



VENTURA BREEZE

Your Hometown Paper

Vol. 16, No. 12 Published Every Other Wednesday Established 2007 March 8 - March 21, 2023

Channel Islands National Park announces award to provide year-round boat transportation service

The National Park Service (NPS) announced today a 10-year concession contract award to Island Packers to provide year-round boat transportation service from Ventura to Santa Cruz Island, Anacapa Island, Santa Rosa Island, San Miguel Island, and Santa Barbara Island within Channel Islands National Park.

Island Packers is a new company that will be formed from the merger of the current concession, Island Packers Corporation and Superboat Incorporated. The Island Packers Corporation has held the current concession contract since 2011. The new contract will begin on January 1, 2024.

"We are pleased to announce that Island Packers will continue to provide transportation services for park visitors to Channel Islands National Park," said Superintendent Ethan McKinley. "Island Packers has provided excellent service to the public for over 50 years, and we look forward to another decade of safe and enjoyable visitor access to Channel Islands National Park."

The new contract will usher in service and sustainability improvements for

Continued on page 2



Island Packers to continue service to the islands. Photo by Kevon Bailey.



Elena Brokaw has devoted her career to creating stronger communities.

Meet the Ventura County Leadership Academy Journey to Leadership 2023 Non-Profit Leader of the Year

Elena Brokaw earned her bachelor's degree in art history at Harvard University. She has worked extensively as a cultural consultant for communities as well as organizations. As a lead consultant for the firm Jerry Allen and Associates, she completed cultural plans for the cities of Reno, Nevada, Minneapolis, Minnesota, and Capitola, California. She has also facilitated public art planning processes for San Diego, California, Reno, and Minneapolis.

In her professional career, she has served as fundraising and development director for multiple organizations including the American Film Institute, was the director of the Parks and Recreation Department in Ventura, California for over a decade, and currently serves as The Barbara Barnard Smith Executive Director at the Museum of Ventura County.

Elena has served on many regional boards, including Women's Economic Ventures, Ventura County Social Justice Fund, and the Ventura College Community Foundation. She is a member of the Harvard Selection Committee and is on the faculty of the Cal Lutheran University Center for Nonprofit Leadership, providing instruction in organizational development and leadership.

Come and take a peek at what is happening at the

VENTURA TOWNEHOUSE

CALIFORNIA'S CROWN JEWEL IN RETIREMENT LIVING

805.919.8312 www.venturatownehouse.com License No. 565801810





VENTURA BREEZE

Your Hometown Paper

Member, Ventura Chamber of Commerce

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

PUBLISHER-EDITOR

Sheldon Brown

publisher@venturabreeze.com

PUBLISHER EMERITUS

Staci Brown

Assistant to the PUBLISHER

Ana Baker

CONTRIBUTING WRITERS

Richard Lieberman · Shirley Lorraine

Sheli Ellsworth · Carol Leish

Cindy Summers · Pam Baumgardner

Elizabeth Rodeno · Mira Reverente

Amy Brown · Richard Senate

Patricia Schallert · Ross Williams

Mary Olson

CONTRIBUTING PHOTOGRAPHERS

Richard Lieberman · Michael Gordon

Patricia Schallert · Yana Khibyod

In Memoriam Breezy Gledhill

DISTRIBUTION

Mary Thompson · Alfred J. Lewis

John Murchison ·

ADVERTISING ACCOUNT EXECUTIVE

Marissa Luboff

marissa@venturabreeze.com

WEB/ONLINE ADVISOR

Cindy Summers

EXHIBITION COORDINATOR

Jaime Baker

PRINTING

CA Web Print, Inc. (626)281-8989

CONTACT US:

EVENTS & HAPPENINGS

events@venturabreeze.com

OPINIONS

opinions@venturabreeze.com

ARTICLES AND PHOTOS

editor@venturabreeze.com

THE PET PAGE

scampclub@venturabreeze.com

ADVERTISING

advertising@venturabreeze.com

Ventura Breeze

PO Box 832

Ventura, CA 93002

Phone 805.653.0791



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

Learn from yesterday, live for today, hope for tomorrow. The important thing is not to stop questioning.

– Albert Einstein

As I See It by Sheldon Brown



Patti will be missed by all that knew her.

I'm so sorry to hear of the recent passing of the wonderful Patti Channer. She was a great contributor to the arts and culture of Ventura and a friend.

The Women of Jewelia stated, "With broken hearts we share the sad news that Patti Channer has passed away. She was the driving force behind the movement Women of Jewelia. She was a connector and communicator beyond description. Her love and incredible spirit touched everyone she knew."

<https://venturabreeze.com/2019/11/20/women-of-jewelia-the-sister-hood-of-the-traveling-necklace/>

The Ventura County Christian School will plead its case before a jury as it tries to avoid eviction from the century-old Ventura building it has occupied for the last two decades located at 96 Mac Millan Ave. The trial comes months after the building's owner, Ventura Unified School District told the school its lease had been terminated after the former Washington School site had been deemed an earthquake hazard. The school has remained open. When it does go to trial I hope the school does not make this by claiming their religious rights are being denied them.



He is a long-time Ojai resident.

Museum of Ventura County presents Ivor Davis: Up Close and Personal with Malcolm McDowell

The Museum of Ventura County presents Ivor Davis: Up Close and Personal with Malcolm McDowell. This exciting event takes place on Saturday, March 25th, 2023, from 6:30 p.m. to 8:00 p.m. Guests are welcomed both in-person at the Museum's Ventura campus at 100 E Main Street, and virtually via Zoom. For more information, and to register, please visit: venturamuseum.org.

It's just a matter if it is or isn't safe in case of an earthquake. The group is also working/collecting funds to attempt to have the property deemed a historical landmark.

The break-in and theft of \$572,020 at the Ventura County Fair in August was done by an insider who worked at the fairgrounds for the company that processed cash receipts. Alexander Piceno, 28, of Baldwin Park, was employed by the processing company. It seems stealing this money was just too easy. Hopefully, processes have been corrected to avoid this in the future.

A 3-year-old girl fatally wounded her 4-year-old sister in an unintentional shooting in Texas, Harris County Sheriff Ed Gonzalez said. I would certainly hope it was unintentional. The sheriff said a group of family and friends were inside a Houston apartment. At one point, the children were unsupervised in a bedroom because each parent thought the other was watching them, he said.

Gee, maybe a better solution would have been to lock up their gun(s). Normally I would think the parents should be prosecuted but perhaps losing their daughter is punishment enough.

Employees at Fox News knew blaming election fraud for Donald Trump's 2020 loss were outlandish and false, even as the network continued to promote them as credible.

A document reveals that producers, executives and stars of the network knew that the election wasn't stolen. The communications suggest that Fox News focused on fraud claims to boost ratings and appease their conservative viewership.

Bill Sammon, Fox News senior vice president and managing editor of the Washington bureau, told a colleague in December that "it's remarkable how weak ratings make

good journalists do bad things."

Tucker Carlson, a huge supporter of the fraud charge wrote, "We are very, very close to being able to ignore Trump most nights. I truly can't wait. What he's good at is destroying things. He's the undisputed world champion of that. He could easily destroy us if we play it wrong." In another message sent just before Jan. 6, 2021, Carlson wrote, "I truly can't wait. I hate him passionately."

Readers and viewers (when what they hear or read is what they want to hear) emphatically believe the stolen election to be the truth. Fox news certainly helped enrage the protestors who stormed the capital - they might even be as much to blame as Trump. At the very least, Fox should be heavily fined by the FCC.

Even Senate Minority Leader Mitch McConnell, R-Ky., and other Senate Republicans lashed out at Tucker Carlson after he characterized the deadly Jan. 6 attack on the Capitol as "mostly peaceful chaos."

From Lorraine Ali writing in the LA Times; "Fox News isn't news and it shouldn't be treated as such. Let's call it what it is: a right -wing variety show where ratings trump truth."

Mailbox

Dear Breeze:

The Ventura Gem & Mineral Society held its "Diamond Jubilee" Show at the Fairgrounds over the weekend (2 weeks ago), and it proved to be one of our largest and best, which is saying a lot since this was our 60th show! My sincere thanks to the Ventura Breeze for helping to get the word out to our community.

Sincerely,

Jim Brace-Thompson

Publicity & Educational Outreach Chair
Ventura Gem & Mineral Society

Joining Davis is the legendary actor and raconteur extraordinaire Malcolm McDowell, winner of Ojai Film Festival's Lifetime Achievement Award. McDowell's impressive career puts him in the pantheon of the all-time great British-born actors from Laurence Olivier to Michael Caine to Anthony Hopkins.

McDowell's dazzling career has spanned more than 50 years, where he has starred in scores of movies, including Stanley Kubrick's iconic "Clockwork Orange," Lindsay Anderson's "O Lucky Man!," "Caligula," "Bombshell," "Time After Time," and "The Artist." His vast television credits include "Entourage," the animated series "South Park" and "Mozart in the Jungle."

Now in its third year with the Museum of Ventura County, the popular series, Ivor Davis: Up Close and Personal, is the creation of author, journalist, and investigative reporter Ivor Davis. Over the last two years, Mr. Davis has given the residents of Ventura County a front row seat in an intimate conversation with some of our region's most talented individuals. He kicks off 2023 returning to one of his first guests in this series, Mr. Malcolm McDowell, who he last interviewed in February 2021.

"When he first visited us in 2021, we heard so many wonderfully interesting stories from Mr. McDowell about his 50-year film career," said the Museum's Barbara Barnard Smith Executive Director Elena Brokaw. "We are sure to be entertained once again as we catch up

with him in 2023."

Saturday, March 25th, 6:30 p.m. – 8:00 p.m. at 100 E Main Street in Ventura and via Zoom.

Tickets are free for non-members, \$10 for non-members in person (Zoom: Free for members, \$5 for non-members)

Channel Islands National Park Continued from page 1

the concession operation. Visitors will have access to a greater variety of convenience items for sale onboard the vessels, including hats, sunscreen, lip balm, water, and pre-packaged food items, and will have the option to purchase a pre-made boxed lunch when purchasing their boat transportation ticket in advance. Under the new contract, the concessioner will be making several environmentally sustainable upgrades to vessels, including conversion of the fleet to diesel/electric hybrid transmissions with solar charged batteries.

More than 20,000 National Park Service employees care for America's 424 national parks and work with communities across the nation to help preserve local history and create close-to-home recreational opportunities. Learn more at www.nps.gov, and on Facebook, Instagram, Twitter, and YouTube

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



The program covers all tuition and fees for eligible students.

Ventura College Foundation launches fundraiser to ensure tuition costs are covered

The Ventura College Foundation has launched a fundraising effort to support the Ventura College Promise program. The program covers all tuition and fees for eligible students for up to two years. The foundation's goal is to raise \$40,000 by April 30.

Ventura College was the first community college in California to offer a tuition Promise program if students meet certain criteria. For students to be eligible for the current two-year tuition-free education they must be first-time incoming students who attend full-time. The Ventura College Promise served as a model for the creation of the statewide California College Promise Program in 2017.

"The funds are needed because state budget cuts caused a shortfall in Promise funding statewide in 2022," says Anne Paul King, executive director of the Ventura College Foundation. "The foundation's board of directors wants to be sure the funds will be there for all students who qualify."

Since it began at Ventura College in 2007, more than \$4 million in tuition costs have been covered and close to 20,000 students have been served through the Ventura College Promise. "VC Promise removes the financial barriers to a quality education that many students face and allows them to pursue rewarding careers that benefit

their future, their family and our community," says Dr. Kim Hoffmans, R.N., president of Ventura College.

To donate, go to <https://fundraise.givesmart.com/vf/VCPromise> or text VCPromise to 71777. For more information about supporting the Ventura College Foundation's VC Promise Campaign, contact Gerry Pantoja, Director of Philanthropy, at 805-289-6158 or gpantoja@vcccd.edu. To learn about the Ventura College Foundation, go to VenturaCollegeFoundation.org.



Geoff lived an adventurous and unconventional life.

Geoffrey William Tudor July 2, 1956 – December 22, 2022

Born in Newhall, CA and the third and youngest child of Daniel Hubbard Tudor (of Massachusetts) and Jeanice Eddy (of Michigan).

Geoff lived an adventurous and unconventional life. He served in the US Coast Guard as a Cadet for a year and received a National Defense Service Medal. He also served in the US Forest service helping to fight fires. He helped take care of his elderly parents for many years in Washington State and then moved back to California in the

Having second thoughts about where you made your PREARRANGEMENTS?



– WE HONOR –
PREARRANGEMENTS
made at any other funeral home.

If you're concerned about changes at the funeral home where you've made prearrangements, *we have good news...we'll honor them.*

If you would like information regarding transferring your prearrangements to our firm, or any other way we can help, please call us.



JOSEPH P. REARDON
FUNERAL HOME & CREMATION SERVICE

757 E. Main St. • Ventura, CA 93001
805-643-8623

FD#883



BOYKO & REARDON
TELEGRAPH ROAD MORTUARY & CREMATION

15 Teloma Dr. • Ventura, CA 93003
805-765-4137

FD#2390

ReardonFuneral.com

©adfinity®

early 2000s.

He loved cooking, camping, fishing, music, animals, colorful clothing and had a passion for all things cycling. He spent much of his time in Ventura, doing construction work, boat maintenance in Ventura harbor and you could often see him out late at night collecting recyclables. He enjoyed deep conversation with friends and strangers alike.

He lived outside for a period and was able to get into housing at El Patio in Ventura the last decade before he passed at Community Memorial Hospital due to existing conditions and complications of the flu virus.

He leaves behind an estranged older

brother and sister but kept up relations with his cousins including Annette Alexander of Santa Barbara, CA. He especially leaves behind many dear friends who enjoyed his intellectual conversation, larger-than-life presence, loud laughter and generous compassionate huge heart.

Veterans' affairs provided all his end-of-life services. His ashes were spread at sea off the coast of Ventura, CA earlier this year.

A party will be held in Geoff's honor at the home of Shayna Metzner & Scott Hahn on Ventura's Westside, Saturday March 25 @ Noon to 4pm. Reach us on Facebook for more details



On March 12, three events took place at the Olivas Adobe. A birthday celebration for Raymundo (Don) Olivas, photos and meeting with artists from the Thousand Oaks Photo Group and a Volunteer Orientation to learn about the many volunteer opportunities at the Olivas.

Don Raymundo Olivas and his friend Felipe Lorenzana were granted 4,670 acres of land by Mexican Governor Juan B. Alvarado as compensation for their service to the State. Don Raymundo began ranching his land, known as Rancho San Miguel, in 1847.

Correction

In our last issue the phone number listed was not complete.

The City is seeking vendors and sponsors for the 46th Annual 4th of July Street Fair and Push-em-Pulleem Parade. This year's event is themed "Celebration by the Sea" and will run from 10:00 a.m. to 4:00 p.m. on Tuesday, July 4, 2023, in Ventura's Downtown District.

For questions and more information, contact City of Ventura Recreation Coordinator Allyson DesBaillets at adesbaillets@cityofventura.ca.gov or (805) 654-7749.



A slight drizzle didn't stop the parade from entertaining hundreds that lined Main St. Photos by Breeze staff.

The skies were gray, but nothing could rain on St. Patrick's Day Parade fun

With a little luck of the Irish and huge community support, the 2023 County Ventura St. Patrick's Day Parade went off spectacularly.

Braving cloudy skies and light showers, thousands of smiling faces showed up on the morning of Saturday, March 11, to line the parade route on Main Street in midtown Ventura. After the event, the parade planning committee wrote a letter to express their great gratitude and relief at the strong turnout despite the questionable weather.

"The theme was 'Let's Celebrate,' and we did!" committee co-chairs Nan Drake, Jim Monahan and Brian Brennan said.

"We were overwhelmed that, despite the threat of rain and a wee bit of drizzle, this community event roared back in full force with families sitting under umbrellas to watch one of our best parades," they wrote. "Yes, there was a bit of a drizzle, but we would like to personally and publicly thank every single person and family who came out to enjoy truly Irish weather on Main Street in Ventura for the 2023 County Ventura St. Patrick's Day Parade. ... It was simply sublime."

All rejoiced as the 60-plus parade entries made their way down Main from Lincoln to Fir, with spectators cheering and basking in the diversity of a parade that included everyone from elected officials and historic local families to marching bands,

dance troupes and youth groups.

The parade grand marshal this year was Ventura Elks Lodge No. 1430, celebrating its 100th anniversary! A wonderful community organization, the Elks Lodge supports local programs for veterans, youths and many others and has been the lead sponsor of the St. Patrick's Day Parade since it began in 1984!

Parade entrants compete for awards presented by a panel of judges led this year by St. Patrick's Day Parade Committee member James Lockwood. This year's other judges were Elks Lodge representative Rhonda Catron; Dr. Richard Rush, retired president of California State University Channel Islands; Celina Zacarias, CSUCI's director of community and government relations; and Clint Garman, representing Ventura County Supervisor Matt LaVere.

The following are the winners of the 2023 County Ventura St. Patrick's Day Parade:

Color Guard: Blue Knights CA XVII.
Bands: Oxnard High School Marching Swarm (high school); Cabrillo Middle School Jazz Band (junior high school); and Gold Coast Pipe Band (adult).

Families: The McGrath Family.

Clubs and Organizations: Ventura Elks Lodge No. 1430 (adult); Claddagh School of Irish Dancing (youth); and Totally Local VC and the Local Love Project (nonprofit).

Vehicles: Ventura County Model "A" Ford Club (antique); Southern California Corvairs (classic cars 1950s or later); Ventura County Corvette Club (special interest auto); Topa Topa Fly Wheelers (tractors); Bunnin Chevrolet of Santa Paula and Fillmore (individual vehicle); and J.W. Enterprises (fire truck).
Commercial/Retail: The Grape Ventura "House of Jazz and Spirits" featuring the Phoenix Big Band.
Media: Drastic by Design Productions.

Novelty: Ventura Yacht Club.
Walking Entries: Unique Diamonds Competitive Cheerleaders.
Most Irish: John and Sally McNally with Flags of Ireland.
Environmental: Agromin.
Restaurants and Pubs: Santa Cruz Market.
Government Agencies: United States Coast Guard.
Mayor's Trophy: Surf Rodeo.
Best in Parade (Arnold Hubbard Perpetual Trophy): Cabrillo Middle School Jazz Band.



A Chamber ribbon cutting was held at ECP Studio.

Dr. Sherri Tenpenny is an osteopathic medical doctor, board certified in osteopathic medicine. She is the founder of Tenpenny Integrative Medical Center, a medical clinic located near Cleveland, Ohio.

After the success of her first clinic, she is now launching Tenpenny Health Restoration Centers, a series of clinics to offer External Counter Pulsation (ECP). ECP is an FDA-approved therapy for refractory angina.

1071 S. Seaward 805-557-8877
Photo by Michael Gordon.



Mustang Marketing adds award-winning journalist to its public relations team.

Ventura County marketing firm announces Dawn Megli as new communications specialist

Mustang Marketing, Ventura County's premier full-service marketing agency, has hired award-winning journalist Dawn Megli to join its public relations team, the agency announced on Wednesday, Feb. 15.

In her new role as communications specialist, Megli will be responsible for working with the director of marketing to implement public relations strategies for clients, developing media and county relationships, and

writing content to support clients' communications goals.

"Dawn has an impressive, well-earned reputation in Ventura County for her investigative reporting skills, ability to develop relationships with people from all backgrounds, and unique storytelling expertise," said Mustang Marketing President Dianne McKay. "We are thrilled to have her join the Mustang team and know that her well-rounded skillset will serve our clients well in reaching their marketing and PR goals."

Megli, who — prior to joining Mustang Marketing — worked as an investigative and watchdog reporter for the Ventura County Star, and as a senior reporter before that for the Thousand Oaks Acorn, has earned numerous accolades for her journalism work including a Golden Quill Award from the California School Boards Association, the John Swett Award from the California Teachers Association, 1st and 2nd place in-depth reporting California Journalism Awards for her "Surviving Borderline" and "Borderline - One Year Later" features, and beyond. Her work has appeared in the Washington Post, Los Angeles Times and Poynter, among others. She is also a member of Moorpark College's Media Advisory Board.

Before entering the journalism field, Megli obtained her bachelor's degree in English from California Lutheran University, followed by a master's in journalism from the University of Southern California. Her work experience includes former roles as an art director designing multimedia content and as marketing consultant developing communications and publicity strategies for local city council campaigns.

Mustang Marketing's client list is comprised of local businesses, city and

county agencies, school districts and nonprofits throughout Ventura and Santa Barbara counties, including the County of Ventura's Human Services Agency, the City of Ventura, the City of Thousand Oaks, Conejo Valley Unified School District, Rancho Simi Recreation and Park District, Conejo Recreation and Park District, American Medical Response (Ventura, Santa Barbara and Yolo counties), Ventura County Credit Union, Casa Pacifica, The Collection at Riverpark, the Greater Conejo Valley Chamber of Commerce, United Way of Santa Barbara County, New Horizons, Pindler, PSSI Global Services, Warner Pacific, California Community Reinvestment Corporation and Klein Products Inc., among others.

Ventura County-based Mustang Marketing is a woman-owned full-service marketing, advertising and communications company that has served Southern California businesses since 1986. Mustang offers strategic planning, branding programs, print/electronic ad campaigns, social media campaigns, corporate identities, and public, community and government relations. Visit mustangmktg.com for more information.

NAMBA Performing Arts Space to present two award winning shows

Written and performed by award-winning composer/performer Amy Engelhardt (Grammy nominee The Bobs, Harry Shearer & Judith Owen's

Christmas Without Tears), brings her one-woman show, IMPACT, to Ventura. The show features soul-stirring original songs that deepen the experience of Engelhardt's unique story.

After a series of magical "follow-signs" a bucket-list pilgrimage unexpectedly turns into an exploration of compassion and the power of kindness. This compelling solo tale is told through the lenses of music, multimedia and memory.

"I don't like most one-person shows and I don't go for the woowoo stuff. I mean HELLO, I'm from New Jersey. But in 2019, a series of 'follow-signs' started pointing to a major world event 30 years ago. I followed these prompts to Lockerbie, Scotland. I expected a somber solo trip, but found the true meaning of "community." IMPACT heads to Edinburgh's International Fringe Festival in August 2023.

There are two shows this Saturday, March 25 at 3PM and 7PM. Tickets are \$20 and can be bought online at www.NambaArts.com or at the door the day of the performance.

The second play is "Spy for Spy, love, shuffled", from multi-award-winning writer and director Kieron Barry. Funny, moving and profound, this hilarious and heartrending new play explores the limits of the body, the weight of the soul and the burden of love. Spy for Spy asks if our lives make more sense in the wrong order, and if love is enough to fuse together two radically different spirits. Sarah and Molly love each other - and that's all they have in common. As the uptight lawyer and the free-spirited

Continued on page 15

Expert & Empowering

The most important person on your care team is you.

At Community Memorial Healthcare, our care teams are fully committed and highly skilled, because providing expert care is our primary focus. But nobody knows more about your health journey than you do. So we design services and programs that enable you to participate in your care, and be the best you can be. Our New Parent Resource Center is a perfect example. In addition to our fantastic maternity unit and state-of-the-art Level III NICU, we offer virtual and in-person childbirth classes plus extensive parent education and support. Classes are taught by registered nurses on topics ranging from infant care to CPR to prenatal yoga. As a designated Baby-Friendly facility, we provide excellent breastfeeding instruction in and out of the hospital, including free, private consultations.

With Community Memorial Healthcare, you can truly expect more. Learn more at mycmh.org.



Camarillo ~ Fillmore ~ Oak View ~ Ojai ~ Oxnard ~ Port Hueneme ~ Santa Paula ~ Ventura





Today's herb garden.

An Olivas Discovery

by Richard Senate

When the Herb Garden of the historic Olivas Adobe was restored and expanded years ago it was decided that a rustic wooden fence be placed around it to protect the plants and set it apart from the rest of the grassy patch on the east lawn.

John Whyman, the go to it guy the rec department used at the time, was hired to dig the post holes for this split rail fence. It was hot work that summer day and as site manager he checked on his labors over the hours it took him to scoop out the post holes. In his work,

several feet down, he started to come up with strange things. They were long, some almost a whitish color, shaped like a Baby Ruth candy bar.

Being trained in archaeology, he knew what they were at first glance. Copalites! Human droppings. These were remains left here from the Olivas Family. This told him that the Olivas Herb Garden grows on the former location of the Olivas Privy.

Now we know why the plants grow so well. If we had done more chemical analysts, we might even know what they

consumed over a century and a half ago.

They were divided into two privies. One for men and one for women. As most could not read—they were delineated by a hole cut in the door to resemble a sun (for men) and a half moon (for women). As the women took better care of their units—they tend to survive, giving the false impression that all privies had a half moon.

The Bookmark

About Libraries and Friends

by Mary Olson

Ventura County Library is offering a series of family-friendly sustainability-themed programs. English/Spanish interpretation services and children's activities will be available for all the programs at the Piru Library, Saticoy Library, and Soliz Library branches. The upcoming topic is:

Home Weatherization 101

Thursday, March 30, 5:00 pm to 7:00 pm at Soliz Library (2820 Jourdan Street, Oxnard) 805 485-4515

Thursday, April 6, 5:00 pm-7:00 pm at Piru Library (3811 Center Street, Piru) 805 521-1753

Thursday, May 4, 5:00 pm to 7:00 pm at Saticoy Library (1292 Los Angeles Avenue, Ventura) 805 671-5148

These programs are made available through a Sustainable California Libraries Grant from the California State Library, and in collaboration with the County Executive Office's Sustainability Division. To learn more about the Sustainable California Libraries grant, visit their website at www.library.ca.gov/services/to-libraries/sustainable/.

E.P. Foster Library is offering a new book club – **Foster's Young Reader Book Club** will meet on the fourth Saturday of each month, from 1:00 to 2:00 pm, for children ages 9-12 (4th or 5th grade reading level). The selection to be discussed at the March 25 meeting is **The Tale of Despereaux** by Kate DiCamillo. Despereaux Tilling is a mouse who sets out on a quest to rescue a beautiful human princess from the

rats. The book won the 2004 Newbery Medal award and has been adapted into a film, a video game, and a stage musical.

Micaela Ellis, teen author, will visit E.P. Foster Library on Saturday, April 8, 11:00 am to noon to present her book, **Autism Over The Years** and share her perspective on life as a child with autism. She hopes to educate others on the challenges that people with autism face and the many opportunities for growth and learning that are available to children like her when they are respected and understood.

The Hill Road Library Book Club will discuss **Animal, Vegetable, Miracle** by Barbara Kingsolver on Tuesday, March 28, 5:00 to 6:00 pm. The April book club selection is **Bird Brother: A Falconer's Journey** and the **Healing Power of Wildlife** by Rodney Stotts.

Hill Road Library also offers a quarterly **Wise Owls Book Club** for adults who enjoy reading children's literature. The Spring meeting takes place on Tuesday, April 11, 5:00 to 6:00 pm. The book selection is **The Last Cuentista** by Donna Barba Higuera. This middle-grade dystopian novel follows Petra Peña who, along with her family and a few hundred others, leaves Earth to continue the human race after a comet strikes the planet.

To join the mailing list for Hill Road Library book clubs, please email Linda. Cherry@Ventura.org . Visit Hill Road Library to pick up the latest book club selections.

The Ventura County Library Foundation has announced its second **Rising from the Ashes** home tour to take place on Saturday, April 22, 12:00 to 4:00 pm.

The Thomas Fire of 2017 caused devastation, but not defeat. The Ventura County Library Foundation invites you to witness the resilience of Ventura as you tour some of the beautifully rebuilt homes and hear the stories of rebirth.

Proceeds will help fund important literacy programs, the Mobile Library, broader access to the internet and computers to close the digital divide, homework tutoring, STEAM initiatives, and much more.

For more information and to buy tickets, go to: <https://www.vclibraryfoundation.org/events/>

NAMBA

PERFORMING ARTS SPACE
MUSIC THEATRE DANCE

LIVE THEATER LOVERS!

2 Productions
2 Int'l Award-Winning
Writers/Directors

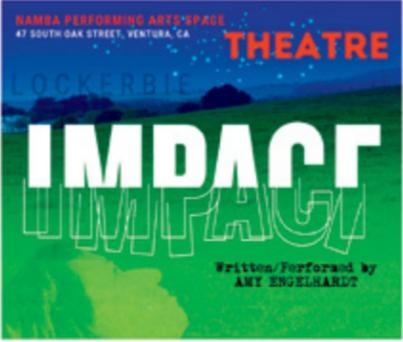
MARCH 25
SAT 3 & 7 PM

IMPACT

"There are no coincidences,
only connections."

Written & Performed by
Amy Engelhardt

"I followed a series of 'follow-signs' pointing to a major world event 30 years ago to Lockerbie, Scotland. I expected a somber solo trip, but found the true meaning of community."



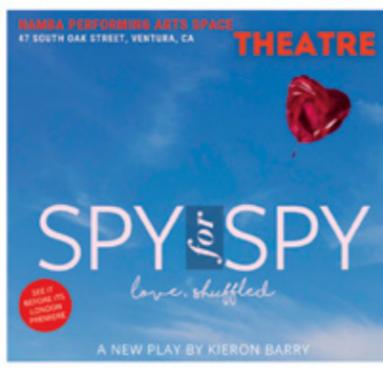
NAMBA PERFORMING ARTS SPACE
47 SOUTH OAK STREET, VENTURA, CA

THEATRE

LOCKERBIE

IMPACT

Written/Performed by
AMY ENGELHARDT



NAMBA PERFORMING ARTS SPACE
47 SOUTH OAK STREET, VENTURA, CA

THEATRE

SPY FOR SPY

love, shuffled

A NEW PLAY BY KIERON BARRY

MARCH 31 - APRIL 2

FRI & SAT 7:30 PM
SUN 2:30 & 7:30 PM

SPY FOR SPY

love, shuffled

Written & Directed by
Kieron Barry

Featuring Performances by
Meeghan Holoway & Gloria Ines

Spy for Spy asks if our lives make more sense in the wrong order, and if love is enough to fuse together two radically different spirits. This hilarious and heart-rending 90-minute play stars celebrated LA actors Meeghan Holoway and Gloria Ines.

NAMBA Performing Arts Space visit our website for tickets & details

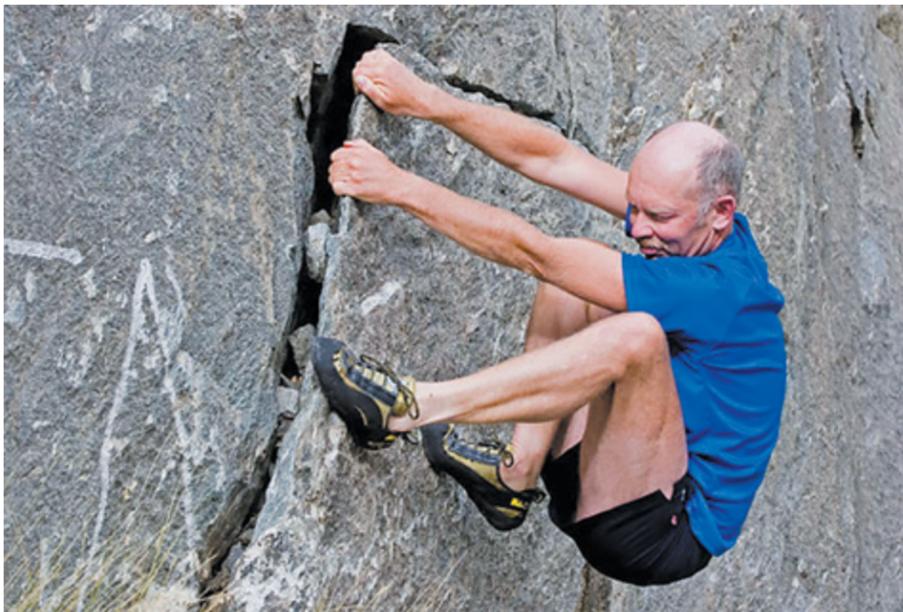
47 South Oak Street Historic Downtown Ventura NambaArts.com 805.628.9250



Are you an amateur cartoonist? Send your work to editor@venturabreeze.com.



Senior Living



“I feel much better now that I’m exercising.”

Four types of exercise can improve your health and physical ability

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

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

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

Increase your endurance or “staying power” to help keep up with your grandchildren during a trip to the park, dance to your favorite songs at a family wedding, and rake the yard and bag up leaves. Build up to at least 150 minutes of activity a week that makes you breathe hard. Try to be active throughout your day to reach this goal and avoid sitting for long periods of time.

Safety tips

Do a little light activity, such as easy walking, before and after your endurance activities to warm up and cool down.

Listen to your body: endurance activities should not cause dizziness, chest pain or pressure, or a feeling like heartburn.

Be sure to drink liquids when doing any activity that makes you sweat. If your doctor has told you to limit your fluids, be sure to check before increasing the amount of fluid you drink while exercising.

If you are going to be exercising outdoors, be aware of your surroundings.

Dress in layers so you can add or remove clothes as needed for hot and cold weather.

To prevent injuries, use safety equipment, such as a helmet when bicycling.

Quick tip: test your exercise intensity When you’re being active, try talking: if you’re breathing hard but can still have a conversation easily, it’s moderate-intensity activity. If you can only say a few words before you have to take a breath, it’s vigorous-intensity activity.

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

Continued on page 8



CYPRESS PLACE IS YOUR *Lucky Charm*

LUCK OF THE IRISH MOVE IN SPECIAL 2ND MONTH FREE RENT!
AFTER ONE FULL MONTH PAID RENT

INDEPENDENT LIVING AT ITS FINEST

Cypress Place ensures that life here is exciting, from well designed apartment homes to delicious dining and enriching activity offerings. Maintenance-free living allows you to spend your time how you wish – set free from the task of daily chores and empowered to **live extraordinarily**.



Cypress Place

SENIOR LIVING

(805) 835-4072

cypressplaceseniorliving.com

1200 Cypress Point Lane • Ventura, CA 93003

A MERIDIAN SENIOR LIVING COMMUNITY

LIC # 567609978



Senior Living



“Hello, this is Charlie from Social Security”

Social Security scams

We give you the tools to recognize Social Security-related scams and stop scammers from stealing your money and personal information. Share scam information with your loved ones. Slam the Scam!

Recognize the four basic signs of a scam:

Scammers pretend to be from a familiar organization or agency, like the Social Security Administration. They may email attachments with official-looking logos, seals, signatures, or pictures of employee credentials.

Scammers mention a problem or a prize. They may say your Social Security number was involved in a crime or ask for personal information to process a benefit increase.

Scammers pressure you to act immediately. They may threaten you with arrest or legal action.

Scammers tell you to pay using a gift card, prepaid debit card, cryptocurrency, wire or money transfer, or by mailing cash. They may also tell you to transfer your money to a “safe” account.

Ignore scammers and report criminal behavior. Report Social Security-related scams to the SSA Office of the Inspector General (OIG).

Visit www.ssa.gov/scam for more information and follow SSA OIG on Facebook, Twitter, and LinkedIn to stay up to date on the latest scam tactics. Repost #SlamtheScam information on social media to keep your friends and family safe.

With your free and secure my Social Security account, you can receive personal estimates of future benefits based on your real earnings, see your latest Social Security Statement, and review your earnings history. It even makes it easy to request a replacement Social Security Card, check the status of an application online, and much more, from anywhere!

Editor: I received an email that looked exactly as if it was from social security (logo, etc.). Informing me that I needed to up-date information. I recognized it as a scam so didn't open it or respond. Be very careful.

Sheldon

Spring Has Sprung, Let's Make Your Workouts Fun!

by Leslie Sokol

No matter your age, it's never too late to start an exercise program. As we age, our muscle function can decline, our energy can decrease, and our attention span can become limited. The best way to counteract these things and build up your confidence and enthusiasm is to be active both physically and mentally.

Want a healthy and fun way to do that? Join a group dance or fitness class. It's fun

to be with your peers and it's a great opportunity to be active and social. You will feel like you belong to something and are with people who enjoy similar interests. Workout classes help build your confidence and self-esteem, create a positive attitude, and keep you motivated. As I say to my students, “We are all in this together”.

You will want to find a class that incorporates the three essential components of total fitness -- stretching, strengthening and aerobics. However, you don't need to wait for a class to get started! Here are some sample exercises for each component:

Stretching: Warm-up and cool down exercises help reduce muscle soreness and lessen your risk of injury. A simple way to get started is to begin by either standing or sitting in a chair and bending your waist side to side along with moving your arms side to side. Do this for 1 to 2 minutes.

Strengthening: There are many simple exercises that can help you build muscle mass and firm and tone your body. One of the easiest exercises is simple bicep curls. Use light dumbbells or fill up two water bottles and hold one in each hand. While standing or seated, extend both arms along your side with a slight bend in your elbow, keeping your wrists straight and your palms facing toward you. Keeping your arms at your sides, slowly curl the weights up and exhale as you bring them up. Then inhale as you slowly lower the weights back down. That is considered one rep. Try to complete 8-12 reps, rest for 1 minutes and then do a second set.

Aerobic: This refers to any type of exercise that utilizes your heart and lungs. Walking is the most basic example of this. If you're just getting started, concentrate on walking for a few minutes, gradually increasing your distance and speed as you grow stronger. Other forms of aerobic exercise include hiking, dancing, jogging, jumping jacks, and marching. Don't be afraid to mix it up!

Keep in mind that the best exercise is the one you enjoy most! Be healthy and happy and always remember - age is just a number!

Leslie Sokol is the creator and founder of the adult dance and fitness program For the Young at Heart. She also teaches in retirement communities throughout Santa Barbara and Ventura Counties.

For more information contact Leslie at Dancekidsfun@gmail.com 805-312-8089 or visit the website: www.LeslieSokolDance.com



“Are you sure this doesn't have many calories?”

Healthy Meal Planning: Tips for Older Adults

Eating healthfully and having an active lifestyle can support healthy aging.

Simple adjustments can go a long way toward building a healthier eating pattern. Follow these tips to get the most out of foods and beverages while meeting your nutrient needs and reducing the risk of disease:

Enjoy a variety of foods from each food group to help reduce the risk of developing diseases such as high blood pressure, diabetes, and heart disease.

Choose foods with little to no added sugar, saturated fats, and sodium.

To get enough protein throughout the day and maintain muscle, try adding seafood, dairy, or fortified soy products along with beans, peas, and lentils to your meals.

Learn more about protein and other important nutrients.

Add sliced or chopped fruits and vegetables to meals and snacks. Look for pre-cut varieties if slicing and chopping are a challenge for you.

Try foods fortified with vitamin B12, such as some cereals, or talk to your doctor about taking a B12 supplement. Learn more about key vitamins and minerals.

Reduce sodium intake by seasoning foods with herbs and citrus such as lemon juice.

Drink plenty of water throughout the day to help stay hydrated and aid in the digestion of food and absorption of nutrients. Avoid sugary drinks.

It can be hard for some people to follow through on smart food choices.

Answering the question “what should I eat?” doesn't need to leave you feeling baffled and frustrated. In fact, when you have the right information and motivation, you can feel good about making healthy choices. Use these tips to plan healthy and delicious meals:

Plan in advance. Meal planning takes the guesswork out of eating and can help ensure you eat a variety of nutritious foods throughout the day.

Find budget-friendly foods. Create a shopping list in advance to help stick to a budget and follow these SNAP-friendly recipes.

Consider preparation time. Some meals can be made in as little as five minutes. If you love cooking, or if you're preparing a meal with or for friends or family, you may want to try something a little more challenging.

Keep calories in mind. The number of calories people need each day varies by individual. Always discuss your weight and fitness goals with your health care provider before making big changes. Read about calorie goals and healthy food swaps.

VCAAA fall prevention programs

The Ventura County Area Agency on Aging and the Ventura County Elderly Fall Prevention Coalition's award-winning Fall Prevention Program has a new set of classes beginning soon around the county.

Oxnard

Stepping On – Oxnard Performing Arts Center – Tuesdays – March 21 through May 2 – 1 p.m. to 3 p.m.

Tai Chi: Moving for Better Balance – Oxnard Performing Arts Center – Tuesdays & Thursdays – April 11 through June 29 – 9 a.m. to 10:30 a.m. OR 10:45 a.m. to 12:15 p.m.

Ventura

Tai Chi: Moving for Better Balance – County of Ventura California Room – Wednesdays & Fridays – April 12 through June 30 – 9 a.m. to 10:30 a.m. OR 10:45 a.m. to 12:15 p.m.

Tai Chi: Moving for Better Balance – Community Presbyterian Church – Wednesdays & Fridays – April 12 through June 30 – 10 a.m. to 11:30 a.m.

Tai Chi: Moving for Better Balance – Ventura Church of Christ – Wednesdays & Fridays – April 12 through June 30 – 10:45 a.m. to 12:15 p.m.

Classes, which are free, are designed for individuals 60 and up. Please click on the PDF for additional information, or visit vcaaa.org/falls. To register for most classes, call the VCAAA at (805) 477-7300, option 6, or email Fall.Prevention.Program@ventura.org. For the Tai Chi class being hosted by HELP of Ojai, call (805) 646-5122. For A Matter of Balance being hosted by the Simi Valley Senior Center, call (805) 583-6363.

A Matter of Balance is designed for those 60 and older who are inactive with poor balance, who have fallen, and who may have developed a fear of falling. Participants should expect to begin an easy-to-do regimen to improve balance, strength, flexibility and self-confidence. This class is held once a week for eight weeks and includes chair-based exercises.

Stepping On is designed for individuals who have fallen or who are fearful of falling. Participants have access to a physical therapist who teaches strength and balance exercises, a vision expert, a public safety expert, and a pharmacist who will discuss fall risks associated with certain medications.

Tai Chi: Moving for Better Balance is an exercise program developed especially for older adults using modified practices designed to improve and strengthen balance and mobility. Classes are intended for beginners. Canes and walkers are welcome. This class is proven to reduce falls by 55 percent.

Individuals concerned about falls or those who have recently experienced a fall, as well as those who are interested in improving balance, flexibility, and strength, are encouraged to participate. Nationally recognized research shows that one in four adults over the age of 65, and half of the population over the age of 75, fall each year. One out of every five falls results in a serious injury, and about three million older people are treated at emergency departments for fall injuries each year. Approximately 32,000 older adults die each year as a result of falls.

The Ventura County Area Agency on Aging, an agency of the County of Ventura, is charged with the responsibility of promoting, developing, and implementing a comprehensive coordinated system of care that enables older individuals, children and adults with disabilities, and their caregivers to live in a community-based setting. The VCAAA advocates for the needs of those 60 years and older in the county, providing leadership and promoting citizen involvement in the planning process as well as in the delivery of services.

Four types of exercise Continued from page 7

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



Ventura events

by Ana Baker

The Ventura Senior Men's Group continues to meet for a social lunch and program at the Poinsettia Pavilion in Ventura on the first and third Tuesday of each month. Men of all descriptions are always welcome to sample our shenanigans. Lyle Hotzler at 805-341-9820

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.

March 31-April 2: This hilarious and heartrending new play comes from a multi-award-winning writer and director, Kieron Barry, just four performances before its London premiere. "Spy for Spy, love, shuffled" at NAMBA Performing Arts Space, 47 S Oak St. Spy for Spy asks if our lives make more sense in the wrong order and if love is enough to fuse two radically different spirits. Spy for Spy is a romantic comedy with a difference; a drama performed like a playlist with scenes shuffled in random order. Funny, moving, and profound, Spy for Spy explores the limits of the body, the weight of the soul, and the burden of love. Tickets are \$30/\$25 for students and seniors and can be bought online at www.NambaArts.com or at the door on the performance day.

April 1: Sespe Fly Fishers of Ventura will be conducting our monthly "First Saturday" introductory Fly Rod Casting and Intro to Fly Fishing clinic. is on. There is no charge and all are welcome. Whether you are an experienced fly fisher or a complete novice we want to help you improve your casting and learn to enjoy this great sport. If you don't yet have a fly rod, don't worry, just come and use one of ours. Chumash Park, Petit and Waco, 9:00 to 11:00 am. Also coming Up in April - Special Clinic - "Casting on the River!" Sespe Fly Fishers in collaboration with the Ojai Valley Land Conservancy is planning to set up a special casting clinic at the Ventura Steelhead Preserve in April to take advantage of the current Ventura River Flows.

Ventura Steelhead Preserve
9458 Santa Ana Rd, Ventura
Date: To be determined

For more information: Casting Program Coordinator Thomas Hall thomasfoleyhall@gmail.com (805) 377-5249 www.sespeflyfishers.org

April 2: Open house tours of the 1892 Dudley Historic House Museum will take place on Sunday from 1- 4 p.m. Admission is free. The museum is at the corner of Loma Vista and Ashwood Streets (197 N. Ashwood). For information, please call (805) 642-3345 or visit the website at dudleyhouse.org.

April 2: Old-Time Country Bluegrass Gospel Music Assoc. Sunday 2-4 p.m. At the Poinsettia Pavilion, 3451 Foothill Rd. Live Music on stage. Jamming in the Canada Room. Free Admission. Free Parking. Open to the Public. Current Ventura County Covid regulations will apply. For more information, call 805-517-1131 or visit Facebook: OTCBGMA.

April 4: Beach Cities Neighbors

and Newcomer's speaker is Marsha McHenry Carol moved to Ventura from Dana Point five years ago. She has a degree in Communications from Cal State, Fullerton, and is a freelance journalist, writing for many of California's lifestyle magazines. She splits her time between Laguna and Ventura. She bought Charles of Laguna, Charles Wigs, in 2010 when the business was 45 years old. She recently opened a private room, a wig boutique in Salon Pancho off Harbor Bl in Ventura. Wednesday 9:30-11:15 a.m. at Ventura Yacht Club, 1755 Spinnaker Dr.

April 8: Saturday 8 - 2 p.m., our monthly plant and collectibles sale continues on the grounds at the Dudley House. Bromeliads, orchids, and succulents will be on sale, along with various collectibles. Vendors, please call Charlie at 805-746-4317 for details. The museum is at the corner of Loma Vista and Ashwood Streets (197 N. Ashwood). Free.

April 12: The Ondulando Firewise Community will hold its first community-wide meeting from 6 - 7 p.m. at the Church of the Foothills, 6279 Foothill Road. Doors open at 5:30 p.m. All residents of Ondulando are invited to come and learn about the benefits of a Firewise Community: How to harden your home against wildfires, how our neighborhood can be more fire resilient, and how the cost of home insurance can be reduced for Firewise Communities. Our local Ventura Regional Fire Safe Council has been helping us start our Firewise Community using the FIREWISE USA framework. "The Firewise USA program encourages local solutions for safety by involving homeowners in taking individual responsibility for preparing their homes for the risk of wildfire. The program provides resources to help homeowners learn how to adapt to living with wildfire and encourages neighbors to work together to act now to prevent losses." (VRFSC, Feb 2023). For more information, search Firewise USA.

April 15: Step Up Ventura, a 501(c)(3) organization that provides academic, social, emotional, and behavioral skills to children experiencing homelessness under the age of 5, is hosting a Local Youth Artist Showcase on Saturday from 7-9 p.m. at Bell Arts Factory, 432 N. Ventura Ave. Our Inspire to Aspire event will feature the talent of local VUSD students through choral and jazz music, crafted desserts by Ventura High School culinary students, and a silent auction. For more information, please visit our website to purchase tickets or to become a sponsor at www.stepupventura.org

April 28: Group: Channel Islands PC User Group (CIPCUG) Discussion, Tutorial, and Q&A sessions centered around Computers, email, the Internet, and social media brokers such as Facebook, LinkedIn, Google, and Yahoo. Online and live at our temporary location Ventura County Computers, 2175 Goodyear Avenue, Unit 117. Events begin on Friday at 9:30 a.m. All CIPCUG events may be attended online. Due to limited space, live attendance is reserved for members. Details for connecting to online events are emailed before the event. To receive connection instructions, please sign up on our website at: www.cipcug.org >cipcug club website. (805) 289-3960.

Ojai news and events

"Elemental," An art exhibit featuring the work of six talented Ojai artists will run from April 2nd to April 30th with an opening reception Sunday, April 16th, from 3:00 - 5:00 p.m. at The Ojai Art Center.

The "Elemental" art show promises to be a must-see exhibition for art lovers and nature enthusiasts alike. In addition, a Patio Pop-Up Show of recent work will be featured Sat. & Sun., April 15th & 16th, from 11:00 a.m. - 4:00 p.m. The exhibit and pop-up show will feature a wide range of artwork for sale. For more information about the "Elemental" art show or to schedule an interview with any of the featured artists, please contact Helen Solomon, (805) 317-1504.

The Ojai Art Center is proud to announce that local artist Rick Sharp's vintage artwork will be featured as the official image for this year's 46th Annual Art in the Park fine art event.

Art in the Park is an annual event that celebrates the beauty of fine art and nature. This year's event will take place on Memorial Weekend (Saturday and Sunday, May 27th and 28th) from 10:00 a.m. to 5:00 p.m. in Libbey Park (downtown Ojai) and will feature a wide variety of art exhibits. The event is free, open to the public, and is a great way to spend a day enjoying the outdoors while supporting local artists.

Exhibitor applications are being accepted through the end of March. For more information about Art in the Park, please visit www.ojaiartcenter.org.

It is our utmost goal to provide this programming for low or no cost, to students- public, private, and home-schooled" says Kara Lakes, Executive Director, about the mission of Performances To Grow On and The Ojai Storytelling Festival. When representatives of the Ventura County non-profit reached out to local public schools to offer The Mitzvah Project, an acclaimed 75-minute, three-part Holocaust/social justice-themed educational program, for free, the lack of interest was surprising. Only Nordhoff High School, in PTGO's home city of Ojai, accepted the free educational programming.

The Mitzvah Project, PTGO decided to open up their community shows to reach as many students, teachers and administrators as possible. Both community performances, March 18th at the Ventura Center For Spiritual Living and March 19th at the Jewish Community Of Ojai, will be free to ages 14 through college, administrators, and teachers.

To reserve your free tickets go to <https://www.tix.com/ticket-sales/ojaistoryfest/6604/event/1314168>

The Mitzvah Project is a moving and immensely important three part pres-

entation that dramatically explores the nature of prejudice through the interconnected lives of three unique characters from different backgrounds who cross paths during the darkest days of the Holocaust.

The Beatrice Wood Center for the Arts is pleased to present a performance and release party for Ojai residents Alyse Korn and Robert Kyle's new CD Tuesday's Child on Sunday, March 26th at 5 pm. They will be joined by musicians Kevin Winard and Ahmet Turkmenoglu.

The Beatrice Wood Center for the Arts is located at 8585 Ojai-Santa Paula Road in Upper Ojai.

Tickets are \$25 and can be purchased at https://www.beatricewood.com/alyse_korn_robert_kyle.html or by calling the Center at 805-646-3381

Topa Topa Brewing Co.'s headquarters in Ventura, is hosting a dance party, "Bash for the Birds" on Friday, March 31 from 7 to 11 pm to benefit Ojai Raptor Center (ORC).

The event will be held in the Sagebrush Garden of Topa Topa Brewing Co.'s 4880 Colt Street location.

Advance tickets are \$10 at <https://donorbox.org/events/415896>. Tickets at the door will be \$15. 21 over and only.

100% of ticket sales benefit ORC.

Ventura Seaside Basketball Tournament returns for 2023 season

The East Ventura Optimist Club is happy to announce the return of the Ventura Seaside Basketball Tournament. After a 3-year hiatus, the club is excited to welcome teams back for an exciting new year. Teams from Ventura County and beyond are invited to come out and be a part of this weekend long tournament. The tournament will feature a four-game guarantee for all teams.

All proceeds from the tournament benefit kids in our local community through the East Ventura Optimist Club's various programs. Games will be played April 22 and 23 in various gyms around Ventura. For many teams, the regular season is coming to an end, but the excitement does not have to stop just yet. Visit our tournament website for more information and to register your team today. Basketball Clubs wanting to sign-up multiple teams will receive a \$25 discount per team. (VSBB23 - Coupon Code). Register today as space is limited. For more information contact Tournament Director Eric Burton at eburton570@gmail.com or (805) 701-8122.

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

I can help you with that!

BERKSHIRE HATHAWAY | California Properties
HomeServices

© 2023 Berkshire Hathaway HomeServices California Properties is a member of the franchise system of BHI Affiliates LLC. BHI and the BHI logo are registered service marks of Columbia Insurance Company, a Berkshire Hathaway affiliate.



ADELA TRAINOR
DRE 01985025
805.701.7694
TEAMTRAINOR12@GMAIL.COM



The Pet Page



Dedicated to Scamp

SPAN Thrift Store is open to the public and looking for donations of adult clothing, household items and tools. SPAN Thrift Store provides \$10 spay and neuter clinics for low income households for cats and dogs. Upcoming clinics; Tues, April 4th, Albert H. Soliz Library parking lot, 2820 Jourdan St., Oxnard; Tues., April 11th, Shiells Park parking lot, 649 C St., Fillmore and Tues., April 25th, SPAN Thrift Store parking lot, 110 N. Olive St., Ventura. Please call to schedule an appointment (805) 584-3823. www.spanonline.org.

The French Bulldog took Los Angeles' top spot in the American Kennel Club's (AKC®) 2022 ranking of the most popular AKC-recognized dog breeds in the U.S. for the seventh year in a row. The French Bulldog was also recognized as the #1 pup in Atlanta, GA and Baltimore, MD.

Larger breeds gained favor in Los Angeles last year, with the German Shepherd Dog rising two spots to number four and the Cane Corso making an impressive jump from 16th to 7th.

Los Angeles' top 5 breeds for 2022:

1. French Bulldog
2. Bulldog
3. Labrador Retriever
4. German Shepherd Dog
5. Golden Retriever

The AKC also announced its nationwide rankings. There's a new top dog in town! The ever-popular Labrador Retriever's record-breaking reign has ended. The playful and adaptable French Bulldog is America's most popular breed for the first time.

While it may come as a surprise to some that the loveable Lab's 31-year stay at the top has come to an end, the French Bulldog has been quietly climbing the charts for many years. Over the past decade, the Frenchie has gone from 14th in 2012 to number 1 in 2022, and registrations have increased over 1,000% in that time period.

Most Popular Breeds of 2022

1. French Bulldog
2. Labrador Retriever
3. Golden Retriever
4. German Shepherd Dog
5. Poodle

By Marc Bekoff, Ph.D., and Steve Dale

The latest buzzword in the dog training world is referred to as consent training or cooperative care. Cats may benefit from this practice even more than dogs.

While dogs and humans benefit by feeling a sense of control, arguably this is true 10-fold in cats who are control freaks, to begin with. Think about it; being in control is synonymous with a sense of safety, which cats must have to feel secure. One reason cats like high vantage points is because they feel safe and in control of their world. And that's one reason why cats are especially

panicked at veterinary visits. They are suddenly kidnapped, forcibly removed from their safety zone, and whisked off to a place where they can sense the terror of others because of the pheromones that remain. They also are forcibly poked and prodded without their consent.

Imagine if you could merely ask a cat to simply hop into a carrier. There would be no chasing them all over the house to attempt to stuff a screaming cat into the carrier where a ladder to terror is then ascended with a car ride. By the time the exam begins, the cat may be struggling for dear life, actually thinking, "I am going to die."

Rather than taking an unhappy, freaked-out cat to the veterinarian, carrier training can be conducted in a method consistent with consent. Here are some practical tips.

Leave the carrier out 24/7. If the cat was previously afraid of a carrier because of the negative association made with the veterinary visit, purchase a new carrier that looks different.

Randomly drop treats into the carrier so it becomes an automatic treat dispenser.

Once comfortable inside the carrier, begin to feed the cat in the carrier. Most cats may now hop inside, expecting a treat for doing so. Cats do train people—and now you comply.

Now, ask your cat to hop into the carrier on cue—and always offer high-value award for doing so.

Ask your cat to leap into the carrier, close it, and walk to another part of the house. Once there, open the carrier and feed. Good things happen after being inside the carrier.

Finally, teach the cat that car rides aren't bad—before going to the vet, just drive around the block, and when returning home give them a meal. And when you do go to the veterinarian, go for a happy visit—no exam, only treats.

Of course, you can use force to get the job done, but we know there are deleterious psychological impacts, not to mention an erosion of trust.

Another good example of how to use consent in cats is the issue of petting-induced over-stimulation. Some cats can be petted all day long, but others manage only a minute or two at a time before lashing out. Several reasons may help to explain why some cats barely have any petting patience. For some, it actually may begin to feel uncomfortable when touched for too long. The same goes for dogs, some of whom like to be petted or hugged, and others who don't.

For cats who typically allow only a minute or two of petting, stop petting after around 30 seconds. Quit while you're ahead, leaving the cat to decide, "I want more." If so the cat asks to be petted more, offer only a few seconds, continuing to leave the cat wanting still more. At some point, the cat will likely say, "Okay, that's enough." You can increase the time you spend petting your cat while still allowing the cat to maintain control.

Scamp Club

(Scampclub pets are not for adoption.)



Hello: My name is Edward. I am a retired medical service K9, after 17 years of service now I spend my days hanging out with mom.

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.

Likewise, if you want to play with your cat, be sure your cat tells you it's okay. Cats, dogs, and other animals clearly express their intentions and have to consent for fair play to continue; it's best to be sure they want to play with you.

All of this is consistent with the Fear Free initiative, which is designed to minimize fear, anxiety, and stress.²

Giving cats control by granting them

agency and asking for their consent supports their need for safety, security, and trust, makes them happier, and enhances the social bonds you form with each other.

This essay was co-authored by Steve Dale, a Certified Animal Behavior Consultant (CABC) who hosts several pet radio shows and has contributed to and authored several books.

Forever homes wanted

Zander (male), Trinity (female) and Leia (female) are all still searching for their forever homes! These three are the last of the Terrier mix litter that we saved from Kern County thanks to the generous donations we received from our rescue community. They are 10 weeks old and we think they'll end up being medium sized dogs. All three enjoy being in a puppy pile, chasing around their foster siblings, and exuding maximum cuteness with zero effort. Canine Adoption and Rescue League C.A.R.L.



Meet Joey & Shiela, two playful Husky Shepherd mixes looking for forever homes. Joey & Shiela are about 2-3 years old and came in together as strays. They both have done well in pack playgroups with dogs of varying energy levels, but especially love attention from humans! They're great with commands like sit and down. Joey & Shiela are just as happy individually and do not necessarily need to be adopted together!



If you'd like to meet Joey or Shiela, schedule an appointment at <https://www.vcas.us/adopt> or come down to the shelter during normal Adoption Hours of 1:00pm - 6:00pm Tuesday - Sunday. If you have questions, please contact us at (805) 388-4341 or info@vcas.us. We are located at 600 Aviation Drive Camarillo, CA 93010.



SPAN Thrift Store
SPAY/NEUTER ANIMAL NETWORK

\$10 Low/No Income Spay & Neuter
April 4th
Albert H. Soliz Library, El Rio
2820 Jourdan St., Oxnard
Must call for appointment
(805) 584-3823

\$10 Low/No Income Spay & Neuter
April 11th
Shiells Park, 649 C St., Fillmore
Must call for appointment
(805) 584-3823

\$10 Low/No Income Spay & Neuter
April 25th
SPAN Thrift Store
110 N. Olive St., Ventura
Must call for appointment
(805) 584-3823

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

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



On March 11, the leashes of four new search dogs passed from trainers to handlers at the Search Team Pairing Ceremony.

Police Reports

by Cindy Summers

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

Brandishing a Firearm in Public and Possession of a Loaded Firearm Arrest

On March 20, the Ventura Police Department Command Center received a call of a subject threatening to use and in possession of a handgun outside of a bar in the downtown area of Ventura in the 300 block of E. Main. Security reported there were several males involved in an altercation, and one subject brandished a handgun after being escorted out of a bar.

Officers arrived within 2 minutes of the call and located the involved parties walking away from the area. As officers made contact the subjects, officers heard the sound of a metallic object hit the ground. Officers conducted a high-risk stop and detained the involved parties.

Officers located a loaded, unregistered revolver under a nearby parked vehicle. An eyewitness to the event identified Salazar (Oscar Salazar (21 years) Oxnard Resident and a Male Juvenile (16 years) Oxnard Resident as the subject that brandished and threatened with the weapon. Salazar was booked at the Ventura County Jail for carrying a loaded and unregistered firearm, brandishing a firearm, and contributing to the delinquency of a minor. The minor subject was cited and released to a relative for knowingly using another person's identification.

The complete press release, including suspect description, can be viewed online at www.venturapd.org

If you have any information about this crime, you can make an anonymous call to Crime Stoppers at 1-800-222-TIPS.

If your information leads to an arrest, you could receive a cash reward of up to \$1,000.

Harbor Patrol Blotter

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

Tuesday 3-7

5:40am, observed Weather Service issued Small Craft Advisory, raised pennant.

7:41am, dispatched to medical in the Ventura Marina Community. Officers responded with AMR/VFD to assist with the call.

3:20pm, dispatched to traumatic injuries in VIM parking lot. Officers responded with AMR/VFD to a bicyclist who sustained a head injury. Patient transported.

Wednes 3-8

9:53am, while on patrol, officers issued a warning to a fisherman fishing in front of a "No Fishing" sign near the Port District. Officers advised of areas to fish.

3:14pm, dispatched to medical in the Ventura Marina Community. Officers responded with AMR/VFD to assist female with back pain. She was transported

3:50pm, received report of illegal fishing in the Ventura Marina Community. Officers investigated, found a fisherman as reported, removed subject from park.

Thursday 3-9

1:02pm, conducting traffic control for Manson towing 3,000ft of dredge pipe. 4:45pm, contacted by older gentlemen who lost his vehicle in Harbor Village. Officers were able to locate the vehicle and reunite owner with it.

6:30pm, while on patrol in RB19, officers issued warnings to several vessels engaged in hoop net fishing for lobster in prohibited areas near Harbor Entrance.

Friday 3-10

6:30am, observed Weather Service issued Small Craft Advisory, raised pennant.

8:50am, officers creating safety perimeter in Rescue vessels for Manson setting up dredging operations. Mariners can contact dredge on VHF67 for passing info

Saturday 3-11

3:15am, observed very poor water conditions near the patrol dock with a lot of debris coming out of the barranca in the keys.

8:12am, officers assisted State Parks with lifeguard try out near San Pedro St. 10:00am, officers on patrol in Fireboat assisted with traffic control for the Manson Dredge en route to begin annual maintenance dredging of harbor.

6:30pm, while on patrol in Fireboat, contacted two kayakers with insufficient safety equipment, no navigation lights and avoiding dredging operations.

Sunday 3-12

8-12pm, trouble-shooting Rescue Watercraft with starting issues. Unable to keep the voltage up with multiple attempts, so swapping out RWC's.

2:20pm, observed smoke showing from



SJRMCM nurses from accredited nurse residency programs.

Achievement recognizes hospitals' commitment to mentoring newly licensed nurses

Dignity Health—St. John's Regional Medical Center (SJRMCM) and St. John's Hospital Camarillo (SJHC) are proud to announce that the Nurse Residency Program was recently awarded accreditation by the American Nurses Credentialing Center (ANCC) for the Practice Transition Accreditation Program (PTAP). With this accreditation, St. John's program is now one of 240 officially accredited nurse residency programs in the nation and the only accredited program in the Tri-County area.

PTAP sets the global standard for nurse residency programs and formally recognizes the education program and support environment provided specifically to new nursing graduates so they can achieve the highest level of professional success.

"We are incredibly proud of earning national accreditation. Just a few years ago, our team saw a need for a nurse residency program in the community and quickly mobilized to develop the comprehensive program we have today," said Dalarie Manda, Vice President, Chief Nurse Executive at St. John's Regional

Medical Center and St. John's Hospital Camarillo. "It's rewarding to see our seasoned nurses provide invaluable support and guidance as the new nurses adjust to providing care at the bedside."

The Nurse Residency Program at St. John's provides mentorship and hands-on training for new nurse graduates and nurses transitioning to specialty and acute care. This comprehensive program is structured to include practice-based learning under the guidance of preceptors and clinical leaders, specialty core courses, and workdays focused on interprofessional education, professional development, and reflective learning.

"During a time where there is a critical need for health care workers in our community and across the nation, it is an honor to be part of a solution that is recognized not only for providing future health care workers with real-time experiences but also for supporting our existing nurses," said Barry Wolfman, President & CEO of St. John's Regional Medical Center and St. John's Hospital Camarillo.

a vessel outside the harbor. Officers responded in Fireboat to investigate. The vessel was overheating and not on fire. Officers towed the disabled vessel to their slip in the keys without issue.

7:20pm, received a request for a tow from a disabled electric boat in the 1st channel of the keys. Officers responded in the Fireboat, towed vessel to slip.

Monday 3-13

6:17am, Weather Service issued Small Craft Advisory, raised warning pennant. 7:45am, observed Manson replenishing

South beach, adding pipe as sand fills in. 7:35pm, received report of loud crashing sounds. Officers investigated, found nothing except Manson construction moving pipe & sand, most likely the cause.

Tuesday 3-14

11:17am, dispatched to medical in Ventura Marina Community. Officers responded with VFD/AMR to assist a patient with hemorrhage/lacerations.

1:35pm, dispatched to medical in Ventura Marina Community.

Weekly SUDOKU

Answer

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

King Crossword

Answers

Solution time: 24 mins.

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



by Pam Baumgardner
VenturaRocks.com

We have a couple of music festivals lined up over the next week or two taking us from one end of the spectrum to the other, specifically punk to country, and from one end of town to the other, meaning, Ventura to Simi Valley. First, it's Punk in the Park on Saturday, May 25 with Pennywise, Suicidal Tendencies, Strung Out, Fear, manic Hispanic and more at the Ventura County Fairgrounds, and then its Round Up Music Festival on Saturday, April 1, with Sawyer Brown, Aaron Goodvin, Justin Honsinger and more at Rancho Susana Park. Both of these are ticketed events.

I have more good news and more bad news: The good news, The Violent Femmes added a second performance of their 1983 debut album in its entirety at the Ventura Music Hall on Friday, May 5; the bad news, it's already sold out too.

Actor Danny Trejo launched a label a few years ago to help emerging artists, and now he has a compilation album dropping March 24, "Trejo's Music Presents, Souldiez are Forever Volume I" with tracks from Cota & the Vibes, Pepe Marquez, Tarah New, Amora, Raquel and more... but hang on! Trejo's Music Concert Series will make a stop at the Fillmore Towne Theater on Saturday, March 25 with live performances from those same artists and it's hosted by Jimmy Reyes & Danny Trejo. Tickets available through Event Brite.

The official Libbey Bowl website hasn't quite gotten around to posting upcoming events, but a couple of ticket outlets are already promoting and selling tickets for a number of them including: Beth Hart (solo) on May 6, Oingo Boingo (former members) on May 7, Big Bad Voodoo Daddy on May 20, the rescheduled Judy Collins & Sophie B Hawkins on June 3, Missing Persons on June 3, Gin Blossoms on July 1, and Lyle Lovette on July 7. Beware: all ticket outlets do not charge the same, so shop around, I found tickets on Ticket Center, StubHub and Axs.

Spring Winter Wine Walk & Vendor Fair is Saturday, April 1, downtown Ventura. The wine walk is a ticketed event, but everything else is free to take part of at this event.

Quick Notes: Reggae Thursday nights continue at Tony's Pizzeria with Morie & the Heavy Hitters on March 23; Decent Criminal plays Gigi's on Sunday, March 26 (tickets at TicketWeb); Alyse Korn and Robert Kyle CD release performance will be held at Beatrice Wood Center in Ojai on Sunday, March 26; Roman's Weirdos, Birdbrain and Professional Americans play El Rey Cantina in Camarillo on Sunday, March 26; Cadillac Zack brings Canned Heat to Cantara Cellars on Friday, March 31; and Duane Betts (son of Dickey Betts of the Alman Brothers Band) plays the Ventura Music Hall on Sunday, April 2.

Do you have any music-related news or upcoming shows you want help publicizing? Please send all information short or long to Pam@VenturaRocks.com, and

for updated music listings daily, go to www.VenturaRocks.com.

Music Calendar

For more listings, additional times and genres go to VenturaRocks.com

Aqua Beachfront Bar

Crowne Plaza Hotel – 450 E. Harbor Blvd., Ventura

Sat 3/25: Katie Shorey

Beatrice Wood Center for the Arts

8585 N. Ojai Rd., Ojai

Sun 3/26: Alyse Korn & Robert Kyle

Boatyard Pub

1583 Spinnaker Dr., Ventura

Wednesdays: Frank Barajas

Thursdays: Jim Friery; Bluegrass Jam

Fri 3/24: Mack and D

Sat 3/25: Billy Mac & Friends

Sun 3/26: Ken Devoe

Tues 3/28: Karen Eden & the Bad Apples

Fri 3/31: Karen Eden & the Bad Apples

Cantara Cellars

126 N. Wood Rd., Camarillo

Fri 3/24: Ignition

Sat 3/25: The Dirty Lowdown

Fri 3/31: Cadillac Zack presents Canned Heat

Sat 4/1: Brandon Ragan Project

Copa Cubana

Ventura Harbor Village

Tuesdays: Blues Tuesdays

Thursdays: Glenn Bennet

Copper Blues

591 Collection Blvd., Oxnard

Fri 3/24: On Tap

Sat 3/25: Jayden Secor (11 am); El Primer Instinto (7 pm)

Fri 3/31: Caliente Band 805

Sat 4/1: Caught Red Handed (11 am)

Deer Lodge

2261 Maricopa Hwy., Ojai

Thurs 3/23: Tommy Guerrero (sold out)

Fri 3/24: Jess Bush

Sat 4/1: The El Capitan Band, David Burden

El Rey Cantina

2302 Ventura Blvd., Camarillo

Sun 3/26: Roman's Weirdos, Birdbrain, Professional Americans

Enegren Brewing Co.

444 Zachary St., Moorpark

Sun 3/26: 24 Strings

Feros Ferio Winery

310 E. Ojai Ave., Ojai

Sat 3/25: Kyle Swan

Sun 3/26: Two Tossers

Fillmore Town Center

338 Central Ave., Fillmore

Sat 3/25: Cota and the Vibes, Pepe Marquez, Tarah New, Amora, more...

The Garage

1091 Scandia Ave., Ventura

Fri 3/24: Bombafiya, Rebel Shakedown

Sat 3/25: Robert Heft band

Fri 3/31: Cinnamon Whiskey

Gigi's Cocktails

2493 Grand Ave., Ventura

Sun 3/26: Decent Criminal

Sat 4/1: RAW, FSKD, Jerk, Guilty by Association

Wed 4/4: Cali Sun

The Grape

2733 E. Main St., Ventura

Tues: The Gratitude Jazz Jam

Thurs Happy Hour: Tom Etchart & Friends

Friday Happy Hour: Fred Kaplan

Wed 3/22: Denny Seiwel Organ Trio

Thurs 3/23: The Urban Jazz Collective

Fri 3/24: The Jive Aces

Sat 3/25: Lenny & Susan Lacroix (2 pm);

Mike Casey (8 pm)

Wed 3/29: Native Vibe (5 pm)

Fri 3/31: Barrelhouse Wailers w/ Doug Webb

Sat 4/1: Flattop Tom's Jumpin' Blues

Band (2 pm); Max Haymer Trio (8 pm)

Institution Ale Co.

3841 Mission Oaks Blvd., Camarillo

Thurs 3/30: Dylan Brehm

Keynote Lounge

10245 Telephone Rd., Ventura

Thursdays: Open Mic

Fri 3/24: Pull the Trigger

Fri 3/31: Whiskey Business

Sat 4/1: 805 Social Club

Leashless Brewing

585 E. Thompson Blvd., Ventura

Thurs 3/23: Mark Masson

Fri 3/24: Brian Nicolet

Sat 3/25: Vinny Berry

Sun 3/26: One People

Thurs 3/30: Jacob Marquez & the Good Vibes

Sat 4/1: Barrelhouse Wailers

Sun 4/2: Mark Masson

Lucas Sellers Wine

330 Zachary St., Moorpark

Sat 3/25: Lauren Silas

Madewest Brewing

1744 Donlon St., Ventura

Sat 3/25: Matt from Blown Over

Manhattan

5800 Santa Rosa Rd., Camarillo

Fri 3/24: Tour Support

Sat 3/25: Michael Falcone

Fri 3/31: Jeanne Tatum Trio

Mrs. Olson's

2800 Harbor Blvd., Oxnard

Sat 3/25: The Mike and Scott Band (noon)

Sat 4/1: Mark Masson & Friends

Ojai Underground

616 Pearl St., Ojai

Sat 3/25: Alan Thornhill

Ojai Valley Brewing

307 Bryant St., Ojai

Fri 3/24: Sam Kulchin

Sat 3/25: Chaparral Country Band

Fri 3/31: Beau Red & the Tailor Made

Onyx

2390 Las Posas Rd., Camarillo

Fri 3/24: George Kirkes

Sat 3/25: Julian Velard

Fri 3/31: Raw Honey Band

Sat 4/1: The Fabulous Hangovers

Ox and Ocean

2101 Mandalay Beach Rd., Oxnard

Fri 3/24: Jayden Secor

Oxnard Performing Arts Center

800 Hobson Way, Oxnard

Fri 3/24: Zach Williams

Fri 3/31: Violation, Downpresser, Take

Offense, Slowbleed, Bad Onz

Punk in the Park

Ventura Fairgrounds – 10 W. Harbor Blvd.

Sat 3/25: Pennywise, Suicidal Tendencies, Strung Out, Fear, Manic Hispanic, more....

The Raven Tavern

1651 S. Victoria Ave., Oxnard

Fri 3/24: Vinyl Gypsies

Sat 3/25: Cinnamon Whiskey

Fri 3/31: Red Rhythm

Ric's Restaurant Sports Lounge

2500 Las Posas Rd., Camarillo

Tuesdays: Tour Support w/ Kurt & Bob

Sun 3/26: Brandon Ragan Project

Round Up Music Festival

5005 E. Los Angeles Ave., Simi Valley

Sat 4/1: Sawyer Brown, Aaron Goodvin, Justin Honsinger, more...

San Souci

21 S. Chestnut St., Ventura

Fri 3/24: iDecline, Still Pist, Neurotics

Fri 3/31: Three on a Match

The Shores

1031 Harbor Blvd., Oxnard

Fri 3/24: Jake McClelland (4 pm); Nuestro

(8 pm)

Sat 3/25: Electric Love-In

Sun 3/26: Robert Heft Band

Fri 3/31: Brandon Ragan (4 pm); CRV (8

pm) **Strey Cellars**

951 N. Rice Ave., Oxnard

Sun 3/26: Vinyl Gypsies

Tony's Pizzeria

186 E. Thompson Blvd., Ventura

Thurs 3/23: Morie & the Heavy Hitters

Sun 3/26: Heart & Soul

Topa Topa Brewing

104 E. Thompson Blvd., Ventura

Sat 3/25: Bored Betty

The Twist on Main

454 E. Main St., Ventura

Thursdays: Davey Miller Trio

Fri 3/24: Brobots

Sat 3/25: Dive Bar Steve (2 pm)

Sun 3/26: Jetlemons (11 am); Hot Roux

(3 pm)

Fri 3/31: Guy Martin

Vaquero y Mar

435 E. Thompson Blvd., Ventura

Sundays: Mariachi

Tuesdays: The Sea Hunter

Wednesdays: Tribal Me

Fridays: Conjunto Zacamandu de Tomas

Herrera

Ventura Harbor Village

1559 Spinnaker Dr., Ventura

Sun 3/26: Karen Eden

Sat 4/1: Teresa Russell

Ventura Music Hall

1888 E. Thompson Blvd., Ventura

Fri 3/24: Blackstar

Sat 3/25: Thee Sinseers, The Altons, Los

So-Lows

Sun 3/26: Soulfly

Wed 3/29: Smells Like Nirvana

Thurs 3/30: Tejon Street Cornet Thieves

Fri 3/31: Freddie Gibbs

Sat 4/1: Built to Spill

Sun 4/2: Duane Betts & Palmetto Motel

The Vine (Sam's Place)

308 E. Ojai Ave., Ojai

Fri 3/24: Whole Hog

Sat 3/25: Smitty and Julija and Friends

Fri 3/31: Dianne Miller

Sat 4/1: Smitty and Julija and Friends

Water's Edge

1510 Anchor Way Dr., Ventura

Fri 3/31: Teresa Russell

Winchesters

632 E. Main St., Ventura

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

Sun 3 pm

Thurs 3/23: Jayden Secor

Fri 3/24: Doc Rodgers duo

Sat 3/25: Mack and D

Sun 3/26: Mark Masson & Phriends

Thurs 3/30: McGuire Moffet Band

Fri 3/31: Karyn 805 CD release party

Sat 4/1: CRV Acoustic Trio

Sun 4/2: Pull the Trigger

Tues 4/4: Open mic w/ Jenna Rose

1901 Speakeasy

740 S. B St., Oxnard

Fri 3/24: Teresa Russell & Stephen Geyer

Sat 4/1: RJ Mischo

Ventura Music Scene



Grace Morton – Ventura (one of five 2021/2022 Scholarship winners).

Museum of Ventura County is now accepting applications for its Bonita C. McFarland Visual Arts Scholarship. The scholarship fund has a total of \$10,000 to be awarded to eligible applicants who are high school seniors enrolling in college courses in Fall semester of 2023 or any continuing visual arts college student who is a Ventura County resident.

Awards will be based on artistic merit and commitment as demonstrated by the application, essay, letter of recommendation, and examples of work.

Applicants will be selected by a committee consisting of members of the Museum's Fine Arts Committee and Museum staff. Learn more at <https://venturamuseum.org/bonita-c-mcfarland/>

Application deadline: May 7, 2023
Review of applications: May 2023
Scholarships announced: Late May 2023



Banana Tree, Oil on canvas, **Marita Redondo**

Member show original artwork by Buenaventura Art Association members featuring Marita Redondo on the Triangle Showcase. Until April 29, 2023.

Marita Redondo's show on the Triangle Showcase is titled "Sunlit" because, she says, "The paintings are all sunlit, atmospheric and outdoors." Since earning her credential from California in art education with an emphasis in cross-cultural teaching more than a dozen years ago, Redondo has taught at the high school level, currently at Hueneme High.

Exhibiting art at Studio 99 means being able to show larger than usual pieces because of our spacious walls. Both Marita's and the member show feature works of all sizes, creating incredible variety!

The entrance to Studio 99 at the Bell Arts Factory is around the back of the building off of Wall St. Open hours: Fridays and Saturdays, noon to 4pm.



Sheldon and Scamp by Breeze writer Sheli Ellsworth

Ventura Art Scene

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

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

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

CREDIT CARD INFORMATION

NAME _____

CARD NUMBER _____

EXPIRATION DATE _____

CODE ON BACK _____

ZIP CODE _____

ADDRESS NUMBERS ONLY _____

AMOUNT _____

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

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

THANK YOU FOR SUPPORTING THE VENTURA BREEZE!

RIDE READY

BICYCLE SKILL CLASSES

FREE BIKE SAFETY TRAINING

FREE TREK BIKE RAFFLE

SATURDAY
APR 15
9 am - 1 pm

SUNDAY
APR 16
10 am - 2 pm

SATURDAY
MAY 11
9 am - 1 pm

Learn TRAFFIC SKILLS

- One day (4 hour) session
- How to safely ride with traffic
- Proper bike fit
- Emergency maneuvers
- Bike safety check List
- Responsibilities on the road

GO SAFELY

CALIFORNIA OFFICE OF TRAFFIC SAFETY

Trek Ventura
4060 E Main St
Ventura 93003

BikeVentura
COUNTY

REGISTER
NOW!

www.BikeVentura.org/events



Lighter Breeze

Tiger



Mutts



Hi and Lois



Carpe Diem



Beetle Bailey



Sam and Silo



Solutions on page 11

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

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

Weekly SUDOKU

by Linda Thistle

Please remember in the empty boxes in such a way that each row across, each column down and each small 9-box square contain all of the numbers from one to nine.

DIFFICULTY THIS WEEK: ♦

♦ Moderate ♦♦ Challenging
♦♦♦ HOO BOY!

Solutions on page 11

King Crossword

ACROSS

- 1 Release money
- 5 Officer
- 8 Wife of Zeus
- 12 "Born Free" lioness
- 13 Billboards
- 14 Elliptical
- 15 Region of northern Italy
- 17 Breathing (Abbr.)
- 18 Start a round
- 19 Aviary noises
- 21 Irish actor Stephen
- 22 Visibility hindrance
- 23 Arced tennis shot
- 26 Like some humor
- 28 Avoids work
- 31 Gumbo or bisque, e.g.
- 33 Work unit
- 35 Minn. neighbor
- 36 Writer Lessing
- 38 Pouch
- 40 "Rah!"
- 41 Metric measure
- 43 — Alamos
- 45 Big lizard
- 47 Of the lower back
- 51 Gasp for air

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

- 6 Quirky
- 7 Intimidate, with "out"
- 8 Where earth meets sky
- 9 Battery brand
- 10 Grate
- 11 Swiss peaks
- 16 Not many
- 20 Actor Holbrook
- 23 "Acid"
- 24 Tic-tac-toe win
- 25 French red wine
- 27 Decade parts (Abbr.)
- 29 Air safety org.
- 30 Firmament
- 32 Pittsburgh team
- 34 Runs like a horse
- 37 — Salvador
- 39 Brilliant stroke
- 42 College study
- 44 Big hit
- 45 Apple product
- 46 Big bash
- 48 Party cheese
- 49 Tosses in
- 50 Deli loaves
- 53 Long time

© 2023 King Features Synd., Inc.



LIBRA (September 23 to October 22) Unless you have sound knowledge, and not just an opinion, it's best not to step into a family dispute involving a legal matter, regardless of whom you support. Leave that to the lawyers.

ARIES (March 21 to April 19) Some unsettling facts about a past situation could come to light. And while you'd love to deal with it immediately, it's best to get more information to support your case.

TAURUS (April 20 to May 20) A straightforward approach to a baffling situation is best. Don't allow yourself to be drawn into an already messy mass of tangles and lies. Deal with it and move on.

GEMINI (May 21 to June 20) Don't be discouraged or deterred by a colleague's negative opinion about your ideas. It could actually prove to be helpful when you finally get around to finalizing your plan.

CANCER (June 21 to July 22) Ignore that sudden attack of "modesty" and step up to claim the credit you so rightly earned. Remember: A lot of people are proud of you and want to share in your achievements.

LEO (July 23 to August 22) A financial "deal" that seems to be just right for you Leos and Leonas could be grounded more in gossamer than substance. Get an expert's advice to help you check it out.

VIRGO (August 23 to September 22) Don't ignore that suddenly cool or even rude attitude from someone who is close to you. Asking them for an explanation could reveal a misunderstanding that you were completely unaware of.

SCORPIO (October 23 to November 21) An awkward situation presents the usually socially savvy Scorpion with a problem. But a courteous and considerate approach soon helps clear the air and ease communication.

SAGITTARIUS (November 22 to December 21) A calmer, less tense atmosphere prevails through much of the week, allowing you to restore your energy levels before tackling a new challenge coming up by week's end.

CAPRICORN (December 22 to January 19) Your approach to helping with a friend or family member's problem could boomerang unless you take time to explain your method -- and how and why it (usually!) works.

AQUARIUS (January 20 to February 18) Someone who gave you a lot of grief might ask for a chance for the two of you to make a fresh start. You need to weigh the sincerity of the request carefully before giving them your answer.

PISCES (February 19 to March 20) Too much fantasizing about an upcoming decision could affect your judgment. Better to make your choices based on what you know now rather than what you might learn later.

BORN THIS WEEK: You have a way of seeing the best in people and helping them live up to their potential.

(c) 2023 King Features Synd., Inc.



Show Time

Streaming Spotlight by Cindy Summers

Boston Strangler

- Hulu Originals



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

The “Boston Strangler” is based upon true events from the mid 1960’s involving journalist Loretta McLaughlin (Keira Knightley) who was working for the American Record and was the first to discover connections between several women murdered in Boston. Ultimately the serial killer known as the Boston Strangler took the lives of 13 women that ranged in age from 19 to 85.

As a female reporter, Loretta was assigned to the lifestyle section but longed to work crime investigation. While visiting her mother, she learn a woman had been murdered



Keira Knightley just around the corner and recalled two other recent articles involving murdered women, totalling three women murdered in two weeks. Loretta approached her editor with her findings and asked to be assigned to the story and though he first refused, he compromised to letting her pursue it on her own time.

Loretta was able to verify that all three women had been found with their bodies posed and nylon stockings tied in a double-hitch knot around their necks. Loretta’s editor let her write the story which appeared on the front page, but her editor got a lot of flack from the police commissioner and said they were backing off the follow-up and put Loretta back on the lifestyle desk.

When a fourth woman was found similarly murdered, Loretta’s editor decided to team up Loretta with Jean Cole (Carrie Coon), who had experience working in the crimes division, to cover the story. Jean was very comfortable in the male-dominated world of criminal journalism and was a good role model for Loretta and finding her place. They did a front page story together on the fourth victim and eventually a fifth woman had been murdered in a three month period.

The next five murder victims

were all young women including Beverly Samans who’s ex-boyfriend was Daniel Marsh. The fifth victim was Patricia Bisette who was newly pregnant, single and had been having an affair with her boss Gordon Neilsen. Both men were brought in for questioning and released. Loretta felt Boston PD had been doing an incompetent job, and in her next article alluded to them preventing it from being solved due to lack of cooperation with other departments.

Loretta received a call from New York City Detective Linski who had a similar murder of an elderly woman in a hotel in New York City, and the police arrested Paul Dempsey who confessed. Linski called Loretta weeks later to share that a couple weeks prior a guy harassing some girls in their apartment was picked up in New York but Boston PD wouldn’t share any information so they let him go and as it turned out it was one of their prime suspects Albert DeSalvo.

Through her investigation, Loretta found that three of the suspects in the case had all been at the same mental hospital at the same time in the same ward: Marsh, DeSalvo and George Nassar (who the witness wrongly identified in a police lineup for DeSalvo). She ultimately discovered that they were all involved in a scam to collect the reward money with Nassar’s lawyer F. Lee Bailey, who arranged a 5-figure book deal for DeSalvo in lieu of payment.

The final article concluded there were multiple Boston Stranglers based upon the following: Dempsey had a type, elderly women; DeSalvo was coached but assaulted hundreds of young women; and Dempsey went to New York where the strangler killed young women. Then men started using the strangler story to solve their problems: the boss who got his secretary pregnant, the psychotic ex-boyfriend, then DeSalvo ended up at Bridgewater where Nassar and Marsh used him to get the reward money and became a convenient way to resolve everything for everyone.

Runtime 1h 52m

NAMBA presents two award winning Continued from page 5

dreamer strive to make their improbable relationship work, we see them break up, meet the parents, move in together and fall in love – all in a completely random sequence.

Shows are Friday March, 31; Saturday, April, 1 and Sunday, April 2 at 2:30 PM and 7:30 PM. Tickets are \$30/\$25 for students and seniors and can be bought online at www.NambaArts.com or at the door the day of the performance. NAMBA Performing Arts Space, 47 S Oak Street, Ventura, CA. (805) 746-5567.

Rubicon Theatre Company continues commitment to new works

Rubicon Theatre continues the company’s commitment to the creation of new works with the organization’s 46th mainstage world premiere - a developmental musical production based on Dark of the Moon, the 1945 Broadway play by Howard Richardson and William Berney.

The story of Dark of the Moon: A New Musical follows John, a witch boy from the Smoky Mountains, who falls in love with Barbara Allen, a beautiful and rebellious mortal girl who longs for more life than she finds in the fictitious Appalachian town of Buck Creek. John is willing to give up anything to be with Barbara Allen, and makes a deal with the conjur people to give up his immortality and become mortal if Barbara and he can stay true to each other for a year. Based on the classic stage play of the same name, this new musical adaptation is the sexy, soulful tale of young lovers torn apart by prejudice and fear – a modern melding of “Twilight” and Romeo and Juliet loosely based on a centuries-old ballad. Heart wrenchingly beautiful, and profoundly poetic, Dark of the Moon: A New Musical features a dual score by an award-winning songwriting team with a bluegrass/folk sound voiced by the humans juxtaposed with a rock/soul sound from the witches.

The original play version of Dark of the

Moon was originally written by Howard Richardson in 1939 as a dramatization of the centuries-old European folk song “The Ballad of Barbara Allen” and was first performed under a different title at the University of Iowa in 1942. After a rewrite by William Berney who was Richardson’s cousin, the play opened in Cambridge, Massachusetts, where it was seen by The Shuberts. They transferred the show to Broadway in March 14 of 1945 with the new title. The show premiered in London in 1948 as an early success of then-rising star Peter Brook. The show opened Circle in the Square Theatre in 1951. A national tour was followed by numerous high school and college productions and revivals. Notably Paul Newman and Richard Hart each played the role of John.

The production opens April 1 and continues through April 16, with low-priced previews March 29-31. Performances are Wednesdays at 2 and 7 p.m., Thursdays and Fridays at 7 p.m., Saturdays at 2 and 7 p.m. and Sundays at 2 p.m. Prices are \$30 to \$69.50 with special discounts for students, seniors, military and Equity members. For a complete schedule, or to purchase tickets, visit www.rubicontheatre.org or call 805.667.2900.

Dark of the Moon features a 29-member cast including an onstage bluegrass band (Whole Hog of Ventura County), and a rock-and-roll pit band.

Barbara Allen is played by newcomer Ava Delaney, Jake David Smith, plays the character of John. Jennifer Leigh Warren portrays Conjur Woman, Conjur Man, played by Timothy Warmen, Olivier Award-winner Lesli Margherita plays Raven. She is joined by Juliette Redden as Arwen, the curious light witch, and Dylan Goike as Devin.

“an eco-thriller, bristling with chills and suspense” **APRIL 6-23**
THE NEW YORK TIMES

The Children

BY **Lucy Kirkwood** DIRECTED BY **Jenny Sullivan**


LINDA PURL


MICHAEL BUTLER


NANCY TRAVIS

Announcing our all-star cast!



Tickets starting at \$40!



ENSEMBLE THEATRE COMPANY
 AT THE NEW VIC

etc.org
 Box Office: 805.965.5400

SANTA BARBARA’S PROFESSIONAL THEATER COMPANY

MRKTNG MGR

Patagonia Works has an oppty for a Global GTM Mrktng Mgr. \$140,000.00/yr to \$153,119.70/yr. May wrk from our HQ office in Ventura, CA or reside anywhere in US & wrk remotely from home.

May wrk at other US locatns not prsntly known.

Email resume w/Ref# VENJBC to ApplyTo@Patagonia.com.

Must be legally auth to work in the US w/o spnsrshp. EOE



RUBICONTHEATRE COMPANY

IN ASSOCIATION WITH BARBARA MEISTER

PRESENTS

The Developmental Premiere

DARK OF THE MOON

A NEW MUSICAL

BOOK BY JONATHAN PRINCE

MUSIC AND LYRICS BY
LINDY ROBBINS, DAVE BASSETT AND STEVE ROBSON

BASED ON THE STAGE PLAY DARK OF THE MOON BY
HOWARD D. RICHARDSON AND WILLIAM C. BERNEY

MARCH 29 – APRIL 16, 2023

CHOREOGRAPHY BY CHRISTOPHER GATTELLI

MUSICAL DIRECTION BY BRENT CRAYON

MUSICAL SUPERVISION BY BRAD HAAK

DIRECTED BY JAMES O'NEIL

BEING HUMAN IS HEARTBREAK

SAVE \$5 ON SHOWS THROUGH APRIL 6 WITH CODE: BREEZE

WWW.RUBICONTHEATRE.ORG | 805-667-2900

1006 E. MAIN ST. VENTURA, CA 93001

This production is made possible in part by assistance from WITZEND PRODUCTIONS, JEFFREY GROVE, PULSE PRODUCTIONS, and JORALEM HEIGHTS VENTURES.

Dark of the Moon: A New Musical is presented by Special Arrangement with the RICHARDSON/YALE PROPERTY TRUST, ELLIOT S. BLAIR, ADMINISTRATOR.