



VENTURA BREEZE

Your Hometown Paper

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The march started at Plaza Park. Photos by Patricia Schallert.

Why We March

by Shane Meserve
President Justice For All Ventura County

Several hundred people gathered at Plaza Park in downtown Ventura on Saturday, January 21st to honor free speech in the United States and to state our concerns on a number of fronts. Many people, from over a dozen elected officials from all over the County, to local citizens, spoke about their hopes, fears and the realities of living in the United States in 2023. Although there has been much progress made on behalf of equal rights and justice over the past 50 years, there is still more work to be done.

We gathered to march on behalf of women's rights, as we have since 2017 when the national Women's March was founded. Each year on this date, we gather to hear about the state of the union and the challenges America faces in

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Congressman Salud Carbajal Visits Ventura Port District to Survey Winter Storm Damage

California Congressman Salud Carbajal, U.S. Representative of California's 24th District, visited the Ventura Port District recently to survey the impacts of the early January Atmospheric River Rain Events to the Ventura Harbor area.

In the past weeks, severe winter storms have caused damage, including significant coastal beach erosion, debris flows into the Harbor and surrounding beaches, the District's public launch ramp, private boats and docks within

the City's Ventura Keys, and City streets within the Harbor. Debris removal and repairs were hampered by the volume of material and extended period of rain, wind, wave action and storm surge. "These conditions presented risks to the public and having Congressman Carbajal assess the damage first-hand provided him with a good perspective of the impacts Ventura Harbor faces in recovery," said the District's Chair Michael Blumenberg.

"The efforts by our District's staff, in particular the Ventura Harbor Patrol, are commendable. Our Harbor Patrol officers offer around the clock support to help safeguard the public and property whenever

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Ryan Sutherland, Harbor Patrol Officer II; Brian D. Pendleton, Ventura Port District General Manager; Michael Blumenberg, Port Commission Chair; Salud Carbajal, US Congressman; Jackie Gardina, Port Commission Vice-Chair; John Higgins, Harbor-master; Todd Mitchell, Senior Business Operations Manager; and Taylor Plasch, Harbor Patrol Officer I.



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VENTURA BREEZE

Your Hometown Paper

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Everyone is
ignorant,
only in
different
ways.
— Will Rogers

Local Government News



Mayor Joe Schroeder pictured with representatives from Island Packers, Cafe Ficelle, and Scrubs on the Run.

Three Ventura businesses honored as part of the City's new Business Recognition Program

Café Ficelle, Island Packers, and Scrubs on the Run were among the first three local businesses recognized by the City Council during its meeting on January 23, 2023, as part of the City's new Business Recognition Program.

The program, a partnership between the City's Economic Development Division and Ventura Chamber of Commerce, was created to honor local businesses for special achievements in the areas of growth, environmental stewardship, community enrichment, business resiliency, and industry innovation.

"The City of Ventura is committed to promoting a vibrant economy that supports local businesses," said Mayor Joe Schroeder. "It's truly inspiring to see the hard work of our many business owners. Their commitment to innovation and growth is a testament to the spirit of Ventura and I am proud to celebrate their successes."

Three business owners will be honored every quarter during a City Council meeting and presented with a certificate of recognition. To be eligible for the Business Recognition Program, businesses must be:

Located in the City of Ventura
Open for at least five consecutive years
A for-profit business
Have at least two employees

Business nominations are open to the public and accepted on a rolling basis.

Learn more about the Business Recognition Program, eligibility requirements, and the nomination process at www.CityofVentura.ca.gov/Business-Recognition.

City approves applicants for commercial cannabis business permits

The three retail businesses that have been conditionally awarded permits are Responsible and Compliant Retail Ventura, located at 1890 East Main Street; TAT Ventura, located at 2835 E Main Street; and ZASA, located at 4591 Market Street. The only industri-



al applicant in the process has been awarded to Ventura's Finest, located at 3037 Golf Course Drive.

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

Cannabis retail permits will not be awarded until after the appeal process. Applicants have 10 calendar days to file an appeal. Any applicant not selected for this application period may apply during the next application period, which has not yet been set.

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

Appeal hearings will likely start the first week of February, but officials are still reaching out to the appellants for scheduling, said Christopher de la Vega, assistant city attorney. They will take place in front of a hearing officer and likely won't take longer than a day, he said.

Five appeals were filed with

As I See It by Sheldon Brown

■ Ventura County's strawberries will again be celebrated with the return of the California Strawberry Festival. After a three-year hiatus, the 37th annual event will be held on May 20 and 21 at their new location - the Ventura County Fairgrounds.

Speaking of the fairgrounds, the Oxnard-based Pacific Sports Group presented a massive proposal in October to completely rebuild the fairgrounds. The Fairgrounds Board of Directors rejected the idea unanimously.

Fairgrounds officials will provide an opportunity for the developers to present their project again, on Feb. 22 in a two-hour hearing at the fairgrounds, which is open to the public.

In a right of first refusal agreement signed last year, the developers paid \$25,000 to obtain exclusive rights to make a detailed proposal to the fair board. Pacific Sports Group leaders stated their proposal wasn't given a fair consideration by the board in October.

The massive project would include the building of a stadium for the home of a minor league baseball team and would also be used for concerts, outdoor conventions and other uses.

The fairgrounds would be completely renovated, with virtually everything on the site replaced or rebuilt. The finished project could also include restaurants, a theater and a farmer's

market.

The site (and old Quonset hut buildings) is certainly in need of major remodeling. This would be a major change to the area of the fairgrounds including access to Amtrak. A huge number of cars would occur as well, so the streets would need major revisions. A project of this scope would take many years for plans, approvals and construction. It should be noted that the fairgrounds is owned by the state, not the city of Ventura.

■ Forty mass shootings have been recorded in the US so far in 2023, more than any at this point in any year on record. If "only" 3 people are killed it is not a mass shooting. How sad is that?

In a few of the attacks, the suspects were over 60-years old, much older than the typical shooter. It now seems the only common thing in mass shootings are guns. I doubt if any of these people bought guns for the purpose of a mass shooting.

"Only in America do we see this kind of carnage, this kind of chaos, this kind of disruption of communities and lives and confidence and sense of safety and belonging," California Gov. Gavin Newsom said after California suffered three mass shootings in about 44 hours.

■ An Iranian couple, both social media influencers, have been given lengthy prison sentences (over 10-years)

after a video emerged of them dancing in a main square in the capital Tehran. Each was charged with "spreading corruption and vice," and "assembly and collusion with the intention of disrupting national security." Nothing is more harmful to society than seeing people dancing in public except perhaps if they were also holding hands.

■ Former President Donald Trump has lashed out following the release of the House January 6 committee's final report. The report says that Trump was the "central cause" of the attack, with the former president having launched "a multipart plan to overturn the 2020 presidential election."

Trump denounced the 845-page document as a "highly partisan" (even though several Republicans were on the panel) and of being a political "witch hunt." He repeated his false claims of massive fraud in the 2020 election, which he argued was the cause of "the protest."

If I understand him correctly the storming of the capital was justifiable because he really won the election and it was just a peaceful demonstration.

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



the City regarding the commercial cannabis business permit selections. The city is still in the process of scheduling the appeal hearings. They will be decided by a neutral third-party. "Depending on the outcome of the hearings, finalists could be asked to go through the application process again, effectively starting over," de la Vega said.

"I think it's going to be difficult to do anything other than speculate at this point until we know how the appeals go and what the results are," de la Vega said. "There are a lot of moving pieces."

Some applicants have been baffled by the city's process. Salzer's Records co-owner Brandon Salzer, who partnered with Safeport Dispensary in Port Hueneme to open a potential business at the Salzer's Video building at 5801 Valentine Road, was not selected and has filed an appeal.

"I think everyone is somewhat confused," Salzer said. "What's been frustrating about the entire process is there's never been an opportunity just to discuss our proposal with anyone in the city. I feel we have the best physical location of all the companies involved."

"The process is taking so long that Ventura is losing potential tax revenue to cities that have approved cannabis dispensaries such as Port Hueneme, Ojai, Thousand Oaks and, most recently, Oxnard," Salzer said.

Zahur Lalji, CEO of Zasa Inc., which owns Wheelhouse in Port Hueneme, was selected for a permit in Ventura. He is waiting for the appeals process to wrap up and wants to open as soon as possible.

"I just think the city should let the winners move forward," Lalji said.

"If all appeals are denied and the city's selection stands, no City Council action would be necessary," de la Vega said.

"If a decision is made in favor of one of the applicants, that's a whole different ballgame," he said.

Cannabis businesses are expected to generate between \$600,000 to \$700,000 to fund city services in the first full year of operation, according to city estimates.

Why we march
Continued from page 1

the future. We work to bring together people and organizations who are working towards a greater good and will continue to encourage education, cooperation, organization, and registration for all.

While California recently voted to enshrine the right of reproductive health care in the state constitution, millions of women in this country do not have the same. Many legislators have or are attempting to enact laws to restrict these very personal decisions. California is bearing the brunt of people coming from other states to receive health care services. There is a cost to that that needs to be recognized.

We march to protect our freedoms and to side with the future. Racism and prejudice based on a person's background, ethnicity, sexual orientation is unfortunately still alive and rearing its ugly head throughout our nation. While the right to marry whomever you choose is legal in many states, twenty-five states have both statutes and constitutional amendments to prevent same sex marriages.

We march for the rights of the disadvantaged and the oppressed and to support working families. With over 33 million Americans living in poverty, not enough attention is being paid to their needs. For a society to be successful, we must find ways to assist the disadvantaged through education, mentoring and compassion.

We march for voter's rights. Many communities are under attack to limit constituent determination through decreased voting hours, options and other interference. This attack is often from those elected to lead their community.

We also march to help the environment. Human made pollution, whether it be through air, water or land contamination, is making citizens ill, degrading our natural resources and costing us billions of dollars annually in remediation and health care. Society already has many solutions but is lacking the political will to reverse much of the problems we've caused.

If you'd like to learn more about what Justice For All Ventura County is doing in our community, or to join us by volunteering or donating, please go to JusticeForAllIVC.org

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\$ -

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The Chamber held a ribbon-cutting at The Six Ventura located at 419 E Main St.

The Six, established in 2010, was inspired by the "Society of Six" and in its honor they have created this rustic American experience to share unpretentious cuisine that is appealing to everyone. The streamlined menu emphasizes the concept of "six"; choose from six exciting starters, six savory entrees, six red wines, six white wines, six brews on tap & six desserts.

Photo by Michael Gordon.

The Downtown Ventura Certified Farmers' Market is the original Ventura County certified farmers' market and has been operating continuously since 1986. Over 45 California farmers and food vendors attend weekly and the market operates year round.

Enjoy a wonderful outdoor shopping experience with California farmers bringing you the freshest, vine and tree ripened fruits and vegetables. Other California agricultural items include fresh meat products, herbs, honey, eggs, whole and shelled nuts, fruit juices, jams, jellies, cut flowers and potted plants. Wonderful artisan bakery products, ethnic foods and tasty hot foods prepared onsite. The Downtown Ventura Certified Farmers Market is open Saturdays from 8:30 A.M. to noon at the 200 block of East Main Street.



When you give...we can give to those who need it the most!

Bikes & Furniture Gift~Away!

Heart 2 Heart, a program of Kids & Families Together (K&FT), hosted a New Bikes & Furniture Gift~Away event on Friday, January 20, 2023. "With the generous donations from our community, we were able to provide 21 Ventura County foster, adoptive and kinship families with new bikes, new printer cabinets, folding tables, and other home décor," said Jeni Futvoye, K&FT's Community Resource Manager. The children in attendance were very excited to receive their bikes with one caregiver saying, "the child in my care now has a bike they can ride with their siblings!" K&FT is grateful for the support from individuals and ongoing partners who give so generously. "When our community gives, we can then give to those who need it the most!" said Jeni Futvoye.

Founded in 2000, Kids & Families Together has been serving foster, adoptive, kinship, and birth families throughout Ventura County. For over two decades K&FT has become the leader in providing critical services and support to children who have experienced trauma, abuse, neglect,

loss, and multiple placements. K&FT is unique in that they provide counseling services, education, support and strategies to connect caregivers and parents to the children in their care. With programs like Heart 2 Heart, K&FT is able to wrap their arms around the entire family to help them raise healthy, nurtured children that thrive. To learn more about the programs and the services K&FT provides, please visit <https://www.kidsandfamilies.org/>

K&FT would like to thank the many volunteers that came out for this event. "We can't do these events without their help!", said Carrie McAuliffe Sandoval, Heart 2 Heart co-founder. With your support, K&FT's programs make a powerful and impactful difference in the lives of foster, adoptive, kinship, and birth families throughout Ventura County. To support events like this visit: <https://fundraise.givesmart.com/form/DYmnzg?vid=59elz> To learn about K&FT's many volunteer opportunities, visit: <https://www.kidsandfamilies.org/seeking-volunteers/>



Engelhardt has also maintained a weighted 4.50 GPA in the classroom.

Ventura High School student-athlete named California girls cross country player of the year

In its 38th year of honoring the nation's best high school athletes, Gatorade announced Sadie Engelhardt of Ventura High School is the 2022-23 Gatorade California Girls Cross Country Player of the Year. Engelhardt is the first Gatorade California Girls Cross Country Player of the Year to be chosen from Ventura High School.

The award recognizes not only outstanding athletic excellence, but also high standards of academic achievement and exemplary character demonstrated on and off the field.

The 5-foot-7 sophomore raced to the Division 2 individual state championship this past season with a time of 16:57.84, leading the Cougars to a fifth-place finish as a team. Engelhardt also won the Woodbridge Classic, the Southern Section Championships and the Champs Sports West Regional Championships. She took 10th at the Champs Sports National Championships, earning All-America honors in the process.

Engelhardt has fundraised for Runners for Public Lands to help memorialize a teammate who was killed by a distracted driver. She has also volunteered locally at running events and marathons in addition to working at a local running store. "Sadie Engelhardt overcame illness that interrupted her training on multiple occasions to demonstrate why she is still one of the most impressive athletes in the country," said Erik Boal, an editor for DyeStat.com. "In addition to winning a state championship and the Champs Sports West Regional title, she earned All-America honors at the Champs Sports National Championships. Sadie also produced one of the best 3-mile cross country performances in prep history, clocking 15:42.60 to prevail against an exceptional field at the Woodbridge Classic."

Engelhardt has maintained a weighted 4.50 GPA in the classroom. She will begin her junior year of high school this fall.

The Gatorade Player of the Year program annually recognizes one winner in the District of Columbia and each of the 50 states that sanction high school football, girls volleyball, boys and girls cross country, boys and girls basketball, boys and girls soccer, baseball, softball, and boys and girls track & field, and awards one National Player of the Year in each sport. The selection process is administered by the Gatorade Player of the Year Selection Committee, which leverages experts including coaches, scouts, media

and others as sources to help evaluate and determine the state winners in each sport.

To learn more about the Gatorade Player of the Year program, check out past winners or to nominate student-athletes, visit playeroftheyear.gatorade.com or follow us on social media on Facebook at facebook.com/GatoradePOY, Instagram at instagram.com/Gatorade and Twitter at twitter.com/Gatorade.

Free Cash 4 College Workshops help students access funds for college

Moorpark College, Oxnard College, Ventura College and Ventura College East Campus are holding free Cash 4 College workshops to help students apply for funds to help with college costs. Funds can be used for tuition, books, housing, transportation, childcare, computers and more.

In-person workshops are scheduled for Feb. 11 and 25. The workshops are free and open to the community; anyone may attend a workshop on either date and can drop in at any time during the events.

Bilingual financial aid staff will assist students in completing applications for the 2023-2024 school-year Free Application for Federal Student Aid (FAFSA) or the California Dream Act Application (CADAA). Students can also access information about basic needs support (food, clothing and housing assistance), tutoring, academic counseling, mental health services and other student services.

AB 469 now requires school districts to confirm seniors have completed the FAFSA or California Dream Act Application before graduating in 2023. Cash for College events can help students get ahead.

For more information, visit vccd.edu/cash4college.
Ventura College
Feb. 11
8:30 a.m. – 12:30 p.m.
Ventura College Learning Resource Center
4667 Telegraph Road, Ventura

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

Presidents Day will be celebrated on Monday, February 20. The collection of trash, recycling and yard/organic waste will not be affected the week of February 19-25 in the Cities of Ventura, Ojai and the surrounding areas.

Thank you and Happy Holiday

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“This year is going to be a year of transition, a turning point,” says Matt.

Market Outlooks Are Turning the Corner In 2023

by Ross Williams

At the corner of Poli and North Fir the office of Matthew Jones CFP® sits looking out over the Pacific. There in the Elizabeth Bard Memorial Building the Spanish revival aesthetic leads to a feeling of comfort and calm in an area of life that can often lead to anxiety and stress. Financial planning.

This year is going to be a year of transition. “A turning point,” says Matt as we sit down in his brightly illuminated office. He is warm and welcoming, excited to be able to get into the depths of what he knows the best. Comprehensive financial education and wealth management.

“The market is stabilizing and the current volatility should lead to a bull market later in the year. As such, It’s the perfect time to re-evaluate your current positions and look at how the new year will play out.” Matt provides financial services in partnership with Edward Jones(EJ).

Every year Edward Jones will release a market outlook for the coming year.

Here are Edward Jones key views for 2023.

Historically we see higher unemployment than we are currently experiencing at the start of a recession, and the fact that we are not is a good sign.

Unemployment rises but stays below 5%

Although unemployment will be ticking up a little bit, the unemployment rate should remain fairly low. We’ve already been seeing some job cuts especially in tech, but overall the rest of our economy has remained relatively steady. Core inflation falls, approaching 3% as the year progresses.

Core inflation is inflation of our overall economy with the subtraction of food and energy because energy and food are very volatile.

The Fed pauses when the policy rate hits 5%.

As of mid-January the Fed Funds rate sits at a range of 4.25-4.5%, the Fed may pause when the rate is in the 5% range and discussions of rate cuts could emerge later in the year.

The US Dollar will weaken further.

For many years the US dollar has outperformed. Thus, international markets appear to be undervalued relative to international markets. This transition may benefit an investor whose portfolio is diversified internationally.

“We’re a global economy, aren’t we? And international markets should

be a part of any investor’s diversified portfolio.” Matt states. “We here at Edward Jones offer a range of products to cover all our investors’ bases.”

Bonds are bouncing back.

Fixed income investments, such as bonds and CD’s, are offering higher yields now than they have in many years. As such, it may be the time to adjust these holdings in your portfolio to take advantage of the current opportunity. Equity leadership becomes more balanced.

Last year, value and defensive sectors such as consumer staples outperformed relative to the traditional growth sectors. Value is still in fashion, but now that growth valuations have come down, we may see more balance between these styles.

We’ve seen some nice increases in how much you can contribute to 401k’s and IRA’s. This is a great time of year to look at contributions and although the market declined in 2022, don’t let that derail you from making your 2023 contributions and even increasing them if you are able. “The market is the only thing that people don’t like to buy when it’s on sale.”

Matthew Jones helps a range of clients solve for many different financial goals. “Investing is for the long term and in many area’s of life, we don’t know what we don’t know, that’s why reaching out to a professional such as a CFP® (Certified Financial Planner) to help you navigate today’s complicated and nuanced financial landscape can be a real help.” If you’d like to sit down for a free consultation with Matthew Jones, he’d be happy to provide that help. Matthew Jones CFP®
Matthew.jones@edwardjones.com
805-643-0072



Jim Friedman

The Breeze interviewed ex-ex-council member Jim Friedman

What years did you serve on the Ventura City Council?

I served as a council member from December, 1995 thru 2003. I served as Mayor from 1998 to 2000. After a 15-year hiatus, I was elected again in

2018 and completed my term at the end of 2022.

Why did you run a second time?

It was a unique opportunity to serve my community again, but this time, it would be as the city’s representative in my neighborhood district, District 5. The city council voted to change voting in our city to districts in 2017, so I had an opportunity to be the first elected city councilmember to represent my neighborhood district. I really enjoyed my first eight years as a council member, so I thought this would be a great opportunity to serve again and hopefully make a positive difference in our community. You are the only person to have run and served under the “at large” and “district systems.” What are your thoughts and the pros and cons of each?

Campaigning in the district system was much more rewarding than at large. I walked almost every home in District 5. It proved to be a wonderful opportunity to personally meet the voters and find out what was on their minds.

When I ran city-wide, walking neighborhoods was not done very often. The city is simply too large to walk every home, so voters had to get to know me through numerous community forums and mailing pieces that my campaign sent out.

The biggest negative to districts is that the talent pool is more limited, but that’s the price to be paid for local neighborhood representation. I was originally concerned that districts would bring about Chicago style politics (if you vote for this in my district, I’ll vote for what you want in your district). I can say that I never saw that happen and I sincerely

hope that doesn’t change in the future.

What are Ventura’s major concerns?

Money, or I should say, the lack thereof. Just about everything everyone wants in our city costs money and without healthy revenues coming from economic development, residents will continue to complain about the level of core services that the city provides.

Will you be serving Ventura in the future in some capacity?

After serving 12 years on the City Council and six years on the Port Commission I am looking for a more spontaneous lifestyle, so for now, I am not committing myself to any appointed or volunteer positions. It’s time to spend more time with my wife, family and friends.

VLT seeks artists to celebrate nature

Ventura Land Trust (VLT) invites Ventura County artists to submit 2D artwork to celebrate nature and Ventura Land Trust’s 20th anniversary. The deadline for artwork submitted online is February 10th.

Artists are encouraged to use the circle outline of VLT’s logo as the form for a design inspired by Ventura County’s nature and coast. Artwork can explore a broad range of themes, including protection of open spaces, Indigenous cultural heritage, climate, and how community and nature intersect.

A winner will be chosen from each

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Troop 65019 was created with a handful of friends.

Cookies, Kindness And Community

by Ross Williams

Troop 65019 was created in December of 2019 with a handful of friends rallying a dozen kindergarteners, with big plans and high hopes. Troop leader Shelly Williams was excited for the group of girls to create lifelong friendships, discover new experiences and to provide them with the tools needed to grow and excel in an ever changing world. "It was a tough start, but we had amazing and committed moms and eager scouts. We hit the ground running." That was until COVID happened.

The rookie troop moved most of their meetings online for the majority of 2020, continuing their work and learning about the world of community service, creating environmental projects and earning badges via zoom chats on computer screens. As time progressed they slowly began to meet in person, finding new adventures while keeping them outside. Their focus was on wilderness conservation, eco systems and adjusting to the new ways of the world. Learning how to make a difference, even with the boundaries placed before them was a top priority. "I think I was more saddened for them, and all that had been stripped away. Having to continually say how this plan or goal had to be changed or tweaked due to COVID rules and social distancing. But they didn't flinch, it showed their resilience, their optimism and taught me just how brave and tough a group of 6-year-olds can truly be." Said Shelly as she unloaded a trunk full of Girl Scout cookies readying for a new season.

One very large aspect of being a Girl Scout is "Cookie Season." And that first year their season was cut short. Cookie Season is 3 months of cookie selling madness. From booths in front of local grocery stores, to walking door to door throughout the neighborhood, the girls do their best to raise the funds that they'll use the rest of the year and build deep connections to their community. "Walking door to door is my favorite part because we get to meet neighbors and hear their stories about Girl Scouts in the olden days and talk to them. Sometimes we get to pet their dogs". Says

the youngest Daisy scout in the Troop.

The girls learn money management, entrepreneurship and people skills, just to name a few. "We have yet to begin Cookie Booths this year, but witnessing them boothing each year has been a favorite part of mine personally. It's just so amazing to have seen them grow and progress, and the confidence they exude is what Girl Scouts is about. These girls have me in awe all the time." Says Shelly as she stacks boxes of Thin Mints and Lemonades. "When boothing, the girls are together and feed off of each other's energy. They get so excited about the process, and genuinely enjoy every bit of it. From unloading to stacking, restocking, helping supporters with their cookie choices, giving change and packing up. They're doing it all and it's a party." Boothing sessions are allocated to different troops at different times and different days. It's all very organized and systematic. A troop can't just show up to a shop and set up a booth, they have to be approved.

The hottest cookies every year are the Caramel Delights and of course Thin Mints. "Thin Mints are delicious frozen, crushed and sprinkled over ice cream." Shelly suggests. This year due to inflation, the cost of cookies went up a dollar a box to \$6 each. The troop has no control over costs, and has seen a raised eyebrow or two over the increased costs. But they're pushing through and pushing those delicious cookies anyway.

"Just remember that it's absolutely ok to not buy cookies. But a positive word of encouragement goes a long way. A Girl Scout is more than cookies. It's service, it's community, it's effort and kindness. It's a lifelong bond. It's not a cookie hustle. It's for the greater good. And you'll never hear one of our scouts discouraged if you choose to pass, they will still thank you and wish you a great day".

Shelly has two daughters, both a Brownie and a Daisy.

For cookie sales, donations and community activity opportunities contact Shelly at sswilliams17@gmail.com or you can use the attached QR code.

Dignity Health California named to Newsweek's America's Greatest Workplaces for Diversity

Dignity Health (California) announced that it has been recognized as one of America's Greatest Workplaces for Diversity 2023 by Newsweek and Plant-A Insights Group. Dignity Health is a part of CommonSpirit Health, a nonprofit health system committed to advancing health for all people and is dedicated to serving the common good. Newsweek and market data research firm Plant-A Insights looked at 1,000 companies and based their scores on publicly available data, interviews with HR professionals and an anonymous online survey of a diverse pool of employees at companies with 1,000 or more employees in the U.S. Respondents were asked questions about corporate culture, working environment and other subjects at both their own companies and others they were familiar with. The survey yielded more than 350,000 company reviews.

"We are honored that Newsweek has recognized our efforts to create a healthcare system that fosters belonging, respect and value for everyone who enters our doors," said Julie J. Sprengel, President and CEO, CommonSpirit Health Southern California Division, parent company of Dignity Health. "It's important that our physicians and staff members reflect the diversity of the communities we serve, as we believe it builds trust among our patients which leads to improved outcomes."

In total, the two CommonSpirit Health California divisions represented in this ranking employ nearly 43,000 individuals that work across different healthcare settings from community hospitals, urgent care clinics to surgery and imaging centers. The communities represented cover highly populated metropolitan areas like San Francisco and Los Angeles to smaller, suburban communities such as the cities of Woodland and Camarillo.

"California consistently ranks as one of the most diverse states in the country and we're proud to have made concerted efforts to mirror that diversity within our workforce," said Shelly Schorer, Interim President and CEO, CommonSpirit Health Northern California Division, parent company of Dignity Health. "It's motivating to hear of this distinction as it comes on the heels of years of important work - from our launch of medical residency initiatives that expand opportunities for Black, Indigenous and people of color (BIPOC) to being recognized by the Human Rights Campaign Foundation's Healthcare Equality Index - we are encouraged now more than ever to continue these ongoing

advancements."

In the development of this list, Newsweek aimed to better inform the public of employers who are truly dedicated to Diversity.

"With the word "diversity" attracting so much attention from companies, however, it can be tough for job applicants, customers and potential business partners to tell who is serious about supporting a diverse workforce," shared Nancy Cooper, Global Editor in Chief, Newsweek.

Newsweek grouped the winning companies by six main economic sectors and 34 industries. The top scoring companies are themselves a diverse list spanning different kinds of businesses.

Student "4-way test" essay contest still time to enter

The Rotary Club of Ventura is still accepting applications for the 2023 "Four-Way Test" Essay contest. The contest is open to Middle School and High School Students with a chance to win cash prizes. Deadline is February 19, 2023.

Implemented in 1932, The 4-Way Test is a nonpartisan and nonsectarian set of four simple questions that offers an ethical and effective guide to use when faced with a difficult decision or dilemma.

The 4-Way Test of Things We Think, Say or Do

- Is it the truth?
- Is it fair to all concerned?
- Will it build goodwill and better friendships?
- Will it be beneficial to all concerned?

Since its inception the test has been translated into more than 100 languages and practiced by Rotarians all over the world for use in their personal and professional relationships. "When I'm faced with a difficult decision, I find the 4-Way Test is a great resource in that it allows you to take a step back and look at a problem with a fresh perspective," says Margi Wray, President of the Rotary Club of Ventura.

The contest asks students to write a short essay about how considering these four simple questions can influence everyday decision-making in their lives. Students should explore how any decisions may affect those around them. They can tell a story about how utilizing the Four-Way Test was beneficial or would have been. Past entries have related the test to personal experiences, historical figures, events, or current local, national, or international issues. Creativity is encouraged.

Students can visit venturarotary.org to download the informational flyer and essay cover sheet. Deadline is February 19, 2023. Members of the Rotary Club of Ventura will judge the essays and award prizes in both the middle school and high school categories. First \$300, Second \$200, and Third \$100. The first-place winner will go on to compete in the District Level competition with a chance to win additional cash prizes.



Small boats came to the pier to take locals to see the powerful ship.

Famed Battleship once visited Ventura

by Richard Senate

The Battleship USS Texas (BB-35) is now in a drydock being restored. It was feared she might be lost if these actions were not taken. Today she is a floating museum permanently on display at the San Jacinto battlefield near Houston, Texas. Few today know that this famed ship once visited Ventura on Navy Day, 1924, anchored off the pier, and open for tours.

Small boats came to the pier to take locals to see the powerful ship. This ship had a number of firsts. She was the first to have a permanent consignment of Marines and the first to be armed with anti-aircraft guns. She was one of the few warships to serve in both World Wars. Her crew of 1,042 men nicknamed her “The Big T” and she weighed in at 27,000 tons and she was armed with ten inch guns set two to a turret.

In World War One she patrolled the North Sea to bottle up the Kaisers Imperial fleet. In World War Two she was part of the 1942 invasion of North Africa. In 1944 she played an important part in the D-Day Invasion of Normandy, even moving in close to the beach to give covering fire to American G.I.s on the beach and she took withering fire from German Guns. After the war she was decommissioned in 1948 to become one of the first floating museums, berthed in Texas.

Perhaps her visit should be honored with a plaque on the pier, or a model of this warship built and displayed at the Ventura County Maritime Museum.

The Bookmark

About Libraries and Friends

by Mary Olson

In celebration of **Black History Month**, author David Calloway will visit E.P. Foster Library to discuss his debut novel *If Someday Comes*. This historical novel fictionalizes the story of the author’s enslaved Black great-grandfather. Meet the author on Thursday, February 23, 1:30 to 3:30 in the Topping Room at E.P. Foster Library. A Q&A and booksigning will follow the talk, with copies of the book for sale.

Local Ventura County author Olaf Engvig will visit the Ojai Library at 6 pm on Thursday, February 23, and the E.P. Foster Library at 2 pm on Saturday, February 25, to deliver a talk on his book *The Ships That Built the West: The Scandinavian Navy, WAPAMA and VÆRDALEN*.

The Scandinavian Navy refers to ships and/or seamen from Scandinavia in the 1880-1945 time period. The US West Coast was built with the help of these ships and men. The book also shares the stories of related ships, such as the steam schooner

WAPAMA and the restoration of the hybrid ship VÆRDALEN. Mr. Engvig will sign and sell his book at a discount after his presentation. Born in Norway, Mr. Engvig now resides in California. He holds a graduate degree in maritime history and received the Karl Kortum Maritime History Award in 2018.

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, and will be offered in English on Tuesday, February 28, and in Spanish on Wednesday, March 1.

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.

The program in English begins at 5:30 pm on Tuesday, February 28. To register, visit bit.ly/VCLWEV17.

The program in Spanish begins at 5:30 pm on Wednesday, March 1. To register, visit bit.ly/VCLWEV18.

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 Bookstore in E.P. Foster Library is open Tuesday through Saturday, 11:00 am to 4:00 pm. And we are still able to keep the store open on Sundays, 1:30 to 4:00 pm in February.

Donations of books, CDs and DVDs can be left in the blue bins inside E.P. Foster Library (near the Friends’ bookstore) and Hill Road Library. Large donations of materials can be taken to the Friends’ warehouse at 11251 Riverbank Drive, off Wells Rd and County Dr, within the County’s Saticoy General Services/Public Works Yard on Fridays from 9 am to 11 am or by appointment. For more information on donating to Ventura Friends of the Library or to volunteer, please email bookstore@venturafriendsofthelibrary.org.

Congressman Salud Carbajal Continued from page 1

possible and went above and beyond during this series of events,” said Brian Pendleton, the District’s General Manager. “We will coordinate closely with the City and County in our recovery efforts for the Harbor area,” said Pendleton.

“I’m grateful to the Ventura Port District for helping me get an up-close look at the impact that the high surf and heavy rains of this month’s storms had on the Harbor and the Keys neighborhood. As the new representative for the harbor and the City of Ventura, I’m committed to supporting our Harbor residents, businesses, and industries in both these short-term recovery efforts and their longer-term maintenance needs,” said Congressman Salud Carbajal. “I have already joined local officials and the State of California in urging the Biden Administration to expand their major disaster declaration to include Ventura County, and I will continue to work with FEMA and other federal officials to ensure our entire region gets the support it needs to repair and rebuild.”

California Governor Gavin Newsom declared a state of emergency on January 4, 2023, as a result of the winter storms with the City of Ventura following suit on January



This annual event is a visual opportunity to provide awareness about rising sea levels. Photos by Patricia Schallert.

Participants went on a half-mile educational walk along the coast

On Saturday, January 21, the City of Ventura hosted a press conference and coastal walk along the Ventura Beach Promenade with distinguished officials and local environmental partners during the annual King Tides event.

Deputy Mayor Jeannette Sanchez-Palacios was joined by U.S. Congressman Salud Carbajal, Assemblymember Steve Bennett, County Supervisor Matt LaVere, Brian Brennan of the Beach Erosion Authority for Clean Oceans and Nourishment (BEACON), Zach Plopper of the Surfrider Foundation, and Acting City Manager Akbar Alikhan.

This annual event is a visual opportunity to provide education and awareness about rising sea levels and coastal erosion for local coastline communities like

Ventura. 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.”

Learn more about King Tides at www.coastal.ca.gov/KingTides. visit www.coastal.ca.gov/KingTides.

6, 2023. The Board of Port Commissioners also declared a state of emergency for the Ventura Port District at its meeting on January 18, 2023, to authorize the General Manager to take any action required to respond to the emergency. Blumenberg stated, “It is important to have these measures in place to restore District assets and coordinate response efforts with local and state officials.”

Ventura County officials have declared that the cost of damages from these winter storms is expected to top \$30 million.

VLT seeks artists Continued from page 5

of three categories: kids (2-12), teens (13-17), or adult (18+).

The overall winning design will be revealed at VLT’s birthday party, which will be held at Topa Topa Brewing Company (4880 Colt Street) on February 24th. The winning artwork will be featured on a special edition VLT t-shirt and sticker.

Art contest guidelines and the online submission form can be found at www.venturalandtrust.org/artcontest. The deadline for artwork submitted online is February 10th.

Ventura Land Trust, founded in 2003 as Ventura Hillside Conservancy, will celebrate its 20th anniversary throughout 2023 with special events and opportunities for the community to be involved in protecting open spaces. A calendar of happenings is available at www.venturalandtrust.org/events.

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The Ventura County Long Term Care Ombudsman Program is seeking a few good people who want to make a difference in the lives of the elderly.

We are accepting applications now, but space is limited. Make a difference in our community. Serve today!

Learn More & Apply Online
ombudsmanventura.org



Community Memorial Health-care Debuts New Master Brand

Community Memorial Healthcare, formerly Community Memorial Health System, is proud to debut a new master brand that better reflects the mission and values of the organization, as well as the breadth of services it provides across west Ventura County. The modernized brand includes a new logo, vibrant colors, and an updated naming architecture.

The brand, which officially launched January 22, 2023, provides a fresh look for Community Memorial, the locally-owned, not-for-profit health system of choice in Ventura County. The organization remains committed to its independent status and will continue to provide the exceptional care the community has.

“The goal of this project was to unify Community Memorial’s hospitals, health centers, programs and services under a single, highly recognizable umbrella with consistent presence across the county,” said Jamie Maites, Community Memorial Healthcare Vice President, Marketing & Development. “We wanted the look and feel of the brand to reflect our community and the high quality care we deliver.”

The new umbrella name, Community Memorial Healthcare, replaces Community Memorial Health System as the enterprise name. Other key name changes include:

- Ventura, previously Community Memorial Hospital
- Community Memorial Hospital - Ojai, previously Ojai Valley Community Hospital
- Community Memorial Health Centers, previously Centers for Family Health and Midtown Medical Group
- Community Memorial Foundation, previously Community Memorial Healthcare Foundation

Community Memorial Healthcare’s new logo, a layered wave, is a nod to Ventura County’s coastal location. The layers symbolize the various parts of the organization – from physicians and caregivers on the front lines to those behind the scenes – all working together to deliver exceptional care. The logo colors were carefully chosen to represent caring (blue), wisdom and compassion (purple), and wellness and vitality (bright green). The wave will replace a number of disparate logos currently being used across Community Memorial’s locations and programs.

“A tremendous amount of research was done in the planning of this change,” said Mick Zdeblick, President & CEO, Community Memorial Healthcare. “We asked a lot of questions and received input from stakeholders, team members, and our community. We learned that residents are looking for a partner and advocate in their health

Continued on page 19

On Vacation



Robert & Annie Schwartz enjoying Costa Rica and the Ventura Breeze.

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The Seattle Times

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Senior Living



Students from Will Rogers made Valentine's for seniors during Kindness Week.

Kindness Week was a week-long program dedicated to creating a culture of kindness and compassion

by Carol Leish, MA

“Kindness Week’ was January 23-January 27, 2023, at Ventura Unified School District,” according to Natalie Uribe, who is the Home Care Specialist at Assisted Home Health and Hospice. “My colleagues and I approached schools in our service area, including Will Rogers Elementary School in Ventura. Their Principal, Vanessa Perez, said that the school included our Valentines coloring sheets in their activities for Kindness Week, which was a week-long program dedicated to creating a culture of kindness and compassion in communities worldwide.”

Principal Perez said, “We are working on the pillars of character. February’s character trait is ‘Caring.’ The color is ‘red’ and for students to think of a ‘heart.’ It’s important to show that you care, to express gratitude, to forgive others, and to help people in need, which all fit into being caring individuals.”

Principal Perez also emphasized that, “We become kind and caring by doing kind and caring things each day, not just during one week. A smile is an easy way of showing someone that you care. It’s easy to acknowledge someone with a smile on the school campus, in the grocery store and in the community.”

“During Kindness Week,” according to Uribe, “we provided local elementary schools in our service area: Camarillo, Oxnard, Ventura, Santa Paula and Ojai, with Valentine’s coloring sheets asking them to color them for seniors

who are living in various senior living communities. As we know, some of the residents have few families and friends, and receiving a colored in card with a handwritten note to show that they are thought of and loved from school children puts a smile on their faces.”

Various activities are provided by Assisted Home Health and Hospice. Uribe said, “Activities range from cooking classes to flower bouquet making, pet therapy, mini golf putting, toss n talk beach ball games, ice cream socials, arts and crafts, flower potting, etc.”

According to Uribe, “As our world becomes increasingly complex, we believe it’s more important than ever to have given our students the opportunity to have participated in the uplifting week of kindness by having made Valentine cards for seniors. It was a way of sharing a conversation with children about kindness and thinking of others, such as our seniors.”



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Take care of your senses

Vision Cognitive Health Dementias

About one third of older adults have some form of vision problems or loss by age 65, and nearly 50% of people older than 75 have disabling hearing loss. Anosmia, which is the medical term for the decline or loss of smell, can also be a significant blow to quality of life. Still, for most older adults, these common signs of aging don’t affect cognitive health.

Too many older adults consider sensory decline to be something that they must learn to live with, yet there are treatment options available. Scientists are studying whether the risk of cognitive problems can be reduced when these conditions are treated – with glasses, eye surgery, hearing aids, or other health care approaches. Read on to learn how NIA-funded investigators are finding new insights into how the eyes, ears, and nose might be windows into our overall cognitive health.

Alison Abraham, Ph.D., M.S., M.H.S., associate professor of epidemiology and ophthalmology at the University of Colorado School of Public Health, has long studied the relationship between the eyes and the brain. She is a principal investigator with the NIA-funded Eye Determinants of Cognition (EyeDOC) Study.

Abraham has a family history of

vision problems that has fueled her personal interest in how vision loss affects emotional well-being, physical functioning, social interaction, and brain health. In her work, she collaborates with community groups and care providers on strategies for increasing routine vision screening and broadening access to vision care for older adults.

Abraham’s research focuses on the retina, the area at the rear of the eyeball that relays visual information through the optic nerve to the brain. “In the womb, the development of the retina and the brain are closely linked,” said Abraham.

In the EyeDOC study, Abraham uses a noninvasive imaging method called optical coherence tomography (OCT) to examine the retina. OCT is currently used to diagnose and manage diseases, including diabetes-related retinopathy and glaucoma. Compared to more intrusive brain imaging tests such as MRIs or PET scans, OCT provides an easier, less expensive way to learn about the health, thickness, and architecture of retinal nerves and blood vessels. Initial studies with OCT have shown obvious differences in retinal nerve fiber thickness between cognitively healthy older adults and people with Alzheimer’s disease and related dementias.

Abraham is continuing studies in this area and is hopeful that OCT could be repurposed to develop retinal biomarkers for earlier screening of people at risk for cognitive impairment. Other researchers found that cataract extraction was significantly associated with a lower risk of dementia development.



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Presented by Linda Hampson, RN, MSN
Livingston Diabetes Nurse Specialist

THURSDAY,
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The new year is a great time to re-focus on your health. If you've received a prediabetes or diabetes diagnosis from your doctor—or you want to prevent a diagnosis—this is the seminar for you. Please join us to learn basic information about the condition and tools to help with meal planning, exercise, blood sugar monitoring, medications, and new developments in treatment.

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- [Dementia Awareness](#)

Senior Living



A medication used to treat high blood pressure, did not improve walking performance.

Blood pressure drug telmisartan did not improve mobility in people with peripheral arterial disease

These results challenge previous studies that found telmisartan improved running strength in mice and increased treadmill walking distance in people with PAD.

The new findings also indicated people with PAD could improve their walking performance through exercise.

PAD, a condition that affects leg blood vessels, can decrease mobility. It is characterized by narrowed arteries and is common in older adults, especially among Black individuals. Telmisartan works by blocking a hormone that causes blood vessels to narrow, enabling the vessels to relax so blood can flow easier. Doctors often recommend the drug to reduce cardiovascular events, such as heart attack or stroke, in people with PAD.

A team of researchers from NIA and Northwestern, Tulane, Stanford, and other universities randomly assigned 114 participants who had PAD to either receive telmisartan or a placebo. The average age of participants was 67 years; 40% were women and 71% were Black. Participants were randomly assigned walking exercises on a treadmill three times a week with an expert or one-hour educational sessions on health topics with study personnel. The researchers compared results on the six-minute walk distance between the telmisartan and placebo groups at baseline and at a six-month follow-up. In this test, participants covered as much distance as possible within six minutes. The research team evaluated several measures of speed, performance, and function.

Participants who took telmisartan had lower blood pressure after six months than at the start of the study. However, telmisartan did not improve six-minute walk distance, speed, performance, or function compared with placebo at a six-month follow-up. Instead, the effects of telmisartan trended — albeit insignificantly — toward worse performance on six-minute walk distance compared with placebo. A follow-up analysis, however, did show that exercise improved the six-minute walk distance.

Patients already taking telmisartan or a similar drug were not included in

this trial. Future research could explore whether the use of blood pressure drugs is less helpful, and perhaps even harmful, in people living with PAD in the legs who do not have high blood pressure.

Reference: McDermott M, et al. Effect of telmisartan on walking performance in patients with lower extremity peripheral artery disease: The TELEX randomized clinical trial. *JAMA*. 2022;328(13):1315-1325. doi: 10.1001/jama.2022.16797.

This is 'not your Gramma's Bingo'

CAREGIVERS Volunteers Assisting the Elderly is launching a new series called "Bevvies & Bingo"! This is 'not your Gramma's Bingo' and the inaugural event is on Friday, February 24th.

CAREGIVERS Volunteers Assisting the Elderly and The Shores present: Classic Rock Bingo! + Bills Birthday Bash.

This is classic rock bingo and a birthday bash for Bill from The Shores. If you don't know Bill, then you should join, and get your bingo on plus get to know this rockin' dude. Our emcee hailing from the Van Halen rock era will ensure the set list is ready, and things will be rockin' so get ready to jump!

February 24th 12pm-4pm (space is limited so be sure to RSVP at (805) 658-8530).

Jokes, drinks, and Classic Rock! Fantastic prizes, and not to be missed raffle too! The Shores will be hosting a rockin' happy hour special and snacks for purchase.

Classic rock themed...because we know you were born to rock! Be ready to have a good time, wear that favorite concert T or rock band shirt.

Proceeds Benefit: Caregivers Volunteers Assisting the Elderly (non-profit organization).

Cost: \$10 cash at the door for each set of playing cards.

Registered Caregivers volunteers are free. Bring a plus one (guest) and they are free too!

One set of playing cards and one non-al-

FREE VENTURA COUNTY PARKINSON'S SUPPORT GROUP

NEXT MEETING: Tuesday, February 21 (10-11:00am)

Meetings are held at Crosspointe Church in Ventura (5415 Ralston Ave.) on the **THIRD** Tuesday of each month from 10-11am

For more information, go to vcneurofitness.com OR contact Dr. Vanessa White: 805.300.7749—vcneurofitness@hotmail.com

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Laura F.

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Senior Living

coholic beverage included in each ticket.

Open to friends, and the public for \$10 (for each set of playing cards). One non-alcoholic beverage included for each ticket/set of playing cards.

Additional playing cards can be purchased for \$10 if you want to play multiple cards in each game.

Facebook event with all details can be found at <https://www.facebook.com/events/876920963593411>



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

Volunteers needed to train as instructors for senior exercise program

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

Trained instructors make a difference in the lives of those enrolled in classes, as well as contribute to their own well-being by engaging in a regular exercise program. RSVP exercise programs are free and open to the public. Classes operate in RSVP's four-city service area of Oxnard, Ventura, Camarillo and Port Hueneme. Call 805-385-8019 for more information about trainings.

Training Schedule
RSVP Bone Builders

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

Tuesday, February 14, 2023

Tuesday, May 16, 2023

Thursday, September 21, 2023

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

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

Oxnard RSVP has about 300

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

A New Year of Hope for Alzheimer's

The start of a new year often brings time for reflection, as well as vision for the future. As we reflect on the productive and promising discoveries in Alzheimer's research in 2022, we are driven to a newfound hope for what is to come in 2023.

Most notably may be the improvement that we began to see in Alzheimer's treatments.

In November, pharmaceutical companies Eisai and Biogen announced positive results from their global Phase 3 clinical trial of an Alzheimer's drug lecanemab, slowing the rate of cognitive decline in study participants by 27% over 18 months. These are the most encouraging results we have seen to date for an Alzheimer's treatment.

Earlier this month, the Food and Drug Administration (FDA) granted accelerated approval for this drug, which is now the second FDA-approved drug in 18 months that changes the course of Alzheimer's disease.

One other discovery found that a daily multivitamin may slow brain aging. Research published in September last year in Alzheimer's & Dementia: The Journal of the Alzheimer's Association found that taking a multivitamin-mineral supplement every day for 3 years resulted in a statistically significant cognitive benefit.

This is the first positive, large-scale, long-term study to show that multivitamin-mineral supplementation for older adults may slow cognitive aging, which may have the potential to significantly impact public health.

At the Alzheimer's Association International Conference (AAIC) last summer, new research results found that eating a large amount of ultra-processed food can significantly accelerate cognitive decline.

Also at AAIC 2022, researchers reported that experiences of structural, interpersonal and institutional racism are associated with lower memory scores and worse cognition in midlife and old age, especially among Black individuals.

Lastly, research published in December in JAMA Neurology showed that individuals with hearing loss who used hearing restorative devices had a 19% decrease in risk of long-term cognitive decline.

While advancements are happening, the significant impact of Alzheimer's remains. Over a recent 20-year period, deaths from heart disease went down 7.3%, while deaths from Alzheimer's increased 145%. In 2022, Alzheimer's and other dementias cost the nation \$321 billion.

With even more FDA decisions expected on Alzheimer's treatments in 2023, this is a very exciting time in the fight to end this disease. Thanks to increased research funding from the federal government and nonprofit organizations there is great hope and the new year is sure to bring more advances and discoveries for people living with, and at risk for, Alzheimer's disease and all other dementia.

For more information and free support services, contact the Alzheimer's Associa-

SENIORS *deserve* A HOME

» Rancho Sierra Senior Apartments, Unincorporated Ventura County. Anticipated Move-In: March 2024

» *Imagine your grandmother or grandfather not having a safe home as they live out their golden years? That is simply unacceptable.*

At Housing Trust Fund Ventura County, we have been working to change that for 10 years. \$26 million in funded or committed loans creating 1,120 affordable apartments and homes positively impacting thousands of individuals and families, including many senior citizens. Our lives are connected through one common need - to feel safe and secure in a home.

Your support ensures safe, equitable housing for all. To donate and view the many developments we've funded go to www.housingtrustfundvc.org/housing

The local trusted leader providing early funding for developers creating affordable housing options in Ventura County.

tion. Their Ventura office is located at 2580 E Main Street #201, and their 24/7 Helpline is 800.272.3900. Visit them online at alz.org/cacentral.

Four questions to ask your doctor about exercise

Are you considering adding exercise to your daily routine or significantly increasing your level of activity? Talk with your doctor about the exercises and physical activities that are best for you. During your appointment, you can ask:

What types of exercise would work for me? Your medical history and current activity level will help your doctor recommend exercises that are doable and safe. Your doctor can also help you come up with a plan to gradually increase the intensity or duration of your physical activity. This information might be part of an exercise prescription, which indicates how you should exercise and for how long. You can "fill" this prescription by yourself or coordinate with a personal trainer or exercise medicine specialist.

Are there any exercises or activities I should avoid? Your doctor can make recommendations based on your health history, keeping in mind any recent surgeries or ongoing health conditions such as arthritis, diabetes, or heart disease. This would be a great time to check with your doctor about any unexplained symptoms you've been experiencing, such as chest pain or pressure, joint pain, dizziness, or shortness of breath. Your doctor may recommend postponing exercise until the problem is

diagnosed and treated.

How does my health condition affect my ability to exercise? Some health conditions can affect your exercise routine. For example, people with arthritis may need to avoid some types of activity, especially when joints are swollen or inflamed. Those with diabetes may need to adjust their daily schedule, meal plan, or medications when planning their activities. Your doctor can talk with you about any adjustments you need to make to ensure that you get the most out of your new exercise routine.

Need a doctor or clinician?

Are you looking for a new doctor — or specialist — and not sure where to start? Medicare.gov makes it quick and easy to find and compare doctors and other providers in your area.

Here's how:

Visit Medicare.gov/care-compare. Select "Doctors & clinicians," and enter your location. You can also search by specialty, like general practice or internal medicine.

Review details about the doctors you're interested in, like their contact information, practice locations, hospital affiliation, or if they offer telehealth services.

You can also select the "compare" button to compare up to 3 different doctors you're interested in.

Find & Compare Doctors

Once you're ready to schedule a visit with a new doctor, be sure to call ahead to verify general information, like office location, if they're accepting new patients with Medicare, and if you need a referral.

Sincerely,
The Medicare Team



Ventura events

by Ana Baker

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

Livingston is pleased to announce a new free 10-week grief support group program for our LGBTQ+ community. The group will meet every Tuesday from February 7th through April 11th. The group will meet in person at our Camarillo Grief Center. Space is limited. All support groups are free for the community. Please get in touch with Livingston's Grief and Bereavement Program for reservations at 805-389-6870 or online at lmvna.org/grief. Visit www.LMVNA.org for more information.

Feb. 7, 21: Please join the Ventura Senior Men's Group (VSMG) on the first and third Tuesdays of each month at the Poinsettia Pavilion, 3451 Foothill Rd. Be 55+ and not gainfully employed. All topics except religion or politics are on the table. Our meeting agenda is 11:30-12 p.m. Social-12-12:45 p.m. lunch. Food Affair by Stacy. \$25 but free to first-time visitors. 12:45-1 p.m. Business meeting, 1-1:30 p.m. Speaker (local organizations and information). February 7 topic is capitalizing on the real estate market in Ventura County. February 21 topic is the many features of Ventura, including fun places to visit, sights to see, special events, and great places to eat. Need transportation? Call Lyle Hotzler 805-341-9820

Feb. 11: Plant & Collectibles Sale at the Dudley House Museum on Saturday, 8 - 2 p.m. Bromeliads, orchids, and succulents will be on sale along with various collect-

ibles. Vendors, please call Charlie at 805-746-4317 for details. The museum is located at the corner of Loma Vista and Ashwood Streets at 197 N. Ashwood.

Feb. 12: Olivas Adobe Sunday, 11-3 p.m. Quilts from the mid-1900s, 1940s, 1960, and a modern quilt will be on display through the end of February. History is made and preserved with each layer and stitch. Olivas Adobe Historic Park is open to the public Sundays 11 - 3 pm, free. Small Adobe exhibit: The Olivas Adobe in focus, a look at the historic site through the lens of the Thousand Oaks Photo Group. Docent lead tours are offered for a small fee. The gift shop is open, as well as the small adobe with art and gifts for sale. 4200 Olivas Park Drive www.cityofventura.ca.gov/olivasadobe.

Feb. 14: Ventura Audubon Society's February Program "Sea to Summit: The Marvelous Hummingbird" will be held via Zoom at 7 p.m. on Tuesday. Join us from Alaska to the high Andes of South America for the historical magic of hummingbirds! Speaker Benny Isaac Jacobs-Schwartz owns and operates a bird-guiding business and lifestyle brand, BIRDS by BIJS (pronounced Bee-jus), in coastal Alaska, Central America, Trinidad and Tobago, and the Ecuadorian Amazon. Pleashtought <https://www.venturaaudubon.org/monthly-speakers> for more information and the Zoom Link

Feb. 14: The San Buenaventura Women's club is meeting on Tuesday, at the Poinsettia Pavilion for lunch (\$20 - Noon), program and business meeting. Guests welcome. Reservations required. (805) 320-2702. Special program is Mer by the Seaside Chinese dance troupe.

Feb. 18: The Ventura County Genealogical Society presents Free Family History Program online with Zoom. Saturday,

1- 4 p.m. Presenter: Cyndi Ingle, Tracking Your Digital Breadcrumbs: bookmarks, toolbars, notes, and other applications. Cyndi Ingle, a genealogist for more than 42 years, is the creator and innovator behind the award-winning and globally recognized. All our monthly lectures and workshops are free to our members and the public. Non-members should request a Zoom invitation at <https://venturacogensoc.org/request-invitation-to-lecture/>. CyndisList.com.

Feb. 19: The Ventura and Santa Barbara County chapter of the National Association of Watch and Clock Collectors (NAWCC) will meet Sunday in the Campus Student Center of Ventura College, 4667 Telegraph Road. The regular meeting starts at 11:00. There will be a mart where items will be for sale followed by lunch. An informational meeting and a presentation on a topic on clocks or watches will start at 1:00 pm. 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 of each month at the Ventura College location. More information about chapter 190 can be found at www.nawcc-ch190.com.

Feb. 25: Local Ventura County author Olaf Engvig will visit the E.P. Foster Library at 2 p.m. on Saturday to deliver a talk on his book The Ships That Built the West: The Scandinavian Navy, WAPAMA, and VÆRDALEN. These events are free and open to the public. This informal and fun lecture focuses on material from Engvig's latest book. Mr. Engvig will sign and sell his book at a discount after his presentation. Contact Ron Solórzano, Regional Librarian, at (805) 218-9146 or ron.solorzano@ventura.org.

The E.P. Foster Library is located at 651 East Main Street. Service hours are 10 - 7 p.m. Monday through Thursday, 10 - 5 p.m. Friday and Saturday, and 1 - 5 p.m. Sunday.

Feb. 25: The United States Coast Guard Auxiliary (USCGA) will be conducting an in-person boater safety class on Saturday February 25, 2023, 9:00 AM - 5:00 PM. The class is taught by Auxiliary instructors experienced in recreational boating. Location is the Coast Guard Auxiliary Training Room 4202 S. Victoria Ave in Oxnard. The course,

Boat America, is a boating certificate class that offers an introductory and interesting boating safety course.

Mar. 4, 5: The Ventura Gem Show: 60th Annual Gem, Mineral, Jewelry Arts & Fossil Show Saturday the 4th, 10 - 5 p.m. Sunday the 5th, 10 - 4 p.m. Fifty gems, minerals, fossils, lapidary & jewelry arts exhibits. Proceeds support a \$1000 scholarship to a local college student & also support our free educational outreach efforts for schools, teachers, homeschoolers & youth groups. We are located at the Ventura County Fairgrounds, 10 W. Harbor Blvd. Admission: Free (note, however, the Fairgrounds charge a parking fee).

Website: www.vgms.org

Ojai news and events

As you walk the meadows, mountains and valleys of Southern California, do you find yourself wishing you knew more about the elusive mushrooms you encounter?

Turn your wishing into learning on Saturday, February 18, from 9 a.m. to 3 p.m. when Herb Walks with Lanny Kaufer hosts a workshop in Ojai with acclaimed forager/chef Jess Starwood, author of Mushroom Wanderland: A Forager's Guide to Finding, Identifying, and Using More Than 25 Wild Fungi!

Starwood will join Kaufer, author of Medicinal Herbs of California: A Field Guide to Common Healing Plants, at a diverse Ojai habitat that is home to several species of fungi and native plants. Of course, they can't guarantee which mushrooms they'll find as that is unpredictable, dependent on rainfall, weather, and other factors. In any case, Starwood will bring dried samples from her pantry to fill in the gaps.

The workshop will start out at 9 a.m. at the Ojai Meadows Preserve for some plant ID and mushroom foraging. At 12 noon the group will move indoors to Fisher Hall at St. Andrews Episcopal Church for a wild food lunch demonstration, followed by more learning in the afternoon. At 3 pm. Kaufer's mobile bookshop will be open for purchasing either title and many more. The authors will sign their respective books.

This will be Starwood's only Ojai workshop during mushroom season this year. All three of her 2022

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Moving Up?
Moving Out?**

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DRE 01985025

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Call the SCAN representative listed below.

Michelle Michel

Phone: (805) 218-8220
License: #0102882

Calling this number will connect you to a licensed insurance agent/broker.



2023 SCAN Classic (HMO) Benefits for Ventura County include:¹

\$0 Monthly plan premium

\$0 Co pay for Preferred Generic and Generic drugs¹

\$25 Insulin co pay (30-day supply)²

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



mushroom workshops sold out so those interested are encouraged to act soon if they want to be able to participate in this very special event.

The cost for the workshop, including all materials, is \$145. Registration and more information can be found at HerbWalks.com or by calling 805-646-6281. This workshop will go on rain or shine with a change of morning venue in case of a heavy downpour.

In preparation for the upcoming H2O Show at the Ojai Art Center, 24 Pastel Society of the Gold Coast (PSGC) members have been busy creating works of art in various mediums – all in the name of environmental love.

Although this group of artists is generally known for creating beautiful pastel paintings – they are also extremely talented in various mediums and this particular show will showcase their broad range of talent.

Not only are these artists doing this in the name of art, but they want to build awareness as well, through their art, of our most precious resource: water. And in so doing, they will also be raising funds to support the tireless efforts of the Ojai Valley Land Conservancy (OVLC).

The H2O Show opening will be held Saturday, March 4th, from 5:00 to 8:00 p.m. at the Ojai Art Center. Everyone is invited to come meet the artists and bid on some beautiful pieces to support the environment as well as the arts! If you can't make the reception, H2O will be on display from March 4th through March 29th. The Ojai Art Center is located at 113 So. Montgomery Street in downtown Ojai.

The Ventura Gem Show “Diamond Jubilee”

The Ventura Gem & Mineral Society (VGMS) is pleased to announce our “Diamond Jubilee” 60th Annual Gem, Mineral, Fossil & Jewelry Show taking place March 4 & 5 (10:00 AM–5:00 PM, Saturday; 10:00 AM–4:00 PM, Sunday) at the Ventura County Fairgrounds (10 W. Harbor Blvd, Ventura). The show is open to the public and admission is free, although the Fairgrounds charges a parking fee if using the Fairgrounds lot.

The Ventura Gem Show has been a fun family event for six decades with its

focus on kids and education, gemstone cutting and jewelry-making, and rocks and fossils. At the show, we'll announce the recipient of our \$1,000 Scholarship Award, given annually to a local college student. Upon entering the show, kids are given a free polished stone at our Welcome Booth, where we also will have free rock samples and educational packets for teachers. At the Kids Booth, children can enjoy activities offering an assortment of rocky prizes. A nearby display offers info about the society's two-room museum in Ojai, where teachers, home-schoolers, and other youth groups can arrange tours by appointment.

Here in California, there's gold in them thar hills (try Lake Piru!), and you can learn how to pan for it at the Show. At one booth, expert prospectors will guide you through basic steps of gold panning, and you can purchase “pay dirt” to pan for real gold nuggets and flakes at the show or in your own backyard. In addition, this free show will feature some 50 displays of gems, minerals, fossils, and award-winning handcrafted jewelry. These include educational exhibits of fossils collected locally in and around Ventura County, as well as a display of our State Rock, Mineral, Fossil, and Gemstone (including a gold nugget, an Ice Age saber-tooth cat, and “Auggie”, the California State Dinosaur). Still other displays will show how stones collected locally have been crafted into jewelry. Demonstrations give visitors up-close looks at artists pursuing their crafts: gemstone cutting, silver work and jewelry making, beading, and other arts and crafts made from nature. Raffle prizes include fine jewelry, carved stones, a \$100 bill, mineral and fossil specimens, and more. In addition, enjoy hourly silent auctions for rocks, minerals, and fossils, as well as a “Country Store” white elephant sale, a plant sale, and 15 dealers selling beads, opals, jade, gemstones, crystals, fossils, jewelry and jewelry-making supplies, and gift items.

VGMS was founded in 1944 to encourage interest in rocks, minerals, fossils, jewelry-making, and related areas through education, activities, and exhibitions such as this annual show, which is open to the community.

The Ventura Gem Show is the society's major fund-raising event helping to underwrite educational activities, including the annual college scholarship and school visits and donations. For further details, call (805) 312-8467, email info@vgms.org, or visit our web site at www.vgms.org.

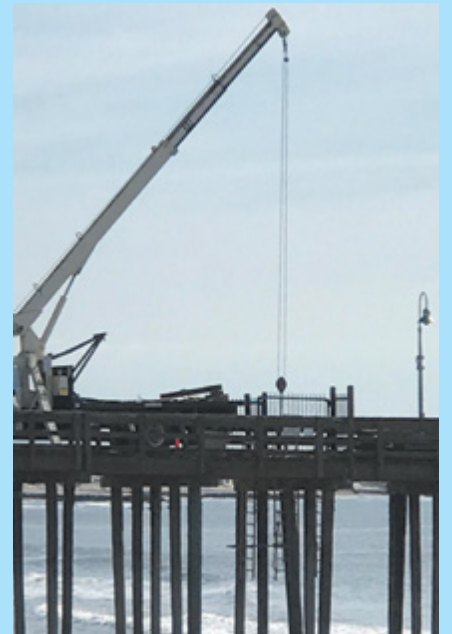
The Ventura Gem & Mineral Society, Inc., is a nonprofit educational organization.

The heavy rains that hit Ventura caused much damage including much damage to the 91-year-old Buenaventura Golf Course. The city-owned course was immediately closed after the storms and will be for at least two months.

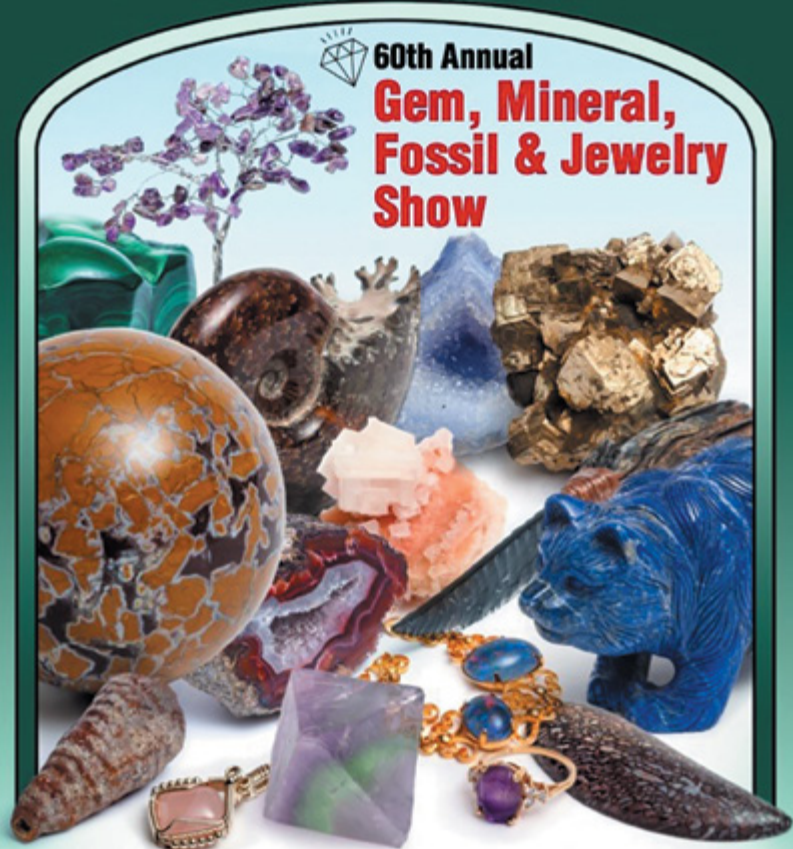
At least 14 people were rescued from a homeless encampment in the riverbed of the Ventura River. Ventura firefighters used a ladder and rope system to reach the stranded people. One homeless woman died in the Santa Clara river.

The pier was damaged and work has started to repair the damage to the pier.

Pier photos by Yana Khyod.



VENTURA GEM & MINERAL SOCIETY



60th Annual Gem, Mineral, Fossil & Jewelry Show

MARCH 4 & 5, 2023

Saturday 10 - 5 • Sunday 10 - 4

Gems & Minerals • Fossils • Jewelry • Silent Auction Exhibits • Dealers • Kids' Activities • Demonstrations Raffle • Country Store • Plant Sale

FREE Admission

Ventura County Fairgrounds
10 W. Harbor Blvd.
Ventura CA 93001

Visit us at vgms.org



Weekly SUDOKU Answer

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

King Crossword Answers

Solution time: 24 mins.

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



The Pet Page



Dedicated to Scamp

The Ventura Fire Department's new comfort therapy dog, Hope, will provide emotional support to firefighters, staff, and those who have lived through a traumatic experience.

Hope, a Labrador Retriever and Cavoodle mix, began her puppy manners class in May 2022 and has completed her American Kennel Club Canine Good Citizen training and certification. She is



Hope is Ventura Fire's new comfort dog geared up to support local firefighters.

on track to complete therapy training by December 2023, at which point she will be fully certified to provide comfort to those in need.

"First responders face higher rates of post-traumatic stress disorder, or PTSD, depression, and anxiety issues related to the volume and severity of tragic incidents they respond to each day," said Fire Chief David Endaya. "I am thrilled to welcome Hope to our team to help alleviate some psychological trauma impacting our firefighters."

As a therapy comfort dog, Hope's functions include easing tension, lowering post incident stress, anxiety levels, and blood pressure, reducing feelings of loneliness, providing support to those impacted by traumatic events, and visiting other City departments and various community events for educational purposes.

"We want to be our best selves, mentally and physically," said Heather Ellis, Ventura Fire's Emergency Medical Services Coordinator and Hope's handler. "Not having much time to decompress between incidents takes a toll. Hope just has a way of breaking the ice and immediately bringing a smile to everyone's face."

Hope was gifted to the department by VIP Dog Teams, a local non-profit dedicated to improving people's health through promoting the human-animal bond that leads to healing. When Hope is not on the job, she will be on-call 24/7, but will go home with her handler and serve as a family dog.

Continued veterinary care, food, and equipment for Hope will be covered by the Ventura Fire Foundation, a

local non-profit. Learn more about the Ventura Fire Foundation and make a donation at www.VenturaFireFoundation.org.



Mitch is being petted by students Makenna Mooney, Charles Mooney, Cole Hodge and Dylan Hodge

Oh, What a Therapy Dog Can Do!

While you might be familiar with Therapy Dogs, do you also know shapes, sizes, breeds, even age or gender does not matter? What does matter is their temperament. They must be even tempered, good natured, and enjoy being petted by strangers—sometimes several at a time. But this is only the first step required of a Therapy Dog. They must be trained to handle multiple experiences and situations, including the unexpected. And this where VIP Dog Teams comes in.

Founded in 2016, our organization is all-volunteer and nonprofit. Our mission? To improve human health and well-being through the human-animal bond. This is made possible by owners who desire to train their dog to be a Community Therapy Dog or even a Therapy Comfort K9.

Once an owner and their dog pass the required tests, they are then ready to be inserted into various settings. While our end goal is to have our well-trained therapy dogs improve the lives of people throughout Ventura County, we are always looking at different ways to achieve this. For instance, our newest objective is to gift trained dogs to those who are often in greatest need of support—our first responders, Police and Fire personnel. But we are not stopping there. We are also hoping (in the near future) to embed in as many of our local schools as possible a Therapy Dog. But right now? We have two, fully trained, certified working Therapy/Comfort K9s.

Meet Mitch: He's a 3-year-old Goldendoodle that serves 600 children in a local elementary school. Partnered with his human school counselor, Mitch is there to encourage, motivate, and calm elementary school kids daily. Our second dog is Asher: He's a 2-year-old Cavoodle that works at the Ventura City Police station. Asher visits various departments to comfort and calm employees. He also goes out with officers on school visits to interact and educate kids. Asher will soon be crisis trained to work with Special Victims Unit. Serving as furry, four-legged tools, these special

Scamp Club

(Scampclub pets are not for adoption.)



This is Mika. Owner used to be a horse trainer here in Ventura for years and Mika grew up around horses.

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.

dogs serve to calm, help and motivate both children and adults. This in turn inspires achieving and maintaining stronger levels of mental health. And for those who encounter these amazing dogs—be it once or often—the humans almost always express a positive feeling, and always a smile. Their calmness is visible. Without a doubt, these certified therapy dogs change lives every day.

Because VIP Dog Teams is a nonprofit 501C3, we must rely on the generosity of donors—no amount is too small. It's estimated that the cost of raising just one dog per year is \$3500.00, and right now VIP Dog Teams has 11 dogs in training. Your help and support

will make a difference. So, what can you do? Our VIP Dog Team welcomes your donations of time, money or both. But, you can also help us achieve our goals by raising a puppy fulltime, parttime or even become a puppy sitter. Once your pup is trained, it will be matched with a fire or police station, or school in need of a certified Therapy dog.

For more information on what a puppy raiser does click here or go to www.vipdogteams.org and click on volunteer/puppy raiser.

For general information go to our website www.vipdogteams.org ,or email us info@vipdogteams.org or call (805) 419-0677. We are happy to answer your questions.

Forever homes wanted

Hi: I'm Athena, a 9 1/2 year old Pit Bull X rescued from a shelter in my hour of need. My puppy was adopted and my time was up. Thankfully I have supporters willing to sponsor me and I was able to be saved. I know I will be looked over because of my breed, but I hope my special someone will come for me soon. I'm sweet and affectionate and I give great kisses. I love going on car rides and I'm well behaved. The shelter said I am not good with other dogs, but others think I may just be choosy with other dogs. It's unknown how I would do with children or cats. If you're interested in meeting me, please fill out an online application. Canine Adoption and Rescue League C.A.R.L



Pop is a 1-year-old indoor rabbit! Pop is a little unsure of new people at first but once he warms up to you he is playful and adventurous! He is good with mellow dogs and cats who will leave him to hop around in peace. He would love to be your little house bunny and hang out on the couch! To adopt Pop, email the Bunny Brigade at vcasbunnybrigade@gmail.com.

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 February 14th Shiells Park 649 C St., Fillmore Must call for appointment (805) 584-3823

\$10 Low/No Income Spay & Neuter February 28th SPAN Thrift Store 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



The Pet Page



Ventura Chief of Police Darin Schindler and Nanay Mitchell President VIP Dog Teams with Asher.

Harbor Patrol Blotter

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

Wednes 1/25

9:10am, officers on patrol in Fireboat, observed and towed a Hazard-to-Navigation, a large log from debris flows, south of the Santa Clara River breach.

Thursday 1/26

2:00am, received report of a prowler in the Ventura Marina Community from a tenant. Advised the caller to contact Ventura PD for police calls.

5:00am, received report of suspicious persons just outside the restrooms at 1510 Anchors Way. Contacted VPD, advised. Officers responded, a group of people scattered on arrival. After search, found the subjects at the launch ramp restrooms. Removed them, advised not to return, no boating business/activity.

5:33pm, while on patrol, observed then issued verbal warnings for insufficient lights and illegal placement of hoop nets to two kayakers in the Harbor entrance.

Friday 1/27

7:02am, observed transient camped on the sidewalk in front of the Surfers Knoll restrooms, officers issued warning for camping, subject complied, moved along.

12:46pm, received request from director of a film shoot in the harbor to use a drone for filming. Advised Harbormaster, then he granted permission to do so. 9-11am, officers conducting in-house boat tow training with Rescue B19 and the Fireboat. Towing evolutions included: long and short tows.

3:31pm, received request for assistance from sea bird rescuer retrieving oiled birds in the Ventura Keys barranca. Officers rescuing birds for

rehabilitation.

Saturday 1/28

2:25am, received report of three fishermen harassing a sealion at the launch ramp. Officers responded, found the fishermen on the docks fishing. They advised the sealion was harassing them, they decided to leave. Officers advised of the Ventura Harbor Ordinance regarding fishing in designated areas.

10:40am, received a call from a kayaker who was rescued by officers 20 years ago during a strong East wind event. He capsized at the Harbor entrance and was unable to right or get back on his kayak properly. Officers Hummer and Kabris responded in Rescue B19 after receiving overdue report from the victim's wife. Officers found him 6 miles offshore, hypothermic. The kayaker was rescued, handed over to medics, recovered for a few weeks in the hospital. He wanted to thank the officers who saved his life on the anniversary, 20yrs ago.

Sunday 1/29

1:55am, dispatched to Portside apartments for a 70 year old with difficulty breathing. Officers responded with AMR/VFD. Patient transported to hospital.

Monday 1/30

12:06pm, while on patrol in the vehicle, observed the Santa Clara Rivermouth breach has moved approximately 1/4 of a mile south and still flowing.

Tuesday 1/31

7:33pm, received report of a red flare near the Santa Clara Rivermouth. Officers responded, searched the area along with US coast guard, no vessel found.

OLIVAS ADOBE
HISTORICAL PARK



Quilts & Stories from the Past

February 12, 2023 • 11 am – 3 pm



Admission is FREE!
House tours for a small fee.
4200 Olivas Park Drive

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VENTURA
PARKS & RECREATION

www.cityofventura.ca.gov/OlivasAdobeEvents

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The Trestle, 2011 Oil on Canvas by **Andrea Vargas.**

Light is essential to human life. It allows plants to produce the air we breathe. It lets us see. It regulates our sleep and affects our mood. Beyond influencing shape and color, artists use light to impart meaning to viewers. These works from MVC's collection showcase how light can elicit emotion, tell stories, and convey meaning.

Finding the Light is the first exhibit installed in the Esther and Thomas Wachtell Family Gallery. This gallery has been created through a generous endowment from the Esther and Thomas Wachtell Family Fund and is designed to showcase the Museum of Ventura County's permanent collection.

Finding the Light features works by artists Norma Krahn, Patricia Chidlaw, Guy Webster, Henry Chapman, Steohen Schafer, Cahrlotte Watts, Richard Ross, Tony Jankowski, Bill McEnroe, Carlisle Cooper, Andrea Vargas, Ginger Osgood Worthley, and Susan Petty.

At the Museum of Ventura County on Main. Runs through Sunday May 28.

Afternoon at Bryce by **Thomas Decker**

Plein Air Open Competition at Studio 99 @ The Bell Arts Factory

Original artwork by local artists, both Buenaventura Art Association Members and Non-Members. Featuring new works by Laura Jespersen, coordinator of Plein Air Ventura County Exhibit runs thru February 25, 2023



Judee Hauer presents her most colorful/whimsical mixed media "puppets" and small paintings at The Farmer and The Cook, 339 W. Roblar in Meiners Oaks/Ojai. All of February.



Ensemble Theatre Company (ETC) announces the company's first design competition, which will recognize one artist, 18 and older, to submit an original image that represents one of its three upcoming productions: Selling Kabul, The Children or Seared. The artist can use any medium as long as the image can be submitted in a digital form (PDF 17"x17" at 300dpi). The winner will receive a \$500 cash prize and the opportunity to partner with ETC's artistic and managing directors to design the artwork for the entire 45th season. If the winning artists images are used to promote the season, the winner will receive an additional \$2,500.

Interested individuals can obtain additional information about the contest at <https://etcsb.org/design-competition/>. Deadline for submissions is February 28, 2023, and the winner will be announced on March 15, 2023.

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.

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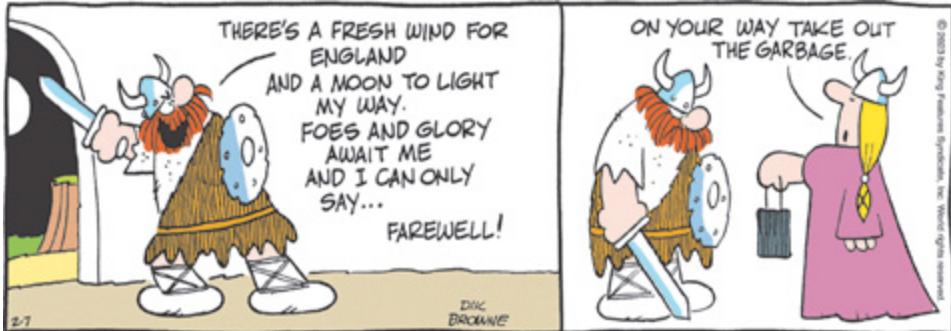


Lighter Breeze

Hagar the Horrible #1 (2.10.73) Happy Fiftieth, Hagar!



Hagar the Horrible, revised and in color



Shoe



Rhymes With Orange



Dustin



Tiger



Solutions on page 13

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

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

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 3x3 box square contains all of the numbers from one to nine.

DIFFICULTY THIS WEEK: ◆

◆ Moderate ◆◆ Challenging
◆◆◆ HOO BOY!

Solutions on page 13

King Crossword

ACROSS

- 1 Appear
- 5 Commotion
- 8 Online auction site
- 12 Actress Fisher
- 13 Part of DJIA
- 14 Dell
- 15 Youthful countenance
- 17 Laundry appliance
- 18 Soft leather
- 19 Columns of light
- 21 Pro votes
- 24 Numerical prefix
- 25 July's stone
- 28 It ain't worth a nickel
- 30 Prattle
- 33 "Life — cabaret ..."
- 34 Stuns, as a perp
- 35 "Bali —"
- 36 Chum
- 37 Sharif of "Funny Girl"
- 38 Wild guess
- 39 Run after K
- 41 For fear that
- 43 "No cheating!"
- 46 Eucalyptus eater
- 50 Thames town
- 51 Temporary mental fatigue
- 54 Dazzle

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	44				45			46		47	48	49
50					51	52	53					
54					55				56			
57					58				59			

DOWN

- 1 Bloodline
- 2 Jacob's twin
- 3 North Sea feeder
- 4 "Help!"
- 5 Oklahoma city
- 6 Elmer, to Bugs
- 7 Has bills
- 8 Perrier rival
- 9 Brawl that's broken up by a bouncer
- 10 Oodles
- 11 Desires
- 16 Tina of "30 Rock"
- 20 Colorations
- 22 Wax-coated cheese
- 23 Twine fiber
- 25 Wardrobe malfunction
- 26 "Suits" network
- 27 Jim Bouton book
- 29 Simple
- 31 Small battery
- 32 Clothing protector
- 34 Writer Morrison
- 38 Gems
- 40 Food from heaven
- 42 Enjoy Aspen
- 43 Optimum
- 44 Jazzy James
- 45 Baseball stats
- 47 Roundish 'do
- 48 Lake bird
- 49 Awestruck
- 52 Nipper's co.
- 53 Goal

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being with you.

LIBRA (September 23 to October 22) Aspects favor getting out and meeting new people. And, as a bonus, you might find that some of your newly made friends could offer important business contacts.

SCORPIO (October 23 to November 21) You might take pride in wanting to do everything yourself. But now's a good time to ask family members to help with a demanding personal situation.

SAGITTARIUS (November 22 to December 21) Pay more attention to the possibilities that could come with a workplace change. It could show you the way to make that long-sought turn on your career path.

CAPRICORN (December 22 to January 19) Your need to succeed might overwhelm obligations to your loved ones. Ease up on that workload and into some well-deserved time with family and friends.

AQUARIUS (January 20 to February 18) Love rules for amorous Aquarians who can make good use of their ability to communicate feelings. Don't be surprised if they're reciprocated in kind.

PISCES (February 19 to March 20) Fishing for compliments? No doubt, you probably earned them. But it's best to let others believe they were the ones who uncovered the treasure you really are.

BORN THIS WEEK: Your good work flows from an open, generous heart. Nothing makes you happier than to see others happy as well.

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Show Time



Faline England and Joe Spano star in the Rubicon Theatre Company production of *The Realistic Joneses*

A View from House Seats

Rubicon's Realistic Joneses Hits Home

by Shirley Lorraine

Prepare for a few jolts as you experience *The Realistic Joneses* now playing in a limited engagement at the Rubicon Theatre in downtown Ventura. The Rubicon, known for breaking new ground and presenting thoughtful and intriguing works, has hit another home run with this production.

The Southern California Premiere, presented in association with Gare St. Lazare Ireland and the Laguna Playhouse features a stellar professional cast of four. Rubicon returnees Joe Spano and Faline England, accompanied by acclaimed actors Sorcha Fox and Conor Lovett, pull the audience into their world tightly packed with trials and tribulations, emotional roller coasters and physical and mental challenges.

Presented with no intermission, we meet Bob and Jennifer, a suburban couple coping with Bob's gradual disintegration due to a progressive neurological affliction. They cope the best they can, moment by moment. As Bob, Spano delivers the play's most humorous moments with thoughtful sincerity and an air of innocence. In the role of his patient and loving wife Jennifer, Sorcha Fox is immediately identifiable as she embodies the often-thankless caretaker role. She carries the weight and resignation of facing the unknown in her vocal and physical presence throughout.

New neighbors John and Pony (Conor Lovett and Faline England) make an unexpected appearance which leads the four into uncharted territories. They gradually reveal similarities that pull them together. The crux of this play, for me, was the impact of the unfailing power of those things left unsaid that compel us to meet challenges in different ways. All four characters are deeply ingrained in denial, acceptance, sadness and routines that enable them to cope with the realities facing them. It is not the challenges themselves, but how we cope with meeting those challenges that make up the realities of our lives. In my opinion, the author truly captured the nuances of those frailties.

The Realistic Joneses is a powerful piece of work written by Will Eno that has been nominated for numerous awards, and rightly so. Directed with a fine hand by Judy Hegarty-Lovett, it is performed with unusual staging touches that bring the audience fully into becoming an integral part of the story. I left the theater feeling as though I knew the families and wanted to somehow help them as they coped with the

undeniable challenges that lay ahead.

Rubicon consistently delivers meaningful works that make us reflect. *The Realistic Joneses* is filled with pathos, and most effectively, humor. Whether we laugh in recognition or with empathy, humor really does heal the soul and makes many dark moments tolerable. This work gives us the opportunity to reflect on our own things unsaid and how we might approach them with knowledge and acceptance.

The Realistic Joneses is presented through February 12, after which it will travel to enrich the Laguna Playhouse attendees. Try and catch it if you can. www.rubicontheatre.org/ 805-667-2900

Streaming Spotlight by Cindy Summers

Pamela, a Love Story

- Netflix Originals



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

"*Pamela, a Love Story*" shares an intimate view into the life of world famous actress and model Pamela Anderson, including very personal details about her childhood, career and how she became an international sex symbol and activist. Though she was married several times, the love story focuses on her relationship with well known Motley Crew drummer Tommy Lee and their whirlwind marriage, as well facts about their infamous sex tape.

Pamela Anderson grew up in Ladysmith, B.C. Canada. Her father drank and would get in fights with her mother, and they split up several times but always seemed to reconcile. Pamela was molested at a young age by her babysitter and raped by a 25-year-old man when she was 12, so had issues with self-confidence and considered herself a shy tomboy. After graduating high school, Pamela moved to Vancouver.

In 1989 Pamela went a football game in Vancouver with a group of friends that were wearing Labatts beer t-shirts, ended up on the jumbotron and became known as the Labratts Blue Zone girl. Labratts reached out to her to do a commercial and a poster which

ended up Monday football. The commercial caught the attention of Marilyn Grabowski from Playboy, who contacted Pamela to offer her the Oct 1989 cover of Playboy.

The first snap of the camera during the photo shoot seemed to shatter her negative past and became a gateway for her to take power of her own sexually. Marilyn said Hugh wanted Pamela to be a playmate, convincing her she had a career in LA. All the playmates had breast surgery, so Pamela had her breasts enlarged. Shortly thereafter, Baywatch reached out but Pamela didn't show up 11 times due to insecurity, then finally agreed. Baywatch became the most popular TV show in the world, and Pamela turned slow motion running into an art form.

In 1994 she met Motley Crew drummer Tommy Lee at a club she owned on New Years Eve. Tommy followed Pamela to a photo shoot in Cancun, where after four days of living, loving and partying they got married. Pamela said that with Tommy there was no secrets, deception or game playing, just full heart to heart explosive love, and they filmed everything with a camcorder gladly capturing their loving relationship. In 1996, a safe was stolen from their home while it was under construction. Unfortunately they discovered later it contained video tapes of Pamela and Tommy's personal sex life when a copy of it was mailed to their home.

Tapes started being distributed everywhere and the owner of Penthouse offered them five million dollars for the rights, but they refused. Then a company named IEG put it up on the internet and it became the world's first viral video, all without their consent and without any compensation. Though they attempted to take the issue to court, the deposition process was too

difficult for Pamela, so they dropped the case, but have never made any money from the video.

Due to jealousy issues that ultimately resulted in a domestic violence charge for Tommy, Pamela left Tommy and followed with several failed marriages, including one to Kid Rock. She decided to go it on her own and just as her life with her two sons began to have some normalcy, the whole sex tape issue resurfaced when Hulu released a series called "Pam and Tommy" which also was not done with Pamela's consent and she has never seen the series or sex tape video.

This documentary provides a very personal look into Pamela's truth regarding her very public life. Runtime 1h 52m

Community Memorial Healthcare Continued from page 8

care who will understand their needs and evolve to keep meeting them over time. This new brand represents our commitment to being that partner for our community."

Community Memorial's new website, mycmh.org provides a single virtual front door to all that Community Memorial Healthcare has to offer. Features of the new site include expanded information on services, physicians, and locations, as well as enhanced access to the patient portal, find a doctor tool, and free health risk assessments.

Community Memorial's new brand launches in conjunction with a multimedia advertising campaign designed to showcase the new brand and share more about the organization's philosophy.

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