



VENTURA BREEZE

Your Hometown Paper

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A surf inspired gala celebration supporting foster youth and families

The Friedlanders.



Kids & Families Together hosted their 4th Annual November Fundraising Event

Fostering the Next Wave 2022, held on Saturday, November 5th, at the Crowne Plaza Ventura Beach, was a surf inspired fundraising celebration supporting Ventura County foster youth and families. The event raised funds for Kids & Families Together (K&FT) and More Than Conquerors Surf (MTC Surf).

More than 150 guests joined us for this fun and successful event! Guests enjoyed surf inspired music and films during Happy Hour, along with a silent auction filled with a wide variety of items up for bid. The evening's program included inspiring testimonial speakers and messages from two Ventura
Continued on page 2



State Assemblymember Steve Bennett and aid.

Guests enjoyed fine food, entertainment and inspiring speeches. Photos by Yana Khyiod.

City announces new acting Community Development Director

The City of Ventura announced that Neda Zayer has been selected to serve as the acting Community Development Director, effective November 15, 2022. Zayer will succeed Peter Gilli, who came to Ventura in June 2019. Neda Zayer has served as the City's Assistant Community Development Director since September 2019.

"Mr. Gilli has led the department through unprecedented challenges, transitioning permits online in response to the pandemic, advancing recommendations to improve the development review process, and tackling state-issued mandates like the housing element and land use requirements," said City Manager Alex D. McIntyre. "Peter brought many valuable initiatives forward in his time with us, and wish him all the best in his next endeavor."

In the last three years, the Community Development Department has contributed to many important City Council goals. This includes drafting the 2021-2029 Housing Element, adopting an updated Accessory Dwelling Unit ordinance, creating an expanded Permit Services Division and the Housing Services Division, supporting the City's commercial cannabis applications, improving the historic preservation process, and launching the General Plan Update process.



Continued on page 6 Ms. Zayer has demonstrated a broad range of industry knowledge.

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City News

The Draft Climate Action and Resilience Plan is posted for community members to review

After receiving extensive feedback, ideas, and input from community members and stakeholders, the draft Climate Action and Resilience Plan (CARP) has been released and is available online for public review on www.planventura.com.

The City of Ventura's CARP creates a roadmap aimed at reducing greenhouse gas emissions and to prepare the community for potential impacts of climate change. This includes improving energy and water efficiency, reducing pollution, lowering greenhouse gas (GHG) emissions, and adapting to a changing climate. The CARP also addresses State requirements of reducing GHG emissions 40% below 1990 levels per Senate Bill (SB) 32.

"The drafted CARP incorporated feedback from stakeholder meetings, public workshops, and surveys to develop a plan that reflects the values and vision of the community to address climate change and find effective solutions towards energy efficiency," said Community Development

Director Peter Gilli.

The City of Ventura currently has robust programs dedicated to energy efficiency and emissions reductions. Recently, the City established its Food Waste Recycling Program, in compliance of Senate Bill (SB) 1383, with the goal of diverting organic waste from landfills and reducing GHG emissions. Additionally, the City of Ventura works directly with local businesses and schools to improve resource efficiency and implement waste reduction practices.

The City of Ventura joined 29 other cities in offering clean, renewable energy by the Clean Power Alliance (CPA) in February 2018 to its residents. The City of Ventura also embarked on its Energy Action Plan to establish energy reduction targets, increase energy efficiency, and lower Greenhouse Gas emissions.

The draft CARP is available to review until December 12, 2022. Please submit comments through the contact form on the City's General Plan website at www.planventura.com or share by email at planventura@cityofventura.ca.gov.

A surf inspired gala celebration

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County political leaders and a local professional surfer!

Speakers for the event included: an opening and welcome from Ventura County Supervisor Matt LaVere; Sharon Watts Woolley, K&FT's Board Chair; David & Faith Friedlander, K&FT's Co-Founders; and Elle Miller, Founder of MTC Surf. Kids & Families Together presented the 4th Annual Founders' Award to CA State Assemblymember Steve Bennett for his continued support of programs benefitting Ventura County foster youth.

Testimonial speakers included: Dr. Barbara Morris Jensen, adoptive parent supported by K&FT; Gwendolyn Herrera, Assistant Vice President/Branch Manager Union Bank and kinship caregiver supported by K&FT; Lea Martinez, Ventura County foster/resource parent supported by K&FT and an "MTC Surf family" participating in their monthly surf events; and John Villela, Board Member of MTC Surf.

Featured guest speaker was professional surfer, long board champion and

Ventura local, Mary Osborne. We want to thank Mary for stepping in at the last minute to join us. The event closed with a fantastic hula performance by Hula Anyone from Santa Barbara. <https://www.hulaanyone.com/> Our event emcee was, Matthew Graczyk. Our event DJ was, Logan Graczyk. <https://djmajestic.com/>

We gratefully acknowledge our event sponsors! Sponsorship levels were surf themed, recognizing the top big wave surf spots in California and our local favorites here along the Ventura County coast!

Top Level "Maverick Sponsor" at \$5,000 was Union Bank. "Rincon, Queen of the Coast Sponsors" at \$2,500 were, Assured Partners and Aqua-Flo Supply. "C-Street Sponsors" at \$1,000 included, Mission Produce, Gold Coast Health Plan, The Partnership for Safe Families & Communities of Ventura County, Pacific Western Bank, Liz Donnelly Group Re/MAX, Gold Coast Health Plan, Ventura Townehouse, Community Memorial Health System, Sharon Watts Woolley, John Woolley, Marianne Bloom and the Kearney Family Fund. "Mondos Sponsors" at \$500 were, Rick & Sheri

Ashleman, Dorn & Dr. Kathleen Van Antwerp, the Mullett Family, Robert & Jean Bonar, Lu Setnicka, Kyle & Crystal Cummings, Controlled Elements Heating & A/C, and the Ventura Breeze.

Founded in January 2000, Kids & Families Together serves foster, adoptive, kinship, and birth families throughout Ventura County. For over two decades K&FT has become the leader in providing critical services and support to children who have experienced trauma, abuse, neglect, loss, and multiple placements. K&FT is unique in that we provide counseling services, education, support and strategies to connect caregivers and parents to the children in their care. We wrap our arms around the entire family to help them raise healthy, nurtured children that thrive. To learn more visit - <https://www.kidsandfamilies.org/>

More Than Conquerors Surf, founded in 2020, serves foster youth in

Ventura County by providing them with the opportunity to experience freedom, joy, and confidence through the gift of surfing. MTC Surf's mission is to provide foster youth with the ultimate surf experience in a safe and fun environment while encouraging personal growth, community, and faith. MTC Surf desires that every child and teen that surfs with them would know that they are fully loved and capable of conquering any current and future challenges they may face. To learn more visit - <https://www.mtcsurf.org/>

We thank everyone that came out to support this event! Thank You!!!

Missed the event? You can still support by texting the word "Fostering" to 91999 to donate.

A video recap of the event can be viewed on Kids & Families Together's YouTube Channel ... <https://www.youtube.com/watch?v=GvTYSC241Kc>



Charles the therapy dog



County Supervisor Matt LaVere



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City News



Boyko finds working with grieving families a calling and being of support to them comes naturally.

Reinventing funeral service in Ventura one Memory at a Time

With arms wide open, Michael Boyko invites all of greater Ventura County to stop by and visit the Boyko & Reardon Telegraph Road Mortuary & Cremation at 15 Teloma Drive to say hello and maybe have that important talk about your lifetime.

In December of 2019, Boyko of the Joseph P. Reardon Funeral Home & Cremation Service on Main Street in Ventura acquired the mortuary property at 15 Teloma Drive. Also in Ventura, this site has been comforting the public since the 1960's. And, so began the Boyko & Reardon Telegraph Road Mortuary & Cremation nestled at the corner of Telegraph Road and Teloma Drive. The addition of the location furthers their enhanced ability to continue to serve our community at two distinctly different sites: the original funeral home at 757 E. Main Street and 15 Teloma Drive. Residents of our community want convenience, affordability, and a high degree of professionalism and they proudly provide service and fine facilities on each side of the City.

Continuing at this historic site at the former "Candy Cane Lane", this landmark of a building in Ventura houses a spacious in-house chapel that can accommodate over 250 guests as well as spacious family meeting rooms, parlors, and a celebration reception room. They have upgraded with modern and sleek amenities like contemporary audiovisual equipment, sound systems, and comfortable furnishings to provide peace and a home-like surrounding. The warm decor gives a feeling of comfort that falls just short of opulence. You'll be greeted by offices and halls painting in comforting beiges, tans, and maroon accents coupled with the smell of a freshly cut bouquet.

Michael already known for the funeral home on Main Street said the decision simply made sense, "Ventura is basically all the same people yet having the facility at 15 Teloma Drive just lets me give people what they want, affordable excellence and either of our fine facilities."

Boyko finds working with grieving families a calling and being of support to them comes naturally. You can find him locally giving talks, volunteering, and supporting churches, temples, and even hosting community events.

Boyko proudly serves on the Board of Directors of the Ventura Music Festival and has hosted concert events in the Funeral Home's Chapel. The owner shares, "As gatherings resume, I am excited at the possibility of doing more of these types of events bringing in friends for live performances."

"We find the meaning in life in service and helping others. Navigating the path of loss isn't something to be taken lightly. No matter the scenario my staff takes time to support our families served in their hour of need and thereafter. Sometimes it's not what you say, its being there for someone and just lending a should to lean on and an ear to listen to."

Michael is overcoming the stereotype of the typical undertaker. At 45, Boyko is president of both funeral homes and considers it an honor to be the fourth generation to carry on the tradition of funeral directing, operating one of the state's oldest funeral homes which recently turned 111.

Constantly, Michael remains vanguard with alternative funeral/cremation/memorial options. He's known for programs like green burials, whole-body burials of caskets at sea, free grief-counseling seminars, and a reputation for throwing some of the best parties in the City. Boyko does as much as he can to breathe life into the death business. Boyko who is an eager host is quick to answer questions and stress the profound responsibility he has as a funeral director. "People want options and I've got an array of numerous distinct options for traditional and non-traditional funerals, themed memorial services, final toasts, paddle out to sea scatterings, beach party tributes, or keeping one's services private. Within these options, you well know we have caskets, urns, burial vaults, livery, memorial products etc. but what we really sell here is 'trust'."

Rather than wait for people to walk through the door, Michael and his staff reach out to our community to offer seminars and talk in regards to the funeral home's offerings and pre-planning arrangements.

Each day Michael opens his doors and urges all of greater Ventura County to stop by for a visit and have that all important conversation.

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THANK YOU FOR SUPPORTING THE VENTURA BREEZE!



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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When I was a boy
I was told that
anybody could
become President;
I'm beginning to
believe it.

'Clarence Darrow
for the Defense'
by Irving Stone

Sheldon Where Art Thou?

Regarding my decision to stop writing my column, 87.3% of readers are very upset and 20.2% are very happy that they do not need to spend their valuable time reading every word of my article in every issue just to make sure they still think I'm an idiot. Now, they can send in "their" opinions without calling me an idiot and can also enjoy reading Ventura's favorite newspaper.

A reader (see below) says my writing is radical left-wing propaganda, which is complete nonsense (maybe I'm a communist also). They are my opinions. As always, I welcome yours.

These are some of what I have written about, hardly propaganda of any sort - again just my opinions:

I believe that Donald Trump is destroying our democracy and our country and is solely responsible for the January 6th insurrection and should end up in prison (for several reasons).

I believe all women have a right to have an abortion. I don't believe abortion is a moral issue - it's a religious issue and those who are opposed to it just wish to propagate a particular religion.

I think a she should be able to marry a she and a he should be able to marry a he. They have the same right to be happy just like "real men" like me.

I dislike guns. I do not think that they protect individual owners. They are more apt to be used to commit suicide, family members killing family members (in some cases 6 year old's accidentally killing their sister or brother).

I think the Supreme Court justices should have term limits (perhaps eight years). The justices don't make decisions interpreting the constitution - they make decisions on their lifetime of either being conservatives or liberals. Perhaps they should be arbitrarily selected by just grabbing people off the street so we don't know if they are conservatives or liberals. I also think Clarence Thomas should be removed.

The Constitution needs major revisions - it is completely irrelevant to today's standards. We need a constitutional convention to start updating and revising it. The first one was held in 1787.

I think TV sports announcers should not wear suits and ties, they're not doctors.

These are a few of our reader's comments.

Sheldon

I just read your latest Breeze, where you said it would be the last editorial. I really enjoy reading your Opinion/Editorial page.

It has facts and the source of the facts, something rare in today's media.

People today tend to follow their favorite news makers without searching for both sides of a situation.

Looking at both sides is just too much work. It makes things simple, but most situations really aren't simple. Hooray for our side.

And the news businesses do this because it brings sales to advertisers, and profits to the businesses bottom line.

A situation of greed, not truth or balance.

Don't Let Jerks Get the Best of You
Nelly Wall

Nelly: No one got the best of me just too much work right now. And I never called them jerks.

Dear Sheldon,

I am very sorry to see you are giving

up your column, I thoroughly enjoyed reading each issue. The dialog that can create conversations in our community is very important. Although I can understand your frustration with people that are not supportive. It's a lot of effort. Thank you for all you have done for the Breeze.

Seri

Seri: Still doing everything else for the Breeze just not this. Nothing to do with "not supportive" readers just too much work right now. Not supportive readers is what freedom of speech is all about.

Dear Ventura Breeze

I want to let you know how thrilled we (We? Do you speak for many?) are to see that you will no longer be carrying Sheldon's column.

Most of us are moderate in our politics, and it sickened us to read his radical left wing propaganda in your paper. (Disliking Trump is hardly being radical left wing)

Usually opposing views are welcome in legitimate newspapers, but unfortunately the Ventura Breeze was full of his polarizing false comments. (opposing views have always been welcome but the only ones we ever received are like these that never explained opposing views just criticize me. They are always welcome so send them in).

Since Sheldon is both publisher and editor of this paper, I am sure my letter will not be published. (Well, here it is. Are you disappointed?)

Enjoy the results of election day Sheldon, you will see that most of America will not support the increased crime, inflation, anti-semitism, open borders and high gas prices you appear to ignore. (All Americans do not support these things. Do you know people who do?)

G-d Bless America (That always helps)

Melanie Couture, RN, PHN

Ventura Harbor

Opinions

Say it isn't so Sheldon! Your opinion/editorial section is one of my favorite things about the Breeze! Hopefully after a bit of mind rest you'll be back! You have always been very diplomatic and expressive and I love the way you encourage others to explain and support their side. Conversation and curiosity are so important, especially these days!

Maggie McKinney

Maggie: One of my favorite things also. Maybe one day again but not for now.

Mr. Brown.

Your decision to withdraw from your editorial writing is a bad mistake. You are the only reason I read your paper. Can't stand local politics and other nonsense you cover. Your comments help keep some semblance of reality in your publication.

Bob Lombardi

Bob: Thanks, I think.

Editor:

We pretty much get to choose our own path in life, so if you're tired of doing your editorial column you're entitled to take a break. I just hate to think it's because of some yazoos who don't quite grasp the concept of free speech.

Yazoos are as entitled to express themselves as anybody else, they just can't do it well enough to get the point across and thereby resort to quoting bumper stickers, Fox News hosts and the Bible. When that fails, and it almost always does, they loudly demand that the dissenting

opinions be modified into something that coincides with their preconceived notions or, more likely, be discontinued.

I always hate to see the perpetually aggrieved get their way, but if it is indeed time to take a break, so be it. Otherwise, get your fanny back behind that keyboard and let the good times roll.

Alfred J. Lewis

Ventura

Dear Publisher:

Alas and alack, at the news that Mr. Sheldon Brown is hanging up his boots and will no longer be entertaining us with his pertinent comments, criticisms, observations about this crazy world we find ourselves living in, plus all the good stuff that makes a column worth reading. Don't forget: the column is called "Opinion/Editorial" and indeed that's what I enjoyed most about Mr. Brown's pontifications. Sure not every reader agrees with what he pens: That's why it's called Opinion!

A reader who (as Mr. Brown notes) wrote to say because he doesn't like what he reads in the Breeze, particularly in the publisher's column, and is very unhappy with the publication. I would advise that like minded individuals of that irritable ilk, should first of all try to get real, get a life and be more specific.

For decades some of the greatest newspapers have irritated, excited and inspired readers. That's what it's all about:

I have been in the newspaper business all my life and I should remind readers, that's what publications are supposed to do. Inspire. Irritate. Provoke and entertain.

Didn't some fella once said something along the lines of You can't please all of the people....all of the time."

And that's what Mr. Brown has been doing.

Sheldon, please come home from time to time---all is forgiven!

Ivor Davis

Ventura

Author of: Manson Exposed: A Reporter's 50-Year Journey into Madness and Murder and The Beatles and Me on Tour
Ivor: Than you very much, coming from a "real writer" I appreciate it. I know people who don't write might not appreciate the time involved in writing a simple column. Research, thinking, writing, re-writing are all time consuming and my plate runneth over right now so something had to be removed.

Maybe if I'm bursting to be heard you might hear from me again.

Dear Sheldon,

I have not known you long but I want to say thank you for a job well done. It was a pleasure to meet you and I for one appreciated your writing talent.

Does this mean the Breeze is gone and no one to take the helm?

Always,

Pam Briscoe from Focus on the Masters

Pam: Thank you. The Breeze is not gone and "it's alive."

Hi Sheldon

I am going to miss your comments in the Breeze. It has always been my favorite part of the paper. I hope you are well.

Happy Election Day, I hope

Cheryl

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



News & Notes



Competitor nose riding during the Queen of the Cove competition. Photo by Kaili Reynolds.



Ashley Heath competed in the 14-16 division and finished fifth place overall.



Olivia Willhite, Sierra Cameron and Elieah Boyd share a hug before their next heats.

New surfing royalty

by Amy Brown

With three days of sun, smiles and shredding, professional and amateur surfers came together recently at the Queen of the Cove, the first all-women's longboard competition held at C Street. Pro surfer Sally Cohen finished first in the pro division with a \$6000 purse, and a range of talented women were crowned in age divisions ranging from 50s to 10 and under.

Amateur surfers had the chance to compete against some of their idols in different divisions and hone their skills, according to 18-year-old Olivia Willhite, who has been surfing in competitions for years. "I surfed against Rylin Baker (who won the 17-19 division) yesterday, and she's really good, and definitely someone to look at as a mentor in surfing," she said, "I like being part of an all-women's surf event, I think that's really cool," said Willhite, who is also a popular local singer songwriter gaining international acclaim with her Indie beach rock style.

Elieah Boyd shared that while this was only her second surf competition, she had placed second in the 20s division the day before. "I follow most of these girls that are professional surfers on Instagram, and I got to surf with them, it was a crazy experience. It feels like they're there to support you just as much as you're there to support them," she said.

Many competitors had to overcome nervousness before being able to relax into the spirit of the event. "I'm new to competitions, and yesterday the nerves

got the best of me. I fell on a lot of waves and I got really frustrated with myself," said 21 year old Sierra Cameron. "But then I realized, I'm just going to go out and really surf in my next heat, because I love this sport. So I did that, and I got second in my heat!"

Ashley Heath made it to the finals on Sunday and placed fifth in the 14-16 division. "It was really fun, it's been amazing, and I feel like it's also a little piece of history, as there aren't that many women's competitions around, and I love being part of this one," she said. "I look up to all the pro girls here, they're really empowering, and I've made some great friends along the way."

The event was organized by Carla Zamora, who had initially founded a Queen of the Cove event in Malibu. She was thrilled with the success of the Ventura competition and says it will be an annual event. "It was spectacular. Perfect weather conditions, it was so beautiful and sunny, the wind didn't come up and all the things just fell into alignment," said Zamora. "We wanted an opportunity to both offer the pros a platform and money and bring the amateurs in to see what they could have in the future."

The event concluded with a paddle out in sweaters to honor the late great Ventura surfing pioneer Mary Monks, who famously surfed Ventura County breaks in the 1950s in a wool sweater in lieu of a wetsuit, and whose photo adorns the Ventura pier.

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News & Notes



Frances Flores



Todd Taylor



Sgt. Eric Vazquez

Most Optimistic Community

The first annual Most Optimistic Community Member Award was given to Todd Taylor by the Sunrise Optimist Club of Ventura at their fall awards event. Todd has lived most of his life in Ventura and is known and loved by all who have met him. He was thrilled speechless when the surprise award was presented.

Todd has a lot of reasons that he could be negative. He was born with Cerebral Palsy making his every movement a challenge. People are not always kind to him. Sometimes he physically hurts.

But Todd always has a smile on his face. He exudes an abounding joy and gratitude for all that he has in his life. When asked why he is so optimistic he said "I'm just a happy person." Todd says that his deep

faith and his family are two reasons that he remains optimistic no matter what difficulties come his way. If you are fortunate enough to meet Todd, you will be given a precious gift: that of being in his optimistic glow—and don't forget to say "hi" and give him a happy smile." Todd was nominated by club member Roanna Prell.

The Sunrise Optimist Club has been active in Ventura since 1960 and is affiliated with Optimist International. The Club also recognized Frances Flores, E.P. Foster teacher as Educator of the Year and Sgt. Eric Vazquez, Ventura Police Department as Safety Officer of the Year for their outstanding service to our community.

Sgt. Eric Vazquez was presented with the Ventura Sunrise Optimist

Club's Safety Officer of the Year Award for 2022. Club members Roanna Prell and Jennifer Robles visited the Ventura Police Department to honor Sgt Vazquez with the presentation of a plaque and a check that Eric donated to the Ventura Police Community Foundation. VPD Chief Darin Schindler added his congratulations along with those from the Optimist Club members. With this award the Optimist Club annually expresses their appreciation for the work done to keep our community safe, alternating the award between Ventura Fire and Ventura Police Departments.

Frances Flores, long time teacher at E. P. Foster school, was honored as the Educator of the Year by the Ventura Sunrise Optimist Club. Upon receiving her award, Frances said "I was truly humbled to receive the award you honored me with. You all touched my heart with all of your words. They took me to my Migrant Education years as a child to my dream of becoming a teacher...It was truly an honor to be recognized for doing what I love and I know that many others are worthy of this award." The award was presented at E. P. Foster school with the school staff, district personnel, Frances' family and Sunrise Optimist club members in attendance.

For Information about the nomination process for the 2023 Most Optimistic Community Member or about the Sunrise Optimist Club of Ventura contact roanna.prell@gmail.com or visit www.venturasunriseoptimist.org. Nomination forms will be available on our website at the beginning of January.

The Bookmark

About Libraries and Friends

by Mary Olson

Save the Date! Hill Road Library is turning 5!

Hill Road Library, 1070 S. Hill Road, has been a spectacular success since its opening in 2017. It is now the 2nd most utilized branch in the Ventura County Library System. In addition to books and programs, it offers the innovative express hours service, wifi, a laptop kiosk, wireless color printing and a study room. Programs offered at this branch include storytime, book clubs, Paws for Reading, Little Lab, Maker Club and Minecraft Club. As Nancy Schram, Ventura County Library Director, said at the opening celebration, "It's a wonderful example of how the County, City, and community came together to provide funding and support so that we can reach more people with library services and ultimately improve lives and enrich the entire community." This project was realized through the efforts of Ventura County Library System, Ventura County Board of Supervisors, who approved ongoing funds in the amount of \$250,000 to operate the new library; the City of Ventura, who provided \$25,000 for one-time capital expenditures and approved \$50,000 annually and Ventura Friends of the Library who raised and contributed \$200,000.

Hill Road Library's 5th Birthday Party will take place at the library on Saturday, December 3.

The celebration will begin at 10:30 am with arts and crafts. A Magic Show with Zany Zoe begins at 11:00 am. Her one of a kind magic show is bilingual with engaging music and humor.

Whenever you visit Hill Road Library, be sure to take a look at the Ventura Friends of the Library sales shelves. The shelves have been restocked with holiday selections! The cash you drop in the box helps add up to good things like the Hill Road library.

And, news from **Fillmore Library**—

Fillmore Library, which has been closed for renovations, reopens Saturday, November 19, 10:00 am to 5:00 pm. The community is invited to visit their newly renovated and expanded library, 502 2nd Street, Fillmore. Storytime for the children at noon and 3:00 pm. STEAM Activities. Get a library card!

The Friends Bookstore in E.P. Foster Library will be open for some extra shifts in November and December.

The store will be open Tuesday through Saturday, 11:00 am to 4:00 pm. and, the store will be open Sundays, 1:30 to 4:00 pm.

We also invite you to visit our online bookstore for local sales <https://venturafol-107753.square.site/s/shop>. When you make a purchase there, you will receive an email letting you know when your order will be ready for pickup at the bookstore in E.P. Foster.

If you have a large donation of books for us, please email: bookstore@venturafriendsofthelibrary.org

As always, we welcome new volunteers. We could particularly use someone who could help with the sale of comic books and manga through eBay. Please leave your information at the bookstore if you would like to help or email at the address above.

City announces new...

Continued from page 1

The Community Development Department is responsible for planning and zoning, building and safety, code enforcement, housing, and redevelopment for the City of Ventura. It ensures that new construction and additions to existing structures meet the policies and guidelines established for public safety, zoning, and development. The department also works closely with various City commissions and committees that help guide and advise the City Council regarding development in Ventura. Community Development has 45 full-time employees and an annual operating budget of over \$15.4 million.

"Ms. Zayer has been with the City for three years and demonstrated a broad range of industry knowledge, professional experience, and an inclusive approach that will complement the right blend of skills needed for the next chapter of our Community Development Department," said McIntyre. "Neda's leadership style in supporting the organization as well as our residents, businesses, and community partners is a tremendous asset for the City during this transition time."

Trash, Recycling & Yard/Organic Waste Pick Up for Harrison's Thursday and Friday Customers Delayed One Day for the Thanksgiving Holiday

In observance of Thanksgiving, employees of Harrison Industries are taking the day off on Thursday, Nov. 24. As a result, customers who normally have their trash, recycling and yard/organic waste collected on Thursday or Friday will have it collected one day later than usual.

The Thanksgiving holiday will not affect customers who have their trash, recycling and yard/organic waste collected on Monday, Tuesday or Wednesday. The regular schedule for all customers will resume the following week.

A reminder that Harrison's residential customers can place all three carts curbside every week, as Harrison collects all waste weekly - including food waste, which is now recyclable. All food waste should be placed in closed bags and the bags should be tossed in the yard/organic waste cart.

Thank you and Happy Holiday

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News & Notes



Angela Rosales, Very Ventura Gift Shop & Gallery, WEV Client of the Year.



Rachel Sears Casanta, Hypercat Cycles, WEV Resilience Award recipient 2022.



Dr. Susan Andrzejewski, CSUCI, Dean at The Martin V. Smith School of Business & Economics, WEV Partner of the Year. (Photo credit: WEV)

Recent WEV grads

To the crowd of over 220 individuals, Rosales credited WEV with providing her a network of resources and funding that has allowed her business on Main Street in Downtown Ventura to survive and thrive. Rosales shared that, “WEV rallied their financial network, educated us on grants and government programs... they were the first ones offering a low interest bridge loan before many of us business owners even had access to the PPP program.” Like many local businesses, Rosales’ shop was directly impacted by the Thomas Fire as well as the pandemic shutdown. “If it weren’t for WEV stepping in just at the right time with access to capital, I’m not sure I’d be here today.”

Bicycle shop owner Casanta echoed a sentiment of gratitude when she shared her personal and professional story of resilience. She described how the bike shop she owns with her husband was the target of multiple burglaries during the height of COVID, and in 2021 she was diagnosed with early-stage breast cancer. “WEV had my back, with messages of encouragement and financial support. I’ll never forget that; find the silver lining, focus on the positive,” said Casanta who proudly shared that she is now cancer free. Hypercat has been recognized with several industry awards and the business has

enjoyed their biggest revenue months ever.

WEV’s CEO, Kathy Odell spoke about the common goal of economically empowering individuals. “The power of a strong, supportive community, where people pitch in and help each other practically, emotionally, and socially, supports mental and physical health. And it enables the entire community to better respond, adapt and recover from adverse events,” said Odell.

Proceeds raised at the Empowerment is Priceless event will directly benefit WEV’s business funding and client programs, including financial literacy and education classes, business training courses, individual coaching, and business advisory services – all provided in both English and Spanish.

Ventura Education Partnership awards 35 grants

Ventura Education Partnership connects community resources to support and sustain excellence in education for VUSD students. VEP is excited to announce the fall 2022 grant cycle is now complete. 35 teachers were awarded grants for their special classroom projects. The grants were from all subject areas. VEP had donors who dedicated their funding for STEM, Science and Technology, Science and Health and Art & Social Justice.

Thank you to our major donors that made these grants possible; Aera Energy, Community Memorial Health System, and Harald & Birgit Wulff. Marlene McMullen and Patty Kingsley, Co-Vice Presidents of Grants said, “We are extremely grateful to all our donors for stepping up during these challenging times to support student learning.” Over the past 10 years, Ventura Education Partnership has provided more than \$1 million in small grants to VUSD teachers that make a BIG impact on learning. VEP Grants have touched every child in VUSD and have a lasting impact on learning by incentivizing innovation in the classroom and incubating new programs district-wide.

VEP fall 2022 grant recipients:
 Ryana Aguilera-Loma Vista, Lupe Alpuche-Sheridan Way, Mark Asher- Lincoln, Christa Bandringa- Cabrillo Middle School, Mary Barnhizer- Lincoln, Erin Beerer-Balboa Middle School, Steena Bischof- Citrus Glen, Beth Borer- Pacific High School, Lynn Bova- Juanamaria Keeley Chambers- Balboa Middle School, Darcy Duffy- Lemon Grove, Mary Elsenbaumer- Loma Vista, Tracie Fickenscher- Mound, Erin Fraser- Lemon Grove, Adriana Guerra- E P Foster, Liz Gutierrez- Loma Vista, Lindsay Guzik- Cabrillo Middle School, Ellen Harrison- Poinsettia, Liz Heiberger- Will Rogers, Debbie Herz-Sherman- Citrus Glen, Suzanne Hudspeth-Sunset, Jill Johnson- Loma Vista, Karen Kirschenbaum-Reynosa- Ventura High School, Scott Lancet- Pierpont, Scott Lehman- Cabrillo Middle School, Shannon Lopez- Anacapa Middle School, Linda Miller- EIC Pacific, Hilary Morefield- Anacapa Middle School, Laura Nicholls-Lincoln, Danvi Nguyen- Lemon Grove, Kati Padgett- Lemon Grove, Amy Perez- EIC, ATLAS, Becky Torres- Sunset, Rebecca Van Mannekes- Sheridan Way, Megan Vasquez-EIC, ATLAS

Congratulations Fall 2022 Recipients!

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News & Notes



Rev. Heidi comes to us from Florida.

Rev. Heidi Alfrey named Senior Minister at Unity of Ventura

Unity of Ventura has named Rev. Heidi Alfrey as its new senior minister. Alfrey was previously senior minister at Unity of Ft. Lauderdale, Florida.

After its previous minister retired in 2019, Unity of Ventura started its search for a replacement. Soon after, COVID hit and the search was suspended. Alfrey applied at the end of August and met all the criteria.

"We were looking for someone with a strong sense of community," says Sharie Lieberg, president of Unity of Ventura's Board of Trustees. "Rev. Alfrey brings energy and enthusiasm and was very well received by the congregation when she

was a guest minister. She gives lessons that are very relevant to the congregation. People feel they can relate to her."

The Unity movement was founded in 1889. The founders researched all the world religions looking for similarities. Unity has become known worldwide as a spiritual community that welcomes all lifestyles, faiths, genders and ethnicities, and believes positive prayer makes a difference. Unity of Ventura was established in the 1950s. Alfrey is only its third minister in the last 30 years.

"So many people feel their early religious upbringing doesn't fit for them today and don't know where to

go to feel spiritually connected," says Alfrey, who, besides being an ordained Unity minister has a master's degree in marriage and family therapy. "When I first attended a Unity center 38 years ago, I experienced an immediate sense of welcome, acceptance and peace. Unity teaches that every person is a spiritual being, it is the essence of being alive. Life doesn't happen to us; it happens through us. One doesn't need to look outside of one's self for validation."

Alfrey hopes to expand Unity of Ventura's spiritual community by offering a series of ongoing Sunday morning teachings that offer relevant and practical solutions to navigate the ups and downs of life. Community events and wellness classes in 2023 will focus on creating and sustaining fulfilling and joyful lives. Unity will continue to be involved and support local non-profits.

"Especially in the current-day world, people are looking for a spiritual place where they can be inspired, be valued and be celebrated just the way they are," says Alfrey. "Unity of Ventura is that place."

Unity of Ventura holds services on Sundays at 10 a.m. at Poinsettia Pavilion in Ventura. For more information, call 805-653-1059 or go to www.UnityofVentura.org.

official school, Ballet Academy Ventura. Kathleen Noblin, founder/executive director of Ventura County Ballet, explains, "For 24 years we've brought our audiences the very best in ballet with top-notch dancers from around the world." Noblin adds, "We're thrilled to return to the Rancho Campana Performing Arts Center. It's an ideal venue for dance, and there is not a bad seat in this state-of-the-art theater."

Three 17-year-old Ventura High School seniors Olivia Roman, Emma Steiner and Ella Ullrich share the featured roles of Sugar Plum Fairy, Dew Drop and the Snow Queen. The part of Clara, on whom the story is centered, is shared by Hailey Hall, 15, Foothill Technology High School; Abigail Steiner, 15, Ventura High School; and Sylvie Watts, 13, Cabrillo Middle School.

Tickets, from \$20 to \$40, are available online at <https://www.venturacountyballet.com/events>. A complimentary Sugar Plum Cookie Party for children follows each matinee. Special rates are available for community groups of 10 or more. For group ticket information and purchases, please email info@venturacountyballet.com or call (805)765-1734. Ventura County Ballet is also bringing excerpts from The Nutcracker to children and families at VCMC's Pediatric Oncology Clinic and children served by the Ventura and Camarillo Boys and Girls Clubs.

Through scholarships and outreach, we bring dance to underserved children and families throughout our area. <https://www.venturacountyballet.com>



Zhan Mishel Panchuk and Hanna Chudinova share the stage with Ventura youths.

Ukraine Ballet stars headline Ventura County Ballet's 24th Annual Nutcracker

Zhan Mishel Panchuk and Hanna Chudinova, from Ukraine's Kyiv Ballet, join 70 other dancers as Ventura County Ballet presents The Nutcracker. The curtain rises on Saturday, Dec. 3, with shows at 2:00 and 7:00 pm at Rancho Campana Performing Arts Center in Camarillo. The magic continues with shows Saturday, Dec. 10, at 3:00 pm and Sunday, Dec. 11, at 1:00 and 5:00 pm.

Ventura County Ballet's The Nutcracker is the only production of this holiday classic in the Ojai/ Ventura/ Oxnard/Camarillo area to feature internationally famous professional dancers, local pre-professional dancers and aspiring young dancers from its

St. John's Regional Medical Center earns Blue Distinction® Centers Designation

Dignity Health -St. John's Regional Medical Center (SJRMC) has once again been recognized with a Blue Distinction Centers for Cardiac Care designation, as part of the Blue Distinction Specialty Care program by Blue Cross/Blue Shield. Blue Distinction Centers are nationally designated providers that show expertise in delivering improved patient safety and better health outcomes, based on objective measures that were developed with input from the medical community and leading accreditation and quality organizations.

"We are proud to once again be named a Blue Distinction Center for providing high quality cardiac care," said David Schmidt, MD, medical director, cardiovascular services, St. John's Regional Medical Center. "Receiving this prestigious designation for a second consecutive earning period is a testament to the skill and talent of the cardiac team at St. John's Regional Medical Center and our commitment to advancing care for our patients."

Blue Distinction Centers for Cardiac Care seek to empower patients with the knowledge and tools to find quality cardiac care. To be designated, hospitals

Continued on page 20

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Senior Living



What are the signs and symptoms of dementia?

The symptoms of dementia can vary

Signs and symptoms of dementia result when once-healthy neurons, or nerve cells, in the brain stop working, lose connections with other brain cells, and die. While everyone loses some neurons as they age, people with dementia experience far greater loss.

The symptoms of dementia can vary and may include:

- Experiencing memory loss, poor judgment, and confusion
- Difficulty speaking, understanding and expressing thoughts, or reading and writing
- Wandering and getting lost in a familiar neighborhood
- Trouble handling money responsibly and paying bills
- Repeating questions
- Using unusual words to refer to familiar objects
- Taking longer to complete normal daily tasks
- Losing interest in normal daily activities or events
- Hallucinating or experiencing delusions or paranoia
- Acting impulsively
- Not caring about other people's feelings
- Losing balance and problems with movement

People with intellectual and developmental disabilities can also develop dementia as they age, and recognizing their symptoms can be particularly difficult. It's important to consider a person's current abilities and to monitor for changes over time that could signal dementia.

The causes of Alzheimer's and related dementias can vary, depending on the types of brain changes that may be taking place. While research has

found that some changes in the brain are linked to certain forms of dementia, in most cases, the underlying causes are unknown. Rare genetic mutations may cause dementia in a relatively small number of people.

Although there is no proven prevention, in general, leading a healthy lifestyle may help reduce risk factors that have been associated with these diseases.

Types of dementia include:

Alzheimer's disease, the most common dementia diagnosis among older adults. It is caused by changes in the brain, including abnormal buildups of proteins, known as amyloid plaques and tau tangles.

Frontotemporal dementia, a rare form of dementia that tends to occur in people younger than 60. It is associated with abnormal amounts or forms of the proteins tau and TDP-43.

Lewy body dementia, a form of dementia caused by abnormal deposits of the protein alpha-synuclein, called Lewy bodies.

Vascular dementia, a form of dementia caused by conditions that damage blood vessels in the brain or interrupt the flow of blood and oxygen to the brain.

Mixed dementia, a combination of two or more types of dementia. For example, through autopsy studies involving older adults who had dementia, researchers have identified that many people had a combination of brain changes associated with different forms of dementia.

Scientists are investigating how the underlying disease processes in different forms of dementia start and influence each other. They also continue to explore the variety of disorders and disease processes that contribute to dementia. For example, based on autopsy studies, researchers recently characterized another form of dementia, known as LATE. Further knowledge gains in the underlying causes of dementia will help researchers better understand these conditions and develop more personalized prevention and treatment strategies.

Taking care of yourself: tips for caregivers

Taking care of yourself is one of the most important things you can do as a caregiver. Make sure you're eating healthy, being active, and taking time for yourself.

Caregiving, especially from a distance, is likely to bring out many different emotions, both positive and negative.

Although they may not feel as physical-

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ly exhausted and drained as the primary, hands-on caregiver, long-distance caregivers may still be worried and anxious. Sometimes, long-distance caregivers feel guilty about not being closer, not doing enough, not having enough time with the person, and perhaps even feeling jealous of those who do. Many long-distance caregivers also find that worrying about being able to afford to take time off from work, being away from family, or the cost of travel increases these frustrations. Remember that you are doing the best you can given the circumstances and that you can only do what you can do. It may help to know that these are feelings shared by many other long-distance caregivers—you are not alone in this.

Taking care of yourself if one of the most important things you can do as a caregiver. Make sure you are making time for yourself, eating healthy foods, and being active. Consider joining a caregiver support group, either in your own community or online. Meeting other caregivers can relieve your sense of isolation and will give you a chance to exchange stories and ideas. If you need help, don't be afraid to ask for it.

Caregiving is not easy for anyone—not for the caregiver and not for the care recipient. There are sacrifices and adjustments for everyone. When you don't live where the care is needed, it may be especially hard to feel that what you are doing is enough and that what you are doing is important. It often is.

For More Information About Caregiver Health
Family Caregiver Alliance 800-445-8106. info@caregiver.org www.caregiver.org

This content is provided by the NIH National Institute on Aging (NIA). NIA scientists and other experts review this content to ensure it is accurate and up to date.

Managing medicines for a person with Alzheimer's

People with Alzheimer's disease may take medicines to treat the disease itself, mood or behavior changes, and other medical conditions. Caregivers can ensure that medicines are taken safely and correctly. Here are some tips to help you manage medications for someone with Alzheimer's disease.

Learn the basics

Know each medicine (prescription and over-the-counter) the person with Alzheimer's disease takes. Ask the doctor or pharmacist:

- Why is this medicine being used?
- What positive effects should I look for, and when?
- How long will the person need to take it?
- What is the dose and how often should he or she take the medicine?
- What if the person misses a dose?
- What are the side effects, and what can I do about them?

Can this medicine cause problems if taken with other medicines?

Managing medications is easier if you have a complete list of them. The list should show the name of the medicine, the doctor who prescribed it, how much the person with Alzheimer's takes, and how often. Visit Tracking Your Medications: Worksheet for a template. Keep the list in a safe place at home, and make a copy to keep in your purse or wallet

Continued on page 11



Senior Living



Trained instructors make a difference in the lives of those enrolled.

Senior exercise program instructors needed

Volunteer leaders are needed to teach with RSVP's popular senior exercise program, Bone Builders. No experience is necessary to become an instructor, the first training step is to attend a class and observe. Interested volunteers then attend a free training session to learn the program and prepare for teaching.

Trained instructors make a difference in the lives of those enrolled in classes, as well as contribute to their own well-being by engaging in a regular exercise program. RSVP exercise programs are free and open to the public. Classes operate in RSVP's four-city service area of Oxnard, Ventura, Camarillo and Port Hueneme.

This is an osteoporosis exercise and education program in which participants use light weights to build bones while also improving their balance and making new friends. There are currently 21 classes scheduled in RSVP's four-city area, but several have lengthy wait lists. By training more instructors we will be able to add more classes and accommodate the community's interest in this program.

Volunteers attend one day of training before being paired with an experienced instructor to practice and ready for leading their own class. All trainings run from 9:00am to 3:00pm in Oxnard. Lunch is provided.

RSVP is a volunteer engagement program, helping people age 55 and older find volunteer positions that match their interests, talent, and available time. It both recruits and places volunteers with nonprofit partner agencies as well as overseeing the two distinct exercise programs designed for seniors. Volunteer positions are available in RSVP's four-city service area of Oxnard, Ventura, Camarillo and Port Hueneme.

Oxnard RSVP has about 350 members and is locally sponsored by the City of Oxnard with grant funding from the federal AmeriCorps. To learn more about the benefits of being an RSVP member, for help finding a volunteer position or more information about the trainings, call 805-385-8019.

website: www.vcaaa.org.

"Case management is important," according to Southward. "We have been fortunate enough to have received a grant through the end of next year that will allow us to reach more of our community than what we have been historically able to be doing. This grant has allowed us to provide services to adults that are 60+ and adults with disabilities. Prior to this grant, case management services were provided solely to seniors 65+ referred by the City of Ventura EMS, City of Ventura Fire, and the Emergency Department of our partner hospitals (Ventura County Medical Center, Community Memorial Health System in both Ventura and the Ojai Valley).

"Through the 'consent to contact,' which is given to the EMS & Fire officials,

short term/long term resources, such as classes offered (mentioned above), can be given to individuals in need of services. Thus, individuals are asked, 'Are you open to someone reaching out to you after your fall?' Through this and other questions on a questionnaire, we are reaching out to a population who wouldn't necessarily be getting connected to resources."

Pearls (A Program to encourage active and rewarding lives.) "It is a program to help individuals who have fallen," according to Southward. "Part of this entails giving a whole person assessment that looks at various needs/ impairments. This includes: 1) Transportation needs; 2) Long term care management needs; and, 3) the possibility of cognitive impairment challenges. One of the benefits of this assessment is to get connected faster to available services.

"Not all (after someone falls), is an easy fix, since there is a change in physical limitations which may include the person who has fallen going to a rehabilitation facility. The person could be experiencing depression and isolation, along with the fear of falling again.

"Fall prevention is unique since our program (at the VC Area Agency on Aging), may also speak to family members who might be caregivers. It's important for these caregivers to get connected to resources in order not to feel frustrated or experience burnout."

For more information regarding getting assistance for someone who has fallen, call Julianna Eusano, MSW or Shaunese Southward at: (805) 477-7342. Or email: julianna.eusano@ventura.org; or, shaunese.southward@ventura.org.



"These are the best movers we ever had!"

Census Bureau releases report on domestic migration of older Americans

Where people live is especially important as people age. Life changes including retirement; children leaving the household; possible physical, mental, and cognitive declines; and changes in disability status influence the housing preferences of older adults. These changes may require changes in a person's or family's living arrangements. Domestic Migration of Older Americans: 2015 - 2019, a report supported in part by NIA and released today by the U.S. Census Bureau, describes the migration patterns of older adults to help provide key insights on this important topic.

Following are a few key findings:

Although older adults are far less likely to change their home residence than younger people, more than 3 million adults age 65 and older move every year. Larger proportions of the oldest old population — people age 85

and over — moved, compared to those age 65 to 84.

Older adults living with at least one disability were found to be more likely to move than those with none. However, individuals with a disability who moved were likely to relocate within their same county.

The southern and western states were the most popular destinations for older adults who move. Among the states, Florida gained the most older people, while New York had the greatest number of people leave the state.

These migration estimates and patterns could provide critical data for federal, state, and local governments, policymakers, and businesses to support community planning. For example, communities with high proportions of older adults may want to ensure that their public transit routes stop at grocery stores and pharmacies.

Tips for people living with Lewy Body Dementia

Coping with a diagnosis of Lewy body dementia (LBD) and all that follows can be challenging. Getting support from family, friends, and professionals is critical to ensuring the best possible quality of life. Creating a safe environment and preparing for the future are important, too. Take time to focus on your strengths, enjoy each day, and make the most of your time with family and friends. Here are some ways to live with LBD day to day.

Your family and close friends are likely aware of changes in your thinking, movement, or behavior. You may want to tell others about your diagnosis so they can better understand the reason for these changes. For example, you could say that you have been diagnosed with a brain disorder called Lewy body dementia, which can affect thinking, movement, and behavior, and that you will need more help over time. By sharing your diagnosis, you can build a support team to help you manage LBD.

As LBD progresses, you will likely have more trouble managing everyday tasks such as taking medication, paying bills, and driving. You will gradually need more assistance from family members, friends, and perhaps professional caregivers. Although you may be reluctant to get help, try to let others partner with you so you can manage responsibilities together. Remember, LBD affects your loved ones, too. You can help reduce their stress when you accept their assistance.

Finding someone you can talk with about your diagnosis — a trusted friend or family member, a mental health professional, or a spiritual advisor — may be helpful.

LBD causes changes in thinking and movement that can lead to safety issues. Consider these steps:

Fill out and carry the LBD Medical Alert Wallet Card and present it any time you are hospitalized, require emergency medical care, or meet with your doctors. It contains important information about medication sensitivities.

Consider subscribing to a medical alert service, in which you push a button on a bracelet or necklace to access 911 if

Fall Prevention Program

by Carol Leish, MA

For the Ventura County Area Agency on Aging (VC AAA), Julianna Eusano, MSW, is the Fall Prevention Program Coordinator. Shaunese Southward is the Program Coordinator.

All classes are for those who are over the age of 60, and are free. They are offered in Ventura at the Area Agency on Aging. Southward said, "All classes are evidenced based and 'tried and true.'" Classes are: 1) A Matter of Balance; 2) Stepping On; 3) Tai Chi Moving for Better Balance; and 4) Walk with Ease. For more information, please look at the



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Senior Living

you need emergency help.

Address safety issues in your home. Consider areas of fall risk, poor lighting, stairs, or cluttered walkways. Think about home modifications that may be needed, such as installing grab bars in the bathroom or adding stairs with ramps. Ask your doctor to refer you to a home health agency for a home safety evaluation.

Talk with your doctor about LBD and driving. Have your driving skills evaluated, if needed.

There are many ways to plan ahead after a diagnosis of LBD. Here are some things to consider:

Start conversations early. Soon after your diagnosis, start conversations with your family and doctors about the care you'd like to receive in the future.

If you are working, consult with a legal and financial expert about planning for disability leave or retirement. Symptoms of LBD will interfere with work performance over time, and it is essential to plan now to obtain benefits you are entitled to.

Consult with an attorney who specializes in elder law or estate planning to help you write or update a living will, health care power of attorney, will, and other documents.

Identify local resources for home care, meals, and other services before you need them.

Explore moving to a retirement or continuing care community where activities and varying levels of care can be provided over time, as needed. Ask about staff members' experience caring for people with LBD.

Despite the many challenges and adjustments that come with an LBD diagnosis, you can have moments of love, humor, tenderness, and gratitude with the people closest to you. Your attitude can help you find enjoyment in daily life.

Make a list of events and activities you can still enjoy — then find a way to do them! For example, listen to music, exercise, or go out for a meal with family and friends. If you can't find pleasure in daily life, talk with your doctor or another health care professional about effective ways to cope. Let your family know if you are struggling emotionally so they can offer support.

For more information about living with Lewy body dementia

NIA Alzheimer's and related Dementias Education and Referral (ADEAR) Center
800-438-4380

Healthy Aging Tips for the Older Adults in your life

If you have older family members or loved ones, you may worry about their health as they age. Aging increases the risk of chronic diseases such as heart disease, type 2 diabetes, arthritis, cancer, and dementia. The good news is that adopting and maintaining a few key behaviors can help older adults live longer, healthier lives. As a family member, it's important to encourage healthy lifestyle behaviors in your loved ones — it's never too late to start!

Healthy behavior changes can help older adults live more independently later

in life. That's important both for their quality of life and for yours. If a family member loses independence — whether it's due to disability or chronic disease — you may find yourself in a caregiving role earlier than expected, which can affect family dynamics as well as finances.

So what can you do to help the older adults in your life manage their health, live as independently as possible, and maintain quality of life as they age? Read on to learn about four ways to help support and promote healthy habits in your older loved ones' lives.

As people age, they often find themselves spending more time alone. Poor health, the death of a partner, caring for a loved one, and other situations that are more likely as people age can all lead to being socially isolated or feeling lonely.

Although they sound similar, social isolation and loneliness are different. Loneliness is the distressing feeling of being alone or separated, while social isolation is the lack of social contacts and having few people to interact with regularly. Increased social isolation and loneliness are associated with higher risks for health problems, such as depression; heart disease; and cognitive decline, which is a decrease in the ability to think, learn, and remember.

As a family member, you can play an important role in helping the older adults in your life to stay socially connected. Here are some ways you can help:

Encourage them to seek out others with shared interests, such as through a garden club, volunteer organization, or walking group.

Search the Eldercare Locator or call 800-677-1116. The Eldercare Locator is a nationwide service that connects older adults and their caregivers with trustworthy local support resources.

There are lots of reasons to make physical activity a part of daily life. Exercise can help reduce levels of stress and anxiety, improve balance and lower risk of falls, enhance sleep, and decrease feelings of depression. Most importantly, people who exercise regularly not only live longer, but also may live better — meaning they enjoy more years of life with less pain or disability. On the other hand, lack of physical activity can lead to increased visits to the doctor, more hospitalizations, and increased risk of certain chronic conditions.

Encouraging the older adults in your life to exercise may not be easy — it can be difficult to get someone to start a new activity — but the rewards are worth the effort. Following are some suggestions to help encourage exercise or other daily movement:

Help your loved ones aim for a mix of activities, including aerobics, strength training, balance, and flexibility. This could include walking around the neighborhood, lifting weights, gardening, or stretching.

Discuss how much activity is recommended and brainstorm ways to work it into their daily lives. Experts recommend at least 150 minutes per week of moderate-intensity aerobic exercise, and muscle-strengthening activities at least two days each week.

Help them shop for appropriate clothing and equipment for their exercise activities. Remember, many activities don't require expensive equipment. For example, they can use filled water bottles as weights for strength training or walk outside or at a mall rather than on a treadmill.

Share your favorite activities that get you moving. Are there any you could do

together? If so, that's a bonus because you're not only helping promote physical activity but also helping to prevent loneliness and social isolation.

Healthy eating is an important part of healthy aging. As with exercise, eating well is not just about weight. Having a healthy diet can help support muscles and strengthen bones, which can help with balance and independence. A nutritious diet involving a variety of fresh fruits and vegetables, whole grains, healthy fats, and lean proteins also can help boost immunity and lower the risk of certain health problems such as heart disease, high blood pressure, obesity, type 2 diabetes, stroke, and some cancers.

Managing medicines

Continued from page 9

or save a picture on your phone. Bring it with you when you visit the person's doctor or pharmacist.

People with Alzheimer's should be monitored when they start taking a new drug. Follow the doctor's instructions and report any unusual symptoms right away. Also, let the doctor know before adding or changing any medications.

People with Alzheimer's disease often need help taking their medicines. If the person lives alone, you may need to call and remind him or her or leave notes around the home. A pillbox allows you to put pills for each day in one place. Some pillboxes come with alarms that remind a person to take the medicines.

As Alzheimer's gets worse, you will need to keep track of the person's medicines. You also will need to make sure the person takes the medicines or

give the medicines to him or her.

Some people with Alzheimer's take medicines to treat behavior problems such as restlessness, anxiety, depression, trouble sleeping, and aggression. Experts agree that medicines to treat behavior problems should be used only after other strategies that don't use medicine have been tried. Talk with the person's doctor about which medicines are safest and most effective. With these types of medicines, it is important to:

It is recommended that people with Alzheimer's should not take anticholinergic drugs. These drugs are used to treat many medical problems such as sleeping problems, stomach cramps, incontinence, asthma, motion sickness, and muscle spasms. Side effects, such as confusion, can be serious for a person with Alzheimer's. These drugs should not be given to a person with Alzheimer's disease. You might talk with the person's doctor about other options. Examples of these drugs include:

Ipratropium — brand name Atrovent
Dimenhydrinate — brand name Dramamine

Diphenhydramine — includes brand names such as Benadryl and Nytol

Some people, especially those with late-stage Alzheimer's, may have trouble swallowing pills. In this case, ask the pharmacist if the medicine can be crushed or taken in liquid form. Here are other ways to make sure medicines are taken safely:

Keep all medications locked up.

Check that the label on each prescription bottle has the drug name and dose, patient's name, dosage frequency, and expiration date.



Light Up A Life

Saturday, December 3rd

4:30 PM

Constitution Park, Camarillo

1287 Paseo Camarillo
(corner of Paseo Camarillo and Carmen Dr.)

Free to attend

REMEMBER & CELEBRATE

the Life of Someone Special

We warmly invite you to join us for an uplifting memorial program.

With your donation of \$25 or more, a memory star with your loved one's name and message of remembrance will be displayed in our **Online Memory Book**.

Your donation supports hospice services and grief programs throughout Ventura County.





SCAN FOR MORE INFORMATION

lmvna.org/lightupalife | (805) 642-0239



This 'n' That

Former European champs taking on 2022 USL League 2 champs as part of its HSV ROUTE 87 tour

Fresh off its second USL League 2 Championship, the Ventura County Fusion will take on historic German side Hamburger SV Friday November 18th at Ventura College. The stadium opens at 6pm and the game starts at 7 pm. Tickets are on sale now for \$15 via ticketleap.com and also be purchased for \$20 in person on the day of the game.

"This friendly will be a great test for our team," said Fusion USL 2 Head Coach Mike Elias "We had a terrific run during the summer against really good USL competition and playing against one of the great clubs in the world will be a great test for us as well as a really fun night for our fans."

The Fusion has a long history of playing top international clubs including River Plate (Argentina), Atlético Morelia (Mexico), AIK, GAIS, and Hammarby (Sweden). The Fusion have gone up against a who's who of English Premier League sides including Manchester City, Everton, Burnley, Swansea and West Bromwich Albion FC. The Fusion captured a historic win in July 2014, defeating Rangers F.C. from the Scottish Premiership 3-1 in a friendly match at Ventura College.

This match, however, will be the first time the Fusion has gone up against a team from Germany. Hamburger SV is one of the oldest clubs in Germany and is known for traditionally playing in red shorts, leading to the nickname die Rothosen (the Red Pants). It has won league titles in both the amateur and pro eras, including three Bundesliga championships. They've also won three domestic cups, as well as the European Cup Winners Cup, in 1977, and the European Cup, predecessor to the current UEFA Champions League, in 1983. This season, playing in Bundesliga 2, Hamburg currently sits in second place with a record of 10-1-4.

In addition to the Fusion, Hamburger

SV will play defending USL Champions Orange County FC on November 15 at Championship Soccer Stadium in Irvine. The club's dinosaur mascot, "Dino Hermann" will travel with the team and will be on hand in Irvine and in Ventura to interact with fans.

For more information about the Ventura County Fusion, please visit vcfusion.com.

Meet the Christmas Train at Stops in Ventura, Santa Paula and Fillmore

Enjoy Hot Chocolate and Treats as Santa and his Elves Collect Toys for Disadvantaged Children on November 26

One and all are invited to meet up with the Christmas Train on Saturday evening, November 26 as Santa and his elves makes stops in Ventura, Santa Paula and Fillmore to collect toys for underprivileged children. The Christmas Train is a collaboration between the Sierra Northern Railway and the Sunburst train, created for a "Spirit of the Holidays Train Toy Drive."

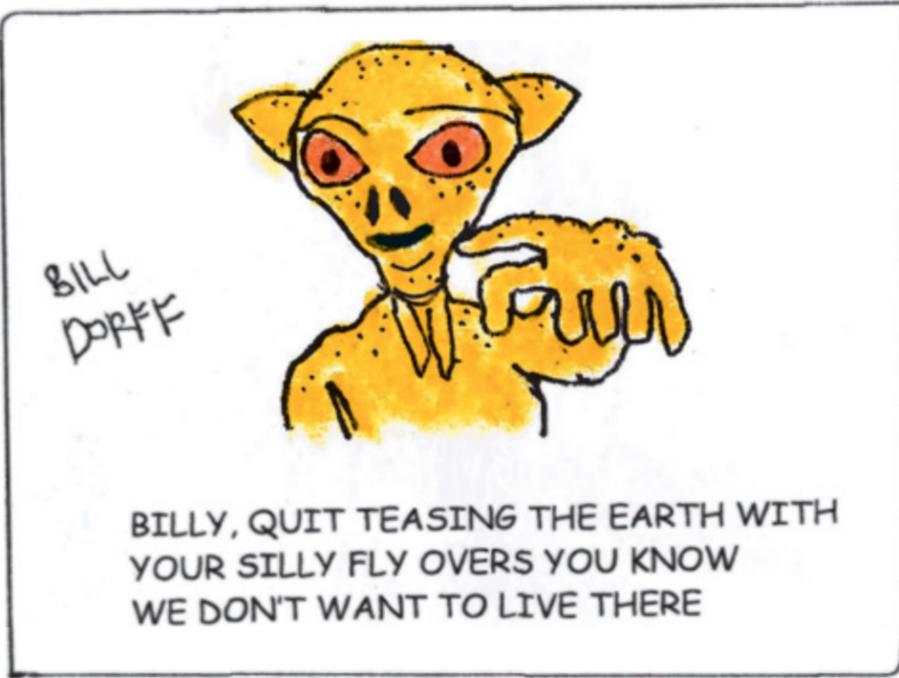
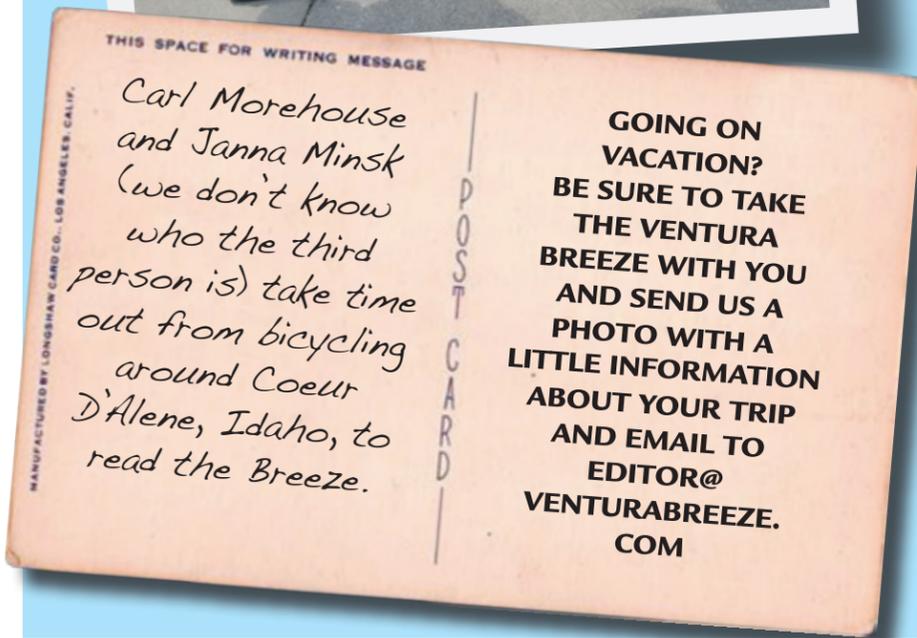
Attendees are encouraged to bring an unwrapped, new toy that will be loaded onto the train and later shared with a child in need. Free to all, the "Spirit of the Holidays Train Toy Drive" will offer a festive atmosphere including hot chocolate and candy canes, as well as the chance to mingle with Santa and his elves.

The train's first stop is at 6:20 p.m. at the pedestrian crossing near Montgomery Avenue and North Bank Drive in Ventura. Here, families may bring their toys for drop-off; watch Santa's train chug into sight; and enjoy treats and the excitement of the season.

Next, the train stops at 7 p.m. at the Saticoy Depot (11220 Azahar St.) in Ventura; then at 8 p.m. at the Santa Paula Depot (200 N. 10th St.) in Santa Paula; and, finally, at 9:15 p.m. near the intersection of Sespe Avenue and Old Telegraph Road in Fillmore (across the street from the fire station).

Each location will conjure up a joyful community gathering as local businesses and organizations come together to support this special cause.

For more information, please visit: sunbursttrain.com/spirit-of-the-holidays/



Celebrate Life on the Rancho



Join us at the Olivas Adobe as we travel back in time to celebrate the history of this charming property.

December 11 • Holiday Candlelight Tours • 5:30 - 7:30pm

Experience the holidays on the Rancho. There will be vignettes in every room, entertainment, and refreshments. *Reservations required, call: 805-658-4726*

ENDING SOON >>

EXHIBIT • *What Lies Beneath: Unearthing the Secrets of the Small Adobe*

Open Sundays 11 am - 3pm

www.cityofventura.ca.gov/OlivasAdobe



Photo: Kurt Rieckenberg





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.

Fatal Hit and Run Investigation

UPDATE: On November 3, at 3:34 pm, Ventura Police Collision Investigators and Street Crime Unit Detectives arrested 30-year-old Oxnard resident Frank Godinez Estanol III as the suspect driver in the fatal collision that occurred on April 10 in the area of Thompson Blvd. and Ash St. Estanol was charged with felony hit and run causing death and failure to yield to a pedestrian in a crosswalk. He was booked at the Ventura County Jail with a bail of \$100,000 while he is awaiting further court proceedings.

On April 10, at approximately 12:30 am, the Ventura Police Department Command Center received a call regarding an injured male lying on his back in the area of Thompson Blvd., and Ash St. Ventura Police Patrol Officers responded and found an unconscious 30-year-old male with a head injury. Paramedics arrived shortly after officers and pronounced the male dead at the scene.

During the investigation, officers determined that the victim was walking north across Thompson Blvd. at the intersection with Ash St. and was struck by a silver sedan traveling westbound. The vehicle fled the area after the collision and was not located. The Ventura Police Department Traffic Unit responded to handle the investigation.

On April 11, Ventura Police Collision Investigators and Street Crime Detectives located a vehicle in the City of Oxnard believed to be related to this collision with a pedestrian. Investigators impounded the vehicle and have authored multiple search warrants related to the vehicle and a person of interest. Anyone with information regarding this incident is asked to contact Officer Chris Wilson at 805-339-4366.

This criminal investigation is on-going, and more information will be released when it is available.

Stolen Vehicle, Felony Vehicle Pursuit, and Hit and Run Arrest

On November 10, at 8:00 pm, the Ventura Police Command Center received a 911 call reporting a theft of a work truck from the 2800 block of Sherwin Ave. The victim had a GPS device attached to the vehicle and gave officers a general area where the truck might be.

Officers located the truck on Telegraph Rd and Ashwood St and attempted to stop the vehicle on Victoria Ave. However, the driver, later identified as 30-year-old San Bernadino resident Jorge Vazquez, failed to yield, and led officers on a pursuit. While driving west on Telegraph Ave, Vazquez lost control of the truck and struck a tree at Hobart Park. He then fled from the vehicle.

Officers established a perimeter and, with the assistance of a K9, were able to locate Vazquez in an apartment complex. Vazquez was taken into custody without incident. No one was injured as a result of the pursuit or arrest.

Vazquez was arrested and booked at the Ventura County Jail for Vehicle Theft, Felony Vehicle Pursuit, Hit and Run, and outstanding local and out-of-county warrants.

Possession of Narcotics with a Firearm Arrest

On Nov. 11, at 11:30am, officers were dispatched with Ventura City Fire and Paramedics to a report of two subjects slumped over inside a vehicle in the parking lot at O'Reilly Auto Parts, 147 W. Main St. When officers arrived, they saw what looked like powdered fentanyl in Schroeder's (Libby Schroeder (23 yrs), Ventura resident) possession. During the arrest an officer was exposed to the fentanyl and had to be treated at the hospital.

The subsequent investigation revealed burglary tools and a loaded firearm in the vehicle. Schroeder was arrested and booked at the Ventura County Jail for possession of narcotics, burglary tools, and possession of narcotics with a loaded firearm.

Harbor Patrol Blotter

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

10/29 4:30pm, assisting Pierpont Bay YC with their last sailboat race of the season with access to the dirt lot at the end of Spinnaker Drive.

10/30 8:15am, received report of hazard to navigation, debris in the Ventura Keys. Officers responded in Fireboat and searched but were unable to locate hazard.

3:28pm, received multiple reports of a vessel accident at VIM E-dock. Officers responded by land and sea to the incident. After investigation, a new owner of a 58ft motor vessel attempted to back in his vessel, collided with pilings & docks.

11/1 8:05pm, contacted an individual parked in Harbor Cove lot, camping in vehicle. The person is heading out on Island Packers tomorrow. Advised where they could get a parking permit and the area to park for such activities.

11/2 6:03am, observed National Weather Service issued a Gale Warning for winds gusting to 35kts late. Officers raised warning pennants at Port District.

11/3 7:27am, received report of a commercial fishing vessel listing to port at VHV D-dock. Officers responded and assisted with determining the cause that appeared to be from unevenly filled fuel tanks.

11/4 6:45pm, observed a large sea lion on the swim step of the Fireboat. Officers carefully and legally convinced the mammal off the boat and into the water.

11/6 4:10pm, dispatched to a fall victim in Harbor Town Point timeshare. Officers responded by foot and assessed then performed first aid on a lacerated hand.

11/7 5:40am, observed National Weather service issued Small Craft Advisory for winds, officers raised warning pennant at the Port District.

9:41pm, dispatched to a medical alarm alert in the Ventura Marina Community. Officers responded, found patient on the floor requesting a lift assist, no injuries were sustained. Lifted the patient onto her bed, cancelled responding units.

11/8 10:20am, dispatched to an unresponsive diver aboard an inbound dive boat. Officers responded in the fireboat but unfortunately responders were unable to resuscitate the 50 y/o male who was diving off Santa Cruz Island.

2:00pm, observing heavy rain fall and strong Southerly winds most of the day.



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Handmade Holiday Boutique

SATURDAY, NOVEMBER 19TH, 6-8PM

Knitted and Crocheted Accessories, Handmade Homewares, Bags and Pouches, One of a Kind Jewelry, and more!

Come Shop for a Wonderful Handmade Gift, then shop online after the event on our website!

Strings & Things Studio

2112 Eastman Ave #111, Ventura, CA www.stringsandthingsstudio.com

Weekly SUDOKU

Answer

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

King Crossword

Answers

Solution time: 24 mins.

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



The Pet Page



Dedicated to Scamp

SPAN Thrift Store is open to the public and looking for donations of adult clothing, household items and tools. SPAN Thrift Store provides \$10 spay and neuter clinics for low income households for cats and dogs. Upcoming clinics: Tuesday, Nov 22nd, Albert H. Soliz Library parking lot - El Rio, 2820 Jourdan St., Oxnard, 93036 and November 29th, SPAN Thrift Store, 110 N. Olive St., Ventura. Please call to schedule an appointment (805) 584-3823. They are also having a handmade quilt raffle. Tickets are \$1 each. Drawing is on Nov, 20th. www.spanonline.org.

■ November is "Adopt a Senior Pet" month and local shelters are encouraging families to consider adding a furry friend to their home, especially one in need of some extra love.

There are a lot of perks to having a senior pet which includes being able to give them the chance to feel a lifetime of love and having to do less work training and teaching them.

Since senior pets are fully grown, ASPCA said owners will be immediately aware of important information like personality type and grooming requirements, making it easier to choose the perfect pet for your family.

Senior dogs and cats often go unnoticed in shelters next to puppies and kittens and when you adopt one, you're not only welcoming a lifetime of love into your home, but you're also saving a precious life.

■ By Kiana Burks

"It can be fairly simple. It feels really complicated," said Dr. Erika Bruner, a Veterinarian based in central Vermont.

According to Dr. Bruner, Elderly pet care is about maximizing comfort in the activities of everyday life- with love, connection, and a bit of humor.

"My message is all about trying to bring peace to everybody both the animal and the person iand trying to help them connect," said Bruner

Which is why she's dedicated to opening conversations and spreading knowledge about this difficult time in both pet and owner's life

"I feel like we really have a good grasp on the technological aspects of medicine and what we need to take care of pets as they age in that way. But the way things are structured in a clinic, it's often hard to find the time to spend a long time with people to really have an in-depth conversation about their aging animals," said Bruner

The purpose of the program was to help ease people into thinking about the difficult decisions they may have to make for their pets specifically surrounding illness, death, and end of life care. 10

In the program, Dr. Bruner spoke of some of the challenges of owning a geriatric pet, and some low-tech solutions that may be available. Those in attendance say the program was comforting and informational

"I think sometimes we feel alone in these things. You know, and I think this group, even those that didn't maybe raise a question

or make a comment. I think there was such camaraderie with all of us, everybody that came in I knew that they were grappling with some of these issues," said Judy Byron, a pet owner and program coordinator of the Waterbury Library.

And say they feel less alone and insecure about having to go through the difficult end of life decision-making processes

"What I got out of it so wonderfully is that you can't make a wrong decision. I think sometimes we obsess about is it time is it not time... I am empowered in going forward and I can reveal their decision that's right for my family and my path," said Byron.

■ We may finally have the basis of a dog allergy vaccine
David Nield

Scientists are working hard to make pet-related sneezes and sniffles a distant memory, and there's promising news from researchers analyzing the potential for a vaccine against dog allergies.

In what's being described as a first step in developing such a vaccine, a team in Japan has identified certain parts of molecules that may be responsible for causing an allergic reaction in people whenever a dog is around.

Once these molecular sections have been spotted and isolated, they can potentially be targeted by a vaccine that lessens the immune response they trigger. These sections are technically known as epitopes - strings of amino acids that compose part of the protein that our bodies perceive as a threat.

Using a technique called X-ray crystallography (where X-ray diffraction reveals the crystal structure of a material), the team was able to determine the structure of the Can f1 protein in its entirety, something that hasn't been done before.

For someone with a dog allergy, the epitopes the scientists are looking for can be thought of as being like puzzle pieces that fit with matching pieces constructed by our on immune system - antibodies carried by B cells, or T Cells - for easy identification. It's essentially hunting down the cause of the allergic reaction.

We're still at the very early stages with this, so dog allergy sufferers may have to carry on avoiding close contact with pooches for a while yet - but we could one day look back on this as the first important step towards a working vaccine.

■ Dogs are helping researchers find endangered orchids in Arizona
The Desert Botanical Garden and U.S. Fish and Wildlife Service have teamed up with two specially trained dogs to use their super sniffers to locate endangered orchids.

The orchid grows in extremely dense vegetation, making it hard for humans to spot, DBG conservation collections manager Steven Blackwell tells us.

The dogs are part of a California-based program called K9inScentive that trains them to detect specific plants and wildlife.

Why it matters: The orchids are an important part of the desert ecosystem, but they grow in ciénegas - a type of desert wetland that is disappearing because of the western megadrought.

The plant has been endangered since 1997 and has been found in only two places

Scamp Club

(Scampclub pets are not for adoption.)



Leonard aka Lenny is 8-years-old. He likes to sleep, get brushed and look for food any where he

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.

in Arizona since 2016.

When DBG researchers find them, they can collect some of their seeds so they can grow and reintroduce them.

Because this plant is so rare, Muon and Circe had to learn how to track them by practicing with a similar orchid that grows in Nevada, Blackwell says.

Their trainer taught them to identify different parts of the plant, from the root to the flower.

Blackwell says the researchers were unsure whether the plant they practiced with would smell the same as the endangered one, but within 10 minutes of their first outing in Arizona, Muon and Circe alerted handlers that they'd

found something.

At first, researchers didn't see anything, but after digging into the wetland, lo and behold, there was an orchid.

"They knew where it was and we had to look around all over the place," he said. Muon and Circe are back in California now but will continue practicing with the orchids ahead of next summer's trip to southern Arizona.

Blackwell says he'd also love to use the pups to locate endangered cacti in the future.

Parting shot: "If it takes dogs to get people interested in plants, then whatever it takes," he said.

Forever homes wanted

Hi: I'm Raddish, a handsome 3+ year old Siberian Husky who was rescued from an OC Shelter where I was found as a stray. A group of people have stepped up to sponsor me so I can be a part of the CARL program and find my forever home. I love to play in water, walk well on leash, not dog aggressive, and enjoy using my voice to let you know how excited I am. The CARL volunteers say I'm a sweetheart and well tempered and I deserve a loving companion or family. It is unknown how I'd behave with children or cats. If you're interested in meeting me, please fill out an online application. Canine Adoption and Rescue League C.A.R.L.



Meet Mugu, our Pet Of The Week! Mugu is a playful 1.5-year-old German Shepherd Mix. He plays well with the dogs at the shelter. He knows sit and he loves treats! He's got a lot of energy and he gets very excited to go for walks! If you'd like to meet Mugu, schedule an appointment at <https://www.vcas.us/> adopt or come down to the shelter during normal Adoption Hours of

1:00pm - 6:00pm Tuesday - Sunday. If you have questions, please contact us at (805) 388-4341 or info@vcas.us. More about Mugu: <https://www.vcas.us/viewan-2/?ida=A807564>

SPAN Thrift Store
SPAY/NEUTER ANIMAL NETWORK

Handmade quilt raffle!
Tickets are \$1 each.
Drawing is on December 20th.

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

\$10 Low/No Income
Spay & Neuter
November 22nd
SPAN Thrift Store parking lot
110 N. Olive St., Ventura
Must call for appointment
(805) 584-3823

\$10 Low/No Income
Spay & Neuter
November 29th
Albert H. Soliz Library, El Rio
2820 Jourdan St., Oxnard
Must call for appointment
(805) 584-3823

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



Community Events

Ventura events

by Ana Baker

The Ventura Senior Men's Group continues to meet for a social lunch and program at the Poinsettia Pavilion on the first and third Tuesday of each month. Men of all descriptions are always welcome to stop to sample our shenanigans. Lyle Hotzler at 805-341-9820 or Rick Follenweider at 650-520-1098 can supply details.

Do you want a Play Bridge? Join us for ACBL-sanctioned duplicate bridge games every Tuesday, Wednesday, and Thursday. At 12:30 p.m. All levels of play, and we will guarantee to have a partner for you if you need one. Lessons are available. Contact: Richard 805-850-8011 or Rose 805-659-9223 or buckleyrose357@gmail.com. All Welcome.

Nov. 22, etc.: Livingston Memorial Visiting Nurse Association & Hospice's free grief and bereavement program are committed to providing free bereavement services to the community in the open, accepting, confidential atmosphere. The groups provide support, connections, and validation that they are not alone. Good Grief Club, Tuesdays from 6 to 7 p.m. starting from November 22, 2022, through January 17, 2023 (RSVP required) Young Teen Groups, Thursdays from 6 to 7 p.m. beginning December 1, 2022, through January 19, 2023 (RSVP required). We've also added an in-person group for Survivors of a Suicide Loss beginning December 7. It meets on the 1st and 3rd Wednesday of each month from 6:30 to 8 p.m. (Registration required). To register or for additional information on our wide range of grief and bereavement support, please contact Stacia Sickie, Director of the Grief Program, at (805) 389-6870 x452 or ssickle@lmvna.org.

Nov. 25, 26, 27; Dec. 3 & 4; 10 & 11: Dudley House Holiday Boutique. The 28th annual fundraiser for the 1892 historic house museum is back. Come celebrate the spirit of holidays past, where you'll find quality crafts, home décor, antiques and collectibles, a silent auction, and a bargain "basement." New hours are 11 to 5 p.m. with a flea market added 8 to 4 p.m. outside on Sundays. Located at 197 N. Ashwood in Ventura. (805) 642-3345. Free.

Nov. 26: Local rising star Olivia Willhite is playing an all ages show at Bombay's from 5pm-7pm, to celebrate several important milestones. A big one is her runaway hit song Runaway Man, which is poised to surpass 6 million streams on Spotify that same week. The singer-songwriter and musician will also be taking the opportunity at the show to thank her fans and the local surf community who have embraced her from when her career first began. She'll also be releasing her first album in the spring—so bring your whole family—there's a lot to celebrate!

Dec. 1: A Christmas Carol previews on Thursday, December 1 at 7:30 pm, opens on Saturday, December 3 at 8 p.m., and runs through Sunday, December 18 at The New Vic, 33 W. Victoria Street in Santa Barbara. Performances are Wednesdays and Thursdays at 7:30 p.m., Fridays and Saturdays at 8 p.m., and Sundays at 2 p.m., with added performances on Sunday, December 4 at 7 p.m.; Tuesday, December 6 at 7:30 p.m. and Saturday,

December 10 at 4 p.m. Ticket prices range from \$40 - \$84. Single tickets are available through the ETC box office at (805) 965-5400 or online at etcsb.org. Prices are subject to change.

Dec. 11: The Compassionate Friends of West Ventura County invites you to join us in remembering and honoring the bright shining stars we love and miss so much in the 2022 Worldwide Candle Lighting from 6-8 p.m. Remembering through photos and music, creating decorations for a memorial tree sharing food and conversation with others lighting a candle for your child. All are welcome to attend. Call for location information and to RSVP Laura (914) 610-8918

Dec. 10: International Human Rights Day Open House Saturday 1 to 3 p.m. Join us for a day to commemorate the adoption of the Universal Declaration of Human Rights, a milestone document that proclaims the inalienable rights that everyone is entitled to. Guest speakers include Imam Muhammed Shoayb Mehtar, Religious and Interfaith Director of the Islamic Center of Conejo Valley, Venerable Thupo Tulku Rinpoche, Co-Founder of the Tibetan Association of Southern California, Buddhist Lama, Human Rights Activists. Church of Scientology of Ventura 2151 Alessandro Dr.

Dec. 11: The First Annual Holiday Parade on Wheels takes place at Ventura Community Park (Telephone & Kimball Road) Saturday at 4 p.m. Decorated bikes, and any other wheeled zero-emission mobility, will parade on the Class 1 recreation path inside. The event benefits and is hosted by Bike VC. Proceeds from Holiday Parade on Wheels contribute to Bike VC operations and programs. Registration is limited to the first 250 entries. Parade Guidelines and required registration details are available at <https://bikeventura.org/holiday-parade-on-wheels-2022/> or Evenbrite.com.

Dec. 11: Patchwork Show on California & Main 11 to 5 p.m. Patchwork Show featuring 60+ local makers, crafters, junior entrepreneurs, designers, and food artisans alongside crafting stations. Family and dog-friendly, a vibrant downtown street location surrounded by shops and restaurants, and Free to attend.

Dec. 18: Channel Islands PC User Group (CIPCUG) will have a discussion, tutorial, and Q&A sessions centered around computers, email, and the Internet, social media brokers such as Facebook, LinkedIn, Google, and Yahoo. All CIPCUG events may be attended online. Due to limited space, live attendance is reserved for members. Saturday at 9:30 a.m. Location: Online and now live at Ventura County Computers 2175 Goodyear Avenue, Unit 117 Ventura. (805) 289-3960 To receive connection instructions, please sign up on our website at: <http://www.cipcug.org> cipcug club website

Ojai news and events

Ojai ACT brings you all the "trimmin's" for a special holiday season with an intergenerational production of Elf The Musical running weekends from Friday, November 25 through Sunday, December 18. Performance times

are Fridays and Saturdays at 7:30 pm, and Sunday matinees at 2 pm. Special Saturday matinees have been added to the schedule, November 26—December 17.

Elf The Musical is directed by Gai Laing Jones, Ojai's preeminent theater educator, master teacher, and inspirational speaker. "No one likes putting together intergenerational shows more than Gai," Tracey Williams Sutton, Ojai ACT's Artistic Director, said. "And no one is better at it. We're lucky to have her here in Ojai."

Based on the 2003 critically and commercially successful film, Elf, starring Will Ferrell, the stage musical has become a holiday staple for both professional and community theaters nationwide. Elf follows the

Tickets are on sale now. General admission is \$25, \$20 for students, seniors, and Art Center members, and \$10 for children age 12 and under. For Ticket information and group sales call 805-640-8797.

Casa Pacifica Centers for Children and Families awarded foster family foundation grant

For the fourth year, Casa Pacifica Centers for Children and Families has received a \$100,000 grant from the

Foster Family Foundation to support the agency's campus-based programs and services in addition to its Mobile Crisis Response services in Santa Barbara County. Casa Pacifica provides a comprehensive and integrated array of programs for youth who have been involved in the foster care system or who face severe emotional or behavioral challenges, with specific expertise in educational, employment, housing and mental and behavioral health services.

"We believe that all young people deserve the opportunity to achieve their full potential. We are pleased to continue our support of Casa Pacifica, and we share in its commitment to ensuring a bright future for foster and at-risk children and youth," said Camille Davenport, president, Foster Family Foundation.

Casa Pacifica serves approximately 1,700 youth each year through therapeutic, evidence-based programs that include residential treatment; transitional youth services for both transitional (16-18 years) and emancipated (18-24 years) foster youth; recreational therapy to build confidence and foster positive relationships; and Safe Alternatives for Treating Youth (SAFTY), a mobile response service for children in crisis. The agency also serves more than 100 children and adolescents each year through its Non-Public School, a fully certified, accredited special education school that helps at-risk youth regain grade level and build both classroom and social skills.

As the largest nonprofit provider of mental and behavioral health services

Continued on page 20

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by Pam Baumgardner
VenturaRocks.com

Looking ahead, the event of the season is coming up on Saturday, December 3. Of course, I'm speaking about the annual Winter Wine Walk & Holiday Street Fair downtown Ventura. I've attended several of these throughout the years, and it's always a treat to be in one place at the same time with thousands of people celebrating the season. There are several different levels to be involved from just visiting all the vendors from one end of downtown to the other as you check off items on your Christmas shopping list, to walking to all the different participating venues whilst sipping your beverage, to hanging out in the VIP gardens (where you'll find the best pours and food), to dancing at Main and California while a snowfall transforms downtown into a winter wonderland. No charge to hang out for the Street Fair and music at California and Main, but you'll want to secure your tickets for the wine walk at VenturaWinterWineWalk.com.

If you've never sat in a music hall listening to a full orchestra performing Beethoven's Symphony No. 9, Ode to Joy, then do yourself a favor, and kickstart the season with the New West Symphony. There will be two shows, one on Saturday, November 19, at the Thousand Oaks Civic Arts Plaza, and one the following day at Rancho Campana Performing Arts Center in Camarillo. The program includes Meri Sakhi Ki Avaaz, My Sister's Voice. For ticket availability, go to NewWestSymphony.org.

Majestic Ventura Theater Upcoming Shows

The Wrecks - 11/19/22
AFI - 11/25/22 (Sold Out)
Beach House - 12/7/22 (Sold Out)
Circle Jerks, TSOL - 12/30/22
Jerry Cantrell - 2/21/23
Eric Johnson - 2/22/23
Ventura Music Hall
The Purple Ones - 1/6/23
Steely Dead - 1/20/23
Cut Chemist - 1/26/23
The Wood Brothers - 2/2/23
Mat Kearney - 2/11/23
Alborosie - 2/19/23
Dave Alvin & Jimmie Dale Gilmore rescheduled for 2/23/23

Congratulations to two-time Grammy-award winner Rhiannon Giddens who will become the music director for the 77th Ojai Music Festival in June next year. She recently won the Grammy for Best Folk Album for They're Calling Me Home with Francesco Turrisi.

Quick Notes: Barrelhouse Wailers are in the studio on Ojai at Carbonite Sound; Brendon Willing James performs at the Deer Lodge with special guest Omar Velasco on Thursday, November 17; There will be live music at Bombay Bar and Grill, on Saturday, November 19 with Olivia Willhite at 5 pm); Numbskull Productions bring Wormwitch, and Bewitcher to town for a gig at Gigi's Cocktails on Saturday, November 19; Wrecking Crew member, Don Randi & Quest returns for a date at the Grape on

Saturday, November 19; AFI show at Ventura theater on Friday, Acoustic DNA play a Friendsgiving show at the Twist on Wednesday, November 23; November 25 is sold out; Janelle & Andrew play Surfers Point Café on Sunday, November 27; and Ventura Theater's annual sing along will be held on December 11 (admission is one new unwrapped toy).

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 11/19: The Whole Hog Band

Aqua Beachfront Bar

Crowne Plaza Hotel, Ventura
Sat 11/26: Soul Machine feat. Laura Cozzi

Boatyard Pub

1583 Spinnaker Dr., Ventura
Wednesdays: Frank Barajas
Thursdays: Jim Friery; Bluegrass Jam
Fri 11/18: Theresa Russell & Stephen Geyer
Sat 11/19: Déjà vu Too

Tues 11/22: Karen Eden & the Bad Apples

Fri 11/25: Smokey & Friends

Sat 11/26: Mack and D

Tues 11/29: Troy Edwards

Bombay Bar and Grill

143 S. California St., Ventura
Sat 11/19: Olivia Willhite (5 pm)

Cantara Cellars

126 N. Wood Rd., Camarillo

Fri 11/18: Ray Jaurique Trio

Sat 11/19: Whiskey Business

Fri 11/25: NDR CVR

Sat 11/26: Holger's Heros

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

Copper Blues

The Collection, Oxnard

Fri 11/18: Jetlemons

Sat 11/19: NDR CVR

Deer Lodge

2261 Maricopa Hwy., Ojai
Thurs 11/17: Brendon Willing James w/ Omar Velasco

Sat 11/19: Dudley, Sour Fin

Tues 11/22: Bill Callahan

Wed 11/23: New Pleasures

Fri 11/25: Char-Man, Romper

Garage

1091 Scandia Ave., Ventura

Sat 11/19: SGV Vibes

Sat 11/26: Singular Nature

Gigi's Cocktails

2493 Grand Ave., Ventura

Sat 11/19: Wormwatch, Bewitcher

Fri 11/25: Those Darn Amigos, Birdbrain, the Robot Uprising, RAW

The Grape

2833 E. Main St., Ventura

Tuesdays Jazz Jam

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

Fridays: Fred Kaplan (5-7 pm)

Wed 11/16: Skip Spiro's Little BIG Band

Thurs 11/17: Danny Janklow Organic

Soul Trio

Fri 11/18: Gonzalo Grau & La Clave

Secreta

Sat 11/19: Fausto Cuevas y la Moderna (2 pm); Don Randi & Quest (8 pm)

Wed 11/23: Phoenix Big Band feat.

Michael Falcone

Fri 11/25: Flamenco with Tony Ybarra

Sat 11/26: Chuck Findley Quartet

Harbor Cove Café

1867 Spinnaker Dr., Ventura

Saturdays: The Cook Hand Ukles

Keynote Lounge

10245 E Telephone Rd, Ventura

Thursdays: Open Mic

Sat 11/19: The Balance

Sat 11/26: Vinyl Gypsies

Leashless Brewing

585 E. Thompson Blvd., Ventura

Thurs 11/17: Gianna Bella

Fri 11/18: Keyth Garcia & the Universouls

Sat 11/19: Jake McLelland (3 pm); TC

King (7 pm)

Sun 11/20: Kimo Moya

Fri 11/25: Sammy Ramone

Sat 11/26: Emily Coupe

Sun 11/27: Grooveshine

Majestic Ventura Theater

26 S. Chestnut St., Ventura

Sat 11/19: The Wrecks

Fri 11/25: AFI

Sat 11/26: Yachtley Crew

Manhattan

5800 Santa Rosa Road, Camarillo

Wed 11/16: Richard Weiss

Fri 11/18: Tour Support

Sat 11/19: Pam and Hollywood

Thurs 11/24: Warren Takahashi

Fri 11/25: Lisa Ritner

Sat 11/26: Jeanne Tatum Trio

Margarita Villa

Ventura Harbor

Fri & Sat 7-10 pm; Sun 4-7pm

Fri 11/18: Cinnamon Whiskey

Sat 11/19: Crosscut 805

Sun 11/20: Corsican Brothers

Sat 11/26: Operation 90s

Mrs. Olson's

2800 Harbor Blvd., Oxnard

Sun 11/20: Teresa Russell

Namba Arts

47 S. Oak Street, Ventura

Sat 11/19: Michael "Pocket" Goldberg

Sat 11/26: Pete Henry

Ojai Underground

616 Pearl Street, Ojai

Sat 11/19: Plus One feat. Kevin

McCormick

Ojai Valley Brewing

307 Bryant Street, Ojai

Fri 11/25: Morie & the Heavy Hitters

Oxnard Performing Arts Center

800 Hobson Way, Oxnard

Fri 11/25: Ceremony

Poseidon Brewing Co.

5777 Olivas Park Dr., Ventura

Sat 11/19: Natalie Wattre

Rancho Campana Performing Arts Center

4235 Mar Vista Dr., Camarillo

Sun 11/20: New West Symphony

The Raven Tavern

1651 S. Victoria Ave., Oxnard

Fri 11/18: Doc Rogers Band

Sat 11/19: Vinyl Gypsies

Sun 11/20: Brittney & Ben

Fri 11/25: Sean Wiggins

Sat 11/26: Jayden Secor

Sun 11/27: Shay Moulder

The Shores

1031 Harbor Blvd., Oxnard

Sat 11/19: Sin Chonies

Strey Cellars

951 N. Rice Ave., Oxnard

Fri 11/18: The 805 Social Club

Fri 11/25: Cuppa Joe

Sun 11/27: Bad Habit

Surfers Point Café

204 E. Thompson Blvd., Ventura

Sun 11/27: Janelle & Andrew

Tony's Pizzeria

186 E. Thompson Blvd., Ventura

Thurs 11/3: Levi & Rockstone

Thurs 11/10: Jah Standards

Topa Topa Brewing

104 E. Thompson Blvd., Ventura

Thurs 11/17: Casual Business

Sat 11/19: Walter, etc, QueenTide

Sat 11/26: Looking West

Topa Topa Brewing

341 E. Ojai Ave., Ojai

Fri 11/18: Dylan Cunningham

Sat 11/19: Jack Van Salter

The Twist on Main

454 E. Main St., Ventura

Thursdays: LA Jazz Connection

Sat 11/19: Bella Lucarelli (2 pm)

Sun 11/20: Joe Delia (12:30 pm);

Jetlemons (5 pm)

Wed 11/23: Acoustic DNA

Sat 11/26: Dive Bar Steve (2 pm); The

Jetlemons (8 pm)

Sun 11/27: Jetlemons (12:30 pm); Austin

Vallejo (5 pm)

Vaquero y Mar

435 E. Thompson Blvd., Ventura

Sundays: Mariachi

Tuesdays: The Sea Hunter

Wednesdays: Tribal Me

Fridays: Conjunto Zacamandu de Tomas

Herrera

Ventura Coast Brew Co.

76 S. Oak St., Ventura

Sat 11/19: Chaparral (2 pm)

Ventura Harbor Village

1559 Spinnaker Dr., Ventura

Sat 11/26: Surfer Joe Band

Sun 11/27: Latin Touch

Ventura Music Hall

1888 E. Thompson Blvd., Ventura

11/18: Hermanos Gutierrez

Sat 11/19: Twisted Gypsy

Tues 11/29: Avi Kaplan

The Vine

308 E. Ojai Ave., Ojai

Saturdays: Smitty and Julia and Friends

Sundays: Austin Vallejo

Fri 11/18: Corey Highberg

Fri 11/25: Tom Collins

Waterside Restaurant & Wine Bar

3500 Harbor Blvd., Oxnard

Fri 11/18: Colette Lovejoy Band

Sun 11/27: Teresa Russell feat. Mama Pat

Winchesters

632 E. Main St., Ventura

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

Sun 3 pm

Thurs 11/17: Will Breman

Fri 11/18: Two's Company

Sat 11/19: Preston Smith

Sun 11/20: Pull the Trigger

Fri 11/25: Mark Masson

Sat 11/26: Frank Barajas

Sun 11/27: Blown Over

1901 Speakeasy

740 S. B St., Oxnard

Fri 11/25: Teresa Russell w/ Stephen

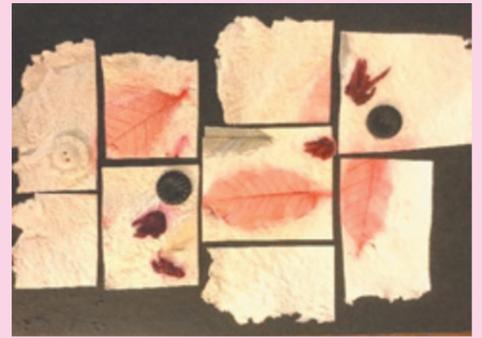
Geyer

Ventura Music Scene



Paper Fantasy - Hand made paper, buttons, plant material - **Darlene Roker** At Studio 99 @ The Bell Arts Factory. Holiday Member Show Original Artwork by Buena Ventura Art Association Members.

Plus Featured on the Triangle Showcase Solo Show by Darlene Roker "A Little of This, A Little of That". Beautiful artwork in both shows, of all sizes and media, large and small, including ceramics, textiles and jewelry, for unique gift-giving! Exhibit Runs thru December 24, 2022



The Ventura Pottery Gallery is pleased to announce our third annual 'Tis the Season for Holiday Giving event. Not only is our gallery a great place to purchase your holiday gifts, but beginning November 19 we have a free gift for you when you spend \$30.

Potters always accumulate extras piece in their studios, and we love to clean our shelves. Our forty potters are donating bowls, vases, mugs, plates and ornaments as gifts to our cherished customers. We want to thank those who support our handmade ceramic creations, from our studios to your home.

We invite you to stop by the Ventura Pottery Gallery to view work of local artists and potters. The gallery is located at 1567 Spinnaker Drive, Suite 105 in Ventura Harbor Village. The gallery is open from 11 - 6 seven days a week. We also have an online store at www.venturapotteryonline.com and for more information please visit www.venturapottersguild.org.



Studio Channel Islands Art Center (SCIART) kicks off the holiday season with its annual holiday fair and festival, 11 a.m. to 5 p.m., Dec. 3, and continues noon to 4 p.m., Dec. 4. Enjoy unique gift shopping this holiday season for your family and friends while browsing through 40 professional artists studios and additional guest vendors! There will be free activities for kids, delicious food and treats available for purchase, and craft beer and wine. Admission is free and plenty of parking will be available. Visit studiochannelislands.org or call 805-383-1368 for full details.

Ventura Art Scene

VENTURA BOTANICAL GARDENS



thankful for
NATURE

Photo: Phil Ranger

Free Admission on Thanksgiving Day

Bring your family and friends to enjoy the Gardens. Leashed dogs are welcome. The Courtyard Garden Shop is open, featuring gifts, pottery and plants.

JOIN US
Thursday,
November 24

HOURS
9am-4pm

SUPPORT THE VENTURA BOTANICAL GARDENS,
BECOME A MEMBER TODAY!

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

VENTURA BOTANICAL GARDENS



sustaining
A LEGACY

Photo: Phil Ranger

Donate on #GivingTuesday

There are many ways to support Ventura Botanical Gardens. To learn how you can make a difference, visit our website. Donate or become a member today!
VenturaBotanicalGardens.com/donate/

JOIN US
Tuesday,
November 29

HOURS
9am-5pm

SUPPORT THE VENTURA BOTANICAL GARDENS,
BECOME A MEMBER TODAY!

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

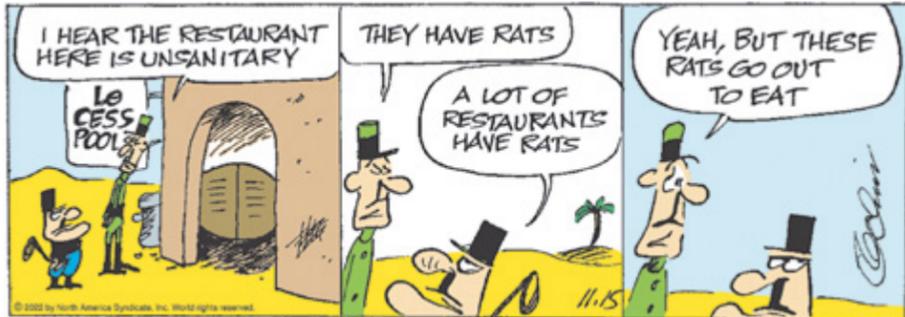


Lighter Breeze

Beetle Bailey



Crock



Marvin



Hagar the Horrible



Rhymes With Orange



Moose and Molly



Solutions on page 13

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

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

Weekly SUDOKU

by Linda Thistle

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

DIFFICULTY THIS WEEK: ◆

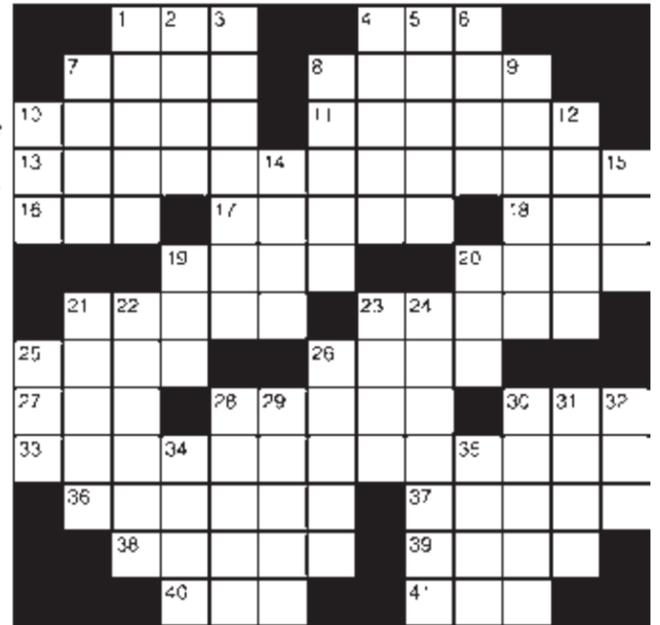
◆ Moderate ◆◆ Challenging
◆◆◆ HOO BOY!

Solutions on page 13

King Crossword

ACROSS

- 1 Church seat
- 4 Brit. record label
- 7 Singer Guthrie
- 8 Golf clubs
- 10 Vault intersection
- 11 Pig sounds
- 13 Good thing with a downside
- 16 Utter
- 17 Wear down
- 18 Half of CIV
- 19 Vivacity
- 20 Prescriptions, for short
- 21 "— were the days!"
- 23 Expire
- 25 Channel marker
- 26 Animation frames
- 27 Carte lead-in
- 28 Blood line?
- 30 Mimic
- 33 Confusing statements
- 36 Bit of buckshot
- 37 Makes a sweater
- 38 Prolonged attack
- 39 "Downton



- Abbey" role
- 40 Altar constellation
- 41 Eggy quaff
- 8 Dome home
- 9 "Jason Bourne" actress Julia
- 10 Baseball execs
- 12 Disparaging
- 14 Party cheese
- 15 USO audience
- 19 Lad
- 20 AWOL pursuers
- 21 Dutch bloom
- 22 Deceptions
- 23 Reply to
- "Shall we?"
- 24 Nome resident
- 25 "Kapow!"
- 26 Largest Greek isle
- 28 Grace of "Will & Grace"
- 29 Alpha's opposite
- 30 Getting on
- 31 Anti-fur org.
- 32 Curvy letter
- 34 Lamb alias
- 35 Part of A.D.

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LIBRA (September 23 to October 22) Someone might try to take advantage of your generosity. But before your sensitivity toward others overwhelms your good sense, check their story out carefully.

SCORPIO (October 23 to November 21) Your strong Scorpian sense of fairness lets you see all sides of a dispute. Continue to remain impartial as you help each person work through their particular grievance.

ARIES (March 21 to April 19) You're eager to "Ram" headfirst into that new project. But before you do, find out why some of your colleagues might not appear to be as gung-ho about it as you are.

TAURUS (April 20 to May 20) All that dedicated hard work you've been putting in pays off better than you expected. So go ahead, reward yourself with something befitting a beauty-loving Bovine.

GEMINI (May 21 to June 20) It's a good time to take on that new challenge. And if your self-confidence is lacking, instead of telling yourself why you can't do it, list all the reasons why you can.

CANCER (June 21 to July 22) This is one time when you might want to put some distance between you and the job at hand. It will give you a better perspective on what you've done and what you still need to do.

LEO (July 23 to August 22) Resist that occasional lapse into Leonine laziness that sometimes overtakes the Big Cat. Don't cut corners. Do the job right at this time, or you might have to redo it later.

VIRGO (August 23 to September 22) You know how you like to do things. And that's fine. But watch that you don't impose your methods on others. A current financial crunch soon eases.

SAGITTARIUS (November 22 to December 21) Trust your keen Sagittarian insight to help you see through an offer that might not be all it claims to be. A closer look could reveal disturbing elements.

CAPRICORN (December 22 to January 19) With the Goat exhibiting a more dominant aspect these days, you could find it easier to make your case in front of even the most skeptical audience.

AQUARIUS (January 20 to February 18) Take things nice and easy as you continue to build up your energy reserves for a big upcoming change. You'll need your strength for what lies ahead.

PISCES (February 19 to March 20) Recent news from someone you trust could help you make an important decision. Also, be prepared to confront an upcoming change in a personal situation.

BORN THIS WEEK: You can be firm in your own views, but also flexible enough to welcome the views of others.

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Showtime

A View from House Seats

9 to 5 at Conejo Brings Large cast, High Energy

by Shirley Lorraine

Some things apparently don't change enough over time. One of them is the plight of working women everywhere – inequality. The Conejo Players Theatre in Thousand Oaks has highlighted this ongoing dilemma with their current production of 9 to 5, The Musical. Remember when the movie came out in 1980 and was a huge hit?

Based on a book by Patricia Resnick, country legend Dolly Parton picked up the gauntlet and wrote the music and lyrics to bring this saga of all-too familiar life in the steno pool at a large company run by “the good old boys club.”

Director Erin Fagundes has assembled a huge cast and has skillfully mounted a technically demanding production filled with engaging characterizations, familiar situations (sadly, many that are still in play even today) and high-spirited action. It is no wonder this hasn't been seen on local stages – the sheer number of scene changes is daunting. Director Fagundes and set designer Jordyn Kieffer have managed to fashion a set that is highly functional and actually fun to watch as the set pieces are rolled in and out of the action without missing a beat. The set changes themselves are an integral part of the overall flow of the show.

The three main characters, memorably played in the movie by Dolly Parton, Lily Tomlin and Jane Fonda, are given new life by Katie McTyre, Dana Kolb and Mary Grace Zehnpfennig, respectively. Each is a powerhouse. All three have strong voices and enough energy to carry the audience through the two-and-a-half-hour journey.

The less than PC boss, Franklin Hart, Jr., is played to the comedic hilt by Scott Quintard. He embodies fully the character everyone loves to hate. He is often backed up by a capable cadre of yes-men dancers who are a delight to watch as they move set pieces into place.

The love-struck role of Roz is fully portrayed by Dana Weisman, who gives a stand-out and polished performance throughout.

A multitude of ensemble members fill the desk chairs, dance with enthusiasm and fill in all the gaps and then some. Of note is the choreography by Julie Hackett and Susan Ingram which gives everyone something to do. The large cast is also treated to a variety of costume changes to accent each “fantasy” production number. Well done keeping it 80's light.

A live orchestra, hidden out of sight somewhere, provides excellent accompaniment throughout. Nice to hear it live rather than recorded.

You will exit the theatre with the familiar 9 to 5 song playing in your head for days and the realization that some aspects of corporate life haven't really changed that much, despite the passage of time. But if we could just sing and dance our way throughout the days, as this cast does, all would be well in the end.

9 to 5 runs through December 4 with performances Fridays and Saturdays at 8:00 p.m., Sundays at 2:00 p.m., Thursday, Nov. 17 at 8:00 p.m. and Saturday December 3 at 2:00 p.m. Tickets available at www.ConejoPlayers.org, (805) 495-3715.

their friendship, Tate explained that people in the town treated Kya horribly and she couldn't go to school so he was helping her to learn to read, bringing her books and other things she needed.

Kya and Tate became very close, but Tate was soon off to college, though had plans to come back for Kya. Tate had some understanding of the family issues Kya was dealing with as he lost his mother and sister in a car wreck. They spent one last night together before he left for college, and Tate gave Kya a list of publishers to help publish her nature notes and drawings from the marsh as he said there was nothing out there like it and that she could make a life from it.

They agreed to meet at their favorite beach in the marsh on July 4th, but Tate never showed, leaving Kya heartbroken with yet another person that walked out of her life. Kya retreated back to her home in the marsh for several years when she discovered developers were looking to buy the land in her area and due to an \$800 tax bill on the house she could lose it. This prompted Kya to follow Tate's advice and contact publishers to sell her work.

Kya had lived in the marsh on her own for 10 years when Chase (Harris Dickinson) came into her life. He was from a socialite family and approached Kya to invite her to a picnic on his boat Sunday. Chase made a pass at Kya, making her feel very uncomfortable, so he asked to make it up to her by taking her up to the fire tower where he promised to not make any unwanted advances towards her and after

Tickets starting @ \$40!

DECEMBER 1-18

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

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A Christmas Carol

BY Patrick Barlow

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When a young man from a wealthy family was found dead at the base of a fire tower in a North Carolina marsh, the police decided to blame a young woman named Kya (Daisy Edgar-Jones) who was known as the “Marsh Girl” as she was an outsider and an easy target for injustice. When Kya was young her mother was abused by her father and left, then her two sisters and finally her brother left as well. She spent time with her father though he eventually left too, but she didn't tell anyone and spent time at the marsh store that was run by a black family who looked out for her.

Kya traded muscles she harvested in the marsh for grits, which was easy as the marsh was her home and where she met Tate (Taylor John Smith), a young boy who also loved the marsh. As they grew older he would bring Kya feathers and vegetable seeds, along with notes. When Kya shared she couldn't read Tate said he would teach her. When his father showed concern for

they began to meet regularly in the marsh.

Chase took Kya to a hotel where they were together for the first time, and she gave him a shell necklace she made that he wore from then on. Chase said he wanted to marry Kya, but later Kya saw Chase in town with a girl who introduced herself as his fiancée. Kya told Chase to leave her alone, but he followed her to her place. He hit Kya but she hit him back, then he threw her to the ground and tried to rape her. She got away and told him to leave her alone or she would kill him.

Kya went back home and Chase had destroyed her place. A few days later his body was found at the base of the fire tower and the police arrested Kya. With sham evidence and no real apparent motive, local attorney Tom Milton (David Strathairn) offered to take Kya's case. He showed the sheriff requested the forest service to repair the dangerous grates on the tower as well as established that Kya had an alibi as she was out of town to meet her publishers. One interesting fact was that Chase was missing his shell necklace. Would Kya be found innocent, and if Kya didn't kill Chase then who did? The ending sheds light on some interesting revelations.

Exotic Treasures

by Richard Senate

Ventura County has some exotic treasure yarns that implies that treasures still are to be found here. These include the lost padre's gold mine (at the headwaters of Piru Creek) to the lost Olivas Gold (buried on Red Mountain) But few realize that some treasures exist within the city limits of Ventura! This is a partial list of the lost gold rumored hidden beneath our feet. Now are these just stories or could they really exist? You be the judge. Have they been found

but not reported? Perhaps but still they are worth examination.

The Lost Mission Vault. The story is that the padre's of Mission San Buenaventura operated a gold mine and formed the gold into crude ingots. They were taken down the Santa Clara River Valley and stored in a hidden vault at the mission Church. Once a year a black painted galleon of the Jesuit Order would come and take away the gold for the use of his Holiness the Pope in Rome. The galleons stopped coming with the Mexican War for Independence and the gold is still there! Some say it was within the thick walls of the church, others say it was under the Mission Padre's Quarters, still others believe it is located in an underground room in the hill behind the church.

The iron bound chest at the Cross. In 1818 a pirate threatened California so the mission treasures were hidden and the settlement abandoned for several weeks. They saw the pirates as godless men who would be repelled by the cross--so they buried the contents at the foot of the cross on the hill. Native people saw them and curious dug up the goods, only to re-bury them on the hill. When they padres returned the treasure chest had vanished. The present site of the cross was not the original location. Maybe the rusted chest could be found with a metal detector?

The gangster's loot. In prohibition times gangsters smuggled Canadian Whiskey into LA though Ventura. The ships would carry in the booze and fast boats would take it ashore, all the while avoiding the Coast Guard Cutters. The ship captains demanded to be paid in cash. So the gangsters brought cash in suitcases to pay them. This was hidden in a tunnel under the city. But, before the ship came, an earthquake caved in the tunnel and buried the bag of cash. Those gold certificates would be worth a fortune today!



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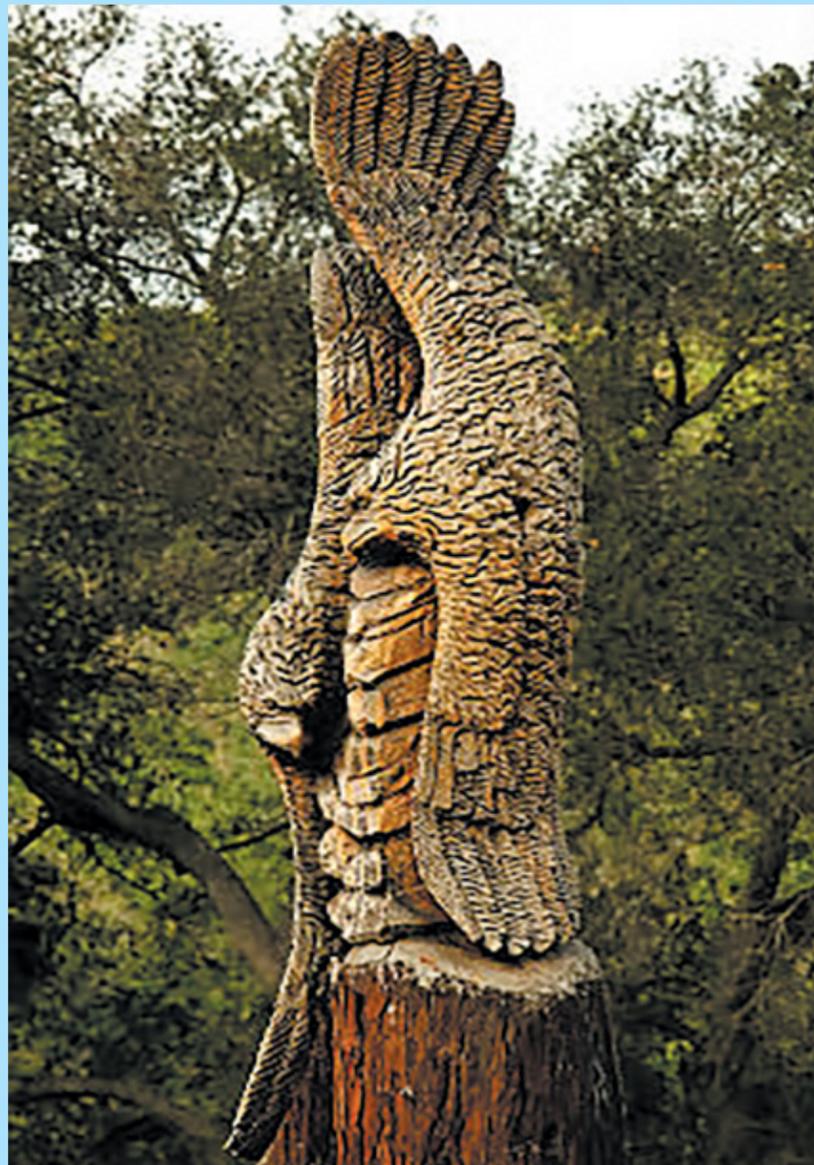
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This 'n' That



Carved eagles photo taken at Arroyo Verde Park by Michael Gordon



An annual event was held at the Camarillo Air Museum.

Recent CMH Auxiliary events

With the lifting of prohibitions against in-person meetings, some delayed events have been reinstated. Recently, an awards luncheon was held at the Sheraton Four Points to honor CMH Auxiliary members who have contributed many hours of service as well as those who have been volunteering for years. Members were recognized for their service of 100 hours, 500 hours, 1000 hours and more.

Members were also recognized for their years of service. Sandra Frandsen and Julie Kaplan have volunteered for 20 years, and Rosalee Asbell,

Frank Cavallero, and Iris Schulman have contributed for 25 years. JoAnn Bowen was recognized for her 30 years of service, and Frances Reed has been a CMH Auxiliary volunteer for 35 years!

The Auxiliary provides valuable assistance in most areas of the hospital, providing information at the front desk, working in the gift shop, transporting patients throughout the hospital, and supporting the medical staff in any way possible.

Another event that has resumed with the easing of Covid restrictions

is the Benefactor's Ball, formerly an annual event supporting Community Memorial Hospital. Held at the Camarillo Air Museum, members of the CMH Auxiliary served as "Flight Crew" to assist with greeting guests, and later with the fund-raising auction. Major donors and supporters of the hospital were recognized, and outgoing CEO Gary Wilde was acknowledged for his leadership.

If you are interested in participating in the Auxiliary, information and applications are available at the front desk of CMH. You may also call 805-948-4299 and leave a message with your contact information requesting that an application be mailed to you.

Casa Pacifica Centers

Continued from page 15 for at-risk and foster children and adolescents in Ventura and Santa Barbara Counties, Casa Pacifica relies on grantors, event revenue and corporate and individual donors to provide essential programs and services to more than 2,000 children, youth and families annually. This year alone, the organization must fundraise approximately 13% of its nearly \$30 million operating budget. Monies raised fill the gap that exists between revenue received through government service contracts and the actual cost of caring for children, youth and families.

Casa Pacifica Centers for Children and Families provides assessment, clinical, medical, residential, and educational services to foster and at-risk children/youth struggling with complex mental health disorders due to past trauma and/or mental illness. The

agency is the largest non-profit provider of children's mental health services in Ventura and Santa Barbara Counties and administers fourteen campus- and community-based programs designed to give youth, and their families, the tools they need to heal, rebuild and strengthen relationships, reengage with their educations, and overcome their negative emotional and behavioral challenges. For more information about Casa Pacifica visit its website www.casapacifica.org or call the Development Department at (805) 445-7800.

St. John's Regional Medical Center

Continued from page 8 must demonstrate expertise in delivering safe and effective cardiac care, focusing on cardiac valve surgery, coronary artery bypass graft and percutaneous coronary interventions episodes of care.

"Our team works hard every day to provide patients with the best care and the best possible outcomes, said Barry Wolfman, President and CEO of St. John's Regional Medical Center and St. John's Hospital Camarillo. "This is a well-deserved honor. I am incredibly proud to work alongside such an amazing cardiology team."

Hospitals recognized with this designation are assessed using a combination of quality information supplied by hospitals and third-party data registries and cost measures derived from Blue Cross and Blue Shield companies' medical claims.

According to the American Heart Association, cardiovascular disease is the leading cause of death globally and is expected to claim more than 23.6 million lives annually by 2030.