



# VENTURA BREEZE

Your Hometown Paper

Vol. 16, No. 15 Published Every Other Wednesday Established 2007 April 19 to May 2, 2023



"We are looking forward to being World Champs this year."

## High Tide is riding high on three regional wins

After reaching last year's World Finalist spot in 2022, Team 4414 HighTide is headed again to the FIRST Robotics World Championships in Houston. They are riding high on three regional wins at Hueneme Port, Ventura County and AeroSpace Valley. Additionally, they earned awards in Autonomous and Excellence in Engineering.

Team 4414: HighTide is an industry-based robotics team located in Ventura. Student participants range from grades 9 - 12 and attend school at Buena, El Camino, Foothill or Ventura High. Students learn career-oriented skills in engineering, design, mathematics, computer science, and are inspired by industry professional mentors. Michael Sessa of Sessa MFG (where the team trains) said, "Team 4414 HighTide is so dedicated and driven to excellence in everything they do. We are so lucky to have such great students along with amazing mentors."

This year's game Charged Up presented by HAAS Automation sees two alliances competing to process cones and cubes and score onto their grid. The match ends with robots racing to engage on their

**Continued on page 15**

## Artisans from around the west will show off their creations at Strawberry Festival

One hundred-fifty artisans from throughout the West will be displaying their goods at the 37th annual California Strawberry Festival, May 20 and 21 at the Ventura County Fairgrounds in Ventura.

The festival, which attracts nearly 50,000 visitors, features more than 50 food and beverage booths, most with a strawberry dish or drink made from fresh strawberries, but it is also known for its eclectic mix of quality artwork, crafts and unique pre-packaged food items.

Many of the artists have been coming to the festival for years. "We haven't had a festival since 2019 because of the pandemic so there is a lot of excitement by the artists to be back," says Dana Hale-Mounier, director of Pacific Fine Arts Festivals and coordinator of the festival's arts and craft booths.

Crafter Ray Wood began Brighten Your Life Creations with his wife Gina about 30 years ago. They started by making and selling pottery but evolved to copper metal art, primarily copper wind sculptures. Their son, Zack, joined them 15 years ago.

"Our pieces have been described as unique, desirable and affordable," says Wood, whose family has been displaying their items at the festival since 2004. "We have customers say that they have never seen anything like what we have. We create four or five different types of designs that move with the wind."

**Continued on page 3**



Artist Michael Phillips has created this strawberry design for the festival.

*Activities Director extraordinaire...  
come join the fun.*

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# VENTURA BREEZE

Your Hometown Paper

Member, Ventura Chamber of Commerce

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

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*In Memoriam Breezy Gledhill*

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

The development of full artificial intelligence could spell the end of the human race.  
— Stephen Hawking

## Local Government News

### Are you a City of Ventura resident interested in making an impact in your community?

The City of Ventura is inviting residents to apply for 20 openings across the City's boards, commissions, and committees. All applications are due by Monday, May 8 at 5 p.m. Per San Buenaventura Ordinance 2019-003, no citizen may serve on more than one committee, commission, or board.

One opening on the Mobile Home Rent Review Board. This is a five-member advisory board that meets quarterly (March, June, September, and December) to receive, investigate, hold hearings on, and act on issues related to mobile home park rent stabilization.

One opening on the Ventura Port District Board. This five-member board meets the first and third Wednesday of each month at 5:30 p.m. to oversee governance of the Ventura Port District according to the provisions of the California Harbors and Navigation Code.

One opening on the Housing Authority Board. This seven-member board of commissioners meets the second Wednesday

of each month at 3 p.m. to review tenant applications and assess both their status and financial standing.

Two openings on the Historic Preservation Committee. This five-member committee meets on the third Thursday of each month at 6 p.m. to make recommendations for designation of historic districts, landmarks, sites, and points of interest significant to the heritage and development of the City Mills Act contracts. The committee also provides recommendations for applications affecting identified or potentially historic resources.

Six openings on the Downtown Parking Advisory Committee. This seven-member advisory committee meets on the third Thursday of the month at 3:00 p.m. to advise on parking management strategies and programs in the Downtown Parking District area. This includes capital budgets, hours of operations, parking pricing policies, valet programs, and employee commuter parking policies.

One opening on the Design Review Committee. This five-member committee meets on the third Wednesday of the month at 6:00 p.m. to review, consider, and provide recommendations for design review applications, assist staff with architectural or landscape design input, and consider new or revised design standards or guidelines.

Three openings on the Arts and Culture Commission. This seven-member commission meets on the second Tuesday of



the month at 5:30 p.m. to advise and make recommendations on matters pertaining to the City's arts, culture, and cultural tourism.

Two openings on the Parks and Recreation Commission. This seven-member commission meets on the second Wednesday of the month at 4:00 p.m. to assist in recommending and promoting public parks and recreation programs, facilities, and events. It also reviews and recommends portions of long-range capital improvement programs pertaining to developing parks and facilities, beaches, golf courses, playing fields, and recreation centers.

Three openings on the Water Commission. This seven-member commission meets on the fourth Tuesday of the month at 5:30 p.m. to review and make advisory recommendations regarding water rates, water resources infrastructure projects in the five-year capital improvement program, water supply options, and other water resource issues.

For questions or to apply, contact the City Clerk's Office at 805-658-4787 or you can email Deputy City Clerk Darrick Ryser at dryser@cityofventura.ca.gov.

Want to learn more about the City of Ventura's boards, commissions, or committees? Visit [www.cityofventura.ca.gov/Recruitments](http://www.cityofventura.ca.gov/Recruitments).

## As I See It by Sheldon Brown

If you are not familiar with Chat GPT, it is one of a few AI (artificial intelligence) programs that can write articles. They are not written by humans but "robots" - so to speak. I asked it to write 200 words about the Ventura Breeze newspaper.

It wrote 209 words, but close enough. And with a few minor errors. Still amazing, but also scary. Students are using AI to write their reports. For instance, a person can say "write me 500 words about who wrote the constitution, "and the answer displayed in an instant.

AI has passed bar and CPA exams.

This is what Chat GPT wrote:

"The Ventura Breeze newspaper is a weekly (we are bi-weekly) publication that has been serving the Ventura community in California since 2007. It was founded by Sheldon Brown, who remains the publisher and editor-in-chief to this day. The newspaper is free and distributed throughout the city, and its mission is to provide residents with an independent and reliable source of local news and information.

The Ventura Breeze covers a wide range of topics, including local news, politics, sports, arts and entertainment, and community events. The newspaper also features a variety of columns and opinion pieces written by local writers and experts on various topics. In addition to its print edition, the Ventura Breeze also has a website where readers can access its content online.

One of the distinctive features of the Ventura Breeze is its commitment to community engagement. The newspaper actively solicits feedback and contributions from its readers, and it regularly features stories and profiles about local residents and organizations. The Ventura Breeze also sponsors and promotes a variety of community events and initiatives, including fundraisers, festivals, and volunteer opportunities (not entirely true).

Overall, the Ventura Breeze is a valuable resource for the Ventura community, providing timely and informative news and information, fostering community engage-

ment, and promoting a sense of civic pride and involvement."

Ventura's Fiscal Year Financial Report can be viewed at [https://www.cityofventura.ca.gov/AgendaCenter/ViewFile/Agenda/\\_04242023-2921](https://www.cityofventura.ca.gov/AgendaCenter/ViewFile/Agenda/_04242023-2921) if you want to type all this in your browser.

Outside of a few recent issues, Ventura remains a fairly safe place to live. In a few of our recent issues, there were no significant police reports. More in this issue

The recent sinkhole on Victoria was caused by the collapse of a 60-year-old storm drain. Ventura has much infrastructure older than 60-years, so this is not surprising especially with the large rains that we have had. It wasn't very big so did not cause much damage.

A reader took exception to my criticism of FOX News for false and misleading news reports. Some of their reporters who praised Trump publicly made up good news so that their viewers would be happy and continue watching. But privately they very much disliked him and thought him to be harmful.

All Americans, be they Republicans or Democrats, should find this to be very disturbing. This is what we criticize communist countries for doing not a democracy

On January, 25-year-old teacher Abigail Zwerner was badly wounded by a first-grade student in her classroom at Richneck elementary school.

A Virginia grand jury has indicted the mother of the six-year-old who shot an elementary school teacher charging her with crimes related to felony child neglect and firearms possession.

The parents of a teenager who killed four students at a Michigan high school can face trial for involuntary manslaughter, the state appeals court said in a groundbreaking case of criminal responsibility for the acts of a child.

The murders would not have happened if the parents hadn't purchased a gun for Ethan Crumbley, or if they had taken

him home from school on the day of the shooting, when staff became alarmed about his extreme drawings, the appeals court said.

I certainly agree with these actions. Adults who have guns in their homes (or buy their kids guns) with small children must be held accountable when their child has easy access to the guns and uses them. In several instances, children have accidentally killed a sibling.

Why is it when women wear torn jeans it's fashionable, but when men wear them they're homeless?

## Mailbox

Dear Sheldon:

Thanks very much for publishing my dear friend Geoff obit and printing it in your Ventura Breeze.

Peace, Shayne

Sheldon:

A rude and thoughtless comment in "As I See It" regarding the 41 year old woman having pleaded guilty for murder struck me as out of place for a person who I thought was more sensitive and caring. The lady needs help. You suggested she should be imprisoned under 3 Strikes! Those crimes are due to the illness of our society. Rethink that please and follow the path of humanity please. Bob Reeves, Ojai

Bob:

*I consider myself to be sensitive and caring. When you say "The lady needs help" are you suggesting that she is mentally ill and not responsible for her actions or do all people who murder need help and not punishment?*

Sheldon

We encourage you to send your opinions to [opinions@venturabreeze.com](mailto:opinions@venturabreeze.com). Please limit them to about 300 words



## From Council member Mike Johnson

Join me at the following:  
Saturday, April 22, 6 - 9 pm, Roller Derby at Skating Plus

Join me as we cheer on the West Coast Derby Knockouts as they take on Angel City Derby. It's the first home bout of the season. Tickets are \$15, \$12 presale. <https://www.facebook.com/derbyknockouts>  
Wednesday April 26, 7:00 pm - 9:00 pm, CACC

The College Area Community Council meets online on the fourth Wednesday of the month, from 7 to 9 pm. Visit [CACCVentura.com](http://CACCVentura.com) for the agenda & Zoom link.

Thursday, April 27, 7 - 8 am, Morning on the Promenade

Nothing quite like a spring morning at the beach. Meet me and Daisy Dog somewhere around Aloha Steakhouse.

Saturday, May 6, 6:30 - 7:30 pm, Fluid State Pizza Beer Garden

Join me for pizza, fries, and good cheer. If you ride the bus or walk, I'll buy you a beverage.

It's seems like a little thing but City Hall now has a general phone line that is answered by a person, whose job is to help residents get connected to the right resource. And you can press 1 for English or 2 for Spanish. So, rather than keep track of dozens of 'hotlines' that go to voicemail, if you have a question or want to report a pothole or dead city tree or abandoned encampment, just call 805.654.7800.

### Strawberry Festival Continued from page 1

Wood says they mostly exhibit at festivals in California and other western states. They attended 14 shows last year. "Festivals are a gathering of all different backgrounds. They bring out the best in people. The interaction between

us and customers is always positive. There is also a camaraderie of artists that's important too." To learn more about Brighten Your Life Creations, go to [www.bylc.com](http://www.bylc.com).

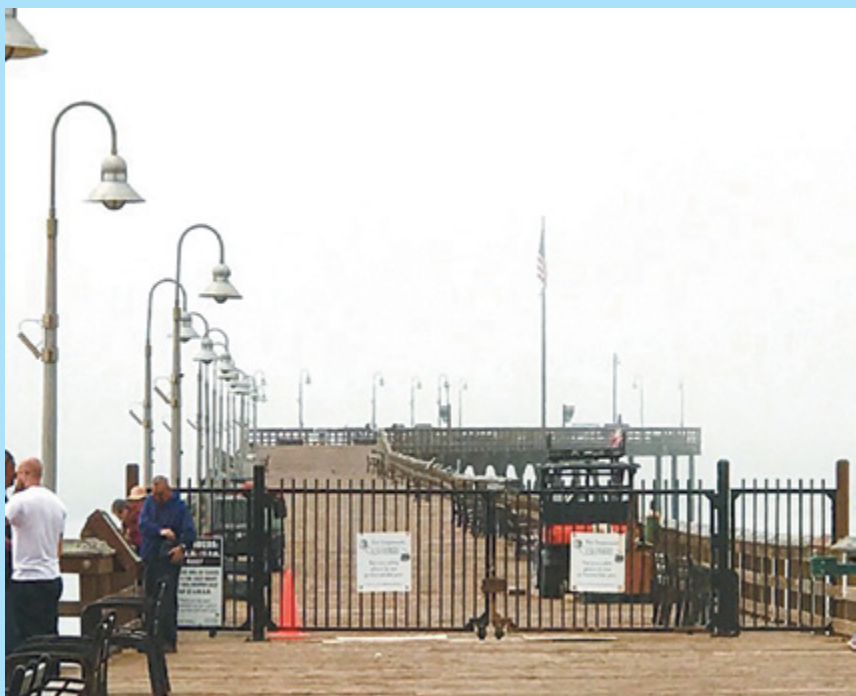
Artist Michael Phillips will bring his original paintings and prints to the California Strawberry Festival. Each tells a compelling story through Phillips' unique use of color and texture. He has exhibited his works on paper, canvas and metal at the festival since 2013. "I grew up spending a lot of time with my grandmother who was a self-taught artist," explains Phillips. "When I was about five years old, she saw that I was interested in painting. She encouraged me and I've spent the rest of my life as a commercial artist and then as a fine arts artist."

Phillips' designs will also be available on story cards, magnets and tiles at the festival. "I enjoy the Strawberry Festival because the strawberry theme seems to bring out the joy in the attendees," says Phillips. "We normally do about 12 festivals a year traveling all over the country. It's a good way to meet new collectors and get the work out in front of a wide variety of people." Phillips' designs can be seen at [www.artofmichaelphillips.com](http://www.artofmichaelphillips.com).

The 37th Annual California Strawberry Festival will also feature live entertainment, kids' Strawberryland fun zone, Ninja Nation obstacle course, build-your-own strawberry shortcake and strawberry-themed contests. Local growers will sell these vine-ripened strawberries at the festival in flats. (1/2 tray and full tray).

General admission is \$15, active military and family with ID and seniors 62 and over, \$10, youth ages 5 to 12, \$8 and children four and under are free. Limited onsite parking is \$20. Four free shuttle locations are nearby and an Amtrak station is onsite.

Hours are 10:00 a.m. to 6:30 p.m. both days. For more information, go to <https://www.castrawberryfestival.org>.



Months after severe rain caused major damage to the Ventura Pier's support pilings, most of it remains closed. The repairs are estimated to cost at least \$650,000 and will take until the end of the year. The front of the pier remains open for access to the restaurants.

Photo by Yana Khlyod.

## You can't put a price tag on peace of mind.

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On April 13, the Ventura Chamber of Commerce presented their 2023 Spring Business Expo at the Four Points by Sheraton hotel. It was titled GAME ON. Dozens of chamber members were there with their booths featuring their businesses. The many hundreds of those attending the networking event were also provided with food from the hotel and several local restaurants, prizes and a \$100 drawing each hour.

"Manning" the Breeze booth were Publisher Sheldon, Account Executive Janie Tran and Exhibition Coordinator Jaime Baker.

Photos by Patricia Schallert.



Spring Fling 2023 served 125 children with 65 families.

## Annual “Spring Fling” Gift-Away Event

A Beautiful Day Supporting Ventura County Foster/Resource Families, Kinship Families, Adoptive Families, and Bio-families Currently Working in Programs with Kids & Families Together.

On Saturday, April 1st, Kids & Families Together’s Heart 2 Heart Program, hosted their Spring Fling Gift-Away for Ventura County foster/resource, kinship, adopted and birth families who are currently being served in K&FT programs. This annual event has always been a kick-off to Spring, a season of growth and renewal.

Spring Fling 2023 served 125 children with 65 families. This year, we saw the return of the annual “Egg Hunt” for the

first time since the pandemic! Children and families were provided with such items as: gift cards, springtime themed baskets, teen bags, summertime toys, art supplies, clothing, personal care items, along with household, and cleaning supplies.

The event featured music, free face painting, games, and pictures with the Spring Bunny! The weather was perfect for the event, hosted at a park in Oxnard, and with all the recent rain, everything was so green and lush. It was wonderful to see so many smiling faces!

Kids & Families Together (K&FT) was founded in 2000 by David and Faith Friedlander. David and Faith met with Ventura

County Children and Family Services to see how K&FT could fill the gaps and provide services to populations that were overlooked. Faith, a Licensed Marriage and Family Therapist and also an adoptee herself, had a special place in her heart for and expertise on adoptive children and families. Faith began to develop programs to support foster and adoptive parents. Along with that, K&FT became the first organization in the county to provide specialized education and support services to informal kinship caregivers. Informal kinship caregivers are people who are taking care of relative children. These families are considered “informal” because they are not involved with the child welfare system which excludes them from many of the available resources.

Since 2000, K&FT has developed many other programs to meet the needs of all families that are somehow involved with the child welfare system including birth parents who are trying to reunify with their children, foster families, children in foster

care, adoptive families, kinship caregivers, and legal guardians. K&FT provides mental health services that focus on healing children who have experienced trauma and strengthening their attachment with their parent/caregiver.

It takes a loving village to put on events like this! K&FT is grateful to Spring Fling 2023 partners, event sponsors and our amazing volunteers that come from all over Ventura County to support K&FT families.

Thanks goes to: The Gene Haas Foundation, Yardi Systems, James Storehouse, St. Jude’s Catholic Church with Loaves & Fishes, Ventura County Forty Leaguers, Betty Belts, SoCal Helpful Honda, Meathead Movers, Lifeline Outreach Resource Center, Wings to Grow from Newbury Park High School, Oxnard Key Club,

Individual Volunteers: Dina, Kelechi, Maya, Taylor, Quetellen, Kaleigh, Stacey, Lesley, Aurora, Veronica, Roxanne, Keira, Aliayah, Isa, Melinda, the McKee and Futvoye families.



Heavy rains make it harder for local farmers to grow their products.

City of Ventura

# COMMUNITY CLEANUP & RECYCLING DAY

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“The salad bar is currently in place.”

## Ventura schools: What’s new on the menu?

by Mira Reverente

Ventura students have a lot to look forward to in the coming months and school year.

In a multi-step move towards healthier eating, the food and nutrition services department at Ventura Unified School District (VUSD) has been unveiling a number of fresher choices at most school sites.

“The salad bar is currently in place,” says Kara Muniz, director of food and nutrition services, gesturing towards one which was being prepared with freshly-cut and locally-sourced produce like salad greens, orange slices, cucumber slices, whole strawberries and celery stalks. “We are also slowly moving away from packaged food which were in use during the pandemic.”

VUSD was serving about 6,600 breakfasts and 7,600 lunches to the larger Ventura community, not just students, during the pandemic. The numbers have dwindled since then to just 5,000 for breakfast and 6,500 for lunch.

Post-pandemic, Muniz said her department is always evaluating options. “We look at the data and we always want to do better,” she says. Also in the works is the creation of a student advisory committee to help evaluate food choices, assist in menu planning and just gauge the collective palate of the greater

student body.

Very soon after completing staff training, new commercial-grade tilt skillets will be in use at Foothill Technology High School (FTHS), among a few high school and middle schools.

“We are very excited to use this soon, as this will help to make batch cooking more efficient at an even temperature and also improve safety,” says Lori Walker, FTHS child nutrition manager. “It will also significantly increase the kitchen’s capacity to churn out hot meals from scratch.”

On the day the local press was given a tour of the FTHS cafeteria, steaming bowls of orange chicken and brown rice were on the menu and hurriedly being dished out by the staff as lunch hour was fast approaching.

For easy reference, all recipes are available online for staff to peruse and refer to anytime. “This assures consistency across all school sites,” says Adam Herrera, operations manager.

If for some reason orange chicken and brown rice bowls do not appeal to some students, they can also choose from an array of sandwiches, wraps, protein boxes and the salad bar, of course. Up to eight entrees are available at the high school level and two at the elementary level.

## No-cost business support and training available to Ventura County businesses and jobseekers

The Workforce Development Board of Ventura County (WDBVC) recently launched Business Solutions a program to answer the needs of many employers and business people post-COVID-19. Small Business Statistics Of 2023 - Forbes Advisor reports that by 2031 only 87 percent of jobs lost due to COVID-19 will be recovered. The WDBVC is well prepared with

a full range of no-cost support for Ventura County businesses.

The WDBVC Business Solutions Team offers many services to recruit, train, and retain the Ventura County business workforce, including the Ventura County Hiring Board, where businesses and job seekers can exchange information at <https://tinyurl.com/WDBVC-Hiring-Board>. The WDBVC also offers a free live HR Hotline, Monday - Friday, 8am to 5pm, that provides assistance with hiring and firing best practices, paid sick leave laws, wage and hour laws, employee handbook policies, HR compliance, accommodations in the workplace, and much more. HR Hotline number 888-763-3174.

All WDBVC Business Solutions are designed to support businesses with free resources such as job postings, virtual and in-person recruitment events, customized training oppor-

tunities, and on-the-job employee training services.

“We have so many services for businesses and career seekers at no-cost, yet not enough businesses take advantage of them. The WDBVC Business Solutions aims to outreach and inform Ventura County businesses of services available to them. Now, more than ever, we need to help develop a stronger relationship between businesses and jobseekers and help them find each other in success,” says Rebecca Evans, WDBVC Executive Director.

The WDBVC Business Solutions team is hosting a complimentary training webinar on Tuesday, April 18, 2023, from 10am to 11am for Ventura County businesses. The virtual training will explore collaborative ways to ensure that businesses find employees ready to hire and have resources for success. The interactive session will cover strategies in business engagement that help struggling businesses, preparing employees for virtual recruiting and work, remote work policies and support, and more. Ventura County

businesses can register for the virtual training at <https://tinyurl.com/WDBVC-HR-help>.

The Workforce Development Board of Ventura County Business Solutions team helps local companies find, retain employees, and attract workers for growing businesses. Services are provided at no cost. Learn more at <https://tinyurl.com/WDBVC-BIZ-Solutions>.

The Workforce Development Board of Ventura County administers federal funds to support America’s Job Center of California locations and other free job seekers, youth, and business programs and services in Ventura County. The Workforce Development Board of Ventura County is a proud partner of America’s Job Center of California network. Equal opportunity employer/program. Auxiliary aids and services are available upon request to individuals with disabilities. If you have limitations in hearing or speaking, dial 711 to reach the California Relay Service (CRS). For more information, call 805-477-5306 or visit [<http://workforceventuracounty.org.%20/>]<http://workforceventuracounty.org>.

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7/8	<b>British Beat</b>   '60s Dance Party <i>Presented by Land Rover Jaguar Ventura</i>	
7/15	<b>Blue Breeze</b>   Motown Tribute Band <i>Presented by Land Rover Jaguar Ventura</i>	
7/22	<b>Twisted Gypsy</b>   Fleetwood Mac Re-imagined <i>Presented by Land Rover Jaguar Ventura &amp; V3 Printing</i>	
7/29	<b>K-Tel All-Stars</b>   Super Hits of the '70s <i>Presented by Land Rover Jaguar Ventura</i>	
8/5	<b>Louie Cruz Beltran</b>   Afro Cuban rhythms with Latin jazz <i>Presented by The Breeze</i>	
8/12	<b>Kings of 88</b>   Piano Rock <i>Presented by The Breeze</i>	
8/19	<b>Soul Infusion</b>   Pop, Soul, Funk, Dance! <i>Presented by ATC- Affordable Tables &amp; Chairs</i>	
8/26	<b>Lisa Haley &amp; the Zydekats</b>   Zydeco <i>Presented by Andria's Seafood</i>	

[www.cityofventura.ca.gov/MUS](http://www.cityofventura.ca.gov/MUS)










All of our recent rain had made the Ventura Botanical Gardens even more beautiful than usual. A wonderful time to visit the gardens. The Ventura Botanical Gardens (VBG) is a 107-acre world-class site with spectacular views of the California coastline. Hours Tuesdays - Sundays 9am to 5pm, closed Mondays. \$7 admission for the general public.

Members are free, children 18 and under are free, EBT cardholders are free and every Friday is a free day. Located in back of city hall.

Leashed dogs are welcome Wednesdays, Fridays and monthly free days. Photos by Patricia Schallert and Yana Khlyod.

## Earth Day events in and near the City of Ventura

by David Goldstein

The official theme of this year's Earth Day is "Invest in Our Planet," according to Earthday.org, the largest organizer and coordinator of Earth Day events. In keeping with the theme, many of the organizations staffing booths at this year's events will promote incentives for electric cars, solar panels, water-efficient appliances, and other investments. Local events will also provide education, information, and fun.

Since this year's Earth Day, April 22, is on a Saturday, most local events will be held on the official day of commemoration. However, as usual, events all this month will celebrate Earth Day.

**April 20, at Ojai Farmers' Market, 3 to 7 PM, at 414 E. Ojai Ave, organizers of Earth Day celebrations are encouraging walking, biking, or riding the Ojai City Trolley by giving a \$2 voucher to each person who does not drive to the event.** This "market money" can be used to purchase items from the market's farmers, all of whom do not use pesticide and grow crops within 20 miles of the city. The event at the market will feature live music, dancers, booths with non-profit organization representatives, and handmade goods. An opening ceremony will be led by a Chumash elder, and speakers will explain regenerative farming, oak tree preservation methods, and other subjects. Also, the O-Haiku competition winner will be announced. Haiku poems, due to OHaiku4Peace@gmail.com by April 10, should be about "The Business of Bees" sculpture at the Ojai Valley Business Park in Bryant Circle.

**April 21, at Ventura County Government Center, Noon to 1 PM, the Ventura County General Services Agency Earth Day Tour will meet at the Hall of Administration fountain and visit environmentally important sites on the campus.** This will include tours of water efficient landscaping,

pervious pavement, and a compost site. Register in advance by using the QRTY code at <https://www.ventura.org/general-services-agency/earthday/>

**April 22, In the Ojai Cocoon, 6:30 to 8:30 PM (show starts at 7), 11966 North Ventura Ave, Ojai, an Earth Day concert will feature Sonic Butterfly, the Pixies, and Smitty and Julija.** Sonic Butterfly bills itself as an "instrument of transformation," an acoustic, chromatic long-string harp with strings over 60 feet long, reaching over the audience. The Ojai Pixies are a girls' choir, singing classical, pop, and other tunes. Julija Zonic, a music educator and vocal director, will perform original music. Tickets (\$25 for adults, \$15 for kids) are available at <https://www.eventbrite.com/e/ojai-earth-day-concert-sonic-butterfly-the-pixies-and-smitty-julija-tickets-602670492667>.

**April 22, at Big Rock Preserve, 9 AM to 1 PM, volunteers will remove flood debris and invasive weeds.** Reservations are required for this important land stewardship work, but before volunteering, consider the Ventura Land Trust's warning of hazards from exposed roots, poison oak, sun exposure, and wildlife.

**April 22, at Hayden Preserve, 10 AM to 11:30 AM, 234 Canada Larga Rd, Ventura Land Trust educators will coordinate a program for young children and their parents.** Participants will play games, collect bugs, work on crafts, and read books designed to educate about nature. Register at [www.venturalandtrust.org/events](http://www.venturalandtrust.org/events).

**April 22 and 23, 11 AM to 3 PM, at the Agricultural Museum, 926 Railroad Ave, Santa Paula -- Museum of Ventura County will celebrate Earth Day with displays and presentations.** On the first day, the Native Plant Society hosts a Native Plant Sale and garden tours. A game booth will teach players about pollinators and plants. The second day's highlights include a wildflower and weed show, iNaturalist training, and tips for identifying plants. For more information, see <https://venturamuseum.org/event/vc-plants-to-know-and-grow/> or call 805/525-3100.

Ventura County Public Works Agency Environmental Resource Analyst David Goldstein may be reached at (805) 658-4312 or [david.goldstein@ventura.org](mailto:david.goldstein@ventura.org)

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2023 SCAN Classic (HMO) Benefits for Ventura County include:<sup>1</sup>

\$0 Monthly plan premium

\$0 Co pay for Preferred Generic and Generic drugs<sup>1</sup>

\$25 Insulin co pay (30-day supply)<sup>2</sup>

<sup>1</sup>\$Benefits listed are for SCAN Classic (HMO) in Ventura County only. Other SCAN plan options may be available in this county with plan benefits that may differ from those listed here. <sup>1</sup>\$0 copay for Preferred Generic and Generic drugs at SCAN Preferred pharmacies and with mail-order only. <sup>2</sup>\$25 insulin available for a 1-month supply through SCAN Preferred pharmacies and mail-order only; Only Humalog®, Humulin®, Lantus®, Lyumjev®, Toujeo®, and Soliqua® are available. SCAN Classic (HMO) is an HMO Plan with a Medicare contract. Enrollment in SCAN Health Plan depends on contract renewal. Y0057\_SCAN\_20224\_2023\_M 08152022

S2332 9/22



Ventura ballet performs for Montalvo elementary school under the direction of Kathleen Noblin.

Photos by Patricia Schallert.

- Dancers:  
 Carter Gillespie  
 Sylvia Watts  
 Ella Ullrich  
 Miranda Aguilar  
 Tasi Lefler  
 Jonah Tillery



## Ventura County Ballet brings magic and fairies to Montalvo Elementary

Dancers from Ventura County Ballet will present an interactive program with excerpts from the magical ballet *The Fairy Doll* for the students at Montalvo Elementary (a proud Ventura Unified School District school). We invite Ventura Unified School District media partners to join us on Tues. April 11, 10:30-11:15 am at Montalvo Elementary School at 2050 Grand Ave in Ventura, CA. Media partners will be able to take photos and interview dancers, students, teachers, and administrators of both the school district and Ventura County Ballet in both English and Spanish.

Montalvo students in the audience will also be able to learn about pantomime, costumes, and sets; try a few steps; meet the dancers, and learn about their training. Many of the dancers are current Ventura Unified School District high school students.

"It is essential for our students to have these types of experiences. Many of our students would not otherwise be exposed to ballet, dance, or the arts without the important community partnerships Montalvo Elementary has, like the one with Ventura County Ballet," stated Dr. Deborah Martinez, Montalvo Principal.

"Ventura County Ballet is delighted to partner with Montalvo Elementary School. Our mission is to bring world-class dance to Ventura County and to ensure it is accessible to all. Often that

first opportunity to see live dance sparks a lifelong passion," added Kathleen Noblin, Executive Director, Ventura County Ballet.

Ventura ballet performs for Montalvo elementary school under the direction of Kathleen Noblin.

- Dancers  
 Carter Gillespie  
 Ella Ullrich,  
 Jonah Tillery,  
 Miranda Aguilar,  
 Tasi Lefler,  
 Sylvie Watts,

The program will be presented in English and Spanish since Montalvo has a dual language emersion program.

This program is a prelude to Ventura County Ballet's performances of *A Midsummer Night's Dream* and *The Fairy Doll* featuring a cast of global ballet stars at Rancho Campana Performing Arts Center, Camarillo, on Saturday, April 15 at 1:00 pm and 5:00 pm.

Ventura County Ballet is a non-profit organization bringing world-class, professional dance performances to our community. We provide top-quality instruction to hundreds of young people as a springboard to universities and careers with dance companies. Through scholarships and outreach, we bring the joy of dance to underserved children and families throughout our area. <https://www.venturacountyballet.com/>

## Choral Spectacular 2023!

Channel Islands Choral Association (CICA) and Channel Islands Chamber Orchestra (CHICO) join together in a collaborative concert program of dynamic and uplifting choral and orchestral music. Over 100 singers from across Ventura County will be on stage to perform Christopher Tin's *Baba Yetu* and Dan Forrest's *Jubilate Deo*. The Spectacular Chorus is comprised of CSU Channel Islands University Chorus, Pleasant Valley School District Chorus, Santa Paula High School Cardinal Concert Choir, Ventura High School Chorale, and Rancho Campana High School Concert Choir. Audiences will also be treated to the world premiere performance of Bevan Manson's *Odesa Overture*, dedicated to the people of Ukraine.

The concerts are conducted by Dr. KuanFen Liu, Associate Professor at the California State University of Channel Islands and the Artistic Director of both CICA and CHICO. Concert dates are scheduled for Saturday, April 22 at 7 PM and Sunday, April 23 at 3 PM. Performanc-

es are at Rancho Campana High School Performing Arts Center, 4235 Mar Vista Drive in Camarillo.

The choral portion of the program features compositions in eight languages. *Baba Yetu*, a Swahili language setting of the Lord's Prayer, is the theme song for the 2005 video game *Civilization IV*. This critically acclaimed piece is the recipient of the first Grammy® Award for video game music and has transcended its genre into mainstream popularity. *Jubilate Deo*, set in Latin, Hebrew, Arabic, Mandarin, Zulu, English, and Spanish, brings to life the global aspect of the traditional Psalm 100 text "O be joyful in the Lord, all ye lands".

"I am thrilled to bring a musical program of global representation to Ventura County audiences," says Artistic Director, Dr. KuanFen Liu. "I am especially inspired that we are performing a newly commissioned work that commemorates the bravery and resilience of the people of Ukraine. The *Odesa Overture* calls for peace and a more harmonious world."

Tickets are a suggested \$20 donation and are only available at the door. All seats are first-come, first-serve. For more information, visit the CICA website at [cicachoir.org](http://cicachoir.org) or the CHICO website at [chicovc.org](http://chicovc.org).

### Lost: Congo African Gray Parrott "Grace."

Grace is a hook bill parrot with gray feathers and a red tail. The sex is unknown and she is 24 years old and a member of our household. She has been missing since mid February and if you brought her in we would like to give you \$1000 for returning her to us. Please message or call Kathy at (805) 208-9376.

Channel Islands Chamber Orchestra  
 Channel Islands Choral Association present  
 KuanFen Liu, Conductor

# CHORAL SPECTACULAR 2023!

CSU Channel Islands University Chorus  
 Santa Paula High School Cardinal Concert Choir  
 Rancho Campana High School Concert Choir  
 Ventura High School Chorale  
 Pleasant Valley School District Chorus

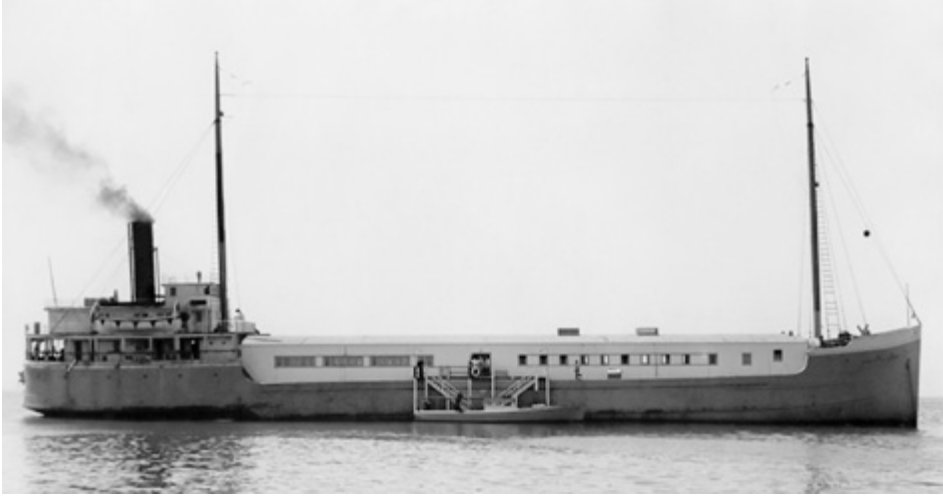
**Jubilate Deo** ✦ Dan Forrest  
**Baba Yetu** ✦ Christopher Tin  
**Odesa Overture, for orchestra (2023)**  
 world premiere ✦ Bevan Manson

**April 22, 7 PM & April 23, 3 PM**  
 Rancho Campana High School Performing Arts Center  
 4235 Mar Vista Drive, Camarillo

Sponsored in part by the CSU Channel Islands  
 Instructionally Related Activities Funds

\$20 suggested donation at the door ✦ masks encouraged  
[www.chicovc.org](http://www.chicovc.org)

Omnis Terra, Jubilate!



A gambling ship for Venturans.

## Once a ship of sin was moored off Ventura!

by Richard Senate

In 1929 the good people of Ventura woke to find a gambling ship moored beyond the three-mile limit off our coast! It was the Johanna Smith, a 257-foot wooden lumber schooner, converted into a floating gambling palace. As it was beyond the legal limit it could legally operate without fear of local or state laws. The craft had restaurants, entertainment and, naturally gambling tables and slot machines. What would be seen as tame today was viewed as the epitome of sin and degradation in 1929. The ship had operated off Long Beach before she pulled up anchor and moved to more profitable waters, as other gambling ships set up shop at her area. It was hoped she could attract new customers

in Ventura County and in that she was correct. Large advertisements appeared in all the local newspapers announcing the arrival of the "amusement steamer" with a grill, cabaret, music and dancing. They even advertised a three-course meal for only a dollar, fifty!

To Visit the ship one had only to take a speed boat called a "water taxi" from the end of the pier out to the moored vessel. The trip was a thrilling ride bouncing over the waves and many said that was the high point of the adventure. It cost only a quarter for the trip. At the ship visitors were greeted by Hawaiian singers and musicians and hula girls in grass skirts. Lots of people came to Ventura to see the ship and leave their

money on the gambling tables and slot machines. People came up from LA, and down from Santa Barbara to enjoy the pleasures of the palace of the seas. But, its popularity proved its undoing. People parked all over, filling the streets, blocking driveways, and becoming a nuisance. Not only that people came home from a night on the steamer, drunk, singing and making noise, waking people up at all hours.. The benefits were outweighed by the headaches caused by the gambling ship. Besides that, the profits all went to the gangsters who operated the craft.

Church leaders warned of sin and corruption brought by the ship. Newspapers editorialized against the evils of the thing, even political people spoke out to force the craft away from Ventura. Soon laws were passed and the water taxis forbidden to operate off our pier. At last the ship moved on, back to Long Beach where she was moored and operated till 1932. But for a few months, Ventura was a bit like Las Vegas. Perhaps, to balance the state budget, the gambling ships should be brought back. A ride on a high-speed water taxi sounds rather fun, and it would be a lot closer than the Chumash Casino.

### The Bookmark

## About Libraries and Friends

by Mary Olson

**Rising from the Ashes Home Tour**  
Saturday, April 22, 12:00 to 4:00 pm.

The strength and resilience of Ventura will be on view as the Ventura County Library Foundation presents a tour of some of the beautifully rebuilt homes after the devastation of the Thomas Fire. This tour of homes is being presented by the Ventura County Library Foundation to support the county libraries. Representatives from the Ventura Regional Fire Safe Council will also be on hand to provide home hardening information.

The homes' distinctive and unique architecture captures the views from these hills while new landscaping embraces fire mitigation measures.

This unique opportunity to tour newly rebuilt homes in the Ondulando and Clearpoint areas of Ventura promises to be a delightful afternoon that will showcase the resilience, creativity, and beauty of the Ventura hillside residences. The event will include local musicians and contact information for a variety of professional contractors, craftsmen, builders, and related services. Tickets are \$50.00 and on sale at [www.vclibfoundation.org](http://www.vclibfoundation.org).

**Nathalia brings Bilingual Music for Families** to Hill Road Library on Tuesday, April 25 at 3:30 pm.

Get ready to dance and sing in English and Espanol with Nathalia, a multi-talented singer songwriter based out of Los Angeles. From rock to cumbia, jazz to reggaeton, Nathalia's songs are produced in a number of different musical styles and written with the whole family in mind. This event is open to all ages.

Do you enjoy learning new things, exploring interesting places, and meeting people who share a love of adventure? Hill Road Library will host a discussion of the many programs offered by Road Scholar

on Thursday, May 4th, at 5:00 pm. Road Scholar is the world's largest educational travel organization for adults, offering nearly 5,500 affordable programs each year in about 150 countries worldwide. These programs offer a chance to expand your mind while being in the company of other people who believe that learning is one of the best parts of life. For more information, contact Linda Cherry, Librarian at 805-677-7180.

### Take 5 and Read to Kids Storytime

Hill Road Library will be one of the locations of First 5 Ventura County's annual advocacy and early literacy event that encourages caregivers and community members to Talk, Read, and Sing every day! A Ventura County local leader - To be announced - will lead the storytime. Each child will receive a bilingual book to build their home library. Hill Road Library Friday, May 5, 10:00 to 11:00 am.

There are still some events to come in Ventura County Library's 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 and Saticoy Library branches. The upcoming topics are:

### Home Weatherization 101

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

### How to Get Green Business Certified

Thursday, May 11, 5:00 pm to 7:00 pm at Piru Library (3811 Center Street, Piru) 805 521-1753

Thursday, May 18, 5:00 pm to 7:00 pm at Saticoy Library

## Harmon Canyon is now open

After a lengthy closure, Harmon Canyon Preserve re-opened to the public on Friday, April 7.

This is a partial re-opening. The preserve will be open up to the 1.5 mile mark. The upper canyon of the preserve will remain closed for repairs. Here are a few important reminders as you return to the preserve:

Please stay on roads and trails. Off-trail travel to look at those beautiful wildflowers degrades sensitive habitat.

Do not walk in creek channels except at designated crossings. Please do not build rock bridges in the creeks or move or throw rocks. Exercise caution when crossing creeks.

Dogs are allowed, and must be on-leash.

No e-bikes are allowed at Harmon Canyon Preserve. All cyclists must wear a helmet.

Leave extra time for parking. We expect the preserve to be busy. Overflow parking is available on Kimball Road.

VLT's conservation of Harmon Canyon Preserve and all of our protected open spaces is based on thoughtful, sustainable stewardship.

We appreciate your trust and support of our work to protect these cherished natural landscapes, and your patience while we made repairs to public access infrastructure.

Support is still needed while we restore roads and trails in Harmon Canyon Preserve. Give to the Repair & Recovery Fund today.

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# Senior Living



"I became a volunteer in the program through my membership with a local church."

## Jack Colling's investment in CAREGIVERS is now his legacy

More than 35 years later, Jack Colling's investment in CAREGIVERS: Volunteers Assisting the Elderly is now his legacy. Next year, he will witness volunteer caregiving celebrate 40 years of demonstrated success throughout the nation, knowing that he had a small role in helping launch one of the original pilot programs in his hometown.

Here's one volunteer who started making his imprint on CAREGIVERS from the moment he arrived on the scene. Sister Veronica of the order St. Joseph of Carondelet, who helped to establish the organization, welcomed Jack in the second year of operations when volunteers were serving 105 seniors. Within the year, Jack was leading presentations for the Interfaith Retreat Day, which was fostering participation from congrega-

tions throughout the community. He volunteered with seniors, he picked up manicotti for the volunteer recognition dinner, and eventually he was invited to serve on the board of directors serving alongside Mary Braitman, Harry Walsh and Wayne Dugan and he supported the rummage sale to help raise money for operations.

"I am 30 years old, an owner of a small business. I became a volunteer in the program through my membership with a local church. After experiencing the need in my own family, I chose to work with the elderly. I see this as a very positive means of channeling my energy," Jack wrote in 1987 further describing the transportation, grocery shopping and errands he provided for an 86-year young woman.

In 1991, Norm Weitzel joined the CAREGIVERS' Board, and together Norm and Jack launched the Wearin' o' the Green golf tournament, one of CAREGIVERS' signature fundraising events that has since been adopted by the McGrath Family Clan—cousins Berry, Borchard, Coultas, Doud, Dunbar, Haynes, Laubacher, McCormick and Morris families—who have helped to set new heights surpassing recent years' high gross of well more than \$50,000 last month.

"From a decade of close observation, I can attest that our CAREGIVERS leadership team runs an extremely efficient organization, with a commitment to quality," said Honorary Director Dan McGrath. "Jack Collings has been instrumental in setting that standard."

Jack will be the first person to tell you that he never thought the tournament would be a major force of friends and funds more than 30 years later. "We were so happy to make a profit the first year," Jack said, adding that it was always important to both Norm and him that the tournament be open for golfers of all skill levels to play. Upon Norm's passing, it was Jack's suggestion to name the tournament "The Norm Weitzel Open."

Jack's leadership continues to set the bar higher and higher as he remains an active advisor and Honorary Director—even returning to serve on the Board of Directors once again this last year.

With his wife Wendy, Jack is among the most avid and generous supporters of volunteer caregiving in Ventura County, ensuring the advancement and ability of the organization to reach and serve seniors in every city.

## Event in May focusing on two issues of the CA Master Plan for Aging

by Carol Leish, MA

"California's over-60 population is projected to diversify and grow faster than any other age group. In Ventura County, older adults now make up over 25% of Ventura County's population and is projected to increase to 30% by 2030. In 2030, there will be 10.8 million older adults in California" (April 4, 2023, Hospital to Home Alliance of Ventura County).

In 2019, Governor Newsom issued an Executive Order (N-14-19) calling for the creation of a Master Plan for Aging, which would become a blueprint for state government, local government, the private sector, and philanthropy to prepare the state for the coming demographic changes. California issued their Master Plan for Aging in January 2021. "There are five goals within the CA Master Plan. Goal 1: 'Housing for All Ages and Stages.' Goal 2: 'Health Reimagined.' Goal 3: 'Inclusion and Equity, Not Isolation.' Goal 4: 'Caregiving that Works.' Goal 5: 'Affordable Aging.'"

The County of Ventura has been working on these goals and the unique needs of older adults and people with disabilities in our county. Multiple entities solicited input from the community for what the challenges of growing older in Ventura County were

and what was needed in our county. In October of 2022, the Board of Supervisors approved a Master Plan for Aging for Ventura County, which can be found on the Ventura County Area Agency on Aging's website at: <http://www.vcaaa.org/about-us/planning-strategy/>.

On May 11th 2 of these 5 goals will be discussed: Health Reimagined and Caregiving that Works. The work that is being done, the successes achieved so far, and what is still needed to accomplish these goals will also be discussed.

"Goal 2-Health Reimagined, envisions having access to the care and services needed to live at home in our communities and to optimize the health and quality of life. This will be pursued through: 1) Bridging Health Care with Home; 2) Health Care as We Age; 3) Lifelong Healthy Aging; and, 4) Dementia in Focus.

"Goal 4-Caregiving that Works, imagines one being prepared and supported through the rewards and challenges of caring for aging loved ones. This will occur through two strategies: 1) Family and Friends Caregiving Support; and 2) Virtual Care Expansion" (September, 2021 County of Ventura-Ventura County Master Plan for Aging).

"The question is: 'Are we as a county preparing for the aging population and the increased needs that come with it? And, the answer to that question is, yes, we are preparing. With the Ventura County Master Plan for Aging now in place, the next question for all of us to ask is: What is still needed and how can we help? It takes a village.'" Lynette Harvey, RN, Clinical Services Director, Camarillo Health Care District, and lead member of Hospital to Home Alliance of Ventura County.

During the Thursday, May 11th event, hosted by the Hospital to Home Alliance of Ventura County, expert speakers and panels will focus on issues around 2 goals in the California Master Plan for Aging. Sarah Steenhausen, Deputy Director of Policy, Research and Equity from the California Department of Aging will give the keynote address. This forum is open to local legislators, health care entities, county administrators and staff, community-based organizations, faith-based groups, caregivers of all kinds, and members of the public.

The event is free but tickets are limited. The event is being hosted by the Hospital to Home Alliance with a grant from the SCAN Foundation. It will take place at the Ventura County Office of Education at 5100 Adolfo Rd., Camarillo, on May 11th from 8:00a.m.-12:30pm. To register, please sign up at: <https://EngAGEConference.eventbrite.com>. Or, for further info., contact Lynette Harvey-805-388-1952 ext. 107, [lynetteh@camhealth.com](mailto:lynetteh@camhealth.com); or, Maureen Hodge-805-948-2815, [mhodge@cmhshealth.org](mailto:mhodge@cmhshealth.org).

## What is MCI?

Mild cognitive impairment (MCI) is a condition in which people have more memory or thinking problems than other people their age. The symptoms of MCI are not as severe as those of Alzheimer's disease or a related dementia. People with MCI can usually take care of themselves and carry out their normal daily activities.

People with MCI are at a greater risk of developing Alzheimer's disease or a

**Continued on page 10**



## Senior Living



## Let's Spring into Shape!

by Leslie Sokol

The mild days of spring are a great time to get outside and move more – whether it's walking, gardening, or hiking. As you age, you may find yourself becoming more sedentary, which causes you to lose strength and energy. Fight off those sluggish winter doldrums and get moving – you can keep your strength and get stronger no matter what age you are!

### Focus on Your Core

What does it mean when someone tells you to focus on your core? Your core are the muscles in your midsection or torso surrounding the spine and pelvis. This includes the abdominal muscles at the front but also muscles within the lower back and around your sides. You use your core muscles while performing daily tasks like getting up from a chair, standing, walking, vacuuming and lifting things.

As with other muscles, if you don't use our core muscles enough, they become weak. As the muscles weaken, your movements become less supported, which can put pressure on other parts of your body. Weakness in the core can also be associated with lower back pain, particular among older people.

The good news is you can improve core strength with exercise. And there is no one exercise that is best - choose an approach that works best for you. Start slowly and keep your movements slow

to warm up the muscles and prevent injuries. In my next article I will give you examples of good exercises to do to improve your core strength.

As the weather gets warmer and you increase your physical activity, you need to remember to drink more fluids. Keeping hydrated is so important. Over 70 percent of our body is made up of water. Water helps regulate your body temperature, keep joints lubricated, prevent infections, deliver nutrients to cells and keep organs functioning properly. Being well hydrated will also improve your sleep quality, cognition and mood. Always drink before, during and after you exercise.

Remember if you use it, you will not lose it – so take advantage of the beautiful spring weather and start moving more! 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 has been teaching adults and children for forty-five years. You can watch For the Young at Heart by visiting her YouTube Channel or on TVSB. She also teaches in retirement communities throughout Santa Barbara and Ventura Counties.

For more information contact Leslie at [Dancekidsfun@gmail.com](mailto:Dancekidsfun@gmail.com) 805-312-8089 or visit the website: [www.Leslie-SokolDance.com](http://www.Leslie-SokolDance.com)



“Has this road always been this bumpy?”

## Driving Safety and Alzheimer's Disease

Good drivers are alert, think clearly, and make good decisions. When people with Alzheimer's disease are not able

to do these things, they should stop driving. But some people may not want to stop driving or even think there is a problem.

Older man with Alzheimer's driving a car As the caregiver, you must talk with the person about the need to stop driving. Do this in a caring way. Understand how unhappy the person may be to admit that he or she has reached this new stage.

People with moderate to severe Alzheimer's disease should never get behind the wheel. People with very mild Alzheimer's may be able to drive safely in certain conditions. But as memory and decision-making skills worsen, they need to stop because a driver with dementia may not be able to react quickly when faced with a surprise on the road. Someone could

get hurt or killed. If the person's reaction time or ability to focus slows, you must stop the person from driving.

Signs that the person should stop driving include:

- New dents and scratches on the car

- Taking a long time to do a simple errand and not being able to explain why, which may indicate the person got lost

- Two or more traffic tickets or increased car insurance premiums

- Comments from friends and neighbors about driving

- Speeding or sudden lane changes
- Confusing the brake and gas pedals

- Recommendations from a doctor to modify driving habits

- Other health issues that may affect driving ability, such as changes in vision, hearing, or mobility.

Some people with memory problems decide on their own not to drive, while others may deny they have a problem.

State laws vary regarding when a person with Alzheimer's should stop driving. In some States, doctors are required to report to the State's Department of Motor Vehicles whether a person has been diagnosed with Alzheimer's or dementia. In others, anyone can report a potentially unsafe driver to the State. Check with your State's Department of Motor Vehicles for more information. You may need to notify the person's car insurance company, too.

It is a good idea to have the person's driving skills assessed regularly by a professional. The American Occupational Therapy Association maintains a national database of driving specialists, or you can ask your State's Department of Motor Vehicles or the person's doctor to recommend someone who can test the person's driving skills. Note that there may be fees associated with these types of assessments.

Department of Motor Vehicles staff may ask the person to retake a driving test. There are also a number of tools online that offer caregiver- or self-assessments.

Here are some ways to stop people with Alzheimer's disease from driving:

- Try talking about your concerns with the person.

- Take him or her to get a driving test.

- Ask the person's doctor to tell him or her to stop driving. The doctor can write, “Do not drive” on a prescription pad, and you can show this to the person.

- Hide the car keys, move the car, take out the distributor cap, or disconnect the battery.

- Finding Other Transportation Options

If a person with Alzheimer's can no longer drive, find other ways that the person can travel on his or her own.

For More Information About Driving Safety and Alzheimer's NIA Alzheimer's and related Dementias Education and Referral (ADEAR) Center  
800-438-4380  
[adear@nia.nih.gov](mailto:adear@nia.nih.gov)  
[www.nia.nih.gov/alzheimers](http://www.nia.nih.gov/alzheimers)

### What is MCI?

Continued from page 9

related dementia. Estimates vary as to how many people who have MCI will develop dementia. Roughly one to two out of 10 people age 65 or older with MCI are estimated to develop dementia over a one-year period. However, in many cases, the symptoms of MCI stay the same or even improve.

If you have this condition, it's important to see a doctor or specialist regularly to help monitor changes in memory and thinking over time.

Many factors can cause problems with memory and thinking. There is no single cause of MCI, and it's more likely to occur as someone ages. Estimates vary, but roughly 10% to 20% of people over age 65 have MCI, with the risk increasing as someone gets older. Other factors like genetics and certain conditions – including diabetes, depression, and stroke – may affect a person's risk for MCI.

In some cases, memory and thinking problems may be caused by conditions that are treatable. For example, a bad reaction to medication, emotional problems, drinking too much alcohol, blood clots or tumors in the brain, or a head injury can all cause serious memory problems that can be resolved with treatment.

Symptoms associated with MCI lie in the space between what are considered normal age-related changes and dementia. Signs of MCI include losing things often, forgetting to go to important events or appointments, and having more trouble coming up with words than other people of the same age. It's common for family and friends to notice these changes. Movement difficulties and problems with the sense of smell have also been linked to MCI.

If you or a loved one is experiencing symptoms of MCI, discuss these with your doctor. Your doctor can perform medical tests and assessments to help determine whether the source of memory problems is something treatable or may be MCI. He or she may also suggest that you see someone who specializes in the diagnosis of memory disorders, such as a neurologist, psychiatrist, or neuropsychologist.

There is currently no treatment or medication for MCI, but there are things you can do that may help you stay healthy and manage changes in your thinking. Keeping your mind active is one thing that may benefit your brain. The following tips may help you feel better, and could help your memory:  
Follow a daily routine.

People with MCI may worry that their memory problems will progress to Alzheimer's disease or a related dementia. Because MCI may be an early sign of a more serious memory problem, it's important to see your doctor every six to 12 months to track any changes in your memory and thinking skills over time.

If symptoms do progress to dementia, getting a diagnosis early can help you and your family prepare for the future. While there are no medications to stop or reverse Alzheimer's disease or a related dementia, there are medicines that may help slow down certain symptoms, such as memory loss or behavioral problems.



From Project Understanding is Michael Rodriguez – Pantry Manager, Olga Hamra – Case Manager, Brandy Beesley – CEO/Executive Director, Lauren Prater- Social Worker, Jann Huling – Chief Operating Officer, Carolyn Pillado – Tutoring Manager, Tom McClain – Event Coordinator and Matt Maxfield – Driver.

## Stars of Hope

After a 3-year hiatus Project Understanding held their signature event the 9th Annual Hope Worth Giving Breakfast, which has emerged this year with a new name, Stars of Hope!

Local community leaders were in attendance and spoke of the partnership and difference Project Understanding has made for the community since 1977.

In attendance and speaking were City Council Deputy Mayor Jeannette

Sanchez-Palacios, Police Commander Matt Cain and Principal Robert Ruiz, Anacapa Middle School.

The Stars of Hope were featured and they shared their personal journeys and inspirational stories of hope and transformation, and the many ways that Project Understanding is “understanding needs and restoring hope”.

Visit [www.projectunderstanding.org](http://www.projectunderstanding.org) for more information.

## Museum and interns preserve civil engineering records

The Museum of Ventura County, with funding from the National Historical Publications and Records Commission, has begun to scan and preserve an extensive set of Ventura County engineering records. This month marks the halfway point in making a collection of the county’s longest-serving civil engineering firm available to the public.

In addition to the federal funding, the Museum is utilizing grant funds from TOLD Foundation to offer paid internships, which provide valuable work experience to students who would not otherwise be able to afford unpaid internship work. So far, the funding has supported four interns to help with the archiving project,

including students from California State University, Channel Islands.

“Paying students for their time during internships is a critical step in training the next generation of archivists and librarians and helps to create equitable access to hands on work experience,” says Research Library and Archives Director Deya Terrafranca. “TOLD Foundation’s funding is a game changer for the Museum and for these students. Through our federal, local, and foundation partnerships, we’re making our collections available online and teaching critical skills to students that will give them an edge in the job market once they graduate college.”

One of the most important steps in the process is digitizing the oversized drawings, maps, and plans. With direction from the cataloger, interns learn to handle the items while they are scanned. Interns are then responsible for handling the digital files, uploading them to the Museum’s online database and properly cataloging files to be found efficiently.

“The students are completing the cataloging process from start to finish,” says Cataloger Hannah Rogers. “These kinds of prints were made over decades

and different kinds of drawings were made using different chemical processes. Some of the drawings contain chemicals that can be hazardous to others in the collection and are stored separately. The students are learning to identify the drawings and how to separate and preserve them to protect every item.”

The project will continue through August of this year and the Museum expects to hire at least two additional interns for the summer months. An online exhibit featuring the collection will be



NHPRC intern and staff screening a map.

available to the public starting in June and will be featured on the Museum’s website. The public can view items that have been digitized on the Museum’s online archive at: <https://photographs.venturamuseum.org/collections/show/35>

## Community Memorial Healthcare earns accreditation for diabetes education and support

Community Memorial Healthcare’s Diabetes Self-Management Education (DSME) program has achieved the significant milestone of accreditation by the Association of Diabetes Care & Education Spe-

cialists (ADCES). Accreditation represents a high level of quality and service in diabetes healthcare to the community, and the ability to better meet the needs of Medicare recipients and those affected by diabetes in Ventura County. Diabetes education is a covered Medicare benefit when delivered through an accredited program.

Community Memorial Healthcare’s DSME program is an outpatient program available by referral through the Community Memorial Health Centers. It is the only accredited diabetes education program in Ventura County.

“As the only accredited Diabetes Self-Management Education program in Ventura County, we are extremely proud of the service we are providing to our community,” said Dr. Anthony Russell, Community Memorial Healthcare Chief Administration Officer, Ambulatory Medicine. “With over 29 million people with diabetes in America, programs like ours are vital to supporting patients and preventing complications due to diabetes.”

ADCES, formerly known as the American Association of Diabetes Educators, is a multi-disciplinary professional membership organization dedicated to improving diabetes care through innovative education, management and support. ADCES has over 14,000 professional members including nurses, dietitians, pharmacists, and exercise specialists helping those who have or are at risk for diabetes.

Diabetes education services use a collaborative process through which people who have diabetes or who are at risk for diabetes work with a diabetes educator to receive individualized care. At the Community Memorial Health Centers, primary care providers and endocrinologists diagnose, treat, and oversee the management of diabetes. Certified RN Diabetes Educators who specialize in diabetes care and education work in the Community Memorial Health Centers to provide one-on-one consultations in English or Spanish for patients with diabetes. The education includes the core principles of the Association of Diabetes Care and Education Specialist’s ADCES7 – self-care behaviors including healthy eating, being active, taking medication, healthy coping, monitoring, problem solving, and reducing risks.

“As a Certified Diabetes Care and Education Specialist, I’ve seen first-hand the positive impact this program has on individuals with diabetes,” said Wendy Amaro, Community Memorial Health Centers Manager of Population Health. “Our patients are achieving lower A1C scores, developing the confidence to self-manage their condition, and living healthier lifestyles overall.”

CITY OF VENTURA

# PARKS & RECREATION

## Activity Guide

VIEW THE LATEST CITY CLASSES AND PROGRAMS

[www.cityofventura.ca.gov/ActivityGuide](http://www.cityofventura.ca.gov/ActivityGuide)

REGISTRATION BEGINS:  
April 11, 2023 at 12 pm



# The Pet Page



## Dedicated to Scamp

American Psychiatric Association chat about pets, mental health

By Coco Lederhouse

Studies have found that interacting with animals can decrease levels of cortisol, reduce loneliness, and increase feelings of comfort and social support, according to Jen Brandt, PhD, AVMA director of member wellbeing initiatives. Pets can also serve as a bridge for social interactions, help you be more active, and reduce work-related stress.

According to a recent APA poll, nearly 90% of pet owners said their pet positively impacts their mental health. The chat started by addressing the ways pets improve our mental health.

"Pets can be a great source of affection, love, and loyalty," Dr. Brendel said. "The APA was proud to collaborate with the AVMA and spotlight the important positive role pets can on our mental health, and the ways we can strengthen our bonds with our pets."

Cats and dogs thrive with consistency and feel safe when we remain calm," Brandt said.

Companion animals can aid with the treatment of diagnosed mental health issues, and for many people their pet has a large part in helping to manage their health.

Pets provide structure and a sense of purpose, a deep emotional connection that may not feel safe with other humans, reduce feelings of isolation due to stigma, and help distract from symptoms of illness.

■ Don't Give Over-the-Counter Medications to Your Pet

Dr. Lauren Forsythe, a pharmacist at the University of Illinois Veterinary Teaching Hospital in Urbana, shares her expertise about common medications that can be harmful to pets.

Pain Relievers: NSAIDs and Acetaminophen

Nonsteroidal anti-inflammatory drugs (NSAIDs) help to reduce pain, fever, and inflammation in humans. Common NSAIDs include aspirin, ibuprofen (e.g., Advil), and naproxen (e.g., Aleve).

"While veterinarians may sometimes recommend human over-the-counter medications for pets, many varieties of human medications are toxic to dogs and cats. Pain medications are among the most toxic," says Dr. Forsythe.

Human pain medications are much more likely to cause toxicity in animals than they are in people, which is why there are veterinary-specific medications that are less toxic.

Acetaminophen (e.g., Tylenol) is not an NSAID. It relieves fever and pain but does not reduce inflammation.

"Acetaminophen should never be given to a cat," says Dr. Forsythe. "Even an infant dose can cause severe adverse effects or potentially lead to death."

Medications for Allergies, Nausea

Antihistamines such as diphenhydramine (Benadryl) are sometimes recommended by veterinarians. But, Dr. Forsythe warns, many commercial medications contain a variety of active ingredients. For example, certain products address several

symptoms that can occur together, such as allergic reactions and nasal congestion or pain.

"Pet owners should consult with their veterinarian before giving any human over-the-counter medication to their pet. The veterinarian will know how to assess the pet's potential underlying health issues, possible interactions with medications the pet already takes, and what the proper dose is for that particular pet," says Dr. Forsythe.

Additionally, pet owners often want to treat their vomiting dog with a commercial medication. The main brands, including Pepto Bismol, contain bismuth subsalicylate, which is similar to aspirin. Products containing bismuth subsalicylate can have adverse effects in dogs and are not recommended.

Topical Antibiotics and Antifungals

Topical antibiotics may provide local benefits and avoid the problems sometimes associated with oral or injectable antibiotics. However, animals are likely to lick and groom themselves, which can turn a topical medication into an oral medication. Ingesting some topical medications could be very dangerous for pets.

In general, any wounds on your pet that might lead to infection should be seen by a veterinarian. A veterinarian will know which medications are safe and will stitch the wound, if necessary.

Similarly, a medical professional should be consulted regarding treatment for a fungal infection. The treatment will depend on the site and severity of the infection. Often, prescription oral antifungals are necessary when topical antifungals aren't appropriate.

Why OTC Medications Aren't for Pets

"Most over-the-counter medications are designed to treat symptoms, not the underlying cause," says Dr. Forsythe. While humans and animals may experience similar symptoms, the underlying causes can be completely different. For that reason, what works for the symptoms in a person may not work in an animal.

There are also important differences between animals and people in how the body absorbs and metabolizes drugs. These differences can affect the efficacy of a medication as well as its toxicity.

Not only should you not give human medications to pets, but it is very important to prevent pets from accidentally ingesting medications.

"Keep all medications, especially flavored ones, out of reach of pets," Dr. Forsythe recommends. "If you have a counter-surfing pet, you may need to keep medications inside a closed cabinet." Even when the bottle is closed, an animal can chew its way in if something smells appealing enough.

Dr. Forsythe advises storing all medications in their original packaging in an upper cabinet located in a cool place without excessive moisture. Make sure your pet is not allowed to lick a topical medication that you have applied to yourself.

If you think your pet has ingested a medication unintentionally, contact your veterinarian or the ASPCA's Animal Poison Control Center 24-hour hotline at (888) 426-4435.

## Scamp Club

(Scampclub pets are not for adoption.)



Yasmina is three-years-old and she has the darker coloring. She is our shy girl. Kiah is six-years-old and is our blondie. She's very social and loves meeting new friends, humans and canines alike. They love living at Portside Ventura Harbor, especially sitting out on the patio.

## Join Scamp Club

Animals of all sorts can join the ScampClub. Email me your picture and a little about yourself to [Scampclub@venturabreeze.com](mailto:Scampclub@venturabreeze.com). You will be in the Breeze and become world famous.

Lost pet? Go to [LostCatVenturaCounty.com](http://LostCatVenturaCounty.com) or [LostDogVenturaCounty.com](http://LostDogVenturaCounty.com) - free websites for finding and posting when you've lost or found a cat or dog.



It looks like the 'unlikely' goat and dog duo that have been living at the Wake County Animal Center has a forever home!

## Forever homes wanted

Hi! I'm Ruby, a sweet loving gentle soul that loves to be loved. My life has not always been easy but I've never given up. My foster dad says the time he has spent with me has been a pleasure and ever so rewarding. As I'm a little older in age, I am at the point in my life that I enjoy the big comfy couch as much as my morning walks. Connecting with me took my foster parents only moments really and I am now eager to be at one's side. I will make a wonderful new addition to your family for years to come. If you're interested in meeting me, please fill out an online application to meet me. Canine Adoption and Rescue League C.A.R.L.



Meet 9-year-old Licorice (A819946)! Licorice is such a friendly boy who will start purring as soon as you approach. He enjoys rubbing his head on things (and people!) and also loves food and treats! Petting and yummy snacks are the way to his heart, and we know he'll quickly find his way into yours. If you'd like to meet Licorice, schedule an appointment at <https://www.vcas.us/> adopt. All cat adoptions are currently by appointment only. If you have questions, please contact (805) 388-4341 or [info@vcas.us](mailto:info@vcas.us).



**SPAN Thrift Store**  
SPAY/NEUTER ANIMAL NETWORK

**\$10 Low/No Income Spay & Neuter**  
May 2nd  
Albert H. Soliz Library, El Rio  
2820 Jourdan St., Oxnard  
Must call for appointment  
(805) 584-3823

**\$10 Low/No Income Spay & Neuter**  
May 9th  
Shiells Park, 649 C St., Fillmore  
Must call for appointment  
(805) 584-3823

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May 23rd  
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"I don't know how to use a laptop but they make great pillows." – Savana

## Police Reports

by Cindy Summers

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

### Commercial and Vehicle Burglary Arrest

On April 5, at approximately 3:45 pm, the Ventura Police Command Center received a call from a clerk about a subject attempting to sell suspected stolen property at a business. Patrol officers arrived and detained the subject, 38-year-old vagrant Darryl Ellis, and an associate. Street Crimes Unit Detectives also responded to assist. The property Ellis was attempting to sell was determined to have been stolen during a vehicle burglary which occurred the day prior. Detectives also recognized Ellis from a commercial burglary which occurred in March of 2023.

Detectives searched a storage unit Ellis had access to. Detectives located additional stolen property from the vehicle burglary from the day prior as well as clothing believed to be worn during the commercial burglary from March 2023.

Ellis was arrested for Commercial Burglary and Vehicle Burglary and he was booked at the Ventura County Jail.

### Armed Robbery and Assault with a Deadly Weapon

On April 8, at approximately 9:30 pm, the Ventura Police Department Command Center received multiple calls of a subject threatening with a knife in the 1200 block of South Victoria Avenue. A loss prevention agent from Vons called dispatch to report the same subject, 26-year-old vagrant Garrett Powell, had just committed a theft from the store and was following Powell, who was still holding a knife.

Officers located Powell on Victoria Ave., north of Ralston St. and he discarded the knife prior to officers taking him into custody.

The ensuing investigation revealed the loss prevention agent saw Powell conceal a bottle of alcohol inside the store. When the loss prevention agent stopped Powell at the exit and demanded the property back, Powell produced a knife and swung it at the loss prevention agent. The loss prevention agent was not injured in

this incident and continued to follow Powell, giving updates to his location until officers were able to locate and take Powell into custody.

Garrett Powell was booked at the Ventura County Jail for Robbery and Assault with a Deadly Weapon.

### Stabbing Homicide

On April 11, at approximately 7:00 pm, the Ventura Police Command Center received a call of a stabbing that just occurred near the public restrooms at Surfers Point adjacent to the Promenade. Responding officers located one male adult suffering from multiple stab wounds to the upper torso.

The victim, 39-year-old Raymond Morales, was transported to the Ventura County Medical Center where he succumbed to his injuries. The Ventura Police Department Major Crimes Detectives are currently investigating the incident. The ensuing investigation revealed that two suspects approached the victim near a picnic table and were involved in an altercation prior to the stabbing. After the attack the suspects fled on foot to the public parking lot at Surfers Point and left the scene in a vehicle northbound on Figueroa St. This investigation is ongoing and may be gang related.

### Driving Under the Influence Collision with Injuries

On April 14, at 9:53pm, the Ventura Police Department Command Center received a 911 call of a vehicle roll-over at the intersection of Walker St. and Moon Drive. An officer in the area arrived on scene within one minute and found a Subaru Outback on its roof, in the bushes of 5700 Moon Drive.

The occupants of the vehicle were found outside the vehicle with visible injuries. The driver, Loudon Flartey, was tending to his 22 year old female passenger who had sustained injuries during the collision. An officer speaking with Flartey could smell the odor of an alcoholic beverage and began an investigation for driving under the influence (DUI).

At the conclusion of the investigation, Flartey was arrested. An eyewitness to the collision said Flartey's vehicle was driving at a high rate of speed and lost control while trying to make a turn.

Flartey's passenger was transported to a nearby hospital and

treated for minor injuries. Flartey was booked at the Ventura County Jail for felony driving under the influence and causing injury.

Anyone with any information who witnessed this event or has possible video footage of the incident is asked to call Detective Avila at 805-339-4478.

### Stabbing-Homicide

On April 16, at 1am, the Ventura Police Command Center received a call of a stabbing that just occurred in the 200 block of East McFarlane Dr. Responding officers located one male adult suffering from a stab wound to his upper extremities. The victim, Jose Contreras 31 years of Ventura, was transported to the

Ventura County Medical Center where he succumbed to his injuries.

The Ventura Police Department Major Crimes Detectives are currently investigating this incident. The ensuing investigation revealed that the suspect and victim knew each other and were at a gathering at a residence on East McFarlane. An argument ensued resulting in the victim being stabbed. This investigation is ongoing and may be gang related. At this time there are no suspects in custody.

Anyone with any information who may have witnessed this event is asked to call Detective Nuñez at 805-339-4328.

## Harbor Patrol Blotter

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

Wednes 4-5

6:21am, received report of two stray Pit-bulls loose in the Holiday Inn Express lobby. Advised patrol not equipped to deal with dogs, relayed animal control #. 7:34am, dispatched to traffic collision on Spinnaker dr. No injuries occurred. 5:00pm, while on patrol in Rescue B19, officers conducted a safety inspect on inflatable boat 4 POB's. Ensured they had safety equipment, not to leave harbor 7:27pm, dispatched to a fall in Ventura Marina Community. Officers responded and assisted VFD/AMR to lift the patient from the floor to a chair.

9:03pm, waiting for Animal Control to pick up abandoned dogs, officers observed a large group of young adults showing up at Surfers Knoll for a bon fire. Told of ordinances & chances of getting parking tickets, group dispersed. Thursday 4-6

9:00am, assisting Manson construction with traffic control in main channel aboard Rescue B19. Tug vessel towing the crane barge to Oceanside Harbor. 3:28pm, received report of a vessel accident at VIM, J-dock. Officers responded, investigated three vessels involved, all damage appeared minor. 8:30pm, while locking restrooms, officers observed a medical at Surfers Knoll. The patient, female transient unresponsive, seizing on floor. Contacted dispatch, VFD/AMR en route. Patient eventually became alert, refused medical attention.

Friday 4-7

12:40pm, loaned out the beach wheelchair to a grateful family at Harbor Cove. 4:30pm, notified of a Ocean Rescue at Emma Wood. Officers responded towards Ventura Pier to assist a Standup Paddler who was "identified" in distress. Officers contacted the individual near the Ventura Pier not in distress just

doing a long-distance paddle from Emma Wood to Ventura Harbor.

7:03pm, dispatched to Portside for a behavioral emergency. Female transient requesting evaluation at hospital. AMR transported the patient to hospital.

Saturday 4-8

12:08pm, observed visibility decreased to ¼ mile due to heavy fog. Officers patrolling with radar just outside the harbor to assist small boats recreating.

3:02pm, dispatched to a person not breathing in Ventura Marina Community. Officers responded, unfortunately responders were unable to conduct resuscitation efforts because obvious signs of death were present.

Sunday 4-9

4:45am, opening gates/restrooms at Harbor Cove for Easter service for group.

10:05am, received report of a transient loitering in the roll-out dumpster at the launch ramp. Responded to investigate and found the transient as reported. Officers were able to convince the male to exit and to stay out of the container.

10:22am, received report of a Hazard-to-Navigation, large tree adrift near the fuel dock. Officers were able to remove the hazard and deposit it at the L/R.

Monday 4-10

9:03am, dispatched to difficulty breathing in Ventura Marina Community. 1:25pm, dispatched to back pain in Ventura Marina Community. Assisted AMR.

Tuesday 4-11

7:25pm, received report that the fog signal on South Jetty not working with heavy fog conditions from beach patron and a large vessel inbound. Officers explaining how to turn on signal with VHF marine radio and the high probability that the vessel has limited visibility instruments to navigate safely.

— Weekly SUDOKU —  
Answer

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

— King Crossword —  
Answers  
Solution time: 22 mins.

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



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## 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 welcome to stop 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.

**Livingston's Grief & Bereavement Program is offering a weekly Good Grief Club to children ages 6 - 11 who have lost a loved one.** This session will focus on grief through cinematherapy. The club runs every Tuesday from 5:30 - 7pm through May 30th. Contact (805) 389-6870 or lmvna.org/grief to register and see list of all the groups provided by Livingston. All support groups are free for the community.

**April 20: The East Ventura Community Council (EVCC) will meet virtually at 7 p.m. Visit the EVCC website at <https://eastventura.org/> for the Zoom meeting link.** The agenda includes the Ventura police report, followed by guest presenters. County District 1 Supervisor and Chair of the Board, Matt LaVere, Kelly Brown, Director of 2-1-1 Ventura County, will inform us of a county-wide, comprehensive information and referral service available to meet health and human service needs.

**April 22: The strength and resilience of Ventura will be on view as the Ventura County Library Foundation presents a tour of some of the beautifully rebuilt homes after the devastation of the Thomas Fire from Noon to 4 p.m.** The Ventura County Library Foundation offers this home tour to support the county libraries. Representatives from the Ventura Regional Fire Safe Council will also be on hand to provide home gardening information. Tickets are \$50.00 and are on sale now at [www.vclibraryfoundation.org](http://www.vclibraryfoundation.org).

**April 26: The College Area Community Council will hold a Zoom meeting on Wednesday at 7 p.m.** Council meetings include speakers and discussion on neighborhood and community interests; an invitation and link to the conference will be sent to everyone on the CACC mailing list. Visit the College Area Community Council website @ <https://caccventura.com> to learn more, to be added to the mailing list, or to access a link to the Zoom meeting."

**April 29: Learn how pocket watches work by disassembling and reassembling a watch's movement.** Open to the public. Movements and all tools provided. 9 to 4p.m. at the Dudley House Museum. They are presented by NAWCC Ventura Chapter 190.

The cost is \$100; the class size is limited. Contact Dave Coatsworth (dave@biswebdesign.com) for info or to register.

**May 3: Jess Ramirez is the first Wednesday of the month Beach Cities Newcomers and Neighbors meeting speaker.** He is on the Board of Labor Commissions of the Oxnard Harbor District. He served with distinction in the US Army in both Europe and Vietnam. He has a bachelor's degree from UC San Diego in Sociology. He worked as a long-shoreman for 18 years. The meeting will be at The Ventura Harbor Yacht Club, 1755 Spinnaker Drive. 9:30 -11 a.m. Beach Cities and Neighbors and Newcomers, BCNN is a group for women from Ventura, Oxnard, and Port Hueneme. It has dozens of small group offshoots, from sports activities, town tastings, bridge, games, book groups, and more. ([www.bcnnwomensgroup.org](http://www.bcnnwomensgroup.org))

**May 4: Gail Ginell will visit the Hill Road Library on Thursday at 5 p.m. to deliver a presentation on Adventures in Lifelong Learning.** Road Scholar is the world's largest educational travel organization for adults, offering nearly 5,500 affordable programs annually in about 150 countries worldwide. These programs provide a chance to expand your mind while in the company of other people who believe that learning is one of the best parts of life. This event is free and open to the public. Service hours are Monday through Wednesday, 10 - 6 p.m., Thursday, 2 - 6 p.m., and Friday through Sunday, 10-2 p.m. The Hill Road Library is located at 1070 S. Hill Road.

**May 6, 14: In celebration of spring, we will have two plant and collectibles sales on the grounds at the Dudley House 8 - 2 p.m.** Bromeliads, orchids, and succulents will be on sale along with a variety of collectibles. Vendors, please call Charlie at 805/746-4317 for details. The museum is located at the corner of Loma Vista and Ashwood Streets, 197 N. Ashwood. Admission is free.

**May 7. 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 located 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](http://dudleyhouse.org).

**May 16: The Ventura Regional Fire Safe Council will visit the Hill Road Library on Tuesday, to host a workshop for the local community entitled "Wildfire Preparedness: Protect Your Home Against The Threat Of Wildfires."** This workshop will deliver a brief overview of wildfire history and behavior, provide steps you can take to protect your home and families, and give resources for emergency preparedness. This event is free and open to the public. For additional information, contact Linda Cherry, Librarian, at (805) 677-7180. The Hill Road Library is located at 1070 S. Hill Rd. Hours of service are Monday through Wednesday 10am to 6pm, Thursday 2pm to 6pm, Friday through Sunday 10am to 2pm.



## Ojai news and events

**Award winning artist, teacher and mentor, Bert Collins, will be honored at the Ventura County Creative Artist's (VCCA) upcoming show.**

The show will take place on May 6 and 7 from 11 am to 4 pm at her West Hills Gallery located at 1545 Cuyama Road in Ojai. Collins, who will celebrate her 95th birthday in June, continues to paint daily and give classes out of her Ojai home-studio despite challenging physical limitations.

Collins began her long career as an artist painting with oils. Once she and her husband moved to Ojai in the 1980s she transitioned to pastels inspired by the beautiful landscapes of the area. She considers herself a tonalist "with a hard line of realism." Her work is influenced by the past and present, echoing the Romantic humanists of the 19th century. She has influenced hundreds of artists and her work is still widely collected throughout the country.

**Local Oxnard author Leslie Rinchen-Wongmo will visit the Ojai Library at 2pm on Saturday, May 13, 2023, to talk about her new book, *Threads of Awakening: An American Woman's Journey into Tibet's Sacred Textile Art*.**

What if you set out to travel the world and got sidetracked in a Himalayan art workshop? What if that sidetrack turned out to be your life's path? For over 500 years, Tibetans have been creating sacred images from pieces of silk. Much rarer than paintings and sculptures, these stitched fabric thangkas are among Tibet's finest artworks. In 1992, Leslie Rinchen-Wongmo traveled to the seat of the Tibetan government-in-exile in India to manage an economic development fund, only to wind up sewing pictures of Buddha instead. Through her remarkable journey, she discovered that a path is made by walking it and some of the best paths are made by walking off course. In this talk, Leslie will reveal the unique stitches of an ancient needlework tradition, introduce the Buddhist deities it depicts, and share the extraordinary possibilities they embody.

Trained by two of the finest living Tibetan appliqué artists, Leslie learned to stitch bits of silk into elaborate figurative mosaics that bring the transformative images of Buddhist meditation to life. Her artwork has been exhibited internationally and featured in the documentary *Creating Buddhas: The Making and Meaning of Fabric Thangkas*. After two decades abroad, Leslie returned to southern California where she now lives with three cats and enough fabric to last several lifetimes. You can learn more about her work and book online at [www.threadsawakening.com](http://www.threadsawakening.com).

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

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

## DATA Middle School will dive into outdoor recreation

680 students from DATA Middle School will dive into outdoor recreation and ocean-related activities after months of environmental education with MERITO Foundation's "From the Avenue to The Channel Islands" Program

Last fall, the MERITO Foundation launched a new program in partnership with De Anza School of Technology & the Arts (DATA) Middle School, Ventura Unified School District, and the City of Ventura, titled "From the Avenue to The Channel Islands" (ATCI). The program gives students from DATA, many of who reside in the community of the Avenue, the opportunity to take part in outdoor recreation and environmental education in their local community and in natural areas.

DATA students in the ATCI program have been learning about environmental, ocean and climate sciences, as well as participating in environmental restoration, exploration and monitoring. In addition, this month all 680 DATA students will partake in an array of exciting outdoor recreation activities, such as kayaking, hiking, surfing, sailing, and camping. DATA science teachers enrolled in the ATCI program were given a variety of educational and recreational opportunities to choose from for their students based on specific grade levels.

The core focus of study for 6th graders in the program is watershed science. Last December, students biked from their school on the Avenue to the Ventura River estuary with our partners at Once Upon a Watershed where they learned the importance of keeping our watershed clean. Students also planted vegetables and native plants in their native habitat garden and harvested lettuce as part of the Garden Club. In May, they will be catching some waves, taking surfing lessons with Surf Class at Surfers Point.

7th grader ATCI participants are immersed in environmental and ocean science topics, such as urban runoff, coastal and island ecology. Students have had field experiences at the Ventura Water Reclamation Facility where they toured operations, performed water quality testing and monitored wetland birds.

The focus of education for 8th-grade students in the ATCI program is on ocean and climate topics such as ocean circulation, sea level rise and plankton ecology. On April 12 and 13, they boarded the Mystic Whaler, a 100' Tall Ship replica, where they collected water samples, measure physical parameters, and identify plankton while learning the basics of sailing.

The pinnacle experience for all DATA students in the ATCI program will be 2 night/3 days camping trips to Santa Cruz Island! 220 students in grades 6 and 7 (accompanied by 30 chaperones) will camp, hike, kayak, and snorkel, all while learning more

about the natural history of the Channel Islands National Park and National Marine Sanctuary. Approximately fifty 7th-grade students from DATA Middle School will partake in the first trip scheduled for April 26, 2023. Subsequent trips are scheduled for May 10th, June 5th, and June 7th.

The ATCI program also provides DATA students with leadership opportunities as "Youth Outdoor & Environmental Stewards". Currently, there are eleven youths chosen as stewards, who are providing 50 hours of community service. They support MERITO and partner organizations at outreach events, field experiences, and assist with the DATA Middle School leadership program. As stewards, they also have the opportunity to job shadow professionals at work with our partner organizations, including the Port of Hueneme, Ventura Water, and Buena Ventura State Parks.

### High Tide is riding high Continued from page 1

charging station. Alliances are made up of 3 robot teams that work together to earn the highest score. While the competition is intense, it is built on the values of professionalism, cooperation, kindness, and more.

Student Burton Sessa said, "We have put in countless hours of prototyping, design, manufacturing, coding and more. The dedication of every team member has helped us adapt through this new season. We all learned so much about the game

this season and I am stoked to see how we will do during Worlds."

Programmer Irene Kim said of her experience, "I always appreciate our team's cooperation and intense dedication to constantly improving the robot. This year, the programmers definitely had a lot of fun learning about and utilizing dynamic trajectory generation that allows the robot to autonomously drive to each of the 27 scoring locations!"

Quincy Lowder, a manufacturing team member, said "We have built a top-tier robot this year, and our performance at regional competitions is a result of our team's hard work this season. I love being part of a team that strives for excellence in everything we do. Our team is excited to compete again at WORLDS and reach our full potential in Houston!"

Alumni and Mentor Anshul Bajaj said, "Understanding your opponent's and most importantly your teammate's ability is essential to performing at the highest level. Using our Tidescouts app, Team 4414 students recorded and collected performance data for the teams we competed with. These metrics informed our strategy which elevated our overall competitiveness."

Head Mentor JJ Sessa congratulated the team on their Regional wins and said, "Thank you to all our sponsors, friends and family for your support. We are looking forward to being World Champs this year. For more information: [www.team4414.com](http://www.team4414.com)

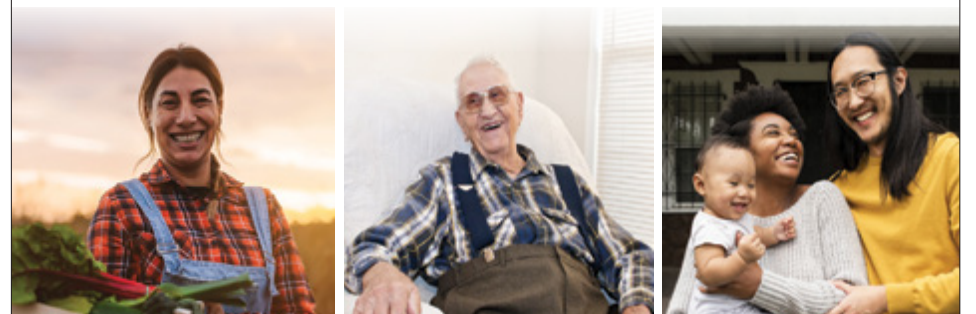


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**by Pam Baumgardner**  
VenturaRocks.com

Chick Singer Night, the world's longest-running songfest for female artists, returns to the Sound Palace in Oxnard, on Saturday, April 22 with performances from Danielle Taylor, Annette DiNardo, Dawn Lunsford, Emily De La Cruz and Gaby Montiel who has been featured on the VenturaRockSpot this past year. Tickets are available through EventBrite. The evening promises to deliver stellar performances from these amazing ladies in part because CSN's local chapter director is the one and only Jodi Farrell, who as a vocal coach can spot talent a mile away.

I'm happy to report Libbey Bowl's website (LibbeyBowl.org) has been updated and it now includes new shows including Toad the Wet Sprocket on Wednesday, July 5; Chris Isaak on Sunday, August 6; 98 Degrees on Thursday, August 17; and The Monkees celebrated by Mickey Dolenz on Friday, September 15. If you've never been to a concert there, do yourself a favor, choose an artist and make it go right; it's such a lovely venue in our own backyard!

One of Kelly Zirbes' passions in life is helping our furry little friends, and specifically CARL here in town. CARL (Caine Adoption and Rescue League) advocates for animal welfare, seeking to end the needless deaths of companion animals through adoption, education and outreach programs. Kelly's Lot featuring Rae Gordon will hold a fundraiser for CARL on Sunday, April 23 (3-6 pm) at Winchester's Grill & Saloon on Main Street, Ventura. I hope to see you and your wallet at this one!

Tickets have gone on sale for the 6th annual Oxnard Jazz Festival over the weekend of September 9th and 10th. Saturday's line up includes Spyro Gyra, Eric Benet, Deniece Williams and others. Sunday will be a special day for those who love Picante style music and dancing with performances from Louie Cruz Beltran, Mongrama and more. Find out more at OxnardJazzFestival.com.

Abigail Fierce will drop by Surfers Point Café for a performance on Sunday, April 23 (11 – 2 pm). Abigail who is a singer/songwriter/actress can be seen on episodes of “Love, Victor,” “This is Us,” and “American Vandal.” This indie-pop singer has a way with storytelling intermingled with great lyrics that captivates audiences wherever she plays.

Quick Notes: JD Drury announced via social media that there will be no Surf Rodeo this summer; The Guitar and Whiskey Club will open for Angel at the Ventura Theater on Wednesday, April 26; Brother Earl and the Cousins will venture out to Ojai for a date at Ojai Valley Brewing on Friday, April 28; Leashless Brewing will host the CD release party for Jacob Marquez & the Good Vibes on Saturday, April 29; and Grammy award winning composer/arranger, Bill Cunliffe plays the Beatrice Wood Center for Arts on Sunday, April 30 playing

selections from the George Gershwin Songbook. 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

- Beatrice Wood Center for the Arts**  
**8585 N. Ojai Rd., Ojai**  
Sun 4/30: Bill Cunliffe
- Boatyard Pub**  
**1583 Spinnaker Dr., Ventura**  
Wednesdays: Frank Barajas  
Thursdays: Jim Friery; Bluegrass Jam  
Fri 4/21: Teresa Russell & Stephen Geyer  
Sun 4/23: Ken Devoe  
Tues 4/25: Karen Eden & the Bad Apples  
Fri 4/28: Mac and D  
Sat 4/29: Billy Mac & Friends  
Sun 4/30: Ken Devoe
- Café Fiore**  
**66 S. California St., Ventura**  
Wed 4/19: Edgar Thatcher  
Fri 4/21: Otis Hayes  
Wed 4/26: Fabulous Hangovers  
Fri 4/28: Heathers n Fire
- Cantara Cellars**  
**126 N. Wood Rd., Camarillo**  
Fri 4/21: Johnny and the Love Handles  
Sat 4/22: Caught Red Handed  
Fri 4/28: The Katie Skene Band  
Sat 4/29: Ignition
- Copa Cubano**  
**Ventura Harbor Village**  
Tuesdays: Blues Tuesdays  
Thursdays: Glenn Bennet  
Sun 4/23: Freddie and Friends  
Sun 4/30: House Arrest Band
- Deer Lodge**  
**2261 Maricopa Hwy, Ojai**  
Fri 4/21: Dave Palmer & Friends  
Fri 4/28: Brad Byrd, Joseph Arthur
- Feros Ferie**  
**310 E. Ojai Ave., Ojai**  
Sun 4/23: Two Tossers  
Sat 4/29: David Gorospe  
Sun 4/30: Jimmy Calire & Patricia Cardinali
- Four Brix**  
**2290 Eastman Ave., Ventura**  
(Fridays 6-8:30; Sundays 1-3:30)  
Fri 4/21: Heathers on Fire  
Sun 4/23: Terrell Edwards  
Fri 4/28: Heart & Soul  
Sun 4/30: Smokey & Friends
- Gigi's Cocktails**  
**2493 Grand Ave., Ventura**  
Wed 4/26: The Virus, The Bitter, Vicious Cycle, Riotgun, Having Issues, Plot
- The Grape**  
**2733 E. Main St., Ventura**  
Tues: The Gratitude Jazz Jam  
Thurs Happy Hour: Tom Etchart & Friends  
Friday Happy Hour: Fred Kaplan  
Wed 4/19: RJ Root w/ Will Brahm  
Thurs 4/20: The Daniel Rotem Trio  
Fri 4/21: TriTone Asylum  
Sat 4/22: Shawn Jones Trio (2 pm); Barrelhouse Wailers (8 pm)  
Thurs 4/27: West Coast Jazz Hour Trio  
Fri 4/28: Marina Pacowski Band
- Sat 4/29: RJ Mischo & Friends (2 pm); Dan Rosenboom Polarity Quintet (8 pm)
- Keynote Lounge**  
**10245 Telephone Rd., Ventura**  
Thursdays: Open Mic  
Fri 4/21: Pull the Trigger  
Sat 4/22: Vinyl Gypsies  
Sat 4/29: Breaking Bored
- Leashless Brewing**  
**585 E. Thompson Blvd., Ventura**  
Fri 4/21: Vinny Berry  
Sat 4/22: One People  
Sun 4/23: Boom Duo  
Fri 4/28: Erez Barnea  
Sat 4/29: Jacob Marquez & the Good Vibes  
Sun 4/30: Matt Moran
- Majestic Ventura Theater**  
**26 S. Chestnut St., Ventura**  
Wed 4/26: Angel, The Guitar and Whiskey Club  
Thurs 4/27: Lukas Nelson & Promise of the Real  
Fri 4/28: Madison Beer
- Mrs. Olson's**  
**2800 Harbor Blvd., Oxnard**  
Sat 4/29: Zepp Heads
- Namba Arts**  
**47 S. Oak St., Ventura**  
Sun 4/23: Rock-n-Roll High  
Fri 4/28: The Listening Room Redux  
Sat 4/29: Preston Smith
- Oceanview Pavilion Performing Arts Theater**  
**575 E. Surfside Dr., Port Hueneme**  
Sat 4/22: Maiden USA, Hysteria, Hollywood Crue, Whole Lotta Rosies  
Sat 4/29: Gypsy Dreams, Ridin' the Storm Out, Strangehold
- Ojai Underground**  
**616 Pearl St., Ojai**  
Wed 4/19: The Make-Believe Spurs  
Fri 4/21: Abigail Cartright  
Sat 4/22: We are the West  
Thurs 4/27: Will Solomon & Friends  
Fri 4/28: Plus One with Eric Sullivan  
Sat 4/29: Rick Shea & Tony Gilkyson  
Sun 4/30: Joe Rafael, Bernie Larsen & Alan Thornhill
- Ojai Valley Brewing**  
**307 Bryant St., Ojai**  
Fri 4/21: Jeff Uzzel  
Sat 4/22: Jacob and the Good Vibes  
Fri 4/28: Brother Earl and the Cousins  
Sat 4/29: Van Allen Twins
- Onyx**  
**2390 Las Posas Rd., Camarillo**  
Fri 4/21: George Krikes  
Sat 4/22: Smokey & Friends  
Fri 4/28: Jack Keough Trio  
Sat 4/29: Matthew Grant
- Oxnard Performing Arts Center**  
**800 Hobson Way, Oxnard**  
Fri 4/21: (Vta Room) Fake Names, TV Party, Head Cut  
Fri 4/28: (Vta Room) Harsh Reality, Brainless, Swingback, Stood Up, Centerpoint 805  
Fri 4/28: Delfonics Revue, Dells Revue, Stylistics Revue  
Sat 4/28: Jon B
- The Raven Tavern**  
**1651 S. Victoria Ave., Oxnard**  
Fri 4/21: Brandon Ragan Project  
Sat 4/22: Rewind  
Sun 4/23: Katie Shorey  
Fri 4/28: Jayden Secor  
Sat 4/29: Holgers Heroes  
Sun 4/30: Brittney & Ben
- San Souci**  
**21 S. Chestnut St., Ventura**  
Sat 4/22: Hard Six, Hillbilly Wolves
- The Shores**  
**1031 Harbor Blvd., Oxnard**  
Fri 4/21: Daniela Cardillo (4:30); Nuestro (8 pm)  
Sat 4/22: The Blues Ramblers
- Sun 4/23: Karen Eden & the Bad Apples  
Fri 4/28: Jake McClelland (4:30); The Corsican Brothers (8 pm)  
Sat 4/29: Brandon Ragan Project  
Sun 4/30: Doc Ventura
- Skull & Roses**  
**Ventura Fairgrounds 10 W. Harbor Blvd., Ventura**  
Wed 4/19: Sages & Spirits, Boombox feat. Backbeat Brass, Wahlbangers Beam Brothers  
Thurs 4/20: Oteil & Friends, Grateful Shred, Big Steve & the Assbites, Stu Allen & Mars Hotel, Shaky Feelin'  
Fri 4/21: Dark Star Orchestra, Leftover Salmon, Jerry's Middle Finger, Cubensis  
Sat 4/22: Phil Lesh & Friends, Circles Around the Sun, Electric Waste Band w/ Bill Walton  
Sun 4/23: Phil Lesh & Friends, Melvin Seals & JGB, Moonalice, Bill Iuso & Big Chief Juan Pardo
- The Sound Palace**  
**1681 Beacon Place, Oxnard**  
Sat 4/22: Chick Singer Night featuring Annette DiNardo, Dawn Lunsford, Gaby Montiel, Danielle Taylor, Emily DeLaCruz
- StekleStock 6**  
**Stekle Park, 8080 Mistletoe Rd., Santa Paula**  
Sat 4/22: Premonition, Charles Law Band, NoBiggee, What the Funk, Whiskey Business, Tommy Foytek, Roberto Pesqueira  
Sun 4/23: Premonition, Only Obvious, Red Rock Road, The Time Flies, Star Goes Nova
- Strey Cellars**  
**951 N. Rice Ave., Oxnard**  
Sun 4/23: Whiskey Business  
Sat 4/29: The Renegades 805
- Surfer's Point Café**  
**204 E. Thompson Blvd., Ventura**  
Sun 4/23: Abigail Fierce
- Tony's Pizzeria**  
**186 E. Thompson Blvd., Ventura**  
Thurs 4/20: Urban Dread  
Sun 4/23: 90's BaBiez  
Thurs 4/27: Jah Standards  
Sun 4/30: Sound Effect
- The Twist on Main**  
**454 E. Main St., Ventura**  
Thursdays: Davey Miller Trio  
Fri 4/21: Rey Fresco, J Walker Band, Teddy Jack  
Sat 4/22: Bella Lucareli (2 pm); I Want My 80s (8 pm)  
Sun 4/23: Jetlemons (11 am); Kris Simeon (3 pm)  
Fri 4/28: Brobots  
Sat 4/29: TD Lind (2 pm); Mark Masson & Friends (8 pm)  
Sun 4/30: Ken Devoe (11 am); Hot Roux (3 pm)
- Vaquero y Mar**  
**435 E. Thompson Blvd., Ventura**  
Sundays: Mariachi  
Tuesdays: The Sea Hunter  
Wednesdays: Tribal Me  
Fridays: Conjunto Zacamandu de Tomas Herrera  
Wed 4/19: The Trivle Omdobble  
Thurs 4/20: Lowered Expectations
- Ventura Music Hall**  
**1888 E. Thompson Blvd., Ventura**  
Thurs 4/27: Poolside  
Fri 4/28: Whitey Morgan  
Sat 4/29: Ty Segall & Freedom Band, Corey Madden  
Tues 5/2: Supersuckers
- Winchesters**  
**632 E. Main St., Ventura**  
Music Thurs 5:30; Fri 7 pm; Sat 2 pm; Sun 3 pm  
Thurs 4/20: Sage & Austin  
Fri 4/21: James Broz  
Sat 4/22: Steve and Sally Williams  
Sun 4/23: Kelly's Lot  
Thurs 4/27: The Pipes  
Fri 4/28: Doc Rogers Duo  
Sun 4/30: Mark Masson & Phriends  
Tues 5/2: Open Mic w/ Jenna Rose







## Barbara Brown the artist

by Patricia Schallert

Artist Barbara Brown was born in the midwest among the Great Plains states. Her father loved the great outdoors and worked as a Park Ranger in the National Parks, including Yosemite, Mount Rainier, the Grand Tetons and Olympic National Park. Barbara and her family would spend their summers exploring forests, meadows and mountains, where she developed her deep connections to these extraordinary places now reflected in her art.

Barbara is inspired by artists like Moran, Bierstadt, Cole, Church and Innes. She loves painting portraits too and for that, her favorite artist is John Singer Sargent. She finds his brushwork and color relations fascinating.

She started out as a watercolorist, dabbling in acrylics, but her true love is oils. She sees herself as a traditional painter, but also loves experimentation. She will try different techniques, color mixing and brushwork. She might even use a non-traditional tool to create interesting marks.

Spending her time outdoors is Barbara's greatest passion. "My family visits Yosemite every year". Currently she lives near Arroyo Verde

and she walks the park often, where she observes the "weather shifts and colors change". She pays attention to "shadows as they lengthen and deepen and when it rains and surfaces become shiny and reflective." Barbara also finds inspiration at the Ventura Botanical Gardens, where she gives tours as a media guide. She is currently working on a piece that shares the "visuals of the Fybos Garden from South Africa."

Barbara's favorite time of day to paint is between 3 pm and 5 pm. It's the quiet time for her and she says she gets the "most done then". She added the light in her studio is perfect at that time of day.

Barbara has studied many different styles over the years. She enjoys learning master techniques and studying different styles relative to different periods in history. She incorporates what she has learned into what she is currently working on.

Last year, she completed two dream projects for the Ventura Botanical Gardens—laser-cut corten steel displays of insects, a hawk, and rabbits. In 2017, her losses from the Thomas Fire inspired her to start a series about just that.

Barbara's web site:  
barbarabrownartist.com



# Ventura Art Scene

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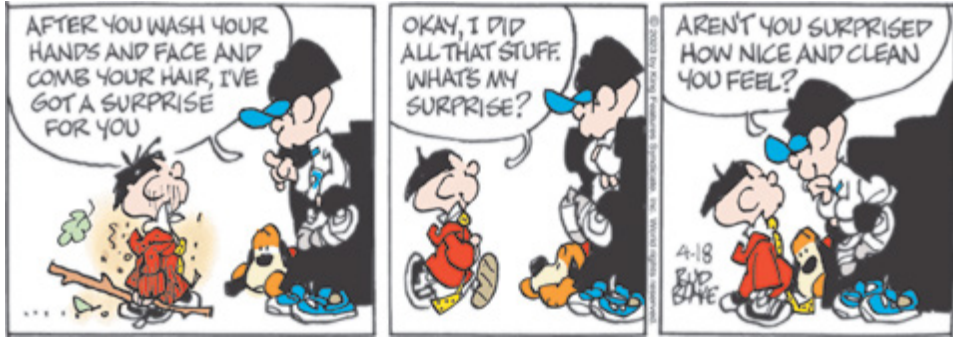
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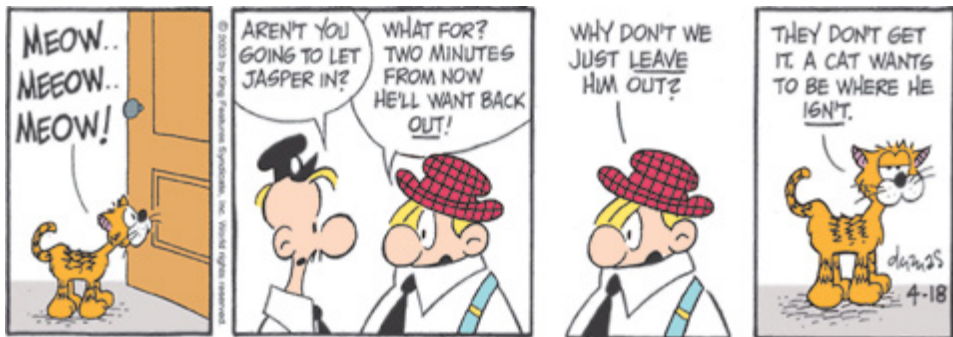
## Tiger



## Zits



## Sam and Silo



## Marvin



## Mallard Fillmore



## Beetle Bailey



Solutions on page 13

(For a beginners guide to playing Sudoku go to [venturabreeze.com](http://venturabreeze.com))

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

## Weekly SUDOKU

by Linda Thistle

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

### DIFFICULTY THIS WEEK: ♦

♦ Moderate ♦♦ Challenging  
♦♦♦ HOO BOY!

Solutions on page 13

## King Crossword

### ACROSS

- 1 Faux pas
- 5 Spider's creation
- 8 Smith of Fox News
- 12 Wood strip
- 13 Hollywood's Gardner
- 14 Model Banks
- 15 Twistable cookie
- 16 "Wonder Woman" star
- 18 Reproductive cell
- 20 Old Geo models
- 21 Conceal, in a way
- 23 Zodiac cat
- 24 When a sporting event starts
- 28 Pvt.'s superiors
- 31 Historic period
- 32 Open a toothpaste tube
- 34 Consume
- 35 Beige
- 37 Floral wreaths
- 39 Mao — -tung
- 41 Coaster
- 42 Three-note chords
- 45 Dookey
- 49 Hood

1	2	3	4	5	6	7	8	9	10	11	
12					13			14			
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42	43				44		45		46	47	48
49					50			51			
52					53			54			
55					56			57			

- 6 Ms. Longoria
- 7 Lip soother
- 8 Iowa and Maine, e.g.
- 9 Lightest element
- 10 Slangy suffix
- 11 Bits of butter
- 17 Solidify
- 19 Ballet wear
- 22 Community gym sites
- 24 "Gosh!"
- 25 Lob's path
- 26 Strict taskmaster
- 27 Tea choice
- 29 Wee bit
- 30 Map lines (Abbr.)
- 33 Entreaty
- 36 Applications
- 38 Venomous snakes
- 40 Mag. staff
- 42 End-of-wk. cry
- 43 Tabula —
- 44 Ticket half
- 46 "Mercy Mercy Me" singer
- 47 Novelist
- 48 Hunter
- 49 Look after
- 50 Disney deer

### DOWN

- 1 Trudge
- 2 News reporter
- 3 Logan
- 4 Detail
- 5 "Friends" role
- 6 Betting parlor activity

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third party could be helpful in closing the gaps that have opened.

**LIBRA** (September 23 to October 22) A recent family situation could give rise to a new problem. Keep an open mind and avoid making judgments about anyone's motives until all the facts are in.

**ARIES** (March 21 to April 19) This is a good time to reassess important relationships, both personal and professional, to see where problems might exist and how they can be overcome. Keep the lines of communication open.

**SCORPIO** (October 23 to November 21) Rely on your always-sharp intuition to alert you to potential problems with someone's attempt to explain away the circumstances behind a puzzling incident.

**TAURUS** (April 20 to May 20) It's not easy to bring order to a chaotic situation, whether it's in the workplace or at home. But if anyone can do it, you can. A pleasant surprise awaits you by week's end.

**SAGITTARIUS** (November 22 to December 21) Although you still need to do some snipping off of those lingering loose ends from a past project, you can begin moving on to something else.

**GEMINI** (May 21 to June 20) Be careful that you don't make an upcoming decision solely on the word of those who might have their own reasons for wanting you to act as they suggest. Check things out for yourself.

**CAPRICORN** (December 22 to January 19) With your self-confidence levels rising, you should feel quite comfortable with agreeing to take on a possibly troublesome, but potentially well-rewarded situation.

**CANCER** (June 21 to July 22) A personal relationship that seems to be going nowhere could be restarted once you know why it stalled in the first place. An honest discussion could result in some surprising revelations.

**AQUARIUS** (January 20 to February 18) Travel is favored, both for business and for fun. The end of the week brings news about an upcoming project that could lead toward a promised career change.

**LEO** (July 23 to August 22) That unexpected attack of self-doubt could be a way of warning yourself to go slow before making a career-changing decision. Take more time to do a closer study of the facts.

**PISCES** (February 19 to March 20) You might feel suddenly overwhelmed by a flood of responsibilities. But if you deal with each one in its turn, you'll soon be able to hold your head above water and move on.

**VIRGO** (August 23 to September 22) A workplace problem needs your attention now, before it deteriorates to a point beyond repair. A trusted

**BORN THIS WEEK:** You have a wonderful way of offering comfort as well as guidance. You would do well in the healing arts.  
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# Show Time

A View from House Seats

## Santa Paula Presents A 50's Fantasy

by Shirley Lorraine

Retreat to the 1950's when life was measured by the housewife who kept order in check. Haven't we all wanted, at some point, to revert to a time when things seemed so much simpler? On the surface, perhaps they were. But of course, it is all an illusion, as each generation has its own set of restrictions, challenges and inconsistencies to conquer. Today is no different, just with more technology.

Home, I'm Darling, a comedic play by Laura Wade, is playing on the main stage at the Santa Paula Theatre Center. With tongue firmly in cheek, the action introduces us to Judy, strongly embraced by Kimberly Demmary, a woman whose corporate job has been dissolved and who feels that she would prefer to live in a retro world of seemingly better times - the 1950's. Alas, despite her desperate attempt of full immersion, the fantasy cannot be upheld in the face of reality. The complicated job of maintaining a "perfect" home remains undervalued.

Friends and family see Judy's retreat into the 1950's as a temporary coping mechanism. Her husband, Johnny, (James James) plays along for longer than he bargained and finds his patience about to crack. At the same time, he encounters a lack of forward movement in his real estate job when his new boss, Alex (Paula Smiech) chooses another agent for a promotion.

Judy's mother, Sylvia, played with attitude by Poosy Holmes, is a realist, vainly attempting to pull her daughter's fantasy world within logical boundaries, without much success. She points out that the 50's were much more than cleaning and organizing. Prejudice, dis-

crimination and politics were rampant. Judy's fantasy world was only part of the story of the era.

The couple's friends, Fran (Julie Fergus) and Marcus (Derek Petropolis) play along to a point as their own problems come to the surface. Solid performances are delivered by all.

Direction by Sarah Broughton is crisp and lively. The divided set of kitchen and front room of Judy and Johnny's home is well appointed with a 1950's styled kitchen, furniture and ornaments. Costuming lends the right touches of the Donna Reed look, complete with petticoats, pearls and heels to serve tea.

A particularly inventive method of set-changing involves some of the characters appearing with dusters and aprons while be-bopping to 50's music. Everyone appears to be having fun as they tidy up.

There are a lot of thought-provoking questions raised, both in the script and implied, for the audience to consider. The second act explains the action of the first in addition to assisting the couple grapple with compromise. The second act dragged a bit winding up everyone's issues.

Home, I'm Darling gives the audience a fun and fanciful look at some people's inherent desire to slow progress, albeit with their smartphones and laptops handy. Such dichotomy shows the true picture of our hurry-up-and-slow-down world today.

Home, I'm Darling continues through May 21. [www.santapaulatheatercenter.org](http://www.santapaulatheatercenter.org) or (805) 525-4645.

Streaming Spotlight by Cindy Summers

## Yellowjackets Season 2

- Showtime



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

"Yellowjackets" is an original Showtime series about a girls soccer team that survived a plane crash in the wilderness while on their way to the national championship. It takes place on two timelines that alternate during each episode: one in 1996 in the remote wilderness after the plane crash and the other is current day (2021) showing their lives as adults after their final rescue from the woods. The series is filled with eerie dark humor, does a great job of seamlessly moving between timelines and the younger actors are dead ringers for their adult counterparts.

They left off at the end of Season 1 in the present with Natalie (Juliette Lewis) holding a shotgun to her head but kidnapped by people in purple after discovering Travis had committed suicide. Shawna (Melanie Lynskey) killed her lover thinking that he was blackmailing the Yellowjackets and unfortunately found out that it was her husband Jeff (Warren Cole). Taissa (Tawney Cypress) won her election as a New Jersey state senator, while at the same time her partner found a morbid alter she

created under the house. Misty (Christina Ricci) released but poisoned her captor and proved very helpful in helping dispose of Shawna's lover's body.

Meanwhile back in 1996 Jackie (Ella Purnell) fell asleep outside and froze to death when the first winter snow fell on the cabin. Shawna (Sophie Nelisse) struggled with her teen pregnancy and the group knew that Jackie's boyfriend Jeff is the father. Natalie (Sophie Thatcher) and Travis (Kevin Alves) fell in love and shared romantic time away while hunting for food for the group. Javi was still missing since the night that the whole group was accidentally dosed with magic mushrooms Misty (Samantha Hanratty) had stowed away. Lottie (Courtney Eaton) had several experiences in front of the group that proved she had some sort of psychic and mystic abilities. Coach Ben Scott (Steven Krueger) was the only adult survivor, but lost his right leg in the crash. Taissa (Jasmin Savoy Brown) and Van (Liv Hewson) also started a romantic relationship.

In the first three episodes of Season 2, in the present we find out that Lottie (Simone Kessell) had started her own intentional community where she serves as a mystical leader which was the group of people that did grab Natalie and where she stayed since her initial escape. Misty teamed up with another citizen detective named Walter (Elijah Wood) who was a millionaire due to an injury settlement. Together they were trying to find Natalie and close to locating the purple people retreat. Taissa had fallen back into the trance-like episodes she had in the woods that seemed to indicate she was connected to the unknown force they

all knew was around, which surprisingly led her to Van (Lauren Ambrose).

Back in 1996 the group was struggling to find food in the harsh winter conditions. The ground was too frozen to bury her body so Shawna put it in the meat shed and was secretly talking to her for 2 months until Taissa found that she was even putting makeup on her. The decision was made to cremate her body, but a pile of snow fell from above putting the fire out before her body was burned and became the group's first act of cannibalism. Travis continued to have hope in finding his brother Javi even though it's winter and had been two months since they've seen him.

Though some things have been revealed, there are still lots of loose ends and unanswered questions. Season 1 opened with the chasing down and cannibalising a member of the group which still remains unexplained, but "Yellowjackets" fans will be glad to know that the show has already been approved for Season 3 with a total of five seasons planned for the original series. Season 2: 9 - 1 hr Episodes

## NAMBA presents Italian folk music with a modern and Gregorian twist

NAMBA Performing Arts Space is pleased to present Ensemble Sanginetto on May 4th at 7pm. Ensemble Sanginetto

is 100% Italian folk music with a modern and Gregorian twist. They are touring the college circuit but are making a special stop at NAMBA Performing Arts Space in downtown Ventura.

"This is a once in Ventura County opportunity and is something you could only expect to experience in Italy", says Tamara Varney, Board Chair for NAMBA Performing Arts Space. "Our small Theatre will likely be their most intimate performance in the US."

Ensemble Sanginetto is an eclectic band which skillfully blends ancient harmonies and sonorities with modern rhythms. The wide-ranging musical experiences of the individual members converge to create fresh arrangements of traditional Irish, Scottish, Breton & Italian tunes and original compositions influenced by genres ranging from classical to folk, from Gregorian chant to musical, from pop to Celtic music.

The delicate combination of the pure and magic tones of the harp and of the bowed psaltery with the guitar intermingle with the three voice-polyphonic texture evoking dreamlike and airy atmospheres - an experience simultaneously joyful and light.

Join us at NAMBA Performing Arts Space on May 4, 2023, 47 S. Oak Street, Downtown Historic Ventura. Tickets are \$25 and can be purchased at [NambaArts.com](http://NambaArts.com).

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

MUSIC

A Once-In-A Ventura Experience

ENSEMBLE  
SANGINETTO



"Ensemble Sanginetto is 100% Italian folk music with a modern and Gregorian twist." Touring from Italy Ensemble Sanginetto blends ancient harmonies with modern rhythms - classical to folk, Gregorian chant to musical, pop to Celtic - this group is not to be missed.

THURSDAY MAY 4TH 7 PM \$25

Tickets at [NambaArts.com](http://NambaArts.com) or at the door. 805.648.9250



# On Vacation



While vacationing in Palm Springs Annie Pedevillano was sure to bring the Breeze with her.



Another beautiful Ventura sunset by KCRUTS photography.

## Raise the Roost and bring your dog

Ventura Audubon Society's Raise the Roost Fundraiser Saturday, April 29th Noon - 5pm at Ventura Coast Brewing Company 76 S Oak St, Ventura:

Please join Ventura Audubon for the Raise the Roost party and silent auction. This fundraiser benefits the Shorebird Recovery Program for the snowy plover and least tern nesting season on Ormond and Hollywood Beaches, which has just begun and continues through September.

Proceeds will support nest monitoring, habitat protection including fencing, signage, trail cameras, plus supplies for volunteers in our community stewardship program, the Volunteer Beach Naturalists.

Come out to Ventura Coast Brewing Company where you'll be able to purchase a limited-edition logo glass, meet the Shorebird team and participate in our silent auction featuring items from local business.

Bring your dog and take the Dog Rangers pledge! Bidding for the auction starts 4pm on Friday, April 28th and runs through 4pm on Sunday, April 30th. For more information, please visit [www.venturaaudubon.org](http://www.venturaaudubon.org)

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