalty, though he may have actually killed as many as 400 people in the 9 hospitals he worked in and never explained why he did it. Charlie Cullen is currently serving 18 consecutive life sentences in the New Jersey State Prison and will not be eligible for parole until 2403.

Charlie Cullen was a nurse for 16 years. Most of the hospitals he worked at harbored suspicions about him, though none stopped him and there have never been criminal proceedings against any of the hospitals. Amy Loughren got her heart surgery and lives in Florida with her children and grandchildren.

Rated: R

Runtime: 2h 3m

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