



VENTURA BREEZE

Your Hometown Paper

Vol. 16, No. 8 Published Every Other Wednesday Established 2007 January 11 – January 24, 2023



Ventura Harbor Village recognized with Jewel Key Award

The Ventura Port District has been honored with the prestigious Jewel Key Award by the Ventura Chamber of Commerce at the 2022 Poinsettia Awards for beautification of the Ventura Harbor Village. The Chamber selects the recipient of this significant annual award based on overall improvements over the past year.

Ventura Chamber of Commerce President and CEO Stephanie Caldwell shared that the Poinsettia Award Selection Committee was eager to spotlight the great work that has been taking place in Ventura Harbor Village, from the hardscaping and way-finding signage, to paint colors and awnings.

“The reinvestment by the Ventura Port District in Ventura Harbor Village has created an even more vibrant shopping, dining, and entertainment district for visitors and locals alike,” stated Caldwell. “Ventura Harbor Village is not only a great place to spend an afternoon, but also a beautiful display of all that Ventura has to offer.”

Ventura Harbor Village’s line up of ongoing enhancements include a coastal-inspired paint refresh, new sustainable landscaping, new nautical inspired wayfinding signage program, tenant improvements, roofing improvements, new tenant signage guidelines, the addition of colorful murals by local artisans, expansion of the sea-themed holiday décor and lighting program, new

Continued on page 3

Brian Pendleton, Ventura Port District General Manager, and Chris Stephens, Ventura Port District Board Chairman, accepted the award presented by Victor Dollar, Brighton Management Senior Vice President, and Stephanie Caldwell, Ventura Chamber of Commerce President & CEO.

VUSD ratifies contracts

The Ventura Unified School District (VUSD) Board of Education voted unanimously on January 3, 2023, in a special board meeting to ratify the Ventura Education Support Professionals Association (VESPA) and Ventura Unified Education Association (VUEA) contracts. This occurred after an intensive months-long negotiations cycle.

The board stated “We want to acknowledge that this was a very challenging and trying negotiations cycle that had varying impacts across the school community. However, despite the intense process, the agreement we reached has positioned Ventura Unified to be able to recruit and retain the best and brightest staff and educators for the foreseeable future.”

The new contract provides VUSD employees with the following:

- 1) 10.0% salary schedule increase in 2022-23 retroactive to July 1, 2022.
- 2) 2.0% off-schedule bonus based on the new 2022-23 salary schedules.
- 3) Move to a new Group Purchasing Organization (GPO) for health and welfare benefits in 2023-24. The new GPO will offer the same or equitable PPO and HMO products as currently offered.

“The move to a new GPO will provide our employees with similar and even more options to health care than they have had in the past while allowing the District to control its health and welfare costs. This is essential for the District to plan for the future in an environment of declining enrollment. But, more importantly, our employees will be able to choose from additional choices that were not available to them in the past, including the opportunity for cash in lieu of insurance for those already insured under another plan,” stated Ms. Gina Wolowicz, Assistant Superintendent of Human Resources.

“The future is bright for Ventura Unified. The District and the associations left the negotiations table with a renewed commitment to working together to provide a quality educational experience for all students,” stated Superintendent Dr. Antonio Castro.



“The future is bright for Ventura Unified.”

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VENTURA BREEZE

Your Hometown Paper

Member, Ventura Chamber of Commerce

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

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Approach the
New Year with
resolve to
find the
opportunities
hidden in each
new day.
— Michael
Josephson

Local Government News

City of Ventura to host coastal walk during upcoming King Tides

Community members are invited to join the City of Ventura and local environmental partners for a walk along the Beach Promenade to learn about King Tides and how sea level rise could impact our local coastline. The walk will take place on Saturday, January 21, 2023, starting at 8:30 a.m.

Participants will meet at Promenade Park, located off Shoreline Drive near Surfers Point. The one-way walk is a half-mile and should last for approximately 10 minutes.

"The high surf this week is an example of how powerful our ocean is," shared Mayor Joe Schroeder. "In a few weeks, our annual King Tides will return to our coast, and I hope our residents take advantage of this year's event by seeing them first-hand."

The term "King Tide" is used to describe an especially high tide event when there is an alignment of the gravitational pull between the sun and moon.

When King Tides occur during floods or storms, water levels can rise higher and have the potential to cause great damage to the coastline and coastal property.

"Ventura boasts seven miles of beautiful sandy beaches and valuable shoreline," said Public Works Director Phil Nelson. "These yearly tides are a humble reminder that our coastline is vulnerable and highlights the innovative measures the City and many community partners have taken to combat erosion to help preserve our shoreline."

The King Tides are expected along the Ventura coastline on Saturday, January 21, at 8:16 a.m., and Sunday, January 22, at 9:04 a.m.

Ride Ready 2023 Bicycle Training

The City of Ventura, BikeVentura, and Trek Ventura are offering a free public bike safety training.

This one-day (4 hour) skill course is your chance to learn safety, maintenance, lane position, and bike handling. Skilled instructors, certified by the League of American Bicyclists, will help you gain greater confidence and more fun on your bike rides.

This class is for adults, who can ride a bike, or adult-accompanied children.



The program includes classroom session, outdoor skills training, and a group ride on carefully selected city streets.

Even the most experienced bicyclists are going to learn important skills, such as:

- Proper Bike and Helmet Fit
- Riding safely, visibly and predictably with traffic
- Communicating with car drivers
- Your rights & responsibilities on the road
- Emergency Maneuvers
- Across-Town Route Selection
- What to bring on every ride
- Fix a flat, maintain your bike and more!

By successfully completing this course Trek will give each participant a chance to win a new bicycle, a \$20 store coupon, and \$50 off a bike tune-up.

During the class, Trek will provide a free safety check to make sure your bike is shifting smoothly and the brakes work properly. In addition, enjoy coffee, snacks and excellent safety training.

A working bicycle and helmet are required. If you have questions? Please contact larry@bikeventura.org

Link to register - <https://bikeventura.org/events/>

As I See It by Sheldon Brown

The federal omnibus bill includes \$28.9 million for 17 different projects in Ventura County, including. \$750,000 to bring air conditioning to E.P. Foster Library. Foster is the only library without air conditioning in the county library system. Now, at least people will go to the library to cool down, and maybe they'll even pick up a book.

The City Manager is the most influential job in Ventura's city government. He controls millions of dollars and impacts Ventura for years to come. He (so far only males) does this with little oversight from a part-time City Council. A search is now under way to replace Alex McIntyre. Previously, the Council voted unanimously without debate to accept a separation agreement with McIntyre and a general release with a settlement payment of \$150,000 in exchange for a

waiver of any claims against the city. He could have received a much higher settlement during litigation.

When I was young (A long time ago), I thought there was a country named Panavision because movies always stated "Filmed in Panavision."

Bill Gates has given \$5 billion to the Bill & Melinda Gates Foundation to back the grant maker's work in global health, development, policy and advocacy, and U.S. education. Wonderful that he does this and isn't focused about developing Mars to make it into Gatesville.

William Singer, the college admission consultant who bribed coaches and rigged exams to get children of his wealthy clients into universities, has been sentenced to three years and six months in prison. It is rumored that he asked the judge to give him four years

which would give him time to obtain a BA degree in license plate manufacturing. He also tried to bribe the warden to put him on the prison water polo team.

Just when we think we have enough laws, Gov. Gavin Newsom signed 997 of them in 2022. This is not new as hundreds of new laws are created every year. Here's a couple of my favorites to make life safer and better for all of us are:

Creates a new state holiday, The Lunar New Year, under which state workers can receive 8 hours of holiday credit for that day.

Repeals a misdemeanor law against loitering in public for the purpose of engaging in prostitution. I support this. Prostitutes should have the same right to loiter as do people standing outside their work places smoking.

Creative expression from music to books are restricted from being used as evidence in criminal proceedings. After it was found that many men of color were being prosecuted using their lyrics as evidence. On the other hand, it was found that singers who sing God Bless America were much more likely to be found innocent of crimes.

I went spear fishing and caught 4 spears, but they were too small so I had to throw them back. in.

There is a 988 hotline to help people who are experiencing a mental health emergency. The nationwide helpline is staffed with mental health counselors. Since its launch in July it has fielded approximately 8,000 phone calls a day from those seeking help. With so many of our youths, and adults, struggling with mental health issues, it is important that they know about this service.

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

Mail Box

Editor:

In your last issue (page 8) you had a photo of the Pierpont Bay Bath House. What was that? Could you give me more information? Thanks

Robert Allen Ventura
Ventura had not one, but TWO bath houses back in the day: the better known Ventura Bath House at the end of California Street and the Pierpont Bay Bath House at the end of Seaward Street. There was an attempt at development but mother nature didn't approve and storms in the late thirties destroyed it all. Not much is left in the way of documentation, but we'll update as material becomes available.

opinions
Re. Ventura Breeze Vol. 16, No. 7
December 28, 2022 - January 10, 2023 "Aera Energy and the Gene Haas Foundation help Ventura Teens explore STEAM"

This article reports that Aera Energy made a \$25,000 donation to the STEAM program at the Boys and Girls Club of Greater

Ventura. The Aera-Ventura representative states that it is working to "improve the lives of residents in the communities where our employees live and work!"

It's too bad that statement conflicts with Aera's \$7,400,000 contribution to the effort to defeat Measures A and B, eliminating sensible environmental requirements on the oil and gas industry adopted by the Ventura County Board of Supervisors (VC Star 5/22/22). Now they are suing the County over home and school setbacks for the oil industry and increased bond requirements, costing the taxpayers millions to defend (VC Star 10/6/22).

It's hard to believe that Aera Energy wants to "improve the lives" of anyone, least of all the young people who will have to live with the consequences of the climate disaster they are spending millions to perpetrate.

Don Price Ventura
Editor note: We have asked Aera to comment on this but did not receive a response from them.



ATTACHMENT A
CITY OF SAN BUENAVENTURA
2023 COUNCILMEMBER ASSIGNMENTS
MAYOR JOE SCHROEDER

AGENCY	COUNCILMEMBER	APPOINTED BY	MEETING	STIPEND	TRAVEL	STAFF
Appointments Recommendation Council Committee (City of Ventura Committee)	Liz Campos Bill McReynolds Jim Duran	Mayor	As Needed, Meetings Coordinated by City Clerk. Normally held during business hours.	None	None	City Clerk
Association of Ventura County Cities	Joe Schroeder	Mayor serves per enabling Resolution	As Needed	None	None	Akbar Alkhan
Association of Water Agencies Board * http://awac.org	Jeannette Sanchez-Palacios Alternate: Joe Schroeder	Mayor	1st Thursday @ 3 p.m.	None	None	Gina Dorrington
Beach Erosion Authority for Clean Oceans & Nourishment (BEACON) http://www.beacon.ca.gov	Doug Halter	Mayor	Bi-Monthly (Jan, Mar, May, July, Sept, Nov) 3rd Friday @ 9 a.m.	None	None	Peter Shayday
Castles Municipal Water District Liaison http://www.castleswater.org	Jeannette Sanchez-Palacios	Mayor	2nd & 4th Wednesday @ 3 p.m.	None	None	Gina Dorrington
Chamber of Commerce Board Liaison http://venturachamber.com	Bill McReynolds Alternate: Doug Halter	Mayor	3rd Wednesday @ 3:30 p.m.	None	None	Meredith Hart
City Selection Committee	Joe Schroeder	Mayor serves per State Law	January yearly then as Needed, Meetings held in the Camarillo City Council Conference Room	None	None	City Clerk/ Akbar Alkhan
Clean Power Alliance https://cleanpoweralliance.org	Liz Campos 1st Alternate: Mike Johnson 2nd Alternate: Public Works Director or Designee	Mayor	Monthly / Remote Location at Ventura Government Center	None	None	Phil Nelson

CITY OF SAN BUENAVENTURA
2023 COUNCILMEMBER ASSIGNMENTS
MAYOR JOE SCHROEDER

AGENCY	COUNCILMEMBER	APPOINTED BY	MEETING	STIPEND	TRAVEL	STAFF
Downtown Ventura Partners https://downtownventura.org	Doug Halter	Mayor	4th Thursday of the month @ 8:30 a.m.	None	None	Meredith Hart
Economic Development Collaborative https://edcollaborative.com	Joe Schroeder Alternate: Jeannette Sanchez-Palacios	Mayor	3rd Thursday @ 4 p.m.	None	None	Meredith Hart
Economic Development Strategy Council Committee (City of Ventura Committee)	Jim Duran Bill McReynolds Jeannette Sanchez-Palacios	Mayor	1st Tuesday @ 3:00 p.m. (alternates monthly meetings with Hopes & Solutions Subcommittee)	None	None	Meredith Hart
Fair Board Liaison* https://www.venturacountyfair.org	Mike Johnson	Mayor	4th Tuesday @ 9 a.m.	None	None	Phil Nelson / Neda Zayer
Finance, Audit and Budget Council Committee (City of Ventura Committee)	Bill McReynolds Jeannette Sanchez-Palacios Doug Halter	Mayor	As Needed	None	None	Michael Coon
Gold Coast Transit http://www.goldcoasttransit.org	Mike Johnson Alternate: Liz Campos	Mayor	1st Wednesday @ 10 a.m.	\$100 per mtg	American Public Transit of So CA Association Conferences	Phil Nelson
Housing Authority City of San Buenaventura Liaison http://www.hacjventura.org	Jim Duran Alternate: Mike Johnson	Mayor	2nd Wednesday @ 3 p.m.	None	None	Neda Zayer
Mobile Home Park Liaison	Jim Duran	Mayor	As Needed	None	None	Neda Zayer
Museum of Ventura County Liaison	Joe Schroeder Alternate: Jeannette Sanchez-Palacios	Mayor	3rd Monday @ 3:30 p.m. (None in August)	None	None	Nancy O'Connor

CITY OF SAN BUENAVENTURA
2023 COUNCILMEMBER ASSIGNMENTS
MAYOR JOE SCHROEDER

AGENCY	COUNCILMEMBER	APPOINTED BY	MEETING	STIPEND	TRAVEL	STAFF
Regional Defense Partnership 21st Century (RDP-21) http://rpd21.org	Mike Johnson	Mayor	1st Tuesday @ 7:30 a.m.	None	None	Neda Zayer
Hope and Solutions Council Subcommittee (City of Ventura Committee)	Liz Campos Doug Halter Jim Duran	Mayor	1st Tuesday @ 3 p.m. (alternates monthly meeting with ED Council Committee)	None	None	Liona Rollins
Ventura Auto Center Dealers' Association Liaison	Jim Duran	Mayor	As Needed	None	None	Neda Zayer
Ventura Council of Governments http://www.venturacog.org	Mike Johnson Alternate: Bill McReynolds	Mayor	2nd Thursday @ 5 p.m. every other month	None	None	Neda Zayer
Ventura County Animal Services Commission http://www.vcas.us/about-us/vcas-commission	Liz Campos	Mayor	2nd Thursday @ 9 a.m. Quarterly (April, June, September & November)	\$50 per mtg	None	Sam Arroyo
Ventura County Regional Energy Alliance http://www.vrea.org	Liz Campos	Mayor	Meetings held every other month (Jan, March, May, July, Sept & Nov)	None	None	Phil Nelson
Ventura County Transportation Commission https://www.ventura.org	Mike Johnson Alternate: Liz Campos	Mayor	1st Friday @ 9 a.m. (August dark)	\$100 per mtg (Maximum cap at 2 meetings/ month)	None	Phil Nelson
Ventura Port District Board Liaison https://venturaharbor.com	Bill McReynolds	Mayor	1st and 3rd Wednesday @ 7 p.m.	None	None	Michael Coon

CITY OF SAN BUENAVENTURA
2023 COUNCILMEMBER ASSIGNMENTS
MAYOR JOE SCHROEDER

AGENCY	COUNCILMEMBER	APPOINTED BY	MEETING	STIPEND	TRAVEL	STAFF
Ventura Regional Sanitation District Board https://www.vrsd.com	Doug Halter Alternate: Bill McReynolds	Mayor	1st and 3rd Thursday @ 8:30 a.m.	\$100 per mtg Maximum of \$1.16/month (Repair & Committee Mtgs)	California Association of Sanitation Agencies Conferences	Joe Yahner
Ventura Unified School District City/School Liaison Committee	Mike Johnson Jim Duran	Mayor	As Needed	None	None	Akbar Alkhan
Ventura Visitors & Convention Bureau Liaison	Joe Schroeder Alternate: Mike Johnson	Mayor	2nd Tuesday @ 4 p.m.	None	None	Meredith Hart/ Barry Fisher
COUNCIL AD-HOC COMMITTEES						
General Plan Advisory Committee Ad Hoc Committee	Bill McReynolds Doug Halter	Mayor	3rd Tuesday @ 6 p.m. (for 2 years)	None	None	Neda Zayer
Main Street Moves - Improvement and Design Standards for Mission Park and Figueroa Street Mall Areas	Doug Halter Jim Duran	Mayor	TBD	None	None	Meredith Hart

These are the specific city council member's agency assignments. If you have thoughts, suggestions and concerns regarding any of these agencies contact them at:

- Bill McReynolds, Councilmember- District 5-
bmcreynolds@cityofventura.ca.gov
- Doug Halter, Councilmember - District 2 -
dhalter@cityofventura.ca.gov
- Jeannette Sanchez-Palacios Deputy Mayor - District 4 -
jpalacios@cityofventura.ca.gov
- Joe Schroeder, Mayor District 7 -
jschroeder@cityofventura.ca.gov
- Mike Johnson, Councilmember District 3 -
mjohnson@cityofventura.ca.gov
- Liz Campos, Councilmember- District 1-
lcampos@cityofventura.ca.gov
- Jim Duran, Councilmember-District 6-
jduran@cityofventura.ca.gov

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Our Ventura TV to feature series on homelessness in Ventura County

For 2023, Our Ventura TV is initiating a new interview series to shed light on the issue of the unhoused. The series will feature a diverse range of guests, including those who are currently experiencing homelessness, those who have experienced homelessness in the past, as well as nonprofits, church, community and government representatives and anyone who would like to add their voice to potential solutions.

The series aims to provide a deeper understanding of homelessness and its causes, as well as highlight the challenges and barriers faced by those who are unhoused. It will also explore the various resources and support systems available to individuals and families experiencing homelessness, and examine the efforts of local organizations and government agencies to address the issue.

"We're excited to share these powerful and important stories with our viewers," said Sandra Siepak, Our Ventura TV host.

The series will include personal stories from individuals who have experienced homelessness, as well as insights from experts in the field.

Our Ventura TV host, MB Hanrahan said, "By highlighting a range of perspectives, including those impacted by homelessness and those who have worked to address homelessness in our community, we hope to create a more informed and compassionate conversation about this pressing issue."

The series will also feature interviews with a variety of local individuals and organizations, including homeless service providers, government agencies, and community groups.

"Homelessness is a complex and multifaceted issue, and it's important that we take the time to listen to and understand the experiences of those involved," said George Alger the creator and producer of Our Ventura TV.

Additional Our Ventura TV crew, such as Hosts Monique Nowlin and Bonnie Rose; Director, Michelle Hoover; and Manager, Mary Christine Ballestero, will be integral to developing this series, as well.

Our Ventura TV airs on Ventura cable 6 TV and the segments are also available online at OurVentura.com and on social media platforms.

This special series is in addition to the routine Our Ventura TV programs, which are established on the theme of "People doing good things in Ventura County."

For more information, or to request an interview, visit ourventura.com and click "Contact."

Ventura Harbor Village recognized Continued from page 1

trash enclosures, and new Village offerings.

"We are honored to accept the Jewel Key Award and thank the Chamber for recognizing the Ventura Port District's efforts to revitalize Ventura Harbor Village as a first-class visitor destination," says Brian Pendleton, Ventura Port District General Manager. "The Port District continues to allocate funds to elevate this popular seaside attraction and we thank our business partners whose entrepreneurial spirit is thriving throughout the Harbor Village."



This season a little holiday cheer seemed in order.

CMH Auxiliary Entertains

Usually, CMH Auxiliary members can be seen providing information at the front desk, manning the gift shop, escorting patients, and assisting staff in various ways, but there was a change in routine recently.

Forgoing the usual navy blue and white uniform and donning holiday sweaters and accessories, a contingent of the Auxiliary could be found serenading

staff and patients with Christmas carols and spreading some holiday cheer on several floors of the hospital.

The music was appreciated and applauded even though singing while wearing the mandated masks was a challenge. As always, the Auxiliary strives to provide services to the staff where needed, and this season a little holiday cheer seemed in order.

The Bookmark

About Libraries and Friends

by Mary Olson

Historian and writer **Vincent Burns** and professor of journalism **Stephen Bates** will visit the Ojai Library (111 East Ojai Avenue) at **1pm on Saturday, January 14, 2023**, to speak about their book **Rincon Point** in a presentation titled **"A History of Rincon Point in Photographs."**

Rincon Point is one of the premier surfing spots in the world, but that is only a fragment of its rich history.

Before the arrival of Europeans, it was a Chumash village called Shuku. Banditos, nudists, movie stars, long-boarders—they have all shaped Rincon Point, a place immortalized by novelists, poets, painters, photographers, and the Beach Boys.

Vincent Burns has deep roots in the area. He helped build his grandmother's house on Rincon Point and writes regularly on surf history. An historian, he had a 30-year career in publishing.

Stephen Bates is a professor of journalism at the University of Nevada, Las Vegas, and the author of five books, most recently Rincon Point. His family owned the Rincon

del Mar Ranch in Carpinteria for more than a century.

The book features unique photographs from the Bateses and other early settlers, pioneer surfers of the 1950s and 1960s, the Carpinteria Valley Museum of History, and elsewhere. This presentation will include a slide show of historical photos, particular information on the surfing history of Rincon Point, and tips on how (and how not) to write a local history book!

At 5:30pm on Tuesday, January 17, 2023, program staff from Women's Economic Ventures (WEV) will join the Ventura County Library to lead a Financial Education Webinar titled "How to Navigate your Budget with Confidence and Purpose." This program will take place virtually via Zoom. To register, visit bit.ly/VCLWEV17 or the online calendar at www.ventcolibrary.org/library-events.

This 75-minute workshop will help you to identify your financial priorities so you can manage your numbers and budget with confidence and purpose. This interactive session will be facilitated by Irene Kelly, WEV's Financial Education and Community Engagement Manager.

A Spanish-language version of this program will take place on Wednesday, January 18, from 5:30pm to 6:45pm.

These events are free and open to the public. For additional information, contact Ron Solórzano, Regional Librarian, at (805) 218-9146 or ron.solorzano@ventura.org.

Ventura Friends of the Library wish you all a Happy New Year.

The Friends Bookstore in E.P. Foster Library 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 in January.**

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 or make a donation through the online store. Memberships, donations and proceeds from our book sales support the City of Ventura's libraries.



Dr. Johnson has enjoyed a long and successful career at Community Memorial Hospital.

Community Memorial Health System welcomes New Chief of Staff, Chris Johnson, MD

Community Memorial Health System welcomed a new Chief of Staff, Dr. Chris Johnson, on January 1, 2023. Dr. Johnson has been a longtime leader at Community Memorial Hospital in Ventura, and has served as Medical Director of the Emergency Department since 2009. Outgoing Chief of Staff, Dr. Deborah Carlson, served from January 1, 2021 – December 31, 2022.

"Dr. Carlson was our Chief of Staff during an extremely challenging time in healthcare," said Dr. Johnson. "She was able to make a significant positive impact on patient care and physician well-being, and our entire community will benefit from her contributions to Community Memorial."

One of Dr. Johnson's first priorities is to help ensure that the relationship between the medical staff and health system administration remains strong as Community Memorial welcomes a new CEO, Mick Zdeblick. Effective January


CITY OF VENTURA

PARKS & RECREATION


Activity Guide


VIEW THE LATEST CITY CLASSES AND PROGRAMS

www.cityofventura.ca.gov/ActivityGuide



REGISTRATION BEGINS:
January 4, 2023 at 12 pm







Rain nor snow can't stop the Breeze. After a rain drying the Breeze in the breeze.

9, Zdeblick assumes the role from Gary K. Wilde, who is retiring after 18 years as President and CEO.

"This is a very exciting time for our health system because Mick Zdeblick comes highly regarded," said Dr. Johnson. "He brings a unique skill set which we feel will complement our already strong administration."

Dr. Johnson will also help implement a new Electronic Medical Record (EMR) across Community Memorial's network of hospitals and health centers over the next few years. The process has begun and once the new EMR is put into operation, physicians and patients will have greater access to health records. "A comprehensive EMR will help physicians provide care more seamlessly," Dr. Johnson said. "Health records will be accessible to physicians across the state, and patients will be able to view their information on a secure portal."

Dr. Johnson has enjoyed a long and successful career at Community Memorial Hospital. He joined the medical staff in 2001 after working as an emergency room physician at several other hospitals, including Cottage Hospital in Santa Barbara and Cedars Sinai Medical Center in Los Angeles. He has served as secretary of the Medical Staff since 2019, was the director of the Patient Safety Committee from 2003 - 2009, chaired the Department of Medicine from 2010 - 2012, and has been a member of the Medical Executive Committee since 2010. Dr. Johnson is also a former longtime director of the Carpinteria-Summerland Fire Protection District, and was its president in 2014 and 2015.

Dr. Johnson earned his medical degree from the University of Nevada School of Medicine, where he also served his internship. He completed his residency at Los Angeles County-USC Medical Center in Los Angeles, one of the busiest trauma centers in the world.

Outgoing Chief of Staff, Dr. Carlson, has served Community Memorial Hospital in many capacities, including as a Palliative Care Team physician, a Hospitalist, and as the original Program Director for Community Memorial Health System's Internal Medicine Residency Program. She has served as the Chief of Staff, Vice Chief of Staff, and as Secretary/Treasurer of the Medical Staff Executive Committee. Dr. Carlson also headed

several other hospital committees, including serving as the first chair of the EMPOWER Committee (Employment of Metrics for the Promotion of Wellness and the Enhancement of Resilience), launched in 2020 to help the medical staff handle the stress and burnout brought on by the COVID-19 pandemic. Dr. Carlson has also chaired Community Memorial Hospital's Quality Assessment and Improvement Committee and the Department of Medicine, and she started the Inpatient Medicine Division.

"I am humbled by Dr. Carlson's achievements," Dr. Johnson said. "Those are big shoes to fill, and I look forward to tapping into her knowledge and skills in the future."

Ventura County's Channel Islands Gulls announce year of successful fundraising

The Channel Islands Gulls is pleased to announce another successful year of fundraising for 11 Ventura County nonprofit organizations, raising more than \$50,000 for the following nonprofits:

California Coastal Horse Rescue; Caregivers, Volunteers Assisting the Elderly; The City Center; Forever Found; The Lighthouse for Women and Children; Many Meals of Camarillo; National Alliance on Mental Illness; Project Understanding; Ribbons of Life Breast Cancer Foundation; St. Vincent de Paul; and Safe Passage.

"I am very proud of the continuing and unwavering dedication of the Gulls membership in support of so many Ventura County charities," said Channel Islands Gulls President, Dina Schwalbach.

In addition to the money raised, the Gulls held drives for household items and toys for some of the charities they support, and many of the Channel Islands Gulls volunteer their time to the charities. Schwalbach explained that the non-profit organizations the Gulls donate to do not receive federal funding. "Through our financial contributions, volunteer hours, and donations of goods we support a variety of grassroots organizations that make a difference for literally thousands of individuals living

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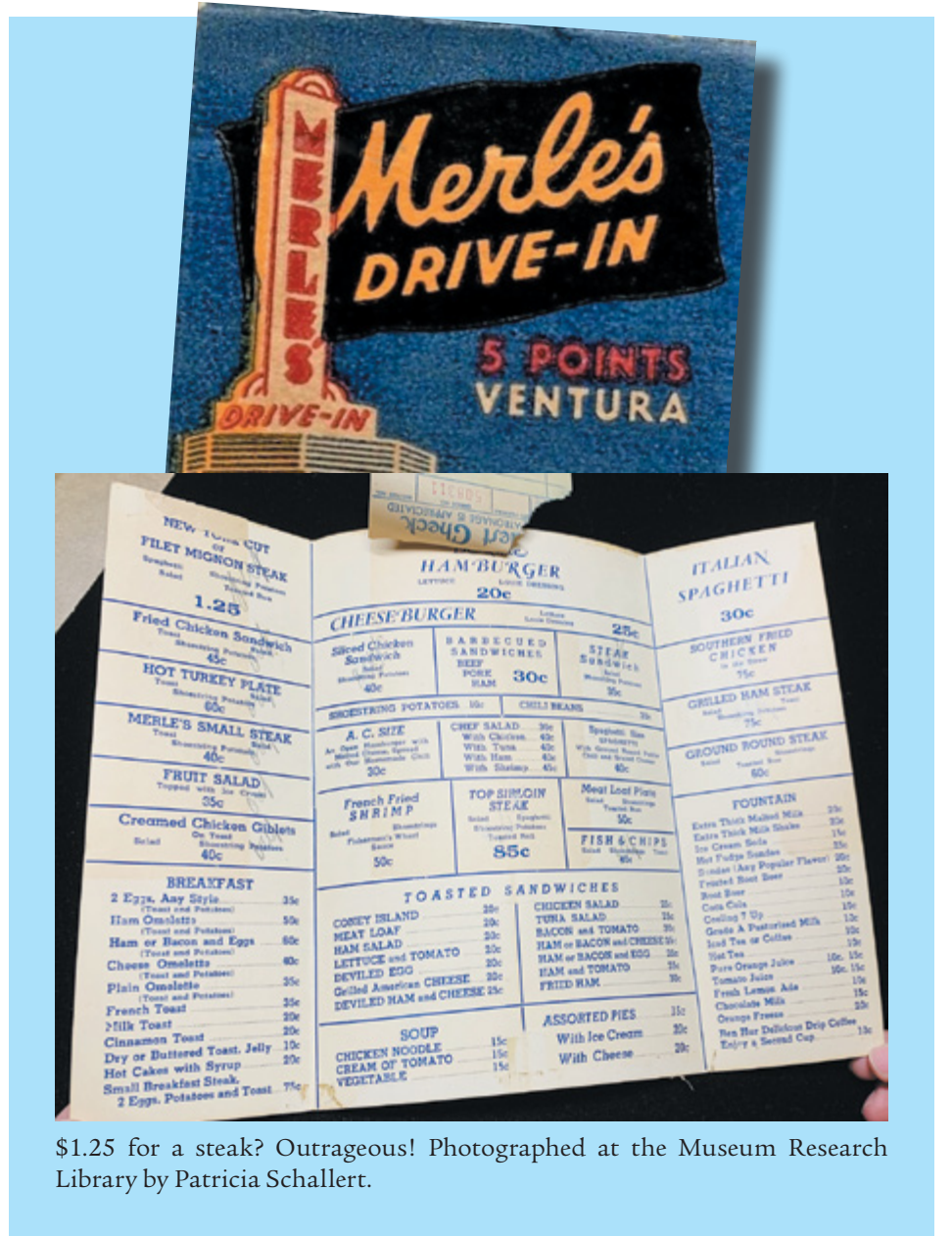
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in Ventura County."

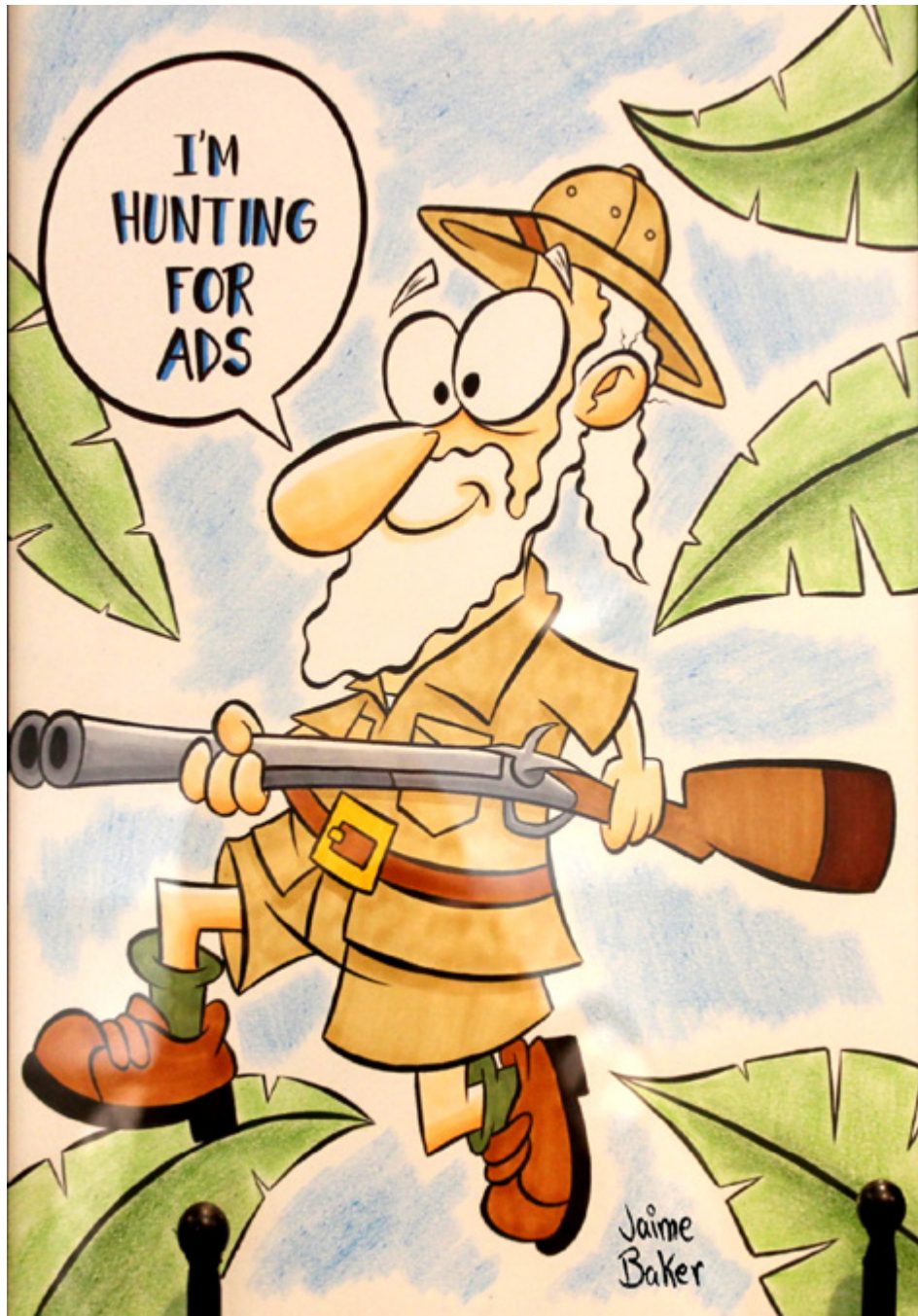
For more information: www.channelislandsgulls.org.

Established in 1976, the Channel Islands Gulls is a Ventura County 501

(c)3 non-profit organization whose mission is to raise money for Ventura County non-profit organizations while providing social and emotional support to its members.



\$1.25 for a steak? Outrageous! Photographed at the Museum Research Library by Patricia Schallert.



“This is much easier than flying and we get fed!”



“Sending water and mud into the harbor and sending boats out to sea.”

the new Ventura Harbor sending water and mud into the harbor and sending boats out to sea, to be washed ashore and pounded to kindling in the surf.

The harbor was filled with mud and sunken boats, masts protruding at odd angles that had the harbor resemble a war zone. One surprising find in the river was a dead twelve foot long alligator that had escaped from the Africa USA Compound and been beaten to death by rubbish in the water.

Sadly, several boys at a camp were lost when the Sespi Creek flooded and they were trapped in a camp. The Adults unwisely tried to cross the rain swollen creek using a bulldozer. The boys lashed to the vehicle. They got mid-stream before water got into the engine and they were stranded in the surging water. The foolish adults tried as best they could but were swept away. Then, one by one, the boys were pulled from the tractor into the rushing water, where only one managed to survive the ordeal and make it to dry land to tell the tale.

The storm brought wood down all the rivers and streams to the sea, where it was washed onto piles on the beach. In time the wood was burned, filling the sky with black clouds of smoke. It caused the most devastation to hit Ventura in many decades and no one who lived through the storm can forget the destruction it caused.

The Great storm of 1969

by Richard Senate


Sixty-four years ago, January of 1969, a chain of storms hit California and resulted in forty-seven deaths. Anyone who was in Ventura County at that time remembers the terrible destruction that took place in that disaster. Ten in Ventura County lost their lives in the storms.

The Santa Clara River turned into a raging killer. By the time the rain and debris filled waters reached Ventura it reverted to its old bed that emptied into




The Santa Clara River (SCR) flowing at the 101 freeway on 1/4/23 at 10:26 a.m. It is looking upstream towards the NE. Upstream of this location on the SCR, our groundwater aquifers are getting recharged, as they are exposed to percolation from surface waters. From what I gather, downstream, there is less permeable land and lower quality shallow aquifers.

Photo by Richard Sweet.



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Senior Living



Families beginning the legal planning process should discuss which legal documents they'll need.

Basic legal and financial documents are available to ensure that the person's late-stage financial decisions are carried out

Many people are unprepared to deal with the legal and financial consequences of a serious illness such as Alzheimer's disease or a related dementia. Legal and medical experts encourage people recently diagnosed with a serious illness — particularly one that is expected to cause declining mental and physical health — to examine and update their financial and health care arrangements as soon as possible. Basic legal and financial documents, such as a will, a living trust, and advance directives, are available to ensure that the person's late-stage or end-of-life health care and financial decisions are carried out.

A complication of diseases such as Alzheimer's and related dementias is that the person may lack or gradually lose the ability to think clearly. This change affects his or her ability to make decisions and participate in legal and financial planning.

People with early-stage Alzheimer's or a related dementia can often understand many aspects and consequences of legal decision-making. However, legal and medical experts say that many forms of planning can help the person and his or her family address current issues and plan for next steps, even if the person is diagnosed with later-stage dementia.

There are good reasons to retain a lawyer when preparing advance planning documents. For example, a lawyer can help interpret different state laws and suggest ways to ensure that the person's and family's wishes are carried out. It's important to understand that laws vary by state, and changes in a person's situation

— for example, a divorce, relocation, or death in the family — can influence how documents are prepared and maintained. Life changes may also mean a document needs to be revised to remain valid.

Families beginning the legal planning process should discuss their approach, what they want to happen, and which legal documents they'll need. Depending on the family situation and the applicable state laws, a lawyer may introduce a variety of documents to assist in this process, including documents that communicate:

Advance directives for health care are documents that communicate a person's health care wishes. Advance directives go into effect after the person no longer can make decisions on their own. In most cases, these documents must be prepared while the person is legally able to execute them. Health care directives may include the following:

A durable power of attorney for health care designates a person, sometimes called an agent or proxy, to make health care decisions when the person with dementia can no longer do so.

A living will records a person's wishes for medical treatment near the end of life or if the person is permanently unconscious and cannot make decisions about emergency treatment.

A do not resuscitate order, or DNR, instructs health care professionals not to perform cardiopulmonary resuscitation (CPR) if a person's heart stops or if he or she stops breathing. A DNR order is signed by a doctor and put in a person's medical chart.



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One type of exercise or activity may not be enough

Most people tend to focus on one type of exercise or activity and think they're doing enough. Research has shown that it's important to get all four types of exercise: endurance, strength, balance, and flexibility. Each one has different benefits. Doing one kind also can improve your ability to do the others, and variety helps reduce boredom and risk of injury. No matter your age, you can find activities that meet your fitness level and needs!

Endurance activities, often referred to as aerobic, increase your breathing and heart rates. These activities help keep you healthy, improve your fitness, and help you perform the tasks you need to do every day. Endurance exercises improve the health of your heart, lungs, and circulatory system. They also can delay or prevent many diseases that are common in older adults such as diabetes, colon and breast cancers, heart disease, and others. Physical activities that build endurance include:

- Brisk walking or jogging
- Yard work (mowing, raking)
- Dancing
- Swimming
- Biking
- Climbing stairs or hills
- Playing tennis or basketball

Increase your endurance or "staying power" to help keep up with your grandchildren during a trip to the park, dance to your favorite songs at a family wedding, and rake the yard and bag up

leaves. Build up to at least 150 minutes of activity a week that makes you breathe hard. Try to be active throughout your day to reach this goal and avoid sitting for long periods of time.

Your muscular strength can make a big difference. Strong muscles help you stay independent and make everyday activities feel easier, like getting up from a chair, climbing stairs, and carrying groceries. Keeping your muscles strong can help with your balance and prevent falls and fall-related injuries. You are less likely to fall when your leg and hip muscles are strong. Some people call using weight to improve your muscle strength "strength training" or "resistance training."

Some people choose to use weights to help improve their strength. If you do, start by using light weights at first, then gradually add more. Other people use resistance bands, stretchy elastic bands that come in varying strengths. If you are a beginner, try exercising without the band or use a light band until you are comfortable. Add a band or move on to a stronger band (or more weight) when you can do two sets of 10 to 15 repetitions easily. Try to do strength exercises for all of your major muscle groups at least 2 days per week, but don't exercise the same muscle group on any 2 days in a row.

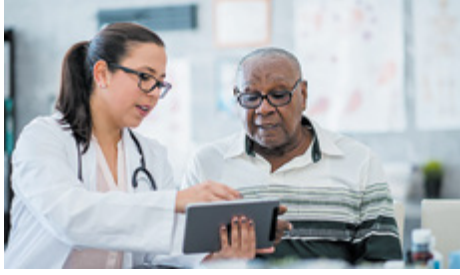
Balance exercises help prevent falls, a common problem in older adults that can have serious consequences. Many lower-body strength exercises also will improve your balance.

Balance exercises include: Tai Chi, a "moving meditation" that involves shifting the body slowly, gently, and precisely, while breathing deeply. Standing on one foot.

Continued on page 9



Senior Living



What happens if a doctor thinks it's Alzheimer's disease?

What are the benefits of an early Alzheimer's diagnosis?

If a primary care doctor suspects Alzheimer's, he or she may refer the patient to a specialist who can provide a detailed diagnosis or further assessment. Specialists include:

Geriatricians, who manage health care in older adults and know how the body changes as it ages and whether symptoms indicate a serious problem.

Geriatric psychiatrists, who specialize in the mental and emotional problems of older adults and can assess memory and thinking problems.

Neurologists, who specialize in abnormalities of the brain and central nervous system and can conduct and review brain scans.

Neuropsychologists, who can

conduct tests of memory and thinking.

Memory clinics and centers, including Alzheimer's Disease Research Centers, offer teams of specialists who work together to diagnose the problem. In addition, these specialty clinics or centers often have access to the equipment needed for brain scans and other advanced diagnostic tests.

What are the benefits of an early Alzheimer's diagnosis?

Alzheimer's disease slowly worsens over time. People living with this disease progress at different rates, from mild Alzheimer's, when they first notice symptoms, to severe, when they are completely dependent on others for care.

Early, accurate diagnosis is beneficial for several reasons. While there is no cure, there are several medicines available to treat Alzheimer's, along with coping strategies to manage behavioral symptoms. Beginning treatment early in the disease process may help preserve daily functioning for some time. Most medicines work best for people in the early or middle stages of the disease. Learn more about Alzheimer's medications.

In addition, having an early diagnosis helps people with Alzheimer's and their families:

Plan for the future

Take care of financial and legal matters

Address potential safety issues

Learn about living arrangements

Develop support networks

An early diagnosis also provides people with more opportunities to participate in clinical trials or other research studies testing possible new treatments for Alzheimer's.

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www.nia.nih.gov/alzheimers

About Alzheimer's & Dementia, please call us at 1-800-438-4380, Mon-Fri, 8:30 am-5:00 pm Eastern Time or send an email to adear@nia.nih.gov



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To find our catalog and register for classes, visit go.csuci.edu/olli.

For more information, contact the OLLI team at or (805) 437-2748, Option "2".

Free Ventura County Parkinson's Support Group meetings

A community-based support group focusing on sharing relevant information and education about all things Parkinson's.

Meetings are held monthly on the third Tuesday, 10-11am, at Crosspointe Church (5415 Ralston Ave.). Next meeting: Tuesday, January 17, 2022

Ventura County Parkinson's Support Group gets together every month with skilled, experienced professionals who present significant breakthroughs, strategies and related issues surrounding Parkinson's. The group's mission is for participants to better understand and talk about how this information impacts their own lives and affects immediate family members. In addition to those diagnosed with PD, caregivers, family members and friends are ALL welcome to attend FREE of charge.

More than just a meeting, all discussions/presentations offer interactive,

0-pcompassionate, relevant education on PD. Topics range from "How to get up off the floor when you've fallen," to "Nutrition and Parkinson's" to "The benefits of deep brain stimulation and assessing if you're a good candidate for DBS."

Jon Everhart, retired accountant, US Marine and regular group attendee said, "It's nice comparing treatments, symptoms, and the challenges we all face living with Parkinson's." This caring group empowers people like Jon to be more proactive and to participate in deciding the direction of his treatment, complemented by his team of doctors' suggestions.

This unique group gives everyone a great opportunity to learn more about current PD research, to gain more awareness about local help and resources, to share relevant experiences with others – and to have fun along the way.

The Ventura County Parkinson's Support Group was recently resurrected (post-Covid) by Dr. Vanessa White, owner of Ventura County Neurofitness (a local fitness program designed specifically for those with Parkinson's and other neurological degenerative diseases). The impetus for her assuming this responsibility was after her mother-in-law, Toy White, was diagnosed several years ago with PD. This important, special group was born upon her passing.

Those with Parkinson's had more phosphorylated tau than healthy individuals

Newly discovered blood biomarkers may help detect cognitive impairment in people with Parkinson's disease. In a study published in Brain, NIA researchers demonstrated the ability of extracellular vesicle biomarkers to identify whether an individual with Parkinson's had a cognitive impairment.

Extracellular vesicles are tiny sacs released by cells in the body that transport "cargo molecules" between cells and communicate information. Extracellular vesicles originating from neurons have proteins such as alpha-synuclein, beta-amyloid, phosphorylated tau, and an insulin-signaling protein called Insulin Receptor Substrate 1 (IRS-1). These proteins are biomarkers, measurable indicators of body processes that can help doctors diagnose diseases. Alpha-synuclein buildup in the brain is a key pathological hallmark of Parkinson's and may also contribute to dementia. Buildups of beta-amyloid and phosphorylated tau are typically associated with brain changes in Alzheimer's disease but are also present in Parkinson's. Additionally, insulin resistance – an impaired response to the hormone insulin, resulting in increased blood sugar – is associated with Parkinson's. Extracellular vesicles and their cargo molecules can be isolated and measured in blood to identify potential Parkinson's biomarkers.

NIA researchers collaborated with

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scientists in New Zealand and France to isolate neuronal extracellular vesicles in blood samples from more than 200 people. The samples came from participants in the New Zealand Parkinson's Progression Programme who had Parkinson's, either with normal cognition or with cognitive impairment (mild cognitive impairment or dementia, excluding Lewy body dementia), and 49 people without Parkinson's. The researchers measured the levels of alpha-synuclein, beta-amyloid, phosphorylated tau, and active IRS-1 proteins in each sample.

Those with Parkinson's had less alpha-synuclein and IRS-1 and more phosphorylated tau than healthy individuals. Among those with Parkinson's, participants with normal cognition had more alpha-synuclein and IRS-1 and less phosphorylated tau than participants with cognitive impairment. However, beta-amyloid did not differ between groups. This indicates that alpha-synuclein, phosphorylated tau, and IRS-1 play a role in the progression of Parkinson's with cognitive impairment. The results also seem to suggest that phosphorylated tau and alpha-synuclein are jointly involved in producing cognitive impairment in Parkinson's.

Analyzing extracellular vesicles may be an effective way to find new biomarkers for neurodegenerative diseases such as Parkinson's. Blood biomarkers that help detect cognitive impairment in Parkinson's could improve timely diagnosis and treatment. Future studies may measure extracellular vesicle biomarkers over time to establish a timeline for biomarker changes in people with Parkinson's.

One type of exercise or activity Continued from page 7

The heel-to-toe walk.
The balance walk.
Standing from a seated position.

Flexibility exercises include:

The back stretch exercise
The inner thigh stretch
The ankle stretch
The back of leg stretch

Safety tips
Stretch when your muscles are warmed up.

Stretch after endurance or strength exercises.

Don't stretch so far that it hurts.

Always remember to breathe normally while holding a stretch.

Talk with your doctor if you are unsure about a particular exercise.

a.m. There will be a mart where items will be for sale, followed by lunch. An informational meeting and a presentation on clocks or watches will start at 1 p.m. Anyone interested in watches and clocks (modern & antique) is invited to visit and join our chapter. Bring a watch or clock for a free evaluation. Monthly meetings are held on the 3rd Sunday at the Ventura College location. More information about chapter 190 can be found at www.nawcc-ch190.com.

Feb. 25: Channel Islands PC User Group (CIPCUG) Discussion, Tutorial, and Q&A sessions centered around Computers, email and the Internet, social media brokers such as Facebook, LinkedIn, Google, and Yahoo. All CIPCUG events may be attended online. Due to limited space, live attendance is reserved for members. Details for connecting to online events are emailed before the event. To receive connection instructions, please sign up on our website at: <http://www.cipcug.org> cipcug club website. Evbeforein Saturday at 9:30 a.m. online and live at our temporary location Ventura County Computers 2175 Goodyear Avenue, Unit 117 (805) 289-3960

Ojai news and events

Actress Cynthia Killion hosted the Ojai Art Center Theater's 2023 Season Preview on Sunday, January 8. Always one of the highlights of the Art Center Theater, this "annual" taste of the season event returned for the first time since 2020.

Killion, Managing Director of Flying H Group Theater Company, and a longtime actress and Improv performer, stars as Becky in the OACT season opener, *Becky's New Car*.

After an 18-month investigation into more than 100 cases of sexual abuse at the Thacher School Ventura County law enforcement officials announced that none would proceed to court.

Thacher School trustees started the investigation in June, 2021, when they released an independent, 91-page report

on the boarding school's handling of sexual abuse.

Ventura County Sheriff's deputies and prosecutors from the Ventura County District Attorney's Office studied the report and other records submitted by the school.

Local Ojai author Cynthia Louise Grier will visit the Ojai Library at 1pm on Saturday, January 28, 2023, to deliver a talk titled "Magic or Medicine? Grimoires and Healing Amulets in The Muse of Freedom: a Cevenoles Sagas Novel." Grier, who writes under the nom de plume Jules Larimore, will share a bit of history and examples of these healing devices often thought to be magic.

Set in late Renaissance France, 1695-97, *The Muse of Freedom: a Cevenoles Sagas Novel* tells a story of a young nobleman training as an apothecary as he unravels his Huguenot family's legacy of secrets and embarks on an odyssey in search of his spiritual identity and the meaning of love. In the Gorges du Tarn, he meets a mystic holy-woman who reveals ancient healing mysteries and inspires his quest for freedom. But persecutions by Louis XIV's dragoons force him to make a fateful decision—recreate, rebel, or refugee.

Jules lives primarily in Ojai, with time spent around the U.S. and in various countries in Europe gathering more treasures in a continued search for authenticity. For more information, visit www.juleslarimore.com.

This event is free and open to the public. For additional information, contact Ron Solórzano, Regional Librarian, at (805) 218-9146 or ron.solorzano@ventura.org.

The Ojai Library is located at 111 East Ojai Avenue in Ojai, CA. Hours of service are 10am to 8pm Monday through Thursday and 12pm to 5pm Friday through Sunday.

The Ojai Art Center is planning an exciting art exhibit for the month of February and looking for artists to participate. The theme of the show is "Anything Goes" and means just that.

"Anything Goes" is an open show with no central theme. "The gallery committee wanted to offer artists an opportunity to work without the restrictions of a theme, to paint or sculpt whatever they like," said gallery chair, Bonnie Riege.

Artists should bring two and three-dimensional pieces to the Art Center on Friday, February 2, 10 a.m., to 1 p.m. Work must be framed or have finished gallery edges and be carefully wired for hanging. No wet paint. All work must be available for purchase. There will be a size limit of 48" wide. Three-dimensional work is welcome. There is an entry fee of \$15 each or \$40 for 3 pieces. A prospectus is available at ojaiartcenter.org (under art branch) or at the Art Center which is located at 113 N. Montgomery Street in downtown Ojai.

For more information, please contact: Teri Mettala
ojaiartcenter@aol.com 805 646-0117



In 1964, he became the youngest person to receive the Nobel Peace Prize.

In January we celebrate the life of Martin Luther King, Jr.

Martin Luther King, Jr. was one of the main leaders of the American civil rights movement. A Baptist minister by training, King became a civil rights activist early in his career, leading the Montgomery Bus Boycott. His efforts led to the 1963 March on Washington, where King delivered his "I Have a Dream" speech, raising public consciousness of the civil rights movement and establishing King as one of the greatest orators in American history.

In 1964, he became the youngest person to receive the Nobel Peace Prize for his efforts to end segregation and racial discrimination through civil disobedience and other non-violent means.

Martin Luther King, Jr. Day is a United States federal holiday marking the birthday of Martin Luther King, Jr. It is observed on the third Monday of January each year, which is around the time of King's birthday, January 15.

King was assassinated on April 4, 1968, in Memphis, Tennessee. He was posthumously awarded the Presidential Medal of Freedom by President Jimmy Carter in 1977. Martin Luther King Day was established as a national holiday in the United States in 1986. In 2004, King was posthumously awarded a Congressional Gold Medal.

VUSD ratifies contracts Continued from page 1

"As a school community, we have been through several very difficult events in the last five years. Therefore, it is important to spend time to connect, reengage, and rebuild relationships that have suffered during the pandemic. We show people we appreciate them by honoring their work, recognizing their commitment to our community's children, and providing competitive compensation. I know I speak for my colleagues when I say that we recognize that our great schools are a direct result of having an incredibly dedicated and talented staff. They go above and beyond to serve our students and their families daily. We are deeply grateful for their commitment and the love and support they show our students," stated VUSD Board President Sabrena Rodriguez.

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

E.J. Harrison & Sons will maintain its regular trash, recycling and yard/organic waste collection schedule in Ventura County during the week of Martin Luther King Jr. Day, Jan. 15-21, 2023.

Thank you and Happy Holiday
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The Pet Page



Dedicated to Scamp

■ SPAN Thrift Store is open to the public and looking for donations of adult clothing, household items and tools. SPAN Thrift Store provides \$10 spay and neuter clinics for low income households for cats and dogs. Upcoming clinics: Tues., Jan 24, SPAN Thrift Store, 110 N. Olive St., Ventura and Tues, Jan. 31, Albert H. Soliz Library parking lot - El Rio, 2820 Jourdan St., Oxnard, 93036. Please call to schedule an appointment (805) 584-3823. www.spanonline.org.

■ Whether it's a tricky math problem or an unexpected bill, daily life is full of stressful experiences. Now researchers have found that humans produce a different odor when under pressure – and dogs can sniff it out.

While previous studies have suggested canines might pick up on human emotions, possibly through smell, questions remained over whether they could detect stress and if this could be done through scent.

"This study has definitively proven that people, when they have a stress response, their odor profile changes," said Clara Wilson, a PhD student at Queen's University Belfast, and first author of the research.

Wilson added the findings could prove useful when training service dogs, such as those that support people with post-traumatic stress disorder (PTSD).

"They're often trained to look at someone either crouching down on the floor, or starting to do self-injurious behaviors," said Wilson.

The latest study, she said, offers another potential cue.

"There is definitely a smell component, and that might be valuable in the training of these dogs in addition to all of the visual stuff," said Wilson.

Writing in the journal Plos One, Wilson and colleagues report how they first constructed a stand bearing three containers, each topped by a perforated lid.

The researchers report they were able to train four dogs to indicate the container holding a particular breath and sweat sample, even when the line-up included unused gauze, samples from another person, or samples from the same person taken at a different time of day.

With the team confident the dogs understood the approach, they turned to breath and sweat samples collected from 36 people asked to count backwards from 9,000 in units of 17. The participants reported feeling stressed by the task and, for the 27 who carried it out in the laboratory, their blood pressure and heart rate rose.

The dogs were taught to pick out samples taken just after the task from a line-up that included two containers holding unused gauze.

The researchers then tested whether the dogs could do the same when the line-up included not only unused gauze but samples taken from the same participant just before the task, when they were more relaxed. Each set of samples was shown to a single dog in 20 trials.

The results reveal that the dogs

chose the "stressed" sample in 675 out of the 720 trials.

"It was pretty amazing to see them be so confident in telling me 'nope, these two things definitely smell different,'" said Wilson.

The team say while it was unclear what chemicals the dogs were picking up on, the study shows humans produce a different odor when stressed – confirming previous research that used instruments to analyze samples.

Wilson added that while the dogs were trained to communicate that they could tell different samples apart, it is possible that even untrained pet dogs might detect changes in odor when a human becomes stressed.

The research has been published in the Federation of European Biochemical Societies Journal.

■ As a cat parent, it is important to recognize the signs and symptoms of common illnesses so you can seek veterinary help for your feline friend in a timely manner if necessary.

Cancer is a class of diseases in which cells grow uncontrollably, invade surrounding tissue and may spread to other areas of the body. As with people, cats can get various kinds of cancer. The disease can be localized (confined to one area, like a tumor) or generalized (spread throughout the body).

Diabetes in cats is a complex disease caused by either a lack of the hormone insulin or an inadequate response to insulin. After a cat eats, her digestive system breaks food into various components, including glucose—which is carried into her cells by insulin. When a cat does not produce insulin or cannot utilize it normally, her blood sugar levels elevate. The result is hyperglycemia, which, if left untreated, can cause many complicated health problems for a cat.

Cats infected with feline immunodeficiency virus (FIV) may not show symptoms until years after the initial infection occurred. Although the virus is slow-acting, a cat's immune system is severely weakened once the disease takes hold. This makes the cat susceptible to various secondary infections. Infected cats receiving supportive medical care and kept in a stress-free, indoor environment can live relatively comfortable lives for months to years before the disease reaches its chronic stages.

First discovered in the 1960s, feline leukemia virus is a transmissible RNA retrovirus that can severely inhibit a cat's immune system. It is one of the most commonly diagnosed causes of disease and death in domestic cats. Because the virus doesn't always manifest symptoms right away, any new cat entering a household—and any sick cat—should be tested for FeLV.

Spread by infected mosquitoes, heartworm is increasingly being recognized as an underlying cause of health problems in domestic cats. Cats are an atypical host for heartworms. Despite its name, heartworm primarily causes lung disease in cats. It is an important concern for any cat owner living in areas densely populated by mosquitoes, and prevention should be discussed with a veterinarian.

Many pet parents eagerly open their

Scamp Club

(Scampclub pets are not for adoption.)



This is Duke. His mother was a Mastiff and his father was a French bulldog. Duke is playful and loves treats of any kind. He likes to fetch balls and he sleeps a lot. He's two-years-old and he's a gentle giant.

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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.

windows to enjoy the weather during the summer months. Unfortunately, unscreened windows pose a real danger to cats, who fall out of them so often that the veterinary profession has a name for the complaint—High-Rise Syndrome. Falls can result in shattered jaws, punctured lungs, broken limbs and pelvises—and even death.

Rabies is a viral disease that affects the brain and spinal cord of all mammals, including cats, dogs and humans. This preventable disease has been reported in every state except Hawaii. There's good reason that the very word "rabies" evokes fear in people—once symptoms appear, rabies is close to 100% fatal.

Although the name suggests otherwise,

ringworm isn't caused by a worm at all—but a fungus that can infect the skin, hair and nails. Not uncommon in cats, this highly contagious disease can lead to patchy, circular areas of hair loss with central red rings. Also known as dermatophytosis, ringworm often spreads to other pets in the household—and to humans, too.

Cats can acquire a variety of intestinal parasites, including some that are commonly referred to as "worms." Infestations of intestinal worms can cause a variety of symptoms. Sometimes cats demonstrate few to no outward signs of infection, and the infestation can go undetected despite being a potentially serious health problem. Some feline parasitic worms are hazards for human health as well.

Forever homes wanted

Hi, I'm Bailey, a sweet Pit Bull X in need of a new home as I started not getting along with one of the other dogs in the home. I love to play, chew bones, snuggle, get pet and treats. I'm energetic and love to be around my people. I'm good with older children, but may be too energetic (may also jump) for smaller children. If you have a fur baby in the home, please bring them so we can do a meet and greet. I need a fence at least 6 feet in height.

I know some basic commands (sit, softly, kiss and lie down). I know my breed gets a bad rap, but I hope you'll give me a chance. If you're interested in meeting me, please fill out an online application. Canine Adoption and Rescue League C.A.R.L.



These two are a bonded pair of 5-year-old rabbits available for adoption together at VCAS. To learn more about Dallas, Jessica, and the rest of our bunnies, visit www.vcas.us/rabbits or come on down to the shelter during normal Adoption Hours of 1:00pm - 6:00pm Tuesday - Sunday.

SPAN Thrift Store
SPAY/NEUTER ANIMAL NETWORK

Seeking donations of Clothing, Tools, Sports Equipment and Small Electric Kitchen appliances.

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

\$10 Low/No Income Spay & Neuter January 24th SPAN Thrift Store 110 N. Olive St., Ventura Must call for appointment (805) 584-3823

\$10 Low/No Income Spay & Neuter January 31st Albert H. Soliz Library, El Rio 2820 Jourdan St., Oxnard Must call for appointment (805) 584-3823

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



"I usually listen to jazz but I'm trying to expand my musical interests." - Savana

Police Reports

by Cindy Summers

Police reports are provided to us by the Ventura Police Department and are not the opinions of the Ventura Breeze. All suspects mentioned are assumed to be innocent until proven guilty in a court of law.

The Ventura Police Department is asking the public for photos or video of a fight reported in downtown Ventura last month.

The altercation broke out around 12:48 a.m. Dec. 5 in the 400 block of East Main Street.

Sgt. Bill Dolan of the department's major crimes unit said the fight involved two victims, a 29-year-old man and a 30-year-old man, and a group of five to seven male suspects who were believed to be in their early 20s. One victim suffered a non-fatal stab wound to the leg, while the other had a finger nearly severed off and a laceration to the arm.

Dolan said investigators have learned photo and video of the fight exists but have yet to view them. Anyone who may have witnessed the incident or recorded parts of the attack is asked to contact Detective Gil Pusen at 805-339-4467 or email gpusen@venturapd.org. Information and media can be submitted anonymously.

Fatal Traffic Collision

On January 8, the Ventura Police Department Command Center received a call regarding a single vehicle collision into a building in the 4200 block of Market St. Upon arrival, two occupants, the driver and a passenger, were found deceased inside of the vehicle. Antony Moctezuma (21 yrs), Ventura Resident and Agustin De Paz (19 yrs), Ventura Resident

An additional passenger had serious, but not life threatening injuries and was transported to the Ventura County Medical Center for treatment.

Preliminary investigation and evidence at the scene indicate that the vehicle was traveling at a high rate of speed prior to colliding with the building. The investigation into this collision is still ongoing and any witnesses are encouraged to contact Traffic Collision Investigator Chris Wilson at 805-339-4366.

Residential Burglary, Felony Vandalism, and Prowling Arrest

On December 28, 2022, at approximately 3:45 pm, the Ventura Police Command Center received a 911 call from a juvenile home alone, hiding in a closet, reporting that a subject had broken into their home and was still inside.

Officers arrived on scene in two minutes and safely detained a male subject, later identified as 35-year-old vagrant Johnathan Cervantes, as he walked out of the house. While inside the home, Cervantes broke into bedroom doors and vandalized the house, causing over \$500 in damage.

During the investigation, it was discovered Cervantes had gone up to at least one additional residence on the street, knocked on the door, and claimed he was from the Ventura County Water Department when the homeowner answered.

Based on Cervantes's actions, he was arrested for Prowling, Felony Vandalism, and Residential Burglary. Cervantes was booked at the Ventura County Jail.

DUI Collision into a Residential Home

On December 31, 2022, at approximately 1:15 am, the Ventura Police Command Center received a call of a single vehicle collision into a residential house in the 10000 block of Jamestown Street. An off-duty Ventura Police Officer heard the collision and witnessed 55-year-old Ventura resident Michael Souter leaving the area on foot.

The off-duty Ventura Police Officer coordinated responding officers to Souter's location and after a brief foot pursuit, Souter was taken into custody. During the arrest, Souter tried to punch the arresting officer.

The residents of the home were not injured. Souter was booked at the Ventura County Jail for misdemeanor hit and run, misdemeanor driving under the influence, resisting arrest, and assault on a police officer.

Residential Burglary Arrest

On January 6, 2023, at approximately 7:30 am, the Ventura Police Command Center received a 911 call from an alert witness reporting a suspicious male subject had entered a neighbor's residence. The reporting party felt this to be suspicious, due to the fact the residents were away on vacation.

Officers arrived on scene and detained a male subject, later identified as 43-year-old vagrant Michael Nathan, inside of the residence.

During the investigation, it was determined Waites made entry via a broken window and had been squatting inside the residence for several days. He was also found to be in possession of stolen items from the residence.

Waites was arrested for Residential Burglary and booked at the Ventura County Jail.

Harbor Patrol Blotter

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

Tuesday 12/20

9:40am, observed a large accumulation of debris in the main channel. Officers responded in Rescue B19 and were able to remove Hazards to Navigation.

Wednes 12/21

5:55pm, received report of a lost dog in the Harbor Village. Officers responded and searched for the reporting party and the dog, but were unable to locate either

Thursday 12/22

10:46pm, received request for an escort of a semi-submerged "panga" being towed to the launch ramp by TowBoat US. Officers responded and observed the vessel was safely hauled out. The vessel was found abandoned near Gaviota.

Friday 12/23

4:23pm, dispatched to a disabled electric craft near the launch ramp. Officers responded in Fireboat to assist 5 POB's and two dogs aboard the vessel. The vessel was taken en side tie and towed to their slip in the keys.

Sunday 12/25

8:05am, received report of a transient in a box truck dumping liquid waste/littering in public. Officers responded, contacted and issued warning for the violations. The individual was removed from the launch ramp.

Monday 12/26

10:38am, dispatched to backpain in the Ventura Marina Community. Officers responded with VFD/AMR to assist the patient, who was transported to hospital.

Tuesday 12/27

8:00am, observing large 8-10ft surf breaking on both sides of the Harbor Entrance. Further observed dangerous conditions at beaches around harbor.

8:35am, received request for a tow from a disabled "honey-wagon." Officers responded in the Fireboat and towed the vessel to the launch ramp.

Wednes 12/28

6:13am, observed Weather Service issued Small Craft Advisory for large dangerous Northwest swell, officers raised warning pennant at District.

7:12am, dispatched to hemorrhaging in Ventura Marina Community. Officers responded with VFD/AMR to a 93 y/o male, transported by AMR to hospital.

7:39pm, received report of suspicious transient riding a bike without a headlight. Officers observed individual, were unable to ascertain any suspicious activity.

Thursday 12/29

3:15pm, observed a "boat club" vessel inbound excessively in violation of speed

ordinance. Officers responded to fuel dock and contacted the skipper. He believed the #10 ATON navigation buoy was a 10 mile an hour speed sign.

10:01pm, dispatched to a boat fire South of the harbor. Officers responded in the Fireboat, found a commercial fishing vessel with very bright orange forward lights. Confirmed no fire aboard the lightboat, canceled responding units.

Friday 12/30

5:35pm, received a report of a disabled vehicle parked in the village. Officers responded, attempted to start vehicle but were unable to. Granted permission to park overnight with intention to resolve mechanical issues.

Saturday 12/31

6:00pm, observing rain starting to fall. Preparing for heavy weather forecasted.

8:05pm, while on patrol, observed flooding in the Holiday Inn express parking lot. Officers alerted hotel staff and Ventura PD dispatch.

10:45pm, received report of a female transient kicking in doors in the Harbor Village restrooms. Officers responded, found female as reported, contacted VPD. The subject was eventually arrested for vandalism, public intoxication.

Sunday 1/01/23

6:00am, observed winds sustained at 30kts, gusting to 40kts in operations center.

6:05am, raised Gale warning flags for Northwest winds gusting to 40kts.

8am-3pm, officers dealing with wind related issues such as unfurling sails, various debris in the water and resecur-ing vessels.

7:49pm, observing winds laying down, North at 5 kts.

Monday 1/02

11:05am, officers on patrol in the Fireboat, searching for damage from the weather event. Found debris throughout the harbor such as palm fronds, flotsam and trash. Several trips were made to the launch ramp to drop off trash.

Tuesday 1/03

10:50am, dropped of Rescue Boat 19 for bottom cleaning and new zincs.

11:43am, dispatched to difficulty breathing in the Ventura Marina Community. Officers responded with VFD/AMR to the call, assisted 67 y/o male.

11:57am, dispatched to general malaise in Ventura Marina Community. Officers responded with VFD/AMR to assist a 70 y/o male with multiple ailments.

12:45pm, received report of a vessel accident at VWM, a 60ft powerboat stern line snapped in the strong surges in the area. Officers responded with lines and were able to secure the vessel before any damage occurred to the vessel or any others in the marina.

Weekly SUDOKU

Answer

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

King Crossword

Answers

Solution time: 26 mins.

FBI	DOO	RASPY
OLD	ENE	ARETE
LIF	ELC	PIFAN
DNA	MOIST	
SIGN	ALP	CHAP
	IAN	SCRAPE
MOONS		AORTA
TIPJAR	MNO	
ALTA	HOO	KILN
	BERRA	TAO
FIDORA	DOS	ABF
MAURA	EST	LLOL
SPEED	REA	YRS



The ARTLIFE Foundation presents SPONTANEOUS INSPIRATION the 2022 Mail Art project at the Crowne Plaza. Mail Art is art sent through the mail. It was started in the 1960's by artists who wanted to move their art out of formal galleries and make their original work available to people for little costs. Since then it has become a world-wide movement.



Dabster Arts Inc. is pleased to present Starman. A solo exhibition of photographs from **Markus Klinko** on view at H Gallery in Ventura at 1793 E. Main. Klinko has shot some of the world's most memorable photographs featuring the world's most recognized stars. Our exhibit includes large scale, high impact portraits including Pharrell, JLO, Pam Anderson and of course David Bowie. Markus Klinko is an award-winning, international fashion/celebrity photographer and director, who has worked with many of today's most iconic stars of film, music, and fashion.



Beach Dunes by **Bonny Butler**
 At Studio 99 @ The Bell Arts Factory
 Coming Up:
 Plein Air Open Competition
 Original artwork by local artists, both Buenaventura Art Association Members and Non-Members. Awards Given!
 Exhibit runs thru February 25, 2023
 Reception on First Friday, February 3, 6 - 9pm
 Awards announcements at approximately 7pm

Ventura Art Scene

WITH THE CONTINUED SUPPORT OF OUR ADVERTISERS, DONORS AND READERS, WE CONTINUE TO BRING LOCAL NEWS AND INFORMATION TO VENTURA (NOW IN OUR 14TH YEAR). THE COVID PANDEMIC HAS AFFECTED ALL SMALL BUSINESSES, AND LOCAL NEWSPAPERS HAVE BEEN DEEPLY IMPACTED AS WELL AS THEY ARE SOLELY DEPENDENT ON ADVERTISING REVENUE. WE CONTINUE TO ASK OUR LOYAL READERS TO HELP SUPPORT THE BREEZE. WE LOOK FORWARD TO CONTINUING OUR MISSION OF BRINGING YOU THE INFORMATION IMPACTING VENTURA.

THERE ARE THREE WAYS TO CONTRIBUTE. YOU CAN SEND A CHECK, PAY BY CREDIT CARD OR ON PAYPAL AT <https://venturabreeze.com/donate/>

YES, I WANT TO SUPPORT THE VENTURA BREEZE.
 VENTURA BREEZE, PO BOX 832, VENTURA 93002

CREDIT CARD INFORMATION

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CARD NUMBER _____

EXPIRATION DATE _____

CODE ON BACK _____

ZIP CODE _____

ADDRESS NUMBERS ONLY _____

AMOUNT _____

WE GREATLY APPRECIATE OUR LATEST (OR RETURNING) CONTRIBUTORS **YOUR NAME HERE** AND THOSE WHO CHOOSE TO REMAIN ANONYMOUS.

DO YOU WANT TO BE LISTED AS A DONOR? YES ___ NO ___

THANK YOU FOR SUPPORTING THE VENTURA BREEZE!



2023 ANNUAL MEETING
 Wednesday, January 18, 2023
 11:30 a.m. - 1:00 p.m. • Via Zoom



LIVES *connected* THROUGH ONE COMMON NEED

Keynote speakers include:



Richard Green, Ph.D.
 Director of the USC Lusk Center for Real Estate



Alan Greenlee
 Executive Director of SCANPH

Register for this free informative event about housing equity and affordability at housingtrustfundvc.org



Lighter Breeze

Tiger



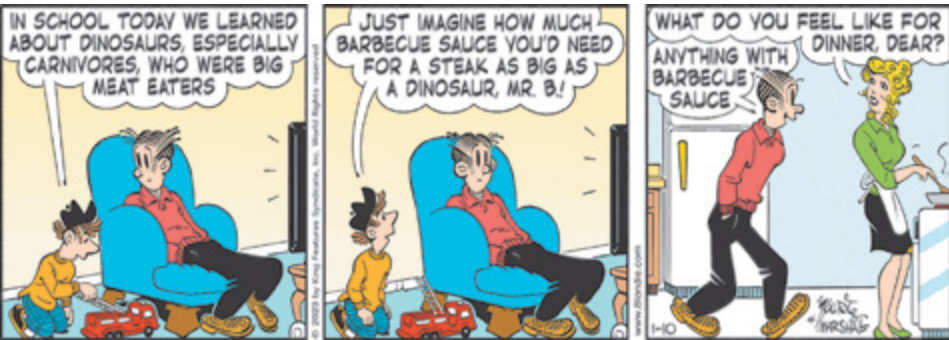
Crock



Marvin



Blondie



Hagar the Horrible



Barney Google and Snuffy Smith



Solutions on page 11

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

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

Weekly SUDOKU

by Linda Thistle

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

DIFFICULTY THIS WEEK: ♦♦

♦ Moderate ♦♦ Challenging
♦♦♦ HOO BOY!

Solutions on page 11

King Crossword

ACROSS

- 1 Justice Dept. agency
- 4 Physician's nickname
- 7 Grating
- 12 Vintage
- 13 Away from WSW
- 14 Mountain crest
- 15 Set afire
- 16 Yosemite peak featured in "Free Solo"
- 18 "CSI" evidence
- 19 Dewy
- 20 Billboard
- 22 Swiss peak
- 23 Blake
- 27 Author
- 29 Abrasion
- 31 Planet circlers
- 34 Heart line
- 35 Coffeehouse bill collector
- 37 I-P link
- 38 Utah ski resort
- 39 "Yoo- —!"
- 41 Pottery oven
- 45 Quotable Yogi
- 47 Eastern path
- 48 Bygone Cadillacs
- 52 Copper head?
- 53 Tierney of "The Affair"
- 54 Superlative

1	2	3	4	5	6	7	8	9	10	11
12			13				14			
15			16			17				
18			19							
20			21	22			23	24	25	26
			27	28		29	30			
31	32	33					34			
35				36		37				
38				39	40			41	42	43
				45			46		47	
48	49	50	51						52	
53						54			55	
56						57			58	

- suffix
- 7 Engrossed
- 33 Choose
- 55 Texter's chuckle
- 8 "Exodus" hero
- 36 Mother of Zeus
- 9 Fixed
- 37 Gloomy
- 10 Sch. org
- 40 Sequence
- 11 Hankering
- 42 Tuscany setting
- 17 Nile vipers
- 43 Hard work
- 21 Martial arts warrior
- 44 Seasonal songs
- 23 Swindler
- 24 Guffaw syllable
- 45 Thin nail
- 25 Suitable
- 46 Nick and Nora's dog
- 26 Green shade
- 48 Ambulance initials
- 28 Simile part
- 30 Paint
- 49 Napkin's place
- 31 1959 Kingstons Trio hit
- 50 Payable
- 32 Texas tea
- 51 Mine material

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what happened.

LIBRA (September 23 to October 22) Avoid overtaxing yourself, even if your energy levels are high and you feel that you can do it all. Best to pace yourself so you won't run yourself down.

ARIES (March 21 to April 19) Make a start on that new workplace challenge. But get more information before you find yourself too deeply involved without knowing in which direction you should go.

TAURUS (April 20 to May 20) You might find things becoming tedious as your schedule slows down after the holidays. Use this time to get information about a possible post-New Year job change.

GEMINI (May 21 to June 20) The creative Twin finds outlets for his or her ideas in the early part of the week. The practical Twin takes it a step further and rallies support to turn the ideas into reality.

CANCER (June 21 to July 22) It's time to stop being intimidated by someone's negative behavior. Start taking positive steps on your own to help strengthen your position down the line.

LEO (July 23 to August 22) Look closely at that so-called golden opportunity. Best to be a cautious Cat who approaches things slowly, rather than one who pounces without knowing where you'll land.

VIRGO (August 23 to September 22) Your apology can resolve that personal situation before it overshadows the start of your new year. You'll feel better, even if you're only partly to blame for

SCORPIO (October 23 to November 21) Your sense of humor helps get you through a stressful period. Some of your quick quips can take the edge off any remaining negativity being aimed at you.

SAGITTARIUS (November 22 to December 21) Your artistic talents not only help you express yourself these days, but they also set up a line of communication between you and someone very special.

CAPRICORN (December 22 to January 19) It's fine to appreciate the importance of having a "proper form" for doing things. But relax a bit in order to allow newcomers on the project to feel less intimidated by you.

AQUARIUS (January 20 to February 18) Use your boundless reserve of optimism to persuade others to work with you so that you can resolve a difficult workplace problem before it ruins the dynamics in place.

PISCES (February 19 to March 20) You brim over with self-confidence as you begin to tackle a new challenge. And, before you know it, you're not alone: Others have taken the plunge with you.

BORN THIS WEEK: You have a highly defined sense of commitment to others. You would make a fine social worker.



Show Time

Streaming Spotlight by Cindy Summers

Ticket to Paradise

- Peacock Streaming



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

In *Ticket to Paradise*, David (George Clooney) and Georgia (Sandra Bullock) Cotton are the proud parents of their daughter and recent law school graduate Lily (Kaitlyn Dever), however there's no love between them having divorced 20 years earlier and have difficulty being civil whenever around each other. Lily had decided to take a trip to Bali with her best friend Wren (Billie Lourd), who also just graduated, to take a break before beginning a new life and job at a law firm, though had no idea that her ticket to paradise was actually a ticket to a totally new path in life.

Lily and Wren decided to take a snorkeling excursion, but accidentally swam away from the group and were left behind in the ocean a few miles from shore. Luckily a young Balinese seaweed farmer named Gede (Maxime Bouttier) came upon them with his boat and brought them back to shore. Though having just met, it was clear to see that Lily and Gede had an immediate attraction to each other and over the next few weeks spent all their time together with Wren experiencing Balinese life and culture.

After only a month Gede and Lily decided they wanted to get married, and Lily emailed the good news and invitation to her parents, who both felt she was throwing her life away and determined to go to Bali to convince her to change her mind. David and Georgia were coincidentally seated next to each other on the plane, where they first began bickering but decided they needed to call a truce and work

together to stop Lily from getting married.

Upon arriving on the island, they meet Lily's finance Gede, a caring, compassionate seaweed farmer managing his family farm that has been in operation for generations and successful enough to have contracts with large companies like Whole Foods. Though they liked Gede, David and Georgia remained committed to their goal. They came up with a plan to steal the wedding rings and compromise local traditions that would cause Lily and Gede to have to call off their wedding, which was scheduled to happen in four days.

Upon discovering the rings were missing, Gede decided to ignore any thinking that it was a sign and replaced the rings to have them for their ceremony. Gede had suspicions that David and Georgia were behind the missing rings, but didn't tell Lily. They both found out it was true when all four took a boat trip to a nearby island where Lily found the rings in Georgia's bag. David acted as if he knew nothing about it and left Georgia alone to have the blame, but Lily told them both they either needed to support her decision to marry Gede or go home.

Realizing they may be on the verge of losing their relationship with their daughter, David and Georgia decided to do a full 180 and offer their complete support. The wedding was set for the following day and planned in accordance with traditional Balinese customs. The question that remained was could David and Georgia see past their own past relationship issues to support the happiness of their daughter, and could such togetherness even spark the love they knew in their past together.

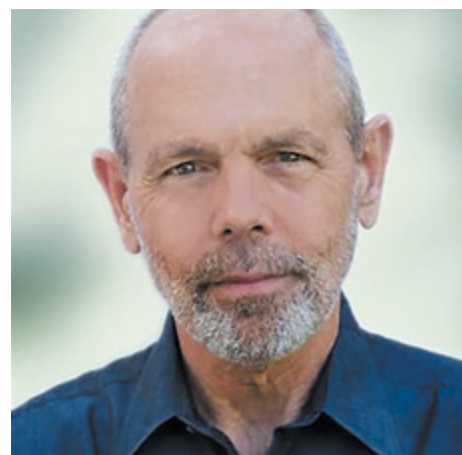
Ticket to Paradise is an entertaining comedic escape, with George and Julia perfectly cast to charge it with wit, charm and charisma that has viewers routing for them from the start.

Rated: PG-13

Runtime 1h 44m



Faline England



Joe Spano

Rubicon Theatre presents The Realistic Joneses

Rubicon Theatre Company announces the sixth show of its 2022-2023 "Welcome Home" season, presented in association with Gare St. Lazare, Ireland and the Laguna Playhouse, Joe Spano, Faline England, Conor Lovett and Sorcha Fox starring in the Southern California premiere of *The Realistic Joneses*, written by Will Eno and directed by Judy Hegarty-Lovett. *The Realistic Joneses* begins preview performances on Wednesday, January 25

at 7:00 pm, with a press opening on Saturday, January 28 at 7:00 pm and runs through Sunday, February 12 at 2 pm at the Rubicon Theatre, 1006 E. Main Street in Ventura.

Meet Bob and Jennifer and their new neighbors John and Pony, two suburban couples who discover they have more in common than their identical homes and their surnames. Spare, suggestive, slyly hilarious, and strangely maddening, this profound play explores what is said what

ON STAGE FEBRUARY 2-19

“discover the gut-punch power of this play”

— THEATREMANIA

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BY

Sylvia Khoury

DIRECTED BY

Nike Doukas

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SANTA BARBARA'S PROFESSIONAL THEATER COMPANY

is unsaid and the role that denial plays in helping us navigate life's chaos.

Nominated for the Outer Critics and Drama League Awards and listed by *The New York Times* as one of the "Best Plays of the Year," *The Realistic Joneses* will haunt you long after the play ends, leaving you wondering whether we can ever truly know anyone, including ourselves.

Performances are Wednesdays at 2:00 p.m. and 7:00 p.m. (followed by a talkback), Thursdays at 7:00 p.m.; Fridays at 8:00 p.m.; Saturdays at 2:00

p.m. and 8:00 p.m. and Sundays at 2:00 p.m.

Ticket prices range from \$30.00-\$79.50.

To purchase tickets call the Rubicon at (805) 667-2900 or visit rubicontheatre.org. Rubicon Guest Services is located at 1006 E. Main Street (Laurel entrance), and is open from noon to 6:00 p.m. Monday through Saturday and Sundays. Single tickets for each of the shows are also on sale and available via the box office or the company's website: www.rubicontheatre.org.



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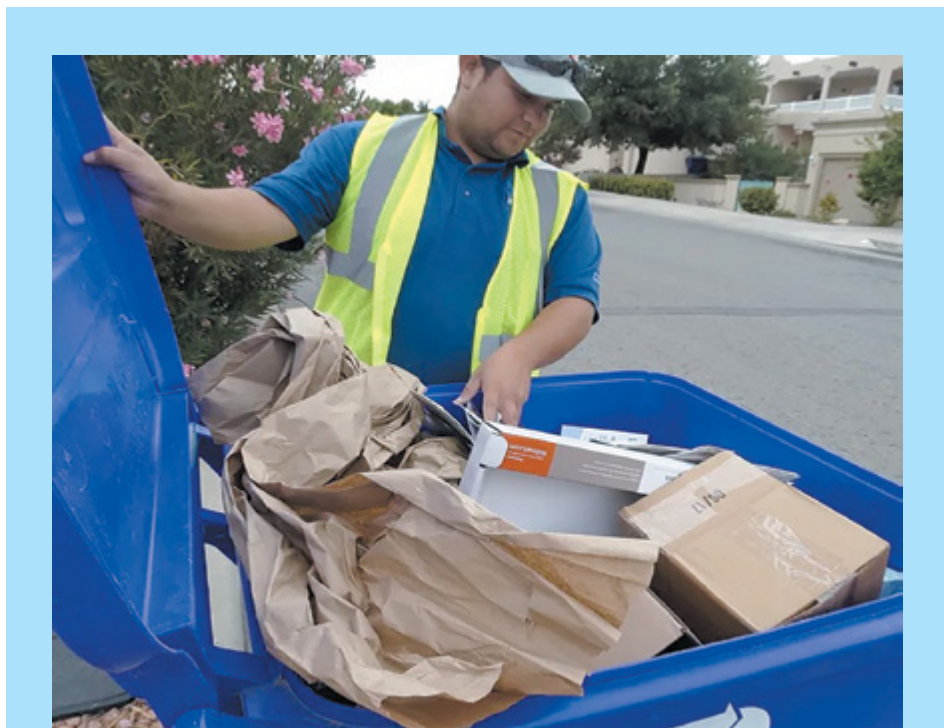



Some of the folks who helped at the Cornucopia gardens.

Spruce up Cornucopia Gardens volunteer event

Last month volunteers came out to Cornucopia Community Gardens to help restore and beautify the educational garden spaces as part of Environmental Sustainability & Parks and Recreation's Spruce Up Cornucopia Gardens Event! Volunteers mulched, cleared debris, and wiped down equipment while enjoying each other's company, and snacks. The work accomplished by these groups and individuals will be instrumental in hosting Gardening Series classes and

community enrichment to come at Cornucopia Community Gardens. Cornucopia Community Garden is the City of Ventura's largest community garden, with approximately 150 plots available for rent to community members. Managed by the Parks and Recreation Department, the garden attracts community members from all walks of life who come together to cultivate the land and enjoy the outdoors.



Do you know which paper products are recyclable? Paper items accepted in the curbside recycling program include: newspaper, colored paper, white computer paper, cardboard, magazines, catalogs, wrapping paper, junk mail, and envelopes (with or without clear windows). Paper products to keep out of the recycle bin include: paper towels, napkins, tissues, receipts, wax paper, and paper coated with plastic or wax. Please do not throw loose shredded paper directly in the recycle bin. Shredded paper can be bagged or contained in a cardboard box or a cereal box and then placed in the recycle bin.



Ventura's paper from November 11, 1919. Not nearly as informative as the Ventura Breeze.

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

I can help you with that!

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