



VENTURA BREEZE

Your Hometown Paper

Vol. 16, No. 5 Published Every Other Wednesday Established 2007 November 30 - December 13, 2022



Rubicon Co-Founders James O'Neil and Karyl Lynn Burns with goddaughter Lauren Patten.

Rubicon co-founder retires after 25 years

Rubicon Producing Artistic Director and Co-Founder Karyl Lynn Burns retired from the company on Sunday, November 13, following the acclaimed sold-out run of *In the Heights*. Says Burns, "It's been a long and beautiful run and Jim [O'Neil] and I will forever be grateful to those we've met during our 25 years in Ventura who have taught us the meaning of community and showed us what can happen when dedicated and passionate people come together in pursuit of common goals. We are looking forward to beginning a new chapter, and to spending more time with each other and our families."

"What we're most excited about," continues Burns, "is the opportunity to pass the torch to two longtime friends and collaborators, Beverly and Kirby Ward. They are multi-talented, incredibly diverse veteran performers with West End, Broadway and National Tour credits. After years of knowing them and working together at Rubicon, we have complete faith in them and trust that, with continued board and community support, they will take the company and the art to new heights."

Burns and husband James O'Neil co-founded Rubicon in November of 1998 and have led the organization for nearly 25 years. During their tenure, the company has produced more than 160 comedies, dramas and musicals, including more than 20 world premieres.

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Delegation visited Ventura Sister City, Loreto Baja Sur, Mexico

On October 20-27th, a delegation of 15 people from the Ventura Sister City Association (VSCA) went down to Ventura's first and only Sister City, Loreto Baja Sur, Mexico, to participate in the 325th year of Loreto's founding. Loreto served as the first capital of California, and it has ties to Ventura through its Mission and the headquarters for the five island Mexican National Park off of its coast in the Sea of Cortez.

The trip included a visit to San Javier, an older mission in the Gigante' Mountain range, boat rides out to the islands, a stop at a working rancho where goats are raised, visits with artists, the Loreto Fire Department and a foster home and a beach clean-up. Additionally, we had an orientation session with Eco-Alianza, an organization that supports and collaborates with, which is dedicated to environmental protection of the Sea of Cortez and promotion of ecotourism.

Most importantly, the delegation got to participate in the four-day celebration of Loreto's founding, including the presentation of a proclamation from Ventura's Mayor and City Council to their Mayor and Council. Pictures and a video of the trip can be found on the Ventura Sister City Facebook page.

This is the second year in a row that the VSCA has partnered with the Hermosa Beach Sister City Association (HBSCA), as Hermosa Beach has been a Sister City of Loreto for 55 years. Beyond the October visit, which coincides with Loreto's founding on October 25, 1697, the VSCA is working on developing trips to enhance our purpose of building cultural exchanges in the arts, with our museum and with our schools. If you are interested in getting involved with the Ventura Sister City Association, please visit our webpage at VenturaSisterCity.org.



Who was able to read the Breeze first?

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Your Hometown Paper

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

Sincerity is everything. If you can fake that, you've got it made.

— George Burns

Local Government News

Ventura Police Department awarded grants to deter unsafe behaviors, increase safety on roads

The Ventura Police Department will increase patrols throughout the community and provide other traffic safety programs to help reduce the number of serious injuries and deaths on roads.

"This grant funding allows us to support our ongoing traffic safety efforts in the community," Sergeant Mark Knackstedt said. "Our intent is to stop the most unlawful and dangerous behaviors that put people at risk and create an environment where everyone feels safe traveling."

The grant will provide additional programs and resources, including:

DUI checkpoints and patrols focused on stopping suspected impaired drivers.

High visibility distracted driving enforcement operations targeting drivers in violation of California's hands-free cell phone law.

Enforcement operations focused on the most dangerous driver behaviors that put the safety of people biking or walking at risk.

Enforcement operations focused on top violations that cause crashes: speeding, failure to yield, stop sign and/or red-light running, and improper turning or lane changes.

Community presentations on traffic safety issues such as distracted driving, impaired driving, speeding, bicycle and pedestrian safety.

Officer training and/or recertification: Standard Field Sobriety Test (SFST), Advanced Roadside Impaired Driving Enforcement (ARIDE) and Drug Recognition Expert (DRE).

The grant program will run through September 2023.

Ventura Police Department received a \$63,000 grant from the California Office of Traffic Safety (OTS) for a traffic records improvement project to improve the timeliness of reporting crash and citation data.

"Accurate and timely data is critical to identifying and prioritizing traffic safety issues," Records Supervisor Paulette Halverson said. "The community will benefit greatly from this funding, which will allow us to increase our ability to identify problem areas and provide traffic safety resources where they are needed most."

Grant funds will pay for a new electronic crash and citation data reporting system.

Funding for these programs were provided by a grant from the California Office of Traffic Safety, through the National Highway Traffic Safety Administration.



VenturaWaterPure to receive \$14 million in grant funds

The City of Ventura's planned water reuse program, VenturaWaterPure, anticipates \$14 million in federal funding from the U.S. Bureau of Reclamation's (BOR) Title XVI Water Reclamation and Reuse Program.

VenturaWaterPure is among a shortlist of projects funded by the Water Infrastructure Improvements for the Nation (WIIN) Act, pending Congress' approval. This award is in addition to the combined \$4.2 million that the City received from the program in 2018 and 2021.

"We are thrilled that VenturaWaterPure has been selected again for this federal funding program," said Mayor Sofia Rubalcava. "This grant helps support our community's need to create a local and sustainable water supply for our future generations."

"As California works to become more drought-resilient in the face of climate change, securing sources for clean drinking water is a huge priority for the

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As I See It

by Sheldon

To clarify a little confusion, I am still the publisher-editor of the Ventura Breeze. Just not writing my long column, but I have decided to write As I See It, which won't take nearly as much time. This is the first one. Maybe won't run in all issues.

Congratulations to our new (one re-elected) city council members:

Liz Campos, Jeannette Sanchez-Palacios, Bill McReynolds and Jim Duran.

President Biden has turned 80, making him the first octogenarian in the Oval Office. Big deal - I'm the first octogenarian publisher-editor of the Ventura Breeze.

According to a recent study, men



"Maybe I can find more time to relax."

with higher IQs are more inclined to bet on horse races. They were shown to be more likely to partake in skill-based gambling, such as horse racing, choose more complicated betting options, and spend more money (and I assume lose more money). Don't misinterpret this - all men who bet on horses do not have a high IQ.

Mail Box

Ventura Breeze

I will not be supporting Mr. Trump in the Republican primary season. I think we'll have better choices.

Mike Spence

Sheldon:

Like myself, so many people will miss your opinion section in the Breeze, even when you're not correct, your readers adore you. I hope this monumental change doesn't cause readership to diminish, like it did when the Reporter sold years ago. Did you sell the Breeze?

Laural Starr

Laural: "When you're not correct"- When is that? I'm still publisher-editor not going away. So won't lose readers I'm sure. Actually, might gain a few Trump fans.

Sheldon:

In the last issue you stated "Regarding my decision to stop writing my column 87.3% of readers are very upset and 20.2% are very happy. You may be a good writer but a bad mathematician that is 107.5% which is impossible.

Clair Moore, Ventura

Clair: I disagree. In high school the top grade is a 4 so a 4 is 100%. But some kids obtain a 4.5 grade which is 1.125%. When I played high school sports the coach said to give 110%. When you but a dozen doughnuts 12 is 100% but they give you 13 which is 1.08%, so I'm correct.

Sheldon:

I am going to miss your opinions.

I agree that the Constitution needs

Continued on page 15

Recently, I cooked a frozen dinner. It said to cook for 16 minutes and 10 seconds. I took a chance and just cooked it for 16 minutes and it was fine. Sometimes in life you just need to take a chance.

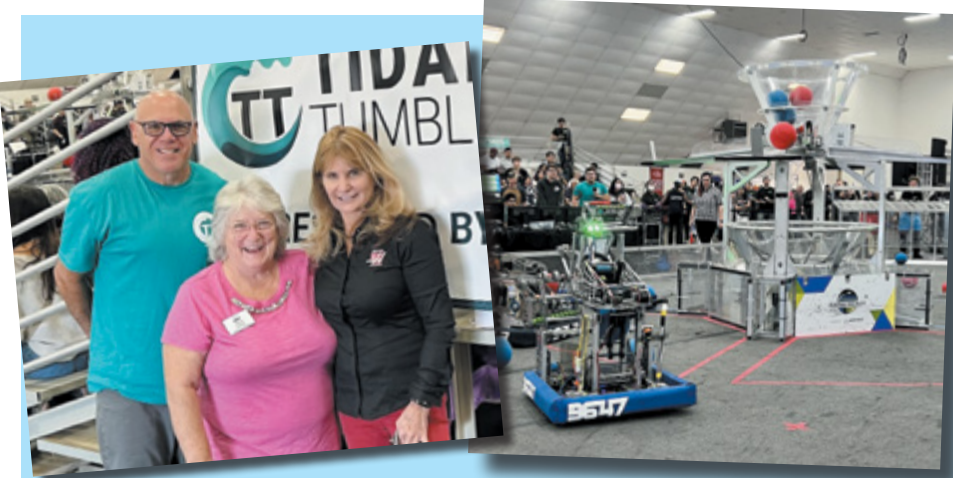
Recently a couple was married at a McDonalds. They spared no expense in deciding on McDonalds over In-N-Out. I purchased range free mayonnaise. Feel good about it, hate to think of mayonnaise cooped up in a little cage.

A 16-year-old recently graduated from Harvard. Big deal, he couldn't even drive to class. "Mommy, will you drive me to school today. I have 5 physics classes?" It is rumored that he still believes in Santa but also understands how reindeers can fly.

The Anacapa Brewing Company who opened in 2000 - has closed. Like many businesses (especially restaurants), Anacapa faced tough times since the start of COVID. The closing of Main St. to traffic and adding outdoor seating has helped many businesses, but it has become tough for too many.

In cowboy movies the doctor is always an alcoholic and near the end of the movie needs to remove a bullet from the hero. He says, "I can't do it my hands are shaking." "You can do it doc." "I'll try just give me one more drink." He finally removes the bullet from John Wayne and is a hero.

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



On October 3, at the Ventura Fairgrounds Ventura's HighTide Robotics team participated in the exciting competition. Founded in 2018 it provides opportunities for high school students from all around Ventura County to participate in a competitive and meaningful way through the FIRST robotics competition. Students learn career-oriented skills in engineering, design, mathematics, computer science, and are inspired by industry professional mentors and FRC alumni dedicated to helping foster a competitive FRC team and educating team members.

Each year high school students create a globally competitive robot with the support of industry and FIRST professional mentors.

FIRST, which means "For Inspiration and Recognition of Science and Technology," is a non-profit organization for high school students. The intent of FIRST is "to create a world where science and technology are celebrated... where young people dream of becoming science and technology heroes" stated Dean Kamen (Founder of FIRST).

For more information <http://www.team4414.com>.
Photos by Patricia Schallet.

Rubicon co-founder retires
Continued from page 1

Under Karyl Lynn and Jim's leadership, Rubicon received numerous awards, including the L.A. Drama Critics Special Award for Sustained Excellence, two New York Drama Desk Awards, Ovation Awards for Best Production of a Play, Larger Theatre (for Arthur Miller's All My Sons and Gulf View Drive by Arlene Hutton), and an NAACP Award. Rubicon has taken five shows to New York and has also toured productions across the U.S. and to Tokyo, South Korea, London and Dublin. In addition to mainstage programming, Burns and O'Neil have produced festivals, special events, a Broadway concert series and extensive educational programming for young people ages 6-23.

The Wards have a long history at Rubicon, freelancing as directors and actors at the company since 2008. They stepped into ongoing administrative/creative staff positions in 2018 and were responsible for the direction and choreography of Rubicon's critically acclaimed, sold-out run of Big River in 2019. The couple have worked together on stage and off for nearly half-a-century. They bring with them West End, Broadway, Off-Broadway, and National and International Tour credits.

Says Board President Doug Halter, "This is an ideal succession plan for the

company that we all have been quietly working on together for some time and we are pleased to share the news with the public. We as a board and community owe Karyl Lynn and Jim a great debt for their many years of service," adds Halter, "and for giving Ventura the gift of a professional not-for-profit theatre that we know and trust will be here for generations."

Says Burns, "Parting with people and places you love is always sweet sorrow, but we leave knowing that this is the right time to infuse new vitality and vision into the organization as Bev and Kirby move Rubicon from a founder-driven organization to a strong and sustainable institution. There's so much more to say; we look forward to time to express our gratitude personally to those who have made this Rubicon journey possible."

True to the company's name and the vision of founding artistic directors Karyl Lynn Burns and James O'Neil, Rubicon has created an environment where commitment and risk are encouraged, and where artists are nurtured and respected. As a result, the company has gained a reputation for invigorating interpretations of the classics and for supporting the development of new works. Rubicon presents at least one World Premiere each season, as well as readings of works-in-progress.

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Alex McIntyre has served as the City Manager of the City of Ventura since November 2018.

City Manager put on administrative leave

The Ventura City Council has announced that City Manager Alex D. McIntyre has been placed on administrative leave pending Council direction on a private personnel matter.

Even though the reason was not stated it

is assumed that it is because in March some members of the City Council took a trip to Washington D.C. for legislative matters. Council members on the trip violated the Brown Act, the state's open meeting law, by holding meetings without proper notification and agenda publication. In a separate September 2021 trip, McIntyre used his state-issued credit card to pay for dinner and wine for eight people during a business trip to Sacramento.

Alex McIntyre has served as the City Manager of the City of Ventura since November 2018. Prior to his position at Ventura, McIntyre served as the City Manager of Menlo Park from 2012-2018. He served as the City Manager of Lake Oswego in Oregon from 2008-2012. He also served as the Chief Assistant County Administrator with the County of Marin from 2006-2008, and before that he was Town manager of Tiburon from 2000-2006. He also served as Town Manager of Portola Valley from 1997-2000. Alex holds a Master of Public Administration from the University of Southern California and a bachelor's degree in Political Science from the University of California, Irvine.

City Attorney Andy Heglund announced McIntyre's status "pending council direction on a private personnel matter."

Assistant City Manager Akbar Alikhan was selected to serve as the acting city manager.

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Moving Up?
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There are lots of ways to get involved.

Food Share Annual Can-Tree Food Drive Event

Food Share, Ventura County's largest hunger-relief organization, is bringing its most popular community event back for the holidays! The 11th Annual Can-tree food drive will take place in Figueroa Plaza from Thursday, December 1 when the trees will be built, through Sunday, December 4, 2022, when they will be dismantled.

The event, which brings thousands of individuals, families, and local businesses together to collect and build hundreds of canned food "trees" is Food

Share's biggest food and fund drive of the year and is a critical source of food for the thousands of people still struggling with food insecurity in Ventura County.

There are lots of ways to get involved. Participants can Collect & Build, Buy & Build, Raise & Build or Sponsor a Tree. There's also a chance to win one of 13 coveted awards including the CAN Crusher, the People's Choice, and the Mayor's Choice, all of which will be featured on Food Share's website, social

media pages and newsletter.

Food Share is serving three times the number of people being served pre-pandemic. The latest figure (total for 2021) is a little over 190,000 unduplicated people based on FreshTrak data. However, this figure does not include people attending emergency drive-thru distributions, some of our programs, including Community Markets, or farmworkers receiving food at field distributions. The total number being served annually is @220,000.

For more information visit: foodshare.com/cantree or reach out to Jess Hug, at jhug@foodshare.com.



Mick Zdeblick has served as CEO of Asante Rogue Regional Medical Center.

Community Memorial Health System Board of Trustees announces new CEO

The Community Memorial Health System Board of Trustees is proud to announce that it has selected Mick Zdeblick to succeed Gary K. Wilde as President & CEO of the health system. Zdeblick, who has served as Chief Executive Officer of Asante Rogue Regional Medical Center in Medford, OR, will step into the role of President & CEO effective January 9, 2023.

"Mick is a proven leader who possesses both the experience and vision to lead Community Memorial Health System into the future," said Board of Trustees Chair Richard R. Rush. "His diverse background and extensive record of success will be an asset to our health system and our community. We look forward to welcoming him in his new role as President & CEO of our health system."

Zdeblick has served as CEO of Asante Rogue Regional Medical Center (ARRMC), the flagship hospital for Asante Health System, since 2017. In addition to overseeing the performance of ARRMC and driving overall health system profitability amidst COVID-19 financial challenges, Zdeblick has led Asante's \$500 million facility renovation and expansion master plan. His career has also included roles as Chief Operating Officer at El Camino Hospital in Mountain View, CA, Vice President of Campus Transformation and Vice President of Hospital Operations at Rush University Medical Center in Chicago, IL.

He holds a Bachelor of Business Administration degree from Marquette University in Milwaukee, WI, and a

Master of Management degree from the Northwestern University J.L. Kellogg Graduate School of Management.

"I am honored to have been selected for the role of President & CEO of Community Memorial Health System," said Zdeblick. "The unique culture of the organization, as well as its unrivaled commitment to its mission, make it an invaluable asset to the community. I look forward to joining and leading the organization as we endeavor to ensure the availability of exceptional healthcare in Ventura County."

Following Wilde's retirement announcement in April, the Community Memorial Health System Board of Trustees, in partnership with nationally-recognized recruiting firm, Witt Kieffer, launched a nationwide search for qualified candidates and evaluated a number of healthcare executives, including Zdeblick, for the role. The board's goal throughout the selection process was to ensure the longevity of the health system and safeguard it as a community treasure for years to come.

Wilde has served as Community Memorial Health System's President & CEO since 2004. During his tenure, he oversaw the merger of Community Memorial Hospital and Ojai Valley Community Hospital to form Community Memorial Health System in 2005. Since then, Wilde successfully oversaw the planning, funding and construction of the new 250-bed Community Memorial Hospital which opened in December 2018, as well as the Continuing Care Center - a 75-bed, state-of-the-art skilled nursing facility located on the campus of Ojai Valley Community Hospital that opened in July 2020.



Steve Bennett reelected

Hi Friends

Thank you for your support! While the final votes are still being counted before the election is certified, it is safe to say that I will be reelected as our representative in the State Assembly for the next two years.

Once again, together we've proven that grassroots campaigning and fundraising makes a difference and can win. I would have been nowhere without the amazing support from you and others.

These results clearly reflect the core values of our communities -- clean air and water, equitable opportunity for all and protecting our unique local spirit.

I look forward to continuing to be our voice in Sacramento and delivering tangible results to better the lives of our families, businesses and neighborhoods.

Thank you again!

Sincerely,
Steve Bennett

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St. John's Regional Medical Center and St. John's Hospital Camarillo Recognized with an "A" Safety Rating

Dignity Health – St. John's Regional Medical Center (SJRMC) and St. John's Hospital Camarillo (SJHC) have been nationally recognized with an "A" Leapfrog Hospital Safety Grade for Fall 2022.

This national distinction recognizes SJRMC and SJHC among the top in the nation in protecting patients from preventable harm and errors in the hospital.

"Achieving an 'A' Grade is a direct result of the hard work, dedication and passion for excellence that the St. John's team demonstrates every day," said Barry Wolfman, president and CEO of St. John's Regional Medical Center and St. John's Hospital Camarillo. "It is an honor to work with a team who places so much importance on quality and safety."

The Leapfrog Group, an independent national watchdog organization, assigns an "A," "B," "C," "D," or "F" grade to general hospitals across the country based on over thirty national performance measures reflecting errors, accidents, injuries and infections, as well as systems hospitals have in place to prevent harm.

The Leapfrog Hospital Safety Grade is the only hospital rating program based exclusively on hospital prevention of medical errors and harm to patients. The grading system is peer-reviewed, fully transparent and free to the public. Grades are updated twice annually, in the fall and spring.

Founded in 2000 by large employers and other purchasers, The Leapfrog Group is a national nonprofit organization driving a movement for giant leaps forward for patient safety. The flagship Leapfrog Hospital Survey and new Leapfrog Ambulatory Surgery Center (ASC) Survey collect and transparently report hospital and ASC performance, empowering purchasers to find the highest-value care and giving consumers the life-saving information they need to make informed decisions. The Leapfrog Hospital Safety Grade, Leapfrog's other main initiative, assigns letter grades to hospitals based on their record of patient safety, helping consumers protect themselves and their families from errors, injuries, accidents, and infections.

Dignity Health-St. John's Regional Medical Center in Oxnard and St. John's Hospital Camarillo in Camarillo comprise the largest non-profit acute care provider in Ventura County. Founded 110 years ago, St. John's Hospitals are nationally recognized for quality care, safety and service. Both hospitals are

supported by an active philanthropic Foundation to support new programs and services, as well as to advance the community's access to health care. Learn more at DignityHealth.org/StJohnsRegional or DignityHealth.org/StJohnsHospitalCamarillo.



Paul Lenderman officiated the ceremonies.

Candlelight remembrance celebrating loved ones passings

On the evening of November 3, 2022 the Joseph P. Reardon Funeral Home & Cremation Service of Ventura proudly opened its doors to all of greater Ventura County for the eighth annual Candlelight Remembrance Service. This was a special evening for anyone who has experienced a loss and wished to remember their loved one in a sacred space. This moving night of remembrance and reflection featured several speakers from Assisted Hospice of Ventura.

Michael Boyko, owner of the funeral home stated "we again are so proud to be able to host this evening for our entire community in need of reflection, consolation, and care. Moreover, I remain humbled to be able to provide such a touching ceremony with the entire highly professional staff of Assisted Home and Hospice of Ventura. Our community really needs this type of service and we know we are reaching people who need it as attendees are from all walks of life and from many different communities in Ventura County."

This evening featured live harp music from Ted Nicholzen, professional harpists from the peninsula hotel in Beverly Hills as well as the officiant Dr. Paul Lenderman, Spiritual counselor/grief coordinator of Assisted Hospice in Ventura. Dr. William and Dr. Lisa Rajala also took time and spoke with spiritual poems and readings of consolation. Spiritual Counselor Raquel Jensen and Social Worker Susan Derby also participated with life affirming prayers and tributes to loved ones and patients that have passed within the last several years. Marianne Cody of Assisted Hospice helped coordinate the evening and assisted participants with candle lighting and placement.

Michael went on to say "no one can tell you how to grieve. I believe a ceremony like this one is just one more way we can be of service to our community. Our funeral homes offer a helping hand to all who need it no matter the circumstances. Yesterday, today, and tomorrow we'll be here to help".

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Mary Thompson teaching John Perram how to rope.



Susan Chang & Donna Nelson



On Sunday, November 13, visitors discovered what toys may have been enjoyed by all who lived at the Olivas Adobe through the ages. Docents dressed in costume provided tours of the Olivas property, and the gift shop was open with unique items for purchase.

Photos by Patricia Schallert.



Actress Bessie Eyton is buried at Ivy Lawn.

Some remarkable people rest at Ventura's Ivy Lawn

by Richard Senate

A visit to the Ivy Lawn Cemetery is a journey back to the very roots of our history because many unique and special people rest here. As the fall season is here cemeteries and graveyards are highlighted in advertisements and media at this time of year so a look at who rests at our

1917 era cemetery. The list is long and includes some amazing people. I will start with the most famous of the lot, once the richest man in Ventura County and a true mover and shaker from the world of politics.

1. US Senator Thomas R. Bard (1841-1915) The senator built Port Hueneme and sponsored a young George Patton for West Point. He was buried at his Berylewood Estate (Bard Mansion) but moved here. He was an early oilman and founded Union Oil of California. The only US Senator from Ventura County.

2. Congressman General William Vandever (1811- 1845) Union General who served under General Sherman in the Civil War and was part of the capture of Atlanta. Moved to Ventura with his daughter Florence in 1884 and ran for Congress. He helped Yosemite become a National Park and a mountain was named for him. He even advocated that California be divided into two states. Remains moved from Ventura Memorial Park to Ivy Lawn.

3. Congressman Marion Cannon (1834-1920) Reformer, served in the 53rd Congress as a member of the now defunct Populist Party.

4. State Assemblyman Charles R. "Chuck" Imbrect, (1949-2000) Two term State Assemblyman and lawyer attended Ventura High School (a classmate of mine). He ran for State Senator but lost. From the world of the arts.

5. Actress Ethel Clayton (1882-1966) She began her film career in 1909 with the movie Justified. A very beautiful starlet she aged well and made the transition into talkies playing wealthy, snobbish matrons in such films as Alan

Ladd's The Blue Dahlia. She was in 147 films including World War One Red Cross film The Volunteer where she played herself!

6. Actress Bessie Eyton (1890-1965) She became a star on the New York stage before making the transition into silent films. She made her mark in western films playing the romantic lead to Tom Mix (but his heart belonged to his horse). Her best know roles were in The Thundering Herd and The Face of Fear. Her last film was another western The Girl of Gold in 1925 She was one of the silent stars that didn't make the transition into talking pictures after some 85 features.

7. Actor John "Johnny" Leal (1905 -1980) A little person, he was blessed by a great singing voice that helped him find jobs on the circus and vaudeville stage. He played at the 1933 World's Fair and then found work in Hollywood cast in the film An Angel comes to Brooklyn and as a Munchkin and flying monkey in The Wizard of Oz.

8. Voice Actor Knox Manning (1905-1996) Voice Actor for many radio shows such as "Congo Bill", "The Desi Arnez Show," "The Phantom," "Batman" and "The New Adventures of Sherlock Holmes".

From the world of Sports

9. Ballplayer Charlie Hall (1887-1943) Born in Ventura he started playing local baseball making it into the big leagues as a pitcher at the age of 21. Played for The Cincinnati Reds. He was called "The Sea Lion" for his booming voice. When he retired from baseball he joined the Ventura Police Department.

10. Ballplayer Fred Snodgrass (1887-1979) A noted outfielder he played for the New York Giants. He played in three pennant games and three World Series'. In the 1912 World series he dropped the ball in the tenth inning giving the victory to the Red Sox. The next year he redeemed himself with a single important catch that won the game.

11. Football player Eric Turner (1968-2000) Defensive linebacker he played for the Cleveland Browns and The Oakland Raiders 30 interceptions and played in 109 games. Tragically died at age 31.

The world of design

12. Alexander Sarantos Tremolis (1914-1991) Car designer worked for Cord Automotive, Duesenberg, Ford as well as took part in the design of the innovative Tucker Automobile. Later worked with NASA on the Space Shuttle program.

Ventura's greatest disaster

13. The Mass grave of the victims of the Saint Francis dam failure and flood on March 13, 1928. Over 500 people lost their lives that terrible night. Many of the bodies, battered beyond recognition, were recovered at the Santa Clara delta, they were buried at Ivy Lawn. Only a few were identified.

The Bookmark

About Libraries and Friends

by Mary Olson

Hill Road Library celebrates its fifth birthday on Saturday, December 3rd, at 10:30 am!

The celebrations begins with a Decorate Your Own Party Hat craft activity at 10:30 am. Then, at 11:00 am, welcome the fabulous magician Zany Zoe. Zoe has performed magic and illusion arts for over 15 years in the

Los Angeles area and brings unrivaled energy and comedy to her family-friendly performance. All ages are welcome!

Every Tuesday in December at 3:00 pm, Hill Road Library will host a Winter Wonderland simple craft and seasonal movie!

The first event on December 6th, will be creating a star ornament. The movie selection will be Abominable: A story about a teenager and her friends who go on a quest to reunite a Yeti with his family.

On December 13th, make your own Christmas card. The movie selection will be The Nightmare Before Christmas. On December 20th, create your own wrapping paper. The movie selection will be The Polar Express. The fourth and final event on December 27th, will be creating Pom Pom Party Poppers. The movie selection will be High School Musical.

At 11:30 a.m. on Saturday, Dec. 31, you and your little ones are invited to a special New Year's Eve event at Hill Road Library - a "Noon Year's Eve" countdown party! Enjoy storytime, crafts, and countdown fun as we ring in the New Year at noon.

All events are free and open to the public. For additional information, contact Linda Cherry, Librarian, at 805-677-7180.

The **Hill Road Library** is located at 1070 S. Hill Road, Ventura. Hours of service are Monday through Wednesday 10 am to 6 pm, Thursday 2 pm to 6 pm, Friday through Sunday 10 am to 2 pm.

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! Meet some Friends of the Library at the birthday celebration -- we'll bring along more children's and craft books to sell.

The **Friends Bookstore in E.P. Foster Library** will be open for some extra shifts in 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. You can also join or renew your membership to Ventura Friends of the Library for 2023 through the online store.

Five new members join Ventura College Foundation Board


The Ventura College Foundation Board of Directors has added five new members.

Joining the board are Debe Bylo, Mark Dufresne, Liz Kraus, Jessica Flores Esquibel and Dr. Jill Muraoka Lim. All have a strong connection with Ventura College. As the current president of the Associated Students of Ventura College (ASVC), Jessica Flores Esquibel will also serve on the board during her term.

Continued on page 15



Never Too Late to ...
Get Help





Never Too Late to ...
Live Better

The County of Ventura Adult and Family Services Department provides referrals and support to help you thrive. Let us help celebrate your strengths and tackle your challenges.

If you are concerned about your safety or that of another older or dependent adult in Ventura County, you can make a report to the 24/7 Abuse Hotline at [805-654-3200](tel:805-654-3200) or reporttoaps.org.

vchsa.org/aps



Senior Living



Gift drop-off locations include Ventura City Hall.

Santa to a Senior Program seeks holiday gifts for homebound seniors

The City of Ventura, in partnership with Home Instead, is seeking gift donations for this year's Santa to a Senior program, hosted now through December 13. All donations are given to local seniors enrolled in the Ventura Avenue Adult Center's Senior Nutrition Meal Program.

"This program has existed since 2018, and between 200 to 250 seniors benefit from it each year," said City of Ventura Recreation Manager Emily Fox. "It's a wonderful way to spread some holiday cheer, especially to the homebound seniors in our community."

Gift ideas from the general wish list include blankets, books, crafting supplies, puzzles, robes, slippers, warm sweaters, bath towels, scarves, gloves, gift cards, flashlights, white noise machines, toiletries, and more. Please leave gifts

unwrapped.

There are two ways to donate to the Santa to a Senior program:

- 1) Participants can visit the Santa to a Senior holiday display trees at City Hall near Room 226 or the Ventura Aquatic Center to choose a specific gift request directly from the tree.
- 2) Participants can purchase a gift from the general wish list and drop it off at one of the designated Santa to a Senior drop-off locations.

Gift drop-off locations include Ventura City Hall, Ventura Aquatics Center, Ventura Avenue Adult Center, and Barranca Vista Center.

Visit www.cityofventura.ca.gov/SantaToASenior for full program details, including drop-off location times and general gift ideas.



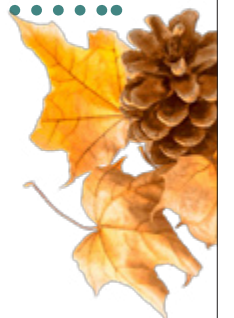
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Senior Living



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.

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:

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.

It's important for your older loved ones to have regular health exams and medical screenings. Visit MedlinePlus to learn about health screenings for women and men. Checking in with doctors annually, and possibly more often, depending on overall health, may help reduce risk factors for disease such as high blood pressure and cholesterol levels. Regular check-ups can also help catch concerns early and improve the chances for effective treatment.



Playing tennis is great exercise.

Real-Life benefits of exercise and physical activity

Exercise and physical activity are good for just about everyone, including older adults. No matter your

health and physical abilities, you can gain a lot by staying active. In fact, studies show that “taking it easy” is risky. Often, inactivity is more to blame than age when older people lose the ability to do things on their own. Lack of physical activity also can lead to more visits to the doctor, more hospitalizations, and more use of medicines for a variety of illnesses.

Staying active can help you:

- Keep and improve your strength so you can stay independent
- Have more energy to do the things you want to do and reduce fatigue
- Improve your balance and lower risk of falls and injuries from falls
- Manage and prevent some diseases like arthritis, heart disease, stroke, type 2 diabetes, osteoporosis, and 8 types of cancer, including breast and colon cancer
- Sleep better at home
- Reduce levels of stress and anxiety
- Reach or maintain a healthy weight and reduce risk of excessive weight gain
- Control your blood pressure
- Possibly improve or maintain some aspects of cognitive function, such as your ability to shift quickly between tasks or plan an activity
- Perk up your mood and reduce feelings of depression
- Emotional benefits of exercise

Research has shown that exercise is not only good for your physical health, it also supports emotional and mental health. You can exercise with a friend and get the added benefit of emotional support. So, next time you're feeling down, anxious, or stressed, try to get up and start moving!

Physical activity can help:

- Reduce feelings of depression and stress, while improving your mood and overall emotional well-being
- Increase your energy level
- Improve sleep
- Empower you to feel more in control

In addition, exercise and physical activity may possibly improve or maintain some aspects of cognitive function, such as your ability to shift quickly between tasks, plan an activity, and ignore irrelevant information.

Here are some exercise ideas to help you lift your mood: Walking, bicycling, or dancing. Endurance activities increase your breathing, get your heart pumping, and boost chemicals in your body that may improve mood.

Yoga. This mind and body practice typically combines physical postures, breathing exercises, and relaxation.

Tai Chi. This “moving meditation” involves shifting the body slowly, gently, and precisely, while breathing deeply.

Activities you enjoy. Whether it's gardening, playing tennis, kicking around a soccer ball with your grandchildren, or something else, choose an activity you want to do, not one you have to do.

Looking forward to seeing you Saturday!

38th
ANNUAL MEMORIAL PROGRAM

Light Up A Life

Free to attend!

*Saturday,
December 3rd*

REMEMBER & CELEBRATE
the Life of Someone Special

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

4:30 PM

Constitution Park, Camarillo

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

 **Livingston Memorial**
Visiting Nurse Association & Hospice



SCAN FOR MORE INFORMATION

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Ventura Chamber Ribbon Cuttings



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Bright Spark Brewing located 4561 Market St.

Founded by husband and wife team Tim Harbage and Linzy Mahoney, Bright Spark Brewing is years in the making. Although it felt like a pipe dream in the early years of their relationship, a decade (and many business plan iterations) later, the dream has been realized.

Photo by Michael Gordon.



EVOIA located at 2801 Golf Course Dr.

EVOIA™ brings the ecological benefits of fire to production agriculture in a sustainable and environmentally friendly way.

Photo by Michael Gordon.

On Vacation



Jeanette and Steven Albeck took the Breeze with them while visiting Black Rock City, Nevada- Burning Man 2022! They still found time to share it.

Going on vacation? Be sure to take the Ventura Breeze with you and send us a photo with a little information about your trip and email to editor@venturabreeze.com

Ventura events

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

Wanna Play Bridge? Join us for ACBL sanctioned duplicate bridge games every Tues., Wed., and Thurs. at 12:30. 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.

Dec. 3 & 4; 10 & 11: Dudley House Holiday Boutique. The 28th annual fundraiser for the 1892 historic house museum continues into December on Saturdays and Sundays from 11 a.m. to 5 p.m. Come celebrate the spirit of holidays past where you’ll find quality crafts, home décor, antiques and collectibles plus a silent auction and bargain “basement”. An outdoor flea market is added on Sundays from 8 a.m. to 4 p.m. Located at 197 N. Ashwood in Ventura. (805) 642-3345. Free.

Dec. 3: Sespe Fly Fishers of Ventura will be conducting our monthly “First Saturday” introductory Fly Rod Casting and Intro to Fly Fishing clinic. In December. There is no charge and all are welcome. Whether you are an experienced fly fisher or a complete novice we want to help you improve your

casting and learn to enjoy this great sport. If you don’t yet have a fly rod, don’t worry, just come and use one of ours. Chumash Park, Petit and Waco, 9:00 to 11:00 am, in East Ventura, off Telephone For more information: Casting Program Coordinator Thomas Hall (805) 377-5249 www.sespeflyfishers.org

Dec. 3: Livingston Memorial Visiting Nurse Association & Hospice’s 38th Annual “Light Up a Life” event will take place in in Camarillo. This celebration provides comfort, solace and an opportunity for those who have lost someone to honor their loved one’s memory. The event is free, and everyone is welcome to attend. Up event is Saturday, from 4:30 pm – 5:30pm at Constitution Park, 1287 Paseo Camarillo, Camarillo. Livingston invites all residents of Ventura County to support this year’s Light Up campaign. Memory stars can be reserved online at www.lmvna.org/LightUpALife for \$25 each or by calling 805-642-0239, x 639.

Dec. 4: Old-Time Country Bluegrass Gospel Music Assoc. Sunday, 2 :00-4:00 pm Poinsettia Pavilion, 3451 Foothill Rd. Live Music on stage. Jamming in the Canada Room. Free Admission. Free parking. Open to the Public. For more information call 805-517-1131 or visit Facebook: OTCBGMA

Dec. 10: Saturday, 5:00 p.m. to 7:00 p.m., Museum of Ventura County – Sip ‘n Shop Holiday Market – you can buy the perfect gift at our first annual Sip ‘n Shop. Drink some champagne, purchase from local artists - and have your gift wrapping done here for you. Shop local!



The Pet Page



Dedicated
to Scamp

Correction: SPAN Thrift Store 110 N. Olive St., Ventura is having a handmade quilt raffle. Tickets are \$1 each. Drawing is on Dec. 20 not Nov. 20th. www.spanonline.org.

It feels like dogs know just when we need them most. Well, they might, experts say
by Madeline Holcombe

When a family arrived at Koch Funeral Home in State College, Pennsylvania, to identify a loved one before cremation, Monroe took note — staying back to maintain the people's privacy but ready to offer comfort if asked.

Monroe isn't a grief counselor or therapist. She's an Australian Shepherd and resident therapy dog at the funeral home.

"She has this affinity toward people who might be experiencing grief. She is drawn to them."

Sure enough, when members of the family came out, they saw Monroe and asked to say hello. Petting her opened them up to telling others about their loss.

Petting a dog boosts activity in the frontal cortex of the brain, where thinking and planning occurs.

Some research has suggested that dogs, whether trained therapy and service animals or just friends in our homes, have a positive impact on human lives, said Colleen Dell, the research chair in One Health and Wellness and professor at the University of Saskatchewan.

Just 10 minutes spent with a dog helped reduce patients' pain, according to a March study for which Dell served as lead author.

People often don't talk about what they're going through when grieving, Hook said. The process of mourning is as unique to a person as a fingerprint, and many don't know how to be there for others who are going through it, she added.

For many people, dogs can offer intuitive, unconditional and loving support in times of grief, Dell said.

"We don't give them the credit that's due," Dell said of the animals that provide needed support. "We don't understand them to the extent that we should. When you start to pull it apart, there's just so much going on there."

Canine cancers give clues about human health risks.

UQ researchers say dogs are a better proxy for human health than many people realize.

University of Queensland researchers are looking to dog owners for data on protecting pet and human health from environmental hazards.

Veterinary pathologist Professor Chiara Palmieri from UQ's School of Veterinary Science is examining risk factors for canine health in Australia with a focus on chemical exposure, indoor air quality and outdoor air pollution.

"Pets can be the proverbial 'canary in the coalmine' when it comes to human health risks," Professor Palmieri said.

"We love our dogs, but sadly they're

often the first to suffer from environmental health hazards in our households.

"A classic example is a dog developing mesothelioma after their owner's house renovations reveal asbestos, or from over-application of certain flea repellents which can contain asbestos-like fibers.

"Chemicals like those found in tobacco smoke or garden products also put dogs at risk of common cancers like lymphoma or cancer of the bladder."

Professor Palmieri said gathering data on canine exposure to environmental hazards is crucial to understanding the origin of spontaneous cancers.

"We're working on the principle that if it's toxic to our pets, it will be toxic to humans as well," she said.

Professor Palmieri said dogs are a better proxy for human health than many people realize.

"Dogs get cancer at roughly the same rate as humans, or even more," she said.

"We estimate that a quarter of dogs will develop cancer at some point, increasing to almost 50 per cent of dogs over the age of 10."

Professor Palmieri said canine cancer rates are rising, and for some of the same reasons as humans.

"Things like longer lifespans, more focus on health indicators, increased use of diagnostic tests and the isolation of specific exposure risks," she said.

"If we can better understand the chronic exposures that are risky to dogs, we can do a better job of preventing them and decrease the incidence of certain tumours."

Professor Palmieri's research team has devised a brief survey for dog owners.

"We're compiling basic information about a dog's age, sex, breed, weight and vaccination status, grooming routine and the flea/tick control products used," she said.

"But we're also noting the location of the house, whether anyone in the house smokes and if the dog is exposed to herbicides and pesticides.

"It's important to gather this data so we can better protect our canine companions while protecting ourselves at the same time."

Jeanette Pavinifeb

Over my 20-plus years of consumer reporting, one of the most common questions has been if pet insurance is worth the cost.

Unforeseen veterinary bills can come as quite a financial blow, so having pet insurance can well be worth it. But it wasn't until I adopted my own dog that I realized the benefits and peace of mind that comes along with pet insurance. So, now the question becomes what type of pet insurance is best.

If you are on a budget, you can look for a policy that would take care of your pet in the event of something catastrophic. Each company will have their own list of what qualifies as catastrophic. Find out the deductibles and find out if all related care is covered.

For a general pet insurance policy there are certain questions you should get the answers to before signing up. There are policies in which once you pay the deductible for a particular condition, that deductible lasts for the entire time your pet is being treated for the condition. One advantage

Scamp Club

(Scampclub pets are not for adoption.)

This is Amelia Pepper Von Pee Pants. A 12-year-old Shih Tzu (like Scamp). Amelia loves to keep an active social calendar because she loves attention from her human friends, especially pets and scratches. She also loves hanging out with her doggie friends. She loves car rides, camping in the vintage trailer, running on the beach, hiking, swimming in creeks, and the drag strip. At home, she loves playing hide and seek, relaxing to classical music. She loves cuddling with Chrissy at the balcony window while watching the sun go down.



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.

is if the condition is going to be with your pet for the rest of its life, you won't have to pay a new deductible every year. This type of policy worked out very well for me. My dog developed a heart condition that was luckily caught very early. I paid the initial deductible, which was basically the cost of the echocardiogram, so I no longer will have to pay a deductible for this condition. Additionally, the medication that he will be on for the rest of his life, future echocardiograms and anything else related to this heart condition will be covered at 90%. That can add up to a significant savings. Compare the deductible plan for each policy you are considering. Some plans may offer annual deductibles which could work better for your needs.

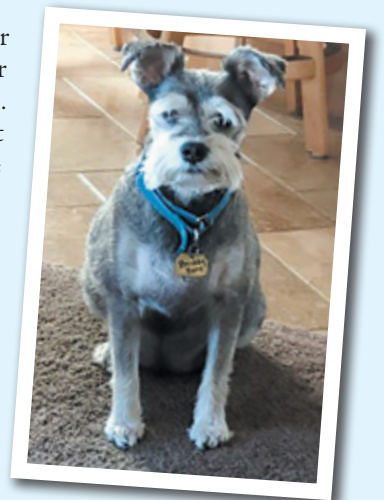
One of the most important things to

check before signing on the dotted line is the pre-existing condition clause. I have heard from a lot of people over the years that when it came to getting treatment for their pets, they were denied coverage because the treatment was for a pre-existing condition. Another question to ask is how the insurance company deals with diseases or conditions that are inherent to a particular breed. I did a story once on a woman who had a Bernese mountain dog. Her dog needed to have a surgery, but the insurance company denied the claim because certain genetic conditions were not covered. The bottom line is to find out if there are any exclusions for your pet.

Jeanette Pavinini is an Emmy Award winning journalist specializing in consumer news and protection.

Forever homes wanted

Hi: I'm Buddy Boy, a 6-year-old Schnauzer X in need of a new home as my owner passed away and no one could take me in. I came in with Lucy Lou and we wouldn't mind staying together, but we don't have to be adopted together. I'm good with people, but would do best in an adult only home. I'm good with other dogs, but it's unknown how I'd do with cats. I'm a little overweight, so I'll need someone who will take me for daily walks. If you're interested in meeting me, please fill out an online application. Canine Adoption and Rescue League C.A.R.L.



Meet Buzz! He's an adorable 5-month-old, domestic shorthair cat. He's been in foster care and has done great with dogs and cats. He's playful and loves to cuddle! Learn more about Buzz at <https://www.vcas.us/viewan-2/?ida=A803359>.
VCAS

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Drawing is on December 20th.

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Must call for appointment
(805) 584-3823

\$10 Low/No Income
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December 29th
SPAN Thrift Store parking lot
110 N. Olive St., Ventura
Must call for appointment
(805) 584-3823

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



Harbor Patrol Blotter

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

11/9 4:30am, dispatched to difficulty breathing in the Ventura Marina Community. Officers responded with AMR/VFD to a 73 y/o female with COPD smoking a cigarette and suffering from hypoxia. Patient assessed and transported by AMR.

11/10 5:00pm, received report of local female transient at the launch ramp for theft. The incident investigated and was a misunderstanding by the reporting party.

11/11 7:05am, received a Mayday call from the skipper of a 23ft motor vessel taking on water near the breakwall. Officers responded in Rescue B19, dewatered the vessel and towed is safely back to the launch ramp where it was hauled out.

8:44pm, while on patrol in Rescue Boat 19, officers educated fishermen hoop netting for lobster near the breakwall. During the contacts, postside shaft/prop was wrapped with a lobster trap poly line. Officers were able to operate on one prop back to the patrol dock. The line was cleared by officers the next day.

11/12 9:12pm, received a complaint about commercial activity (squid off-loading) in the Harbor from a VIM tenant. Officers explained the operation, the industry inconsistency and urgency to catch and offload all hours of the night.

11/13 3:36pm, received report of a vessel accident at VIM F-dock. Officers responded by vehicle and investigated the incident. A 35ft sailboat collided with a moored sailboat, sustaining minor damage to both. The incident is under investigation.

11/14 8:21am, received a report of possible human remains in the sand at Harbor Cove Beach. Officers responded and found what were sea lion pelvic/spine bones.

11/17 4:28pm, dispatched to an Ocean Rescue near the Ventura Pier, kite surfer in distress. Officers responded in the Fireboat with State Parks and VFD. The victim was assisted to shore safely, no injuries.

11/18 12:30pm, received request to tow a 40ft motor vessel that is slated to be destroyed. Officers were able to conduct tow training with new officers before towing the vessel to the boatyard for haul-out.

9:53pm, dispatched to a fall victim at VIM I-dock. Officers responded with VFD/AMR to a 58 y/o female who fell off her boat and onto the dock. The patient sustained minor injuries and was assisted back onto her boat.

11/19 10:36am, dispatched to a fall victim near Ventura Sport Fishing. Officers responded with VFD/AMR to assist a 71 y/o male with a contusion above his eye from a fall sustained during a strong wind gust. The patient was treated at the scene, transported by AMR to local trauma center.

11/20 9:45am, while on patrol in Rescue B19, officers observed a strong odor of diesel just outside of the harbor. A fishing vessel was off in the distance, but officers were unable to track them down. Officers utilized Marine tracking application and were able to locate the fishing vessel, contact and advise of possible petroleum leak on their vessel. The captain advised he would investigate. 2:55pm, received a "Mayday" call on VHF

16 from a 50ft cabin cruiser. Officers responded assisting Towboat US with call. Vessel towed to fuel dock. 11/21 5:35pm, dispatched to a hazardous condition in Portside apartments. A tenant is smelling a petroleum type substance. Fire searched her apartment with gas detection device, but unable to locate leak or source of odor.

Ventura Chamber of Commerce honors those who make a difference in the community

The Ventura Chamber of Commerce will recognize outstanding achievements of businesses and individuals who make a difference in our community at the Poinsettia Awards Luncheon. This year marks the 25th Anniversary of this local tradition honoring excellence in business, public service and education.

Presented by the Ventura Chamber, the categories to be recognized are:

- Large Business of the Year- Gold Coast Transit
- Mid-Size Business of the Year- Andria's Seafood
- Small-Size Business of the Year- JR Bookkeeping
- Innovation Award - CBF Productions
- Non-Profit of the Year- Women's Economic Ventures
- Young Professional of the Year- Gerry Pantoja
- Ambassador of the Year- Rick Jeffery
- Volunteer of the Year - Oscar Hernandez
- Shining Star Award - Gary Wilde
- Jewel Key Award - Ventura Harbor
- Citizen of the Year - Sandy Smith

Additional awards will be presented by the City of Ventura for excellence in public service and the Ventura Unified School District for excellence in education.

Sponsors for this event include: The Ventura Auto Center, SoCalGas, Montecito Bank & Trust, Four Points by Sheraton-Ventura Harbor, AMR, EJ Harrison & Sons, Inc, Kaiser Permanente, Southern California Edison, Ventura County Credit Union, Aera, Mustang Marketing, Ventura College, AT&T, Community Memorial Health System, Crowne Plaza Ventura Beach, Shea Homes, Tolman & Wiker- An Assured Partner Agency, CAPS Media, Cumulus Media, Gold Coast Broadcasting, Luners Production Services, Pacific Coast Business Times, Ventura Adult & Continuing Education (VACE) and the Ventura Breeze

These awards acknowledge the best that Ventura has to offer. The Poinsettia Awards Luncheon happens on Thursday, December 8, 11:30am-1:30pm at the Marriott Ventura Beach. The cost to attend is \$60 for Chamber members and \$80 for the general public. Tickets can be purchased online at venturachamber.com or by calling (805) 643-7222.

The Ventura Chamber of Commerce is a membership-based organization that advocates on behalf of the business community. With 700 members, representing more than 25,000 employees locally, the Chamber engages on a variety of issues that help to drive a strong local economy as The Voice of Business.

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- 4 Boneless Pork Chops (6 oz.)
- 4 Individual Scalloped Potatoes (3.8 oz.)
- 4 Caramel Apple Tartlets (4 oz.)
- 1 jar Omaha Steaks Seasoning (3.1 oz.)
- 8 FREE PureGround™ Filet Mignon Burgers (6 oz.)**

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AMERICA'S ORIGINAL BUTCHER
OMAHA STEAKS
 SINCE 1917

VenturaWaterPure

Continued from page 2

Central Coast. I'm glad that the Bipartisan Infrastructure Law has delivered \$14 million to the City of Ventura and their VenturaWaterPure Program. With this grant award, VenturaWaterPure will be able to continue their work developing sustainable solutions to combat droughts and water shortages in the Central Coast, and provide residents consistent access to clean water,' stated Congressman Salud Carbajal.

Through the Title XVI program, the U.S. Bureau of Reclamation provides grants to communities to reclaim and reuse wastewater, impaired groundwater and surface water. Funding may be used for the planning, design or construction of water recycling and reuse projects.

The VenturaWaterPure Program

is also pursuing a low-interest loan through the Environmental Protection Agency's Water Infrastructure Finance and Innovation Act (WIFIA) program. This loan will also support design and construction of the program's Advanced Water Purification Facility.

VenturaWaterPure will recover, treat, and reuse water that is currently discharged to the Santa Clara River Estuary. At a new purification facility, water will be treated using advanced technology for potable reuse. The multi-benefit program will create a new local water supply, meet legal requirements, improve water quality for Ventura customers, and deliver up to 20% of the City's water supply.

The program remains in the design phase, with construction anticipated to begin in 2023. To learn more about the VenturaWaterPure Program, visit www.VenturaWaterPure.net.

Weekly SUDOKU

Answer

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

King Crossword

Answers

Solution time: 26 mins.

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



by Pam Baumgardner
VenturaRocks.com

With Thanksgiving under our collective belts, the holiday season is in full swing and there are several special events to help raise your spirits whilst enjoying live music.

The Winter Wine Walk and Holiday Street Fair is Saturday, December 3, downtown Ventura. The street fair with vendors and food trucks is open all day and free to the public (noon – 8 pm), but you need to purchase tickets if you want to participate in the wine walk (4-7 pm). The live entertainment is also free and family friendly with Victor Vega and the Bomb culminating the day at Main and California with a gorgeous snowfall; but trust me when I say, no matter how pretty or real it looks, don't stick out your tongue to catch "snowflakes."

Jodi Farrell's 28th Annual Student Holiday Concert is always a treat. This year's show will be held at the Korean Methodist Church on Kimball Road in Ventura on Saturday, December 3 from 4-6 pm. The special guest band will feature Ron Barnett, Jim Rankin, Brad Strickland, Manon Franklin and Hekar Rivera. Though this is free, donations are appreciated.

The 22nd annual 4 Kids 2 Kids holiday fundraiser will be held at Cantara Cellars in Camarillo on Sunday, December 4 from 2-7 pm with the cost of admission only \$5 plus a new unwrapped toy. Bands on tap: RJ Mischo w/ Debbie Davies, Ray Jaurique Big Band w/ Flattop Tom, Shawn Jones, Katie Skene, Hot Roux and Milo Sledge.

Poseidon Brewing Company will host their annual holiday pajama party on Friday, December 9 featuring live music from the Vanise Terry Band.

Cantara Cellars bring Britain's Finest to the venue for "Christmas with the Beatles" on Saturday, December 10.

Doc the Halls Holiday Blues with Doc Ventura will be held at Namba on Saturday, December 10, at 7 pm. The \$20 cover gets you Bombafiya, Preston Smith, RJ Mischo, Bill Flores, James Schuller, Fito de la Parra and Doc Ventura.

The 9th Annual Holiday Sing a Long and Toy Drive at the Majestic Ventura Theater will be held on Sunday, December 11 at 7 pm. Admission is one new unwrapped toy per family. This year's concert will feature favorite Disney and holiday songs.

And though not exactly holiday themed, I would be remiss if I didn't mention the 17th annual Chopperfest Art and Culture Show returns to Ventura at the Ventura Fairgrounds and will host a special motorcycle art exhibit, an all-brand antique and custom motorcycle show, custom bike builder displays and hundreds of motorcycle/culture vendors; plus, they'll have live music from Awesome Blue and the Midnight Rider Band (Allman Brothers Revival). Find out more and get your tickets at Chopperfestival.com

Quick Notes: Tickets are on sale now for Dr. Know and Stalag 13 with original singer Ron Baird for January 7 at the Oceanview Pavilion in Port Hueneme

through EventBrite; Angelo Moore's Dr. Madd Vibe and the Missing Links play The Grape on Friday, December 2; Long Beach Dub Allstars play the Ventura Music Hall on Saturday, December 3; WonderHouse on Knoll Drive in Ventura has a show featuring Shaky Feelin' and the Katie Skene Band on Saturday, December 3, \$20 at the door; Feros Ferio Winery in Ojai hosts live music with Two Tossers on Saturday, December 3; it's an evening of Brazilian Bossa Nova, Samba and Jazz with Teka & Friends when they play the Beatrice Wood Center for the Arts in Upper Ojai on Sunday, December 4, on the following Sunday, December 11, the special jury prize winner of 13th International Tchaikovsky competition, Evgeny Tonkha, will perform; All Kinds continues to offer live music for the younger generation in Zander Alley at 433 E. Main Street downtown Ventura. It's a sober space for all ages with live music on Sunday, December 4 with Sound that Ends Creation, Cel Damage, Two Brothers, Black Moon Lilith, Crave and Stood Up with a \$10 cover; and Phil Salazar and Tom Corbett team up for a show at the Ojai Underground on Saturday, December 10.

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

All Kinds

433 E. Main St., Ventura

Sun 12/4: Sound that Ends Creation, Cel Damage, Two Brothers, Black Moon Lilith, Crave, Stood Up

Beatrice Wood Center for the Arts 8585 N. Ojai Rd., Ojai

Sun 12/4: Teka & Friends
Sun 12/11: Evgeny Tonkha w/ Stephen Vanhauwaert

Boatyard Pub

1583 Spinnaker Dr., Ventura

Wednesdays: Frank Barajas
Thursdays: Jim Friery; Bluegrass Jam
Fri 12/2: Theresa Russell & Stephen Geyer
Sat 12/3: Epitome of Dreams
Tues 12/6: Karen Eden & the Bad Apples
Fri 12/9: Epitome of Dreams
Sat 12/10: Karen Eden & the Bad Apples
Tues 12/13: Troy Edwards

Cantara Cellars

126 N. Wood Rd., Camarillo

Fri 12/2: The Jukes
Sat 12/3: Ignition
Sun 12/4: Ray Jaurique, Katie Skene, Shawn Jones, Hot Roux, Milo Sledge, RJ Mischo, Debbie Davies
Sat 12/10: Britain's Finest

ChopperFest

Ventura Fairgrounds

10 W. Harbor Blvd., Ventura
Sun 12/11: Awesome Blue, Zepp Heads, the Midnight Rider Band

Deer Lodge

2261 Maricopa Hwy., Ojai

Fri 12/2: Hot Rise
Fri 12/9: Maliah

El Rey Cantina

2302 Ventura Blvd., Camarillo

Sat 12/3: Vinyl Gypsies
Sun 12/11: the Robot Uprising, 5th St. Saints, the Indignants

Fero's Ferio

310 E. Ojai Ave., Ojai

Sat 12/3: Two Tossers

Four Brix

2290 Eastman Ave., Ventura

Fri 12/2: Ignition
Sun 12/4: Smokey & Friends
Sun 12/11: Kelly's Lot

Garage

1091 Scandia Ave., Ventura

Sat 12/3 – Blown Over
Fri 12/9: Bombafiya
Sat 12/10: Jacob Marques & the Good Vibes

The Grape

2833 E. Main St., Ventura

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

Fridays: Fred Kaplan (5-7 pm)

Wed 11/30: Tribute to Stan Getz

Thurs 12/1: sicNarf

Fri 12/2: Angelo Moore's Dr. Madd Vibe & the Missing Links, Barrelhouse Wailers

Sat 12/3: Fausto Cuevas y la Moderna (2pm); Doug Webb Group (8 pm)

Wed 12/7: 6 Beats Apart

Thurs 12/8: Guil Juliao trio feat. Anthony Cammarota

Fri 12/9: Danny Janklow Quintet feat. Katherine Ella Wood

Sat 12/10: Barrelhouse Wailers

Keynote Lounge

10245 E Telephone Rd, Ventura

Thursdays: Open Mic

Leashless Brewing

585 E. Thompson Blvd., Ventura

Fri 12/2: the Salty Suites
Sat 12/3: One People Reggae jam (3 pm); Jacob Marques (7 pm)

Sun 12/4: Brian D-entremont

Thurs 12/8: Spring Loaded

Fri 12/9: Lacie Mace

Sun 12/10: Mark Masson

Lucas Sellers Wine

330 Zachary St., Moorpark

Sat 12/10: Natalie Wattre

Majestic Ventura Theater

26 S. Chestnut St., Ventura

Tues 12/6: Me First and the Gimme

Gimmes

Wed 12/7: Beach House

Sun 12/11: 9th Annual Holiday Sing along

Manhattan

5800 Santa Rosa Rd., Camarillo

Wed 12/30: Robert Van

Margarita Villa

Ventura Harbor

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

Mrs. Olson's

2800 Harbor Blvd., Oxnard

Sun 12/4: Teresa Russell

Namba Arts

47 S. Oak Street, Ventura

Sat 12/10: Doc the Halls Holiday Blues

Ojai Underground

616 Pearl Street, Ojai

Fri 12/9: Mike Mullins & Forest Sun

Sat 12/10: Phil Salazar & Tom Corbett

Ojai Valley Brewing

307 Bryant Street, Ojai

Fri 12/2: Jacob and the Good Vibes

Wed 12/7: Davey and the Midnights

Thurs 12/8: Alice Austin

Onyx Bistro

2390 Las Posas Rd., Camarillo

Fri 12/2: Nate Latta

Sat 12/3: Eliya Frantz

Fri 12/9: Raw Honey Band

Sat 12/10: Leeann Skoda

Oxnard Performing Arts Center

800 Hobson Way, Oxnard

Fri 12/2: Tierra, Malo

Sat 12/10: Dennis Jones

Poseidon Brewing Co.

5777 Olivas Park Dr., Ventura

Fri 12/2: CocoKnots

Fri 12/9: Vanise Terry Band

The Six

419 E. Main St., Ventura

Wed 12/7: Hologram Empire

The Raven Tavern

1651 S. Victoria Ave., Oxnard

Fri 12/2: Brandon Ragan

Sat 12/3: Holgers Heroes

Fri 12/9: Doc Rogers Band

Sat 12/10: Katrina & the Kats

The Shores

1031 Harbor Blvd., Oxnard

Wed 11/30: Jake McClelland

Topa Topa Brewing

104 E. Thompson Blvd., Ventura

Sat 12/3: Goodnight Kiss

Topa Topa Brewing

4880 Colt St., Ventura

Sun 12/11: Whole Hog

Topa Topa Brewing

2024 Ventura Blvd., Camarillo

Sat 12/3: Jimmy Darin

Wed 12/7: Erinn Alissa

Topa Topa Brewing

341 E. Ojai Ave., Ojai

Fri 12/2: Sam Kulchin

The Twist on Main

454 E. Main St., Ventura

Thursdays: LA Jazz Connection

Fri 12/2: Tossers

Sat 12/3: Coque Ross (2 pm); Crosscut 805

(8 pm)

Sun 12/4: Dave Parsonage (12:30 pm); Hot

Roux (5 pm)

Fri 12/9: The Jetlemons

Sat 12/10: Adam Lenhard (2 pm)

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

Devoe (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 Music Hall

1888 E. Thompson Blvd., Ventura

Thurs 12/1: the Iron Maidens, Robert

Rodriquez

Sat 12/3: Long Beach Dub Allstars

Sun 12/4: the Rare Occasions, Hot Freaks

Thurs 12/8: Zepparella

Fri 12/9: the Slackers

The Vine

308 E. Ojai Ave., Ojai

Saturdays: Smitty and Julia and Friends

Sundays: Austin Vallejo

Fri 12/9: Dianne Miller

Winchesters

632 E. Main St., Ventura

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

3 pm

Thurs 12/1: the Pipes

Fri 12/2: LA Jazz Connection with Davey

Miller

Sat 12/3: the James Broz Band

Sun 12/4: Colette Lovejoy Band

Tues 12/6: Open mic with Jenna Rose

Thurs 12/8: Brandon Ragan

Fri 12/9: George & Michael

Sat 12/10: San Roque Trio

Sun 12/11: Tossers

Wonderhouse

2359 Knoll Dr., Ventura

Sat 12/3: Shaky Feelin, Katie Skeene Band

Ventura Music Scene



The ARTLIFE Foundation has placed ARTLIFE Limited Editions in the library collections at the Museum of Modern Art (MoMA), the Whitney Museum of American Art, and the University of California at Berkeley. MoMA added 85 issues to fill gaps in their existing collection of ARTLIFE. UC Berkeley added over 181 issues to their current Special Collections in the Bancroft Library. The Library at the Whitney Museum added 199 issues of ARTLIFE.

ARTLIFE is the original collaborative art publication created and edited by Joe Cardella. Artists from around the globe mailed up to 150 original prints, collages, drawings, and visual poetry which were assembled into monthly issues of 30 to 40 pages. Cardella published 11 issues per year from 1981 through 2005, a total of 275 issues over 25 years.

At one time, ARTLIFE Editions sold at Museum gift shops throughout the country including the Guggenheim and LA's Museum of Contemporary Art (MOCA). ARTLIFE Editions can also be found in library collections of the LA County Museum of Art, Yale University, Harvard University, the Getty Research Center, the Museum of Fine Arts Boston, and more.

The ARTLIFE Foundation is an all-volunteer organization dedicated to preserving artist Joe Cardella's lifework and legacy. Joe passed away in May, 2018. The ARTLIFE Foundation maintains Cardella's home studio and archives, housing over 400 works of object art and a complete set of the ART/LIFE Limited Editions. By providing these volumes to museums and libraries, we are ensuring that these seminal works, ARTLIFE Limited Editions, are available to art historians, researchers, and creators for years to come.



Her life is active! She's done deep dives into ice skating, surfing, horseback riding, playing piano, performing in plays, among plenty others. Marcelletti returned to her Thousand Oaks home and enrolled in a drawing class. She enjoyed it, and found she had a natural talent for it. So, she took another class, and learned of the Ojai Studio Artists tour. After years of working in pastels, a year ago Marcelletti began working in acrylics with Behl. She usually paints in the evening in her garage studio, but still travels weekly to Ojai to paint with Behl. Show information: <https://www.foxfinejewelry.com/pages/all-about-light>



Ventura artist **Noel Diotte's** amazing wetlands mosaic is located by the Ventura ponds.

Ventura Art Scene

Parade of Lights
OUT OF THIS WORLD
2022

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DEC. 16TH & 17TH | 6:30PM - 8:00PM

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- LIVE REINDEER
- KIDS CRAFTS
- HOLIDAY SHOPPING
- POP-UP VILLAGE MAKERS MARKET

ARRIVE EARLY FOR THE SANTA PADDLE

Scan for Info

FREE ADMISSION

VENTURA HARBOR VILLAGE

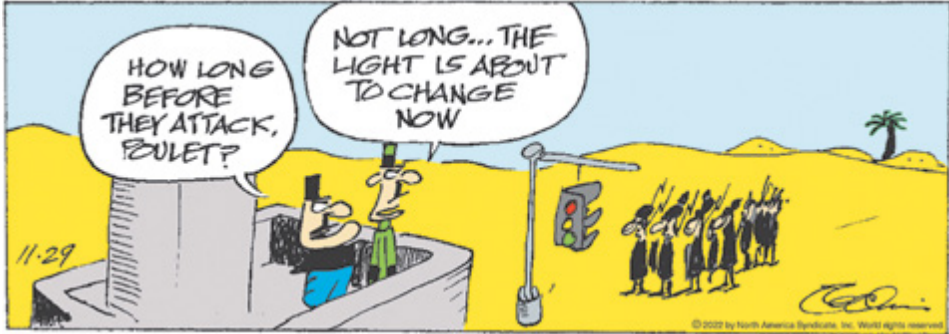


Lighter Breeze

Tina's Groove



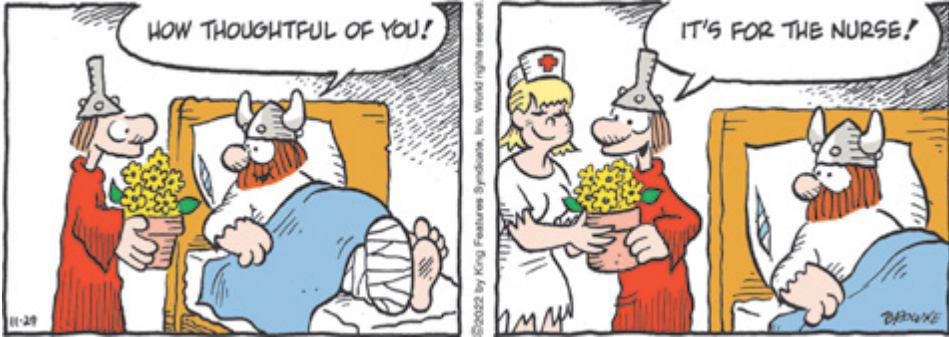
Crock



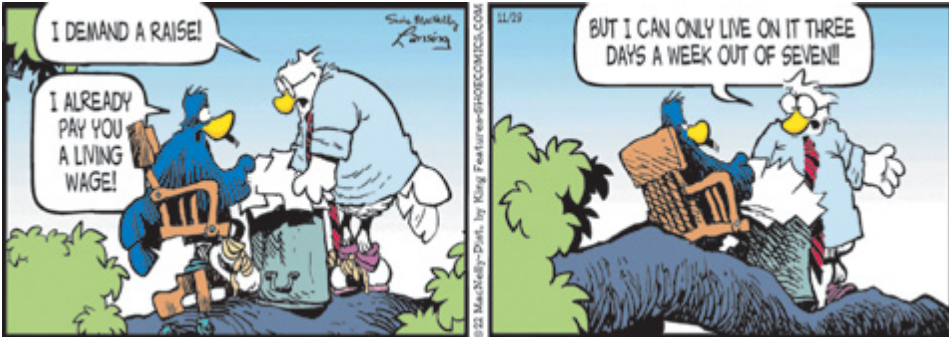
Marvin



Hagar the Horrible



Shoe



Dustin



Solutions on page 11

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

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

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 11

King Crossword

ACROSS

- 1 Venus, to Serena
- 4 Sad
- 8 Padlocked fastener
- 12 E.T.'s craft
- 13 Slithery
- 14 New York canal
- 15 Sobriquet
- 17 Karate level
- 18 Poolroom prop
- 19 Livid
- 20 Fury
- 22 Coal source
- 24 Loathe
- 25 "The — Papers" (Dickens novel)
- 29 Bird (Pref.)
- 30 Hay bundles
- 31 — chi
- 32 Fined for speeding, e.g.
- 34 Shopper's aid
- 35 Geese formations
- 36 Selects from a group
- 37 Everglades wader
- 40 Delhi dress
- 41 Hip
- 42 Popular playground game
- 46 Corridor
- 47 Adhesive
- 48 Born abroad?



- 9 Region
- 10 Sediment
- 11 Seeger or Sampras
- 16 Winslet of "Titanic"
- 19 Pen fluids
- 20 "Huh?"
- 21 Sitarist
- 22 Odometer reading
- 23 On the rocks
- 25 Cracker spread
- 26 Natives of Rome
- 27 Poet
- 9 Region
- 10 Sediment
- 11 Seeger or Sampras
- 16 Winslet of "Titanic"
- 19 Pen fluids
- 20 "Huh?"
- 21 Sitarist
- 22 Odometer reading
- 23 On the rocks
- 25 Cracker spread
- 26 Natives of Rome
- 27 Poet
- 28 Young foxes
- 30 Borscht veggie
- 33 Gushes with pride
- 34 Street edge
- 36 Bakery array
- 37 Canyon sound
- 38 Incite
- 39 Actor's quest
- 40 Gulf War missile
- 42 Old CIA foe
- 43 — -de-France
- 44 Zodiac cat
- 45 Superman foe

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LIBRA (September 23 to October 22) While you're to be admired for how you handled recent workplace problems, be careful not to react the same way to a new situation until all the facts are in.

SCORPIO (October 23 to November 21) Rely on your keen instincts, as well as the facts at hand, when dealing with a troubling situation. Be patient. Take things one step at a time as you work through it.

ARIES (March 21 to April 19) Your honesty continues to impress everyone who needs reassurance about a project. But be careful you don't lose patience with those who are still not ready to act.

TAURUS (April 20 to May 20) Pushing others too hard to do things your way could cause resentment and raise more doubts. Instead, take more time to explain why your methods will work.

GEMINI (May 21 to June 20) Be more considerate of those close to you before making a decision that could have a serious effect on their lives. Explain your intentions and ask for their advice.

CANCER (June 21 to July 22) You might have to defend a workplace decision you plan to make. Colleagues might back you up on this, but it's the facts that will ultimately win the day for you. Good luck!

LEO (July 23 to August 22) The Big Cat's co-workers might not be doing enough to help get that project finished. Your roars might stir things up, but gentle purrr-suasion will prove to be more effective.

VIRGO (August 23 to September 22) Someone you care for needs help with a problem. Give it lovingly and without judging the situation. Whatever you feel you should know will be revealed later.

SAGITTARIUS (November 22 to December 21) Your curiosity leads you to ask questions. However, the answers might not be what you hoped to hear. Don't reject them without checking them out.

CAPRICORN (December 22 to January 19) Be careful not to tackle a problem without sufficient facts. Even sure-footed Goats need to know where they'll land before leaping off a mountain path.

AQUARIUS (January 20 to February 18) Appearances can be deceiving. You need to do more investigating before investing your time, let alone your money, in something that might have some hidden flaws.

PISCES (February 19 to March 20) Your recent stand on an issue could make you the focus of more attention than you would like. But you'll regain your privacy, as well as more time with loved ones, by week's end.

BORN THIS WEEK: You're a good friend and a trusted confidante. You would be a wonderful teacher or a respected member of the clergy.

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Show Time

Streaming Spotlight by Cindy Summers

The Noel Diary

- Netflix Originals



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

Well known author Jake Turner was on his holiday book tour when he received an unexpected call that his mother had passed away. Jake hadn't spoken to his mother in quite a while and their relationship was complicated. She had left everything to him, including her house and all the furnishings, so he had to go back home to take care of some paperwork in his hometown Bridgeport where he discovered his mother had become somewhat of a hoarder.

While clearing out the house, he spent time looking over family photos which included him and his brother Ben who passed away when they were children and caused difficulty with their whole family, ultimately ending his parents' relationship. A woman knocked on the door that he had seen across the street the day before who said her name was Rachel and she was looking for her mother. Rachel was adopted and had found out her birth mother was working at the Turner residence when she was pregnant with her.

Jake said he didn't have any information about Rachel's mother however, had an idea to talk to his neighbor Ellie who suggested Jake asked his father as Ellie had just seen him at Jake's mother's funeral and knew where he lived. Initially Jake didn't want to go as he hadn't spoken to his father in 35 year, but wanted to help Rachel, so they headed to his dad's house. While in the car, Rachel found her mother's diary among some personal items he had gathered and what she read confirmed it was her mother and her name was then 17-year-old Noel Ellis.

On the way Jake shared how Ben passed away and Rachel shared stuff from her mother's diary much of which included things about Jake when he was young. They had to stay the night due to weather, so enjoyed the local holiday pageant and though there seemed to be a spark between them Rachel was engaged to another man. Rachel picked up one of Jacob's books at the local bookstore and they chatted about it on the way to his father's home.

Ellie had called Jake's dad to prepare him, and when Jake drove up his father was cutting down a Christmas tree for them to decorate together just as they had done when Jake was a child. When his dad tried to apologize for leaving after Ben's death, Jake said he didn't want to get into that and was only there to help Rachel. The emotions from the past overwhelmed Jake, who wanted to leave, but Rachel convinced him to stay saying Jake was acting just like his father by running.

Jake and his dad decorated the tree and buried the hatchet, then invited Rachel in and Jake's dad shared a lot about his past with Noel and her life with their family. Jake's dad had gotten a wedding invite from Noel a few years back, and gave it to Rachel who now knew where her mother was living so she and Jake headed out to find Noel. Jake and Rachel had to stay overnight on the way and had to share the one available room, where they had an intimate evening but Rachel left before morning leaving a note that it was better for both of them.

Rachel shared she knew her mom loved her from what she wrote in her diary, so didn't need to find her, but Jake decided to go find Noel who was working at a nearby hospital to tell her about Rachel and thank her for helping his family. Jake returned Noel's diary and Noel said to please let Rachel know if she would love it if she ever wanted to get in touch. Jake called Rachel who tried to push him away as he stood outside her house pleading to give him a chance but she said no. He returned to his mother's house for the last of his things where to his surprise Rachel did arrive.

Runtime: 1h 39m

VenturaWaterPure Continued from page 2

major revisions that can be done through Articles and Amendments. In the Article V, of the Constitution, The Congress, whenever two thirds of both Houses shall deem it necessary, shall propose Amendments to this Constitution, or, on the Application of the Legislatures of two thirds of the several States, shall call a Convention for proposing Amendments, which, in either Case, shall be valid to all Intents and Purposes, as Part of this Constitution, when ratified by the Legislatures of three fourth of the several States, or by Conventions in three fourths thereof, as the one or the other Mode of Ratification may be proposed by the Congress; Provided that no Amendment which may be made prior the the Year One thousand eight hundred and eight shall in any Manner affect the first and fourth Clauses in the Ninth Section of the first Article; and that no Sate, with its Consent, shall be deprived of its equal suffrage in the Senate.

For example, the Constitution of the State of California was recently changed to clarify the allowance of abortions.

Diane Garber, Ventura

Diane: Thanks for the explanation. Keep sending in your opinions and we won't need mine.

Five new members join Continued from page 6

Now retired, Debe Bylo was a middle school teacher for 23 years with the Ventura Unified School District. She took classes at Ventura College to satisfy her teaching credential requirements.

Mark Dufresne was a standout tight end for the Ventura College Pirates which then led to a full scholarship to the University of Nebraska where he played for the legendary coach Tom Osborne. Dufresne is one of nine siblings. All went to Ventura College. He's now a banker at Wells Fargo in Westlake Village.

Liz Kraus is an adjunct professor of English, Emirita at Ventura College. After a 20-year career, she recently retired from her teaching position and just published a humorous, non-fiction travel book, "3 Sisters, 3 Weeks, 3 Countries".

Dr. Jill Muraoka Lim is a cofounder of Ohana Pet Hospital, a veterinary hospital with locations in Ventura and Santa Paula. Lim joined Ventura College's faculty in 2020 to assist in launching a new associate's degree program in Veterinary Technology at the college's East Campus in Santa Paula.

ASVC President Jessica Flores Esquibel attended college in Mexico where she received her degree as a dental surgeon. The Piru resident is currently studying early childhood education but wants to also get minors in psychology and sociology.

A Christmas Carol
by Charles Dickens
A New Adaptation by Patrick Barlow
Directed by Jamie Torcellini

DEC 1-18
Fun for the whole family!

etc

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Regina Fernandez Photo: Zach Mendez

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A vision of Dr. Anna Cho and Rex Regal.

Hydro Theory

by Patricia Schallert

Hydro Theory is a vision of Dr. Anna Cho and Rex Regal. They believe in “The Theory that ocean experiences, when mindfully facilitated, brings about integration within the self, others, skillsets, and the community verb ‘To just Add Water’ in the life process to enhance healing and growth”.

Rex Regal Founder and Ocean Communities Advisor is a former US Navy SEAL battling over three decades of post traumatic special warfare. As the visionaries of Hydro Theory’s mission, Rex brings an integrated lens to sustaining healing from the water. His professional journey led him to help communities and agencies build their infrastructure, expand their market reach, and enhance their potential. Regal combines his soulful presence and intense passion for healing ocean concepts, to move individuals and communities towards enriching their own lives. He serves Hydro Theory by envisioning creative and practical avenues to help the community reach their potential and break through any barriers that hinder their progress.

Anna is a Licensed Marriage and Family Therapist and Registered Art Therapist and serves as Clinical Supervisor for the new practicum site and training ground through Hydro Theory. She prefers to ride her longboard most of the time but will be grateful for whatever is rideable.

“I want Hydro Theory to provide a training hub for interns, coaches, and the community to raise awareness in mental health issues intersecting into our professions.”

They are a Veteran-run non-profit agency that promotes safe access to the ocean and have been approved as a graduate and doctoral level university training site (practicum). This also includes a team of philanthropic soul surfers who train on land, ocean and virtually to support emotional, physical, and professional development.

As avid surfers and sailors, their vision is to have an inclusive community space that serves as a platform for holistic coaches and teachers, therapists, and volunteer surfers to gather and to collectively share their gifts and talents, as well as share the challenges they try to overcome in their own lives while healing in the ocean.

Their program recently launched “Waves of Grief in partnership with Waves of Grief Collective” at Solimar Beach every second Sunday of the month. Their main offering is to provide solace and a safe space to heal together their losses from the pandemic and to provide help as they opened their Ocean Clinic to not only help in surf skills but to integrate their experience on land.

For Anna, yearning for the ocean is deeply connected to her childhood. It was a conflicting idea for her and so she patiently waited and dedicated a portion of her time attempting to visit the ocean when she could. It became her healing place once her day was complete, or before it had begun.

“I learned that I am an expert learner with the right teacher, and I supplemented the worries and fears around me by cleansing, sometimes tumbling from the ocean.”

What she noticed quickly was that not only was her endurance growing, but the supplement of water quickly became a necessity in survival, and she could not experience it alone.

Other surfers wondered how she came out so much to surf, and all she could think was, ‘How could I not?’ “This is where I cry, where I get nurtured, where I pray for those I love and lost, while continuing to paddle forward.”

As Anna observed and connected with other surfers, she noticed that everyone has a story to tell, pain they try to paddle away from, and ultimately what everyone ends up with, at the end of the sunset is “Ultimate Stokedness”.

As a mental health clinician experiencing the healing powers of the ocean, Anna and Rex both felt that to be able to sustain healing, it became an important need to be “shared with the community.” The circle of life does not end with pure joy and “feeling stoked”. “It ends with sharing, resonating, transpiring experiences that infect one another.”

The stories in Hydro Theory are generated by the Hydro Community, those who recognize the privilege we have on this coast, to help encourage the community to “Just Add Water” to the mix... and to stir it up with us!

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