

Harbor Outdoor Movie Night - See "Moana" on Aug. 26!



VENTURA BREEZE

Your Hometown Paper

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Come meet a K9.

Ventura Police and Fire Departments partner to host community block party

Ventura residents are invited to join the Ventura Police and Fire Departments for the Public Safety Community Block Party from 11:00 a.m. - 3:00 p.m. on Saturday, August 26, 2023. This free event, hosted at the Police and Fire Headquarters at 1425 Dowell Drive, is open to the public and promises an afternoon filled with unique family-friendly activities.

"We received tremendous feedback after last year's event and are excited to offer an inclusive space to foster positive relationships with local police officers, firefighters, and elected officials," said Police Chief Darin Schindler. "By inviting residents into a traditionally very private facility, we hope to demystify police operations and improve trust."

Activities at the public safety event will feature multiple K9 demonstrations, a Jaws of Life vehicle extrication, a fire extinguish-

Continued on page 8

Water's Edge Restaurant hosted the first "Dine & Delight"

On July 25th, Water's Edge Restaurant hosted the first "Dine & Delight" - a private Winemaker's Dinner, benefiting Rubicon Theatre Company, Ventura County's leading not-for-profit professional theatre company.

The special 5-course dinner by award-winning Executive Chef Alex Montoya was expertly paired with wines from one of Napa Valley's most celebrated vintners, Caymus Vineyards.

Chef Alex took pride in locally sourcing ingredients to provide the freshest products while supporting Ventura's local fishermen, farmers, and ranchers. The perfect harmony of flavors elevated the dining experience, delighting wine enthusiasts and food connoisseurs alike, leaving them talking about the evening long after the final glass of wine was served. From oyster delight, sweet & sour pork belly and mango halibut aguachile to grilled Korean short rib before topping off with apple tarte tatin, diners were wowed by the expertly paired exquisite wine with each course.

About 60 guests attended this exclusive event, some Ventura locals, and some drove in from Ojai, Thousand Oaks and Santa Barbara. During the main course, guests enjoyed a live musical performance by Broadway veteran and Rubicon artist Jennifer Leigh Warren (Big River and Marie Christine on Broadway, Dark of the Moon and Lonesome Traveler at Rubicon) accompanied by Musical Director Gerald Sternbach.

This exceptional culinary event was a successful evening of exquisite flavors, delightful wine pairings, live musical entertainment, and an opportunity to support the artistic and

Continued on page 8



About 60 guests attended this exclusive event. Photos by Randy Encinas.

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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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The optimist proclaims that we live in the best of all possible worlds, and the pessimist fears this is true.
— James Branch Cabell

Local Government News



During this past school year we hosted over 300 students from local public and private schools.

Ventura Water General Manager's Message

by Gina Dorrington

“What do you want to be when you grow up?” As a child, we get asked this question all the time and as we get older, we use this question to start a conversation with a child. Not many, if any, say “I want to be a water/wastewater operator when I grow up!”, but they should. A career in water is awesome and rewarding. We get to work outside, provide water for health and safety, protect the environment, and restore a critical resource to the community. And there is so much you can do; I started in this industry working in a water and wastewater lab, then performed food facility inspections for stormwater and grease compliance, moved on to cleaning and inspecting sewer lines,

became an operator-in-training, and earned certification in water treatment, distribution, wastewater, and advanced treatment. This month we highlight one of our operators, Sol Clements, who has also worked in many areas of the wastewater industry and radiates her love of what she does for our city.

At Ventura Water we love to share what we do and help to spark interest in our youth about water. We highlight not only how water is treated and how important conservation is, but also how this could be a career for them. Our team works with local schools and environmental groups to outreach and educate. We're proud to report that during this past school year we hosted over 300 students from local public and private schools for tours of the wastewater treatment plant, (see photo above). If your group is interested in a tour, please email us at: myvtawater@cityofventura.ca.gov.

And if you, or someone you know may be interested in a career in water, see the current jobs at the City website.

Ventura's Active Transportation Plan reaches the final phase

The City of Ventura is excited to announce the final phase of the Active Transportation Plan (ATP). This comprehensive roadmap aims to enhance



the City's transportation landscape, providing increased accessibility and appeal for walking, biking, and transit across the community.

The City is seeking public input to prioritize projects and programs proposed in the ATP. To review and share your information, please visit the City's website. The deadline for providing feedback is Sunday, August 20.

“In the last two years, we've seen active involvement from more than 4,000 community members who played a vital role in shaping the proposed Active Transportation Plan recommendations,” stated Mayor Joe Schroeder. “As we move into the next phase, we invite all community members to provide feedback on the identified priorities and projects created to establish a safer and more sustainable active transportation system for Ventura.”

In June 2021, this community-driven initiative gained significant engagement, with input from the Active Transportation Focus Group (ATFG), which provided valuable insight into City needs, shaped plan goals, and amplified outreach efforts. This group comprised various stakeholders from the City's Public Works Department, Police Department, Environmental Sustainability Department, Community Outreach, Bicycle Advisory Committee, all seven

Continued on page 8

As I See It by Sheldon Brown

Ventura College President Kim Hoffmans will retire at the end of the school year, leaving the 10,000 student community college after five years at the helm. This leaves plenty time to find a permanent replacement. She has done a wonderful job leading the college.

California's community colleges (116) offer a great opportunity for all graduates to continue their education and decide what they want their future to be, while also saving some money.

Before attending USC, I attended LACC. This not only saved me a lot of money but they also had an excellent architecture program which made my transition to SC much easier.

The XGames were very successful. So the question now is are they interested in returning next year. I certainly think we should we try to get the X Games back next year? It was a win for all involved. The \$250,000 the City Council agreed to spend was money well spent.

A slight problem was the event ran so close to the start of the fair. The short turnaround time put a lot of pressure on fair vendors and participants to be ready for their opening.

A repeat performance would be due to the vision of Marlyss Auster, President and CEO of the Ventura Visitors and Convention Bureau, who began promoting the idea to X Games officials 2019 (Visit Ventura article on page 18).

X Games officials said more than 51,143 people attended the three-day finals with a sellout crowd of about 23,000 on Saturday.

Football player Aaron Rodgers has a new deal with the New York Jets and he's taking a pay cut. Rodgers agreed to a new two-year, \$75 million guaranteed contract with the Jets.

Poor guy is only going to make \$37.5 million per year to play football. Hope he has saved for his future.

Three military veterans, and others, testified in Congress hearings on UAP (un-

identified aerial phenomena) the military's term for UFOs. One claimed the U.S. government has operated a secret “multi-decade” reverse engineering program of recovered vessels. He also said the U.S. has recovered non-human “biologics”(whatever that is) from alleged crash sites.

Much of the discussion centered on improving processes for reporting referring to “anomalous” rather than “aerial” phenomena, to account for sightings in both air and water.

Personally, it would be very exciting if UFOs did come here for a visit. I'm not sure why the government would hide it. If they had plans to destroy us they certainly could have done that many times over.

“Kids, today we are going for a ride to look at the earth. I know it's a long 5-minute ride so you can take your brainphones with you. We won't visit because there's too much shooting and wars which might upset you. Daddy, daddy are we there yet?”

The surface ocean temperature around the Florida Keys soared to 101.19F (38.43C) in what could be a global record as ocean heat around the state reaches unprecedented extremes. I'd bring soap and take a bath.

The Santa Barbara News-Press, one of California's oldest newspapers, has ceased publishing after its owner declared the 150-year-old publication bankrupt. The newspaper was online only since April. I hate to see this as local papers might be the last hope for the survival of newspapers.

A professional butcher whose bloody, wild-eyed face became one of the most memorable images of the U.S. Capitol riot was sentenced to more than seven years in prison for hurling a bow like a spear at police and attacking several other officers. At least he has his job set-up in prison.

Supreme Court Justice Samuel Alito accepted a 2008 trip to a luxury fishing lodge in Alaska from two wealthy Republican

donors, one of whom repeatedly had interests before the court, and he did not disclose the trips on his financial disclosure for that year. It seems Supreme Court Justice's are exempt from any disclosure rules. It seems to me Justices should have the most restrictive laws governing them. Their decisions are the most important that can be made.

Mailbox

Opinions:

I had absolutely nothing to do with the XGames coming to Ventura, but my hat's off and tons of Kudos for everyone involved from the Fairgrounds, to Visit Ventura, the City, Metrolink and all involved with the planning and execution. What was most fun for me, who is not into skateboarding, BMX or Motocross was to sit in my house less than 5 miles from the arena and watch the awesome coverage on ABC and ESPN. The close ups and camera angles were spectacular and gave me a complete appreciation for the competitors. Ventura, a job well done. The whole world got to see our wonderful town. Hope it can happen again.

Carl Morehouse former Mayor/Councilmember.

Breeze:

I was very inspired by what I saw at the X Games.

The tumultuous traffic jams (a la Strawberry Festival) seemed to have

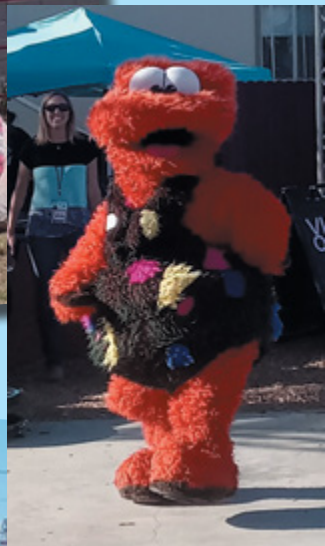
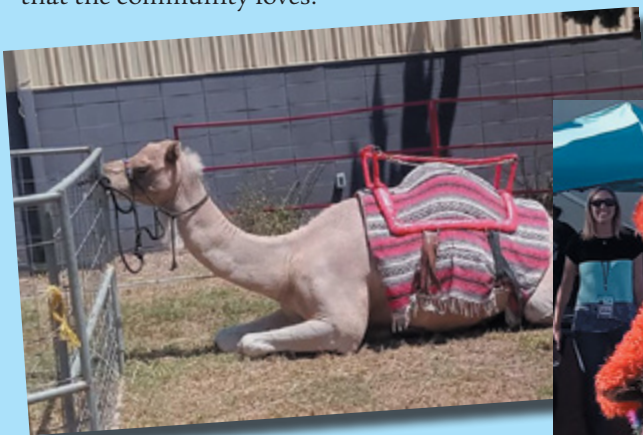
Continued on page 9

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



The 2023 Ventura County Fair continues to August 13. It features the biggest-ever petting zoo, camels you can ride, an expanded local craft beer and wine garden outside the floriculture building, trapeze shows by the Flying Royals at the 805 Station Stage, grandstand performances by leading musicians and bands, additional parking options, and 3 Ferris wheels.

More rides, new attractions and events. Plus, all of the fair traditions that the community loves.



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This was one of the best days I have had in a long time.

Exploring San Buenaventura State Beach

by Amanda DeBoef

This was one of the best days I have had in a long time. My cousin, Steve, chauffeured my great-aunt, Ruth, my mother, Gail, and his girlfriend, Lea, on the most gorgeous drive from Granada Hills, just outside of Los Angeles to the San

Buenaventura State Beach located in Ventura, California. The very locale Tom Petty wrote about in his classic rock song, 'Free Fallin'. (My absolute favorite).

Being from southwest Missouri with fair skin and blue eyes, I am

admittedly, more of a mountain girl than a beach girl (one day later and my beet red shoulders and chest will attest to that). However, the Southern California landscape is positively breathtaking. There are trees and flowers in every color imaginable. Just when I thought I had seen it all, another version of a colorful California native tree, bush, plant, flower, or succulent would 'WOW' me more than those I had seen previously.

The walk along the beach at San Buenaventura was at least 20 degrees cooler than in the city. The fresh, breezy air smelled of salt water and sunscreen. Kids played in the ocean waves. Children dug sandcastles and completed works of art on the sandy beaches. Adults rode bikes and jogged on the boardwalk that runs along the beachfront. There were dogs of every shape, size, and breed enjoying this picture-perfect summer day.

My mother made friends with two very social St. Bernard's we met while walking the clean and tidy sidewalks next to the beach. The younger of the two dogs practically knocked my mother over when she invited them to come say, 'Hello'. The owner was nearly as friendly as his two large companions.

We ate at a tasty ocean-side restaurant called Social House. I had a lavender lemon-drop that was positively divine, along with a fish sandwich that certainly satisfied my fully grown appetite.

I think I get it now. The wet sand. The calming sound of the waves rolling onto the shore. The distant

laughter of children with not a care in the world. The sights and sounds that only a beachfront view can afford.

I saw a young girl lounging on a bench on the pier, reading a novel. I wanted to be that girl.

I saw several people biking down the boardwalk, taking in the entertaining sights and sounds of what can only be described as, 'A Happy Place'. I wanted to be those cyclists.

I saw a friendly man walking his two large dogs. Stopping for nearly every passer-by to let them pet said dogs and engage in at least a 20-minute conversation. (That man must have a ton of friends).

I loved it all. I understand now. Why people move from the only home they have ever known. Why folks battle ridiculous city traffic day in and day out. Why young adults decide to 'head west' to see what the fuss is all about. While this western life may not be for me, those few minutes of beachfront, ocean wave, seagull-cawing time in the sand was truly invigorating, relaxing, therapeutic, and downright blissful. I get it now. I really do.

The mountains may call to my soul, but the beach. It truly has a magic all its own. I will be back. I cannot bear to say a final goodbye to such a timeless, faithful friend. The tides will one day lure me back to the shore. And I will come armed with a book, a bike, a dog, or simply a hat to shield my face, and a great appreciation for one of God's most beautiful gifts this side of Heaven.



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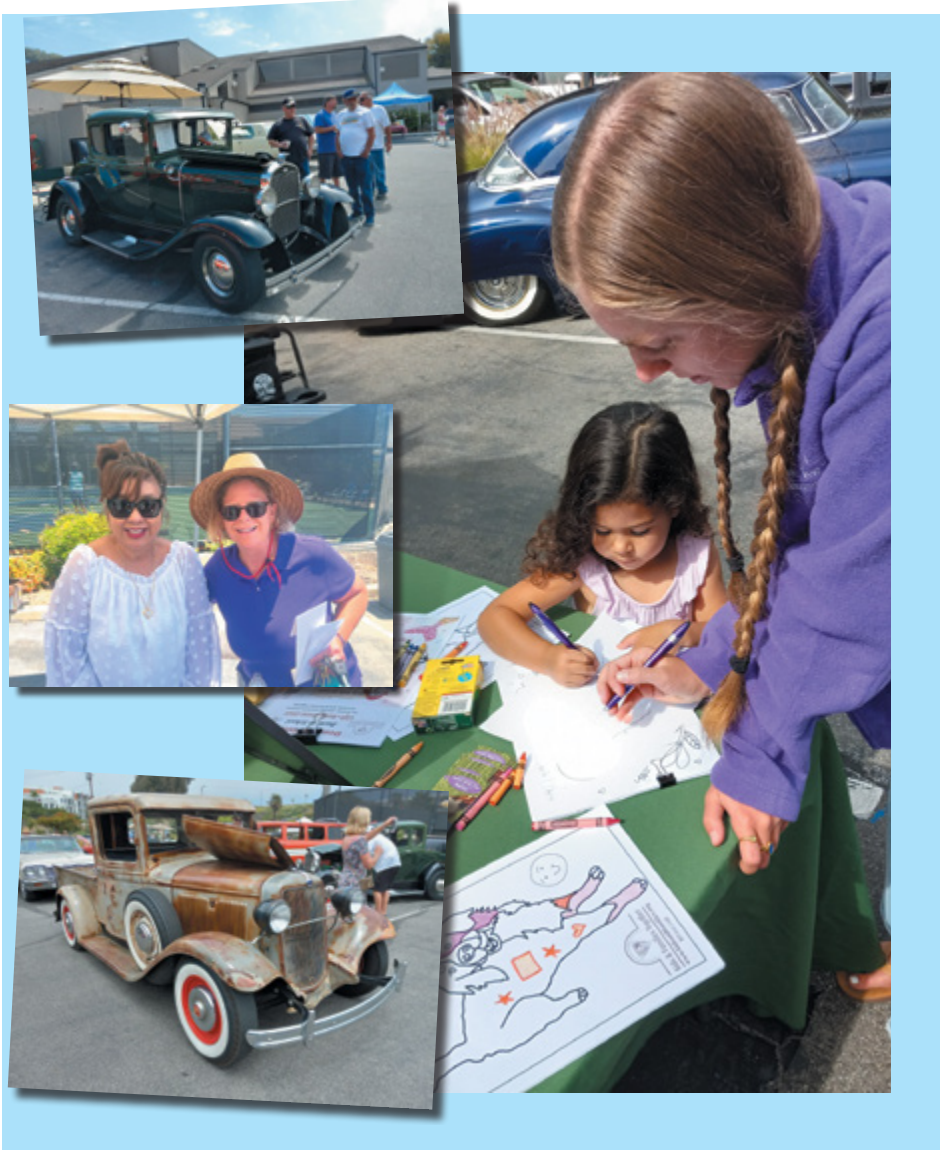
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School supplies were also collected at the event.

Money raised for Kids & Families Together

On Sunday, July 16, Kids & Families Together was the beneficiary of the Pierpont Racquet Club's Annual Car Show & Farmers Market. A fun event with some beautiful cars on display!

The event raised \$775 for Kids & Families Together and the upcoming Back-to-School Gift-Away event that will be hosted by K&FT's Heart 2 Heart Program in mid-August. Thank to all of the club members who came out.

School supplies were also collected at the event. A special thank you goes out to the Pierpont Racquet Club for their support!

Founded in 2000, Kids & Families Together (K&FT) has been serving foster, adoptive, kinship, and birth families throughout Ventura County. For over two decades K&FT has become the leader in providing critical services and support to children who have experienced trauma, abuse, neglect, loss, and multiple placements. K&FT is unique in that we provide education, support and strategies to connect caregivers and parents to the children in their care. We wrap our arms around the entire family to help them raise healthy, nurtured children that thrive.

On Vacation



There are three generations of family here in this picture. All three generations are reading the Breeze and loving it, high in the High Sierras. Because there were only 3 issues they had to extend their vacation so all of them could read it.

Eyebrows by Angie

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Business Profile



Owner's of Crave LT and Karynsue bring satisfying and memorable gelatos and coffee.

Crave Gelato Kofi Bar

Karynsue is renowned for her adventurous spirit, always embracing challenges and mastering her craft with unwavering determination. A lifelong learner, she continuously evolves her skills, constantly striving to elevate her creations to new heights.

Prior to founding Crave, she embarked on a transformative journey for three years, traveling, studying, and learning from like-minded artisans and esteemed chefs. This endeavor led to a delightful fusion of curated cold brews and delectable delights.

The path that led to the exquisitely designed Gelato Kofi Bar was nothing

short of serendipity. The universe blessed Karynsue with meaningful encounters with like-minded artisans, forging connections that went beyond mere coincidence. These individuals became not just acquaintances but cherished friends and mentors. The same discerning approach was applied in selecting her current team of six employees, chosen from over 50 interviews, each bringing their heart, passion, wit, and dedication to serve the valued customers who grace their doors.

In July 2023, Karynsue and her husband LT fulfilled their dream by opening Crave Gelato Kofi Bar at the picturesque Portside Ventura Harbor. At Crave, every creation is crafted with purpose and passion. They meticulously select botanical ingredients, sourcing them organically to curate a delightful array of unique flavors.

Come and savor the experience of their handcrafted gelato, painstakingly made from scratch, and delight in their array of non-dairy options. Stay awhile to indulge in the spice-infused dolce and savor the variety of certified organic artisan coffee beverages, all served with love and care. Crave Gelato Kofi Bar promises an unforgettable culinary journey that will leave you craving for more!

The wall mural that perfectly interpreted their botanical lifestyle and organic plant based inspired craft was painted by Art is Passion, right here at Portside Ventura Harbor.

Additional information can be found: Gelatokofibar@gmail.com

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Ribbon Cuttings



The Ventura Chamber held a ribbon cutting for Coastal Spa Warehouse. They have moved from an older location to Victoria Ave. They have 23 Years of Experience installing & maintaining spas in Ventura & Santa Barbara Counties. Coastal Spa Warehouse, 1220 S. Victoria Ave, Ventura. Hours Tue-Sat; 10-5. 805-654-9000. www.spa-warehouse.com.

Photo by Michael Gordon.



Kamal Ahmad and Clint Sallee, new owners of Coastal Spa Warehouse thanking previous owners, Jim and Sally Vishnefske, for their continuous support and legacy of their spa business.



Chief Darin Schindler and officer Miguel Martinez greeting all.



Commander Rick Murray serving up lunch.



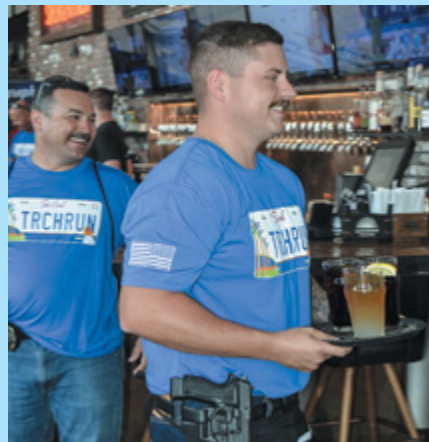
Assistant Chief David Dickey serving up lunch.



Cops takeover Finney's for the Tip-a-Cop event.



Council members Doug Halter and Bill McReynolds (on the right) and their friends Ilda and Abe Abrams joined the fundraiser.



Sergeant Ryan Ranosa and Officer Joshua Ming serve drinks to diners.

Photos by Richard Lieberman

Ventura Police host a “Tip- a-Cop” fundraiser to support local Special Olympics athletes

by Richard Lieberman

The Ventura Police Department held an annual fundraiser Tip-A-Cop on Tuesday July 25. The annual event raises funds for local Special Olympics athletes. The event was held at Finney's Craft House located at 494 E. Main St. Ventura.

Ventura police officers joined forces with Special Olympics athletes and Finney's staff as guest servers. The participating officers waited on tables, mixed drinks at the bar and delivered lunch to guests at the outdoor patio. The officers collected donations from dining residents utilizing a donation envelope to diners upon checkout. The envelopes allow diners to donate directly to the Special Olympics.

The Ventura County Special Olympics offers services to children and adults with intellectual and physical disabilities offering training and competition in year-round programs.

“Every year we do two events the Torch

Run and the Tip- a-Cop fundraiser where we serve servers to raise money for the Special Olympics, I have been involved in this charity event for at least the past twenty years,” said Chief of Ventura police Darin Schindler.

Ryan Reynosa a patrol sergeant with the Ventura Police department serving for the second time at this fundraiser said, “This is the second one I planned, and Finney's is a great location for us giving us an opportunity to bring some vehicles and dogs to show the community and introduce them to some of the stuff we are up to,”

The event raised \$5,150 in donations from diners during the four-hour duration of the event. Finney's then kicked in with an additional 20% of proceeds for the four hours and raised the total to \$6,675. One hundred percent of the proceeds go to support the Special Olympics of Ventura County and helps to support local athletes.



Lake Casitas is looking good. Photo by Michael Gordon.

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Eric Berg, Principal, Pacific Coast Land Design; Stacey Zarazua, Parks Manager, City of Ventura; Phil Nelson, Public Works Director, City of Ventura; Buddy Jones, Construction Inspector, City of Ventura

City of Ventura earns national award for Public Works Project of the Year

The American Public Works Association (APWA) is proud to announce the City of Ventura has won APWA's 2023 Public Works Project of the Year Award. Award winners publicly developed, owned, and maintained infrastructure projects that promote excellence in construction manage-

ment and administration.

"Built in 1961, Arroyo Verde Park spans 129 acres of open space and features a large turf field area, playground, picnic area, hiking trails, and more. In 2017, the Arroyo Verde Park's main play structure was destroyed in the Thomas Fire,"

shared Public Works Director Phil Nelson. "Rather than simply rebuilding the former structure, our Parks Department sought to reimagine the space to make it the City's first inclusive play area for children of all abilities."

Primary playground features include structures offering social and play designs using movement and ability, uses topography as a natural playground, offers an open-ended sensory experience, music areas, native landscapes, and more.

The American Public Works Association is a not-for-profit, international organization of more than 30,000 members involved in the field of public works. The City of Ventura earned APWA's 2023 Public Works Project of the Year Award in the Structures category, in the less than \$5 million division. The recent July edition of the APWA Reporter, shared highlights of award winners across the nation including the Arroyo Verde Park Inclusive Playground Rebuild.

"Each year APWA receives hundreds of entries for our Project of the Year Awards. It's always a challenging process to select the winners as so many worthy projects are submitted. The Project of the Year Awards highlights the best projects that showcase amazing collaborative efforts and vision. Congratulations to this year's winners!" said APWA Chief Executive Officer (CEO) Scott D. Grayson, CAE.

An awards and recognition ceremony will take place during the APWA Public Works Expo on Monday, August 28, in San Diego. APWA will recognize this year's Project of the Year Award winners in a video posted to www.apwa.org on August 30.

Ventura's Active Transportation Plan Continued from page 2

Community Councils, and Bike Ventura. Additionally, the City of Ventura has been actively engaged with the Ventura Unified School District to update the city's Safe Routes to School Plan. This collaboration further ensures the safety and accessibility of walking and biking routes for students and families in the community.

Throughout the planning process, the City has been dedicated to engaging with diverse groups, including low-income and minority households, homebound seniors, youth, young parents, and individuals with direct experience in walking and biking in Ventura. This inclusive approach has allowed the plan to address the unique needs of all community members.

"The City of Ventura invites residents to share their diverse perspectives to ensure the Active Transportation Plan reflects the community's needs.

Whether you choose to participate online or in person, your input will play a crucial role in shaping a safer and better use for all road users," stated Public Works Director Phil Nelson.

For more information and to submit your feedback, please visit www.cityofventura.ca.gov/atp.



Karyl Lynn founded Rubicon with husband James O'Neil in 1998.

Water's Edge Restaurant hosted Continued from page 1

educational programs of Rubicon. It marked Rubicon's first of many fundraising events to come!

Guests who attended "Dine & Delight" directly contributed to the growth and success of Rubicon's artistic and educational initiatives, enabling the theatre to continue inspiring and enriching the Ventura County community through the transformative power of theatre.

Rubicon Board President Doug Halter stated, "Guests not only savored the local culinary delights but also enjoyed musical entertainment, creating an immersive experience that celebrated the intersection of gourmet cuisine, exceptional wines, and the arts."

Ventura Police and Fire Departments Continued from page 1

er game, a hands-on CSI experience, a kid's firefighter challenge course, child fingerprinting, station tours, coloring contests, face painting, trivia, and more.

Residents and children will also enjoy exploring patrol cars, motorcycles, fire engines, the SWAT rescue vehicle, a search and rescue helicopter, and various emergency response vehicles. Participants will learn about different safety topics and experience interactive games and demonstrations.

"This event allows us to showcase the equipment and skills we utilize daily to keep our community safe," said Fire Chief David Endaya. "We want to empower residents with knowledge to prevent emergencies and know how to respond. Activities offered will prioritize fire prevention and personal safety, so community members of all ages leave with valuable takeaways."

At the block party, snacks will be provided, and an array of local food trucks will provide meals available for purchase.

To learn more about the Public Safety Community Block Party, visit CityofVentura.ca.gov/BlockParty.

This event is funded by the Ventura Police Community Foundation. Learn more about the local nonprofit at VenturaPoliceFoundation.org.



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The Mystery of the Olivas Dance Hall

by Richard Senate

In the mid 1870s a man named E. Tapia was traveling through California and paused in Ventura. In his journal he kept notes and, as photography at the time used large cameras, with heavy glass plates, he documented his travels by painting small watercolors of the things he saw.

In his journal is the painting of an adobe building, clearly abandoned, shingled roof with holes, door open. This image resembled nothing photographed in historic Ventura. The caption is even more curious: "This dance hall of Don Ramundo (Sp) Olivas was situated on the Santa Clara River, six miles from the town of Ventura. Robbed by Joaquin Murieta on June 17th 1850 and (he) obtained sixty thousand dollars in gold from this robbery. Joaquin Murieta and his gang, Botello, Jose Reyes, Carillo, Caudio, Three Finger Jack (Manuel Garcia), and Reyes Felis. This (is) the hall where drinking and dancing, gambling, bear fights, and bullfights and horse racing took place."

The building is clearly on The Olivas Ranch, six miles from Ventura, but why is there no reference to such a building or enterprise of this type linked to Don Raymundo? At that time owning a saloon was not a thing to be ashamed of—Angel Escandon, the Mayor of Ventura, was a saloon owner. Raymundo did make wine and brandy, why not sell it to people? From the descrip-

tion lots of things went on here, dancing, gambling, bear and bull fights and even horse racing. Why is this the only reference to this place? Another question, why was it abandoned? It sounds lucrative and Don Raymundo was an astute businessman. Why would he close it down? Perhaps it was attracting all the wrong sorts of people, like outlaws and bandits. Maybe it was closed after the great robbery?

Another question is where was it located? The Santa Clara River was one of the three bounties of the Rancho San Miguel that was a large triangle. It could have been at the mouth of the river or where El Camino Real (Present Main Street) crossed The Santa Clara, Near the bridge to Oxnard today. Did someone just tell Mr. Tapia a story and there was no Olivas Dance Hall? Was it perhaps just an old, abandoned adobe building? That is possible.

Does this hint that something else was going on? Dance hall imply the presence of women and music. Such establishments used mechanical music makers and Raymundo collected them. There was no stigma in owning a saloon but there was to owning a brothel. Maybe he didn't operate it and someone else did? One interesting tale is the first "ghost story" linked to the house. Women saw a white form floating on the road late at night. They thought it was a ghost but Raymundo was sterner stuff and investigated with a gun—waiting for the "ghost". It proved to be his son (maybe Raimundo Jr?) stealing sheepskins to use in gambling. Its a six-mile hike to downtown Ventura on foot—maybe he wasn't going that far and just going to the Dance Hall a quarter mile away to gamble? Maybe that's why Raymundo closed the place? Many mysteries out there to be solved.

Mailbox
Continued from page 2
avoided us.

Congrats for the planning, and to those who showed Ventura in such a magnificent light.

However, I am pretty sure that the millions watching the X-Games, Ventura Style, and suffering from the excruciating heat around the country, are already making plans to sell their houses..... and move to Ventura!

Oh, dear.

On another point: I have also been inspired to launch my very own X-Games.

The plan is to encourage us "seniors" to skateboard and bicycle exactly the way we saw during the X Games. (I have

ruled out Motorbikes--because they are too noisy.)

I would call the event the "O-Games-- as in "Octogenarian."

And to qualify for the O-Games, competitors must have been the recipient of new knees, hips, or shoulders (and bring a doctor's letter along to prove it.)

I must confess, I am the recipient of one of those bionic parts--but you should see me leaping over buildings as I roar down the mostly closed Main Street on my bike!

Stay tuned.

Ivor Davis

Ivor: Sounds wonderful but I'm glad to say I still have only my natural parts but I will come out and cheer for you old folks.

Sheldon

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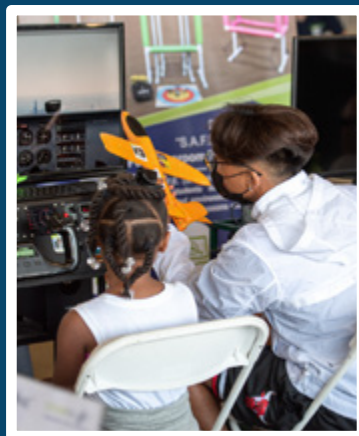
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Senior Living



“Save some for me.”

Red Flag Warning For Seniors: Dehydration

by Bob Warnagieris
DrRobertJW@gmail.com

We have all heard before – drink more water. It’s drummed into our heads by health experts, warnings in the media, and physical fitness advocates. Yet, daily, especially during the record heat days of this summer, we learn of people of all ages and stature being struck with hospitalization and death because of dehydration. However, it is seniors that are most at risk.

Older adult bodies don’t register temperature as efficiently as those of younger people. As temperatures rise our body’s primary means of reducing heat is through sweating. The heart has to work extra hard to bring our blood to the surface for this to occur. Other organs as well are seriously affected by rising heat in our bodies.

During the current heat wave, the media has been filled with stories of those who have not heeded these warnings. Benjamin Netanyahu, Prime Minister of Israel was recently hospitalized because of dehydration which occurred as a result of a tour in the desert climate of Israel. The stories seem endless. In the USA two young women died while hiking on a hot day. A whole family was lost this summer because of heat prostration. An experienced hiker, age 75, perished in the desert near Death Valley. Outdoor workers are collapsing daily because of inadequate hydration.

In my own case, I am in excellent physical condition for my age of 88. The heat has never bothered me as it does most people, and I consume daily what I thought was enough water. However, after two hours of golf in the middle of July, where I walked the course on an especially hot day, I later became dehydrated. Yes, I carried water, but clearly did not consume enough. That, added to a diuretic taken that morning compounded my risk. I did not discover this until the following morning when I

had a blood test and learned that I had suffered a deficiency in my kidney function.

We get fluids from many sources. That includes beverages, fruits, vegetables, soups and the like. However, the best source is pure water. It can be made more appealing with a squeeze of lemon, strawberries or maybe cucumber, but it’s still basically water. A general rule for the amount of water we need is 1/3 of your body weight per day. Another measure for older adults is 7.1 cups per day. This is where the often-repeated recommendation of 8 glasses day comes from. We are all different in age, physical fitness and body chemistry, so confer with you doctor as to what is best for you.

Life Story Volunteer Program

Livingston Memorial Visiting Nurse Association & Hospice is bringing back their beloved Life Story program. This program is designed to provide both community members and hospice patients the opportunity to record their personal memoirs. Helping one share their personal story, which might be lost if not passed along to the next generation, is a valuable gift that our Life Story volunteer provides. Volunteers will get the opportunity to record and edit these stories.

To become a volunteer, call Life Stories Coordinator at (805) 389-6870 or visit lmvna.org/lifestoriesform to register.



Susan Marks educated attendees about the body’s endocannabinoid system

Medical cannabis symposium held at The Palms

The Palms at Bonaventure hosted an educational medical cannabis symposium on July 25th. Board-certified nurse practitioner Susan Marks, MSN, FNP-C, PHN, and member of the American Cannabis Nurses Association, discussed the research and practice of using cannabis in both mental and physical body management capacities among seniors, including fantastic outcomes with Parkinson’s and Alzheimer’s diseases.

Susan Marks educated attendees about the body’s endocannabinoid

system and how cannabis works naturally in disease processes. The biggest takeaway? Using medical cannabis has incredibly minimal risk and maximum reward for countless afflictions--but since marijuana is not regulated by the federal government, the individuals who would benefit most from using it largely don’t know it’s available to them right now!

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Senior Living



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You Gotta Have Heart!

by Leslie Sokol

Taking care of your ticker is important - you only have one! The heart is one of the most important muscles in the body, providing the oxygen, energy and nutrients you need to survive. The heart is only the size of a clenched fist but it has an outsized impact on every single living cell you have. It's the organ central to your life as it pumps blood throughout your body. A strong heart is better able to pump blood throughout your body, delivering more oxygen to

your cells and removing waste products more efficiently.

Important ways to keep your heart healthy: eat wholesome, natural foods and drink plenty of fluids (water is always a great choice). Physical activity in virtually any form can also play a role in boosting your heart health. If there's one thing we know, it's that regular physical activity provides a wide number of benefits to make the entire cardiovascular system healthier. Even exercising

moderately goes a long way! As you age you become more prone to heart issues but taking care of your health can help turn back the clock on your ticker.

Aerobic exercise is a great way to strengthen your heart. By utilizing your cardiovascular system, you get your heart pumping and heart rate elevated. Aerobic exercise refers to a type of repetitive, structured physical activity that requires the body metabolic system to produce energy.

Here are some great aerobic exercises and activities to choose from:

Dancing, Walking, Hiking, Running, Swimming, Biking, Jumping rope, Elliptical, Stationary bike and Treadmill

As you get older, your muscles can't get you to the same level of exertion. The heart itself doesn't function the same - like the rest of the body, it gets a bit stiffer. To counter this, it's a good idea to work at your target heart rate. This improves your cardiovascular strength, burns more calories and releases endorphins, causing you to feel good.

Heart health for seniors can improve with physical activity, healthy eating habits and stress reduction. Keeping a healthy weight and practicing good habits are a must. Additionally, participating in a consistent exercise program, following a heart-healthy diet with foods that are low-sodium, have minimal trans and saturated fats and added sugars will significantly improve heart health over time. Some heart healthy foods to incorporate into a balanced diet are colorful vegetables and fruits and high-quality proteins, including poultry and fish.

No matter your age, you can keep your heart healthy and strong! The key is to prevent risks for heart disease. As you get older, it is important to be aware of your limitations and know what you can and can't do. Moderate exercise is suggested and staying on a schedule with your workouts will help you experience positive results much faster. You will always benefit by staying active, eating a well-balanced diet, reducing stress and participating in social activities. So, take heart, have fun, be healthy and be happy!

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 805-312-8089 or visit the website: www.Leslie-SokolDance.com

Free Ventura County Parkinson's Support Group meetings

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

Meetings are held monthly on the third Tuesday, 10-11am, at Crosspointe Church (5415 Ralston Ave.) Next meeting: Tuesday, Aug. 18.

Ventura County Parkinson's Support Group gets together every month with skilled, experienced professionals who

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

More than just a meeting, all discussions/presentations offer interactive, compassionate, relevant education on PD. Topics range from "How to get up off the floor when you've fallen," to "Nutrition and Parkinson's" to "The benefits of deep brain stimulation and assessing if you're a good candidate for DBS."

Jon Everhart, retired accountant, US Marine and regular group attendee said, "It's nice comparing treatments, symptoms, and the challenges we all face living with Parkinson's."

This caring group empowers people like Jon to be more proactive and to participate in deciding the direction of his treatment, complemented by his team of doctors' suggestions.

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

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

VCAAA earns two National Mature Media Awards

The Ventura County Area Agency on Aging, a department of the County of Ventura's Human Services Agency, was honored twice in the 32nd annual National Mature Media Awards.

The 2022 edition of LIVEWell received Gold honors in the magazine category. It's the fourth consecutive year that the publication has been recognized, but the first time it has received Gold status after being Bronze in 2021 and 2022 and Silver in 2020. LIVEWell, an annual publication that provides articles and resource listings, is the premier resource guide in Ventura County for individuals 60 and older, caregivers, and people with disabilities.

Additionally, the agency's Seminars on Brain Health and Wellness that were held in 2022 received Silver honors in the Online/Digital Resource category. The online video series were informative presentations designed to provide critical resources for Ventura County residents living with a dementia-related diagnosis and their caregivers.

The National Mature Media Awards honors the nation's best marketing, communications, educational materials, and programs produced for older adults. The awards program is presented by the Mature Market Resource Center, a national clearinghouse for the older adult market.



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Senior Living

What Is Limbic-Predominant Age-Related TDP-43 Encephalopathy

by National Institute on Aging

Limbic-predominant age-related TDP-43 encephalopathy (LATE) is a recently characterized type of dementia. Similar to other forms of brain disorders, such as Alzheimer's disease, LATE causes problems with memory and thinking but has different underlying causes.

Dementia is the result of changes in certain brain regions that cause nerve cells (also known as neurons) and their connections to stop working properly. Researchers have connected changes in the brain to certain forms of dementia. For example, the hallmark brain changes associated with Alzheimer's are the buildup of amyloid plaques and tau tangles.

Researchers identified LATE based on results of autopsy studies that revealed abnormal clusters of a protein called TDP-43. TDP-43 is involved in other brain disorders, including amyotrophic lateral sclerosis and frontotemporal lobar degeneration. In LATE, it exhibits a different pattern of brain changes and tends to affect people over the age of 80.

The TDP-43 protein normally helps to regulate gene expression in the brain and other tissues. Deposits of this protein have been associated with deterioration of parts of the brain involved in memory, such as the hippocampus, resulting in cognitive impairment.

Recent autopsy studies examining tissue from donated brains found that certain patterns of misfolded TDP-43 proteins may be common in older adults. Researchers characterized this pattern of misfolded protein deposits as LATE.

For example, results from autopsy studies of more than 6,000 people with an average age at death of 88 years found that 40% had TDP-43 protein deposits associated with LATE and that LATE was associated with deficits in memory and thinking in approximately 25% of the donors. Those same studies also suggest that LATE can contribute to cognitive decline alone or in combination with other types of dementia. Just over half of those with signs of LATE also had evidence of Alzheimer's-related proteins, suggesting that having more than one of these brain disorders may contribute to more rapid decline than either disease alone.

The symptoms of LATE are similar to those of Alzheimer's. These include: Problems with memory
Difficulty thinking and making decisions
Trouble finding the right words
Wandering or getting lost
How is LATE diagnosed?

Currently, there is no way to diagnose

LATE in living people. It can only be diagnosed after death through autopsy.

If you are concerned about memory problems or other symptoms of dementia, talk with a doctor. You may be referred to a neurologist, a doctor specializing in disorders of the brain and nervous system.

Researchers continue to investigate the causes of and risk factors for LATE and ways to diagnose this disease in living people. For example, researchers are currently examining data to explore whether LATE has a unique pattern of brain degeneration and memory loss that could help further distinguish it from Alzheimer's. They are also exploring whether there are unique molecular signatures for LATE that might be used to create a blood or spinal fluid diagnostic test.

Research into LATE and the underlying causes of dementia would not be possible without volunteers who donate their brains after death. If you're interested in participating in research that involves brain donation, read Brain Donation: A Gift for Future Generations.

Additional information about participating in research to discover new ways to potentially diagnose, treat, and prevent dementia can be found through NIA-funded Alzheimer's Disease Research Centers and by visiting the Alzheimers.gov clinical trials finder.

A few tips for handling extreme heat with dementia

Prepare for behavioral challenges. Try to remove behavioral triggers by addressing the person's physical needs related to the heat, then tending to their emotional needs.

Stay hydrated. Increased water intake is essential to maintaining good hydration and health during extreme heat. Know the signs of heat exhaustion to avoid heat stroke. Dehydration may be difficult to notice in a person living with dementia, as signs like increased fatigue, dry mouth and headache may be difficult to detect. People taking diuretics, sedatives, or certain heart medication may not sweat as much as others, but this does not mean that they are not hot.

Stay indoors and out of the sun. If air conditioning is unavailable at home, arrange alternative plans for cooler spaces in public, such as a senior center or shopping mall. Dress appropriately in loose, light clothing, and wear a hat and apply sunscreen when outside.

To learn more about Alzheimer's treatments and free support services, visit the Alzheimer's Association online at alz.org/cacentral. Their Ventura office is located at 2580 E Main Street #201, and their 24/7 Helpline is 800.272.3900 for around-the-clock support and information in English and Spanish.



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The Pet Page



Dedicated to Scamp

■ The Role of Preventive Medicine

As our pets age, we may notice changes such as arthritis or the presence of growths on their bodies. By taking a preventive medicine approach, we may be able to mitigate these things or detect them earlier.

“When I think about what aging gracefully may mean, I think of a dog or cat that is not hindered by obvious pain and mobility problems, significant chronic conditions, or anxiety/stress,” says Dr. Gene Pavlovsky, “whether these are absent or just well-managed.”

Dr. Pavlovsky says, “We know that obesity contributes to conditions such as osteoarthritis and diabetes. By giving your pet proper nutrition and preventing excessive food intake, you can keep your pet at an ideal body weight throughout life.”

Even concerns such as growths on the body can benefit from a preventive approach. “The true value of preventive medicine lies in early detection,” states Dr. Pavlovsky. “If a pet owner presents their pet to the veterinarian at the earliest sign of a problem, the condition may be diagnosed, treated, and cured in many instances.”

Other crucial preventive medicine measures include year-round flea/tick, intestinal parasite, and heartworm prevention, vaccines, veterinary exams, and a proper diet.

What about Joint Supplements?

With so many supplements being marketed to pet parents, it is hard to know which ones are actually beneficial. It is important to note that these supplements are not regulated like prescription medications. There is a significant lack of data about safety and efficacy to guide veterinarians and owners alike.

Dr. Pavlovsky advises, “In general, if an otherwise healthy dog or cat, regardless of the age, is consuming a commercial diet that is balanced and complete and designed for their life stage, no supplementation is needed.”

Omega-3 fatty acids, however, are backed by research and may be helpful in reducing inflammation in pets with osteoarthritis. Still, with any supplement, it is essential to consult your veterinarian about quality and safety.

Just like people, pets need exercise to promote heart health, optimal body weight, muscle tone, and joint mobility. “Hydrotherapy and other physical therapy modalities can be a very helpful part of the treatment plan for pets that suffer from joint pain,” says Dr. Pavlovsky.

He also recommends regular low-level exercise as opposed to infrequent high-intensity exercise. Maintaining a regular exercise regimen for our pets will contribute positively to their overall health.

Many pet owners find that their pets have rather pungent odors to their breath. What they may not realize is that at least 75% of dogs and cats over age 3 have periodontal disease. This condition often leads to problems much bigger than just bad breath.

“Effective dental care for pets should include regular professional dental cleanings done under anesthesia as well as at-home dental care. Tooth brushing done at least every other day

is most effective,” says Dr. Pavlovsky.

However, he recognizes that regular tooth brushing of some pets can be quite challenging. “If frequent at-home care is not possible, then certain diets designed for dental health, dental treats/toys, and water additives could be helpful,” he advises. “Pet owners should always consult their veterinarians for options for their pet dental care plan.”

“Owners are best positioned to make decisions regarding their pets’ health and to know what’s best for their pet,” Dr. Pavlovsky says. “We as veterinarians serve as advisers, and pet owners should not hesitate to tap into their veterinarians’ expertise in guiding healthcare decisions.”

As a team, veterinarians and owners work together to help each pet age gracefully, using an individualized approach. This strategy takes into consideration the specific needs of that breed and that pet and complements the preventive medicine approach.

“When I think about what aging gracefully may mean, I think of a dog or cat that is not hindered by obvious pain and mobility problems, significant chronic conditions, or anxiety/stress,” says Dr. Pavlovsky, “whether these are absent or just well-managed.”

In pets as in people, prevention truly is the best medicine.

■ On Aug. 12 (12-4pm) there will be dog adoption event at Rincon Brewery (4100 Telegraph). Dogs will be at the event brought by their foster parents. The adoption fee is \$350 for adult dogs and \$450 for puppies. It covers spay/neuter, microchip, deworming, defleaing, all core vaccines, a wellness check and training to help transition. They were rescued off the euthanasia list and are incredible dogs who are extremely well behaved looking for their forever home!

■ **Dogs may stay in ‘Better Health’ if they have a pet friend at home, study finds.**
by **Kaitlyn Huamani**

A recent study that involved over 21,000 canine subjects outlines the social and environmental factors associated with longer lifespans for dogs

The key to keeping your beloved dog healthy could be adding another furry friend to your home.

A recent study by the Dog Aging Project found that dogs who get routine social interaction from living with another canine are associated with “better health” outcomes than dogs with access to less socialization.

Having other non-canine pets in a household was also linked to better health outcomes for dogs, according to the study published in the journal *Evolution, Medicine & Public Health*. Of the dogs the researchers examined, those who lived with another companion animal were rated “significantly healthier than dogs with fewer household companions.”

Dogs with non-human companions were also reported to have significantly fewer disease diagnoses than dogs without furry friends of their own.

Dogs who became best friends at shelter and climbed walls to stay close get adopted together.

The research team, which consisted of scientists from Arizona State University, the University of Washington, and other prominent medical institutions, drew their con-

Scamp Club

(Scampclub pets are not for adoption.)



I’m Tiffany a 7-year-old Tabby/Siamese Mix. I like to try to fit into all boxes!

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clusions from detailed survey data on over 21,000 dogs.

The researchers also looked at how environmental factors – like the stability of a neighborhood, the total household income, and the age of a dog’s owners – impacted dogs’ lifespans and overall health.

Dogs in households with greater financial and neighborhood stability and older owners were reported to be in better health than dogs in more unstable environments with younger owners.

Still, the study found that the strength of these financial factors pales compared to the effect of social companionship and support. The researchers reported that the impact of socialization is five times stronger than the effect of economic factors.

“We were really encouraged by the findings because it means there are things we can do to help improve the health of our animal companions, as well as us, without resorting to medical interventions,” said Brianah McCoy, a lead researcher of the study, in an interview with FOX. “Having a friend around really matters – which I am sure we can all relate to.”

The study was designed with the Dog Aging Project, a scientific organization dedicated to researching how genes, lifestyle, and environment influence aging in dogs and their owners.

Because of the correlative nature of the study, the researchers can’t make specific recommendations to dog owners to ensure better canine health.

Forever homes wanted

Hi: I’m Ruby, a sweet Pit Bull X who came to CARL from VCAS where I was desperately needing a change of scenery. I’m newly a senior (about 8 years old) and I’m looking for a foster or forever home. I absolutely love meeting new friends to wiggle. I love going for walks and lizard hunting but I also will not pass up a good couch. If you are looking for a loving companion, consider me! Please fill out an online application to meet me. Canine Adoption and Rescue League C.A.R.L.



Meet Lancelot, a 2-year-old shorthaired rabbit! He is a handsome boy who adores attention and cuddles. He’s ready to hop right into your home and your heart as an indoor, litterbox trained house bunny! If you’d like to meet Lancelot, email VCAS-BunnyBrigade@gmail.com and one of our Bunny Brigade volunteers will reach out to you soon! Pet Link: www.vcas.us/viewan-2/?ida=A823343



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.

Shooting Investigation with Arrest

The Ventura Police Department has been investigating three separate shootings that have occurred in the Montalvo area of Ventura.

The first shooting occurred on June 8, at 11:00 pm in the 2300 block of Peacock Av. In this incident the suspect shot several times into an unoccupied vehicle.

The second shooting occurred on July 22, at 3:30 am at Peacock Av and Whip-poorwill St. In this incident a delivery driver was confronted by the suspect and as the victim was leaving the area the suspect shot several times at the victim striking his car as he left the location.

The third shooting occurred on July 24, at 8:00 am at Peacock Av and Bristol Rd. In this incident the suspect fired several rounds at an occupied parked vehicle and fled on foot from the area.

The Ventura Police Department Gang unit began investigating these cases and identified the suspect as 36-year-old Anthony Trejo, a documented gang member, who was responsible for the shootings. An arrest warrant for assault with a deadly weapon and shooting at an occupied vehicle was obtained for Trejo.

On July 27, at 2:00 pm, Gang Investigators and other detectives located Trejo in the 6300 block of Bristol Rd. During the contact Trejo resisted arrest and was found to be in possession of a concealed handgun.

Trejo was arrested for his outstanding arrest warrant for assault with a deadly weapon and shooting at an occupied vehicle. He was arrested for additional charges of felon in possession of a firearm, possession of a controlled substance with a firearm, and resisting arrest.

Trejo was subsequently booked into Ventura County Jail.

These incidents are still under investigation and anyone with information about

these crimes are asked to call Detective Reginato at 805-339-4466.

Brandishing a Firearm in Public

On July 27, at approximately 8:00 pm, the Ventura Police Department Command Center received a call of a subject brandishing a handgun outside of his parked vehicle. The subject was also heard yelling racial slurs, however no victims of a hate crime were located.

Officers arrived within minutes and located Watson in his vehicle who was argumentative with the officers. The officers conducted a high-risk stop and Watson was detained.

An eyewitness to the event identified 41-year-old Ventura resident Jerrod Watson as the subject that brandished the firearm. Officers located the firearm and ammunition in Watson's vehicle. Officers also located narcotics and narcotic paraphernalia.

Watson was booked into the Ventura County Jail for various gun charges, brandishing of a firearm, and possession of drug paraphernalia. A search of the Ventura County Superior Court website shows Watson has prior arrests and convictions for possession of a deadly weapon, criminal threats, forgery, and petty theft with priors.

Dog Fatally Shot After Attacking Officer

On August 3, at approximately 4:00 am, officers were on routine foot patrol at the South End of Ash St. As the officers were walking towards several vehicles parked in the area. They observed a dog off leash that immediately headed toward their direction.

As the dog approached one of the officers, it circled behind him, and attempted to bite him. The officer attempted to avoid the dog however it continued aggressing him. The officer drew his service weapon and fired several rounds at the dog striking the dog several times. The dog died at the location.

Ventura Police Major Crimes responded to investigate the incident as is customary whenever a firearm is discharged in the course of an officer's duties.

The ensuing investigation revealed that the dog, an approximately 45-pound Belgian Malinois mix, aggressively approached the officers and attacked one officer twice before that officer fired his service weapon striking the dog to prevent being bitten. The investigation revealed that there was another incident on April 9 involving the same dog. In that incident the

dog was off leash and had bitten a female victim in Plaza Park. The owner was issued a citation for dog of leash during that encounter.

Ventura County Animal Control took custody of the dog and performed a necropsy for official cause of death.

As a reminder dog owners are responsible for their dog to be on leash anytime they are on any public street, alley, lane, or place of nature. There are designated off leash areas at Camino Real Park and Arroyo Verde Park during designated hours.

Harbor Patrol Blotter

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

Sunday 7/23
3:28am, dispatched to a vehicle fire in the VIM lot. Officers responded, found a fully involved vehicle. The owner was on scene, sleeping in the vehicle, unsure how the fire started. VFD put out fire, incident is under investigation.

Monday 7/24
7:02am, contacted a group of transients sleeping in various structures near Surfers Knoll for illegal camping. Advised need to remove items/themselves.

Wednes 7/26
6:42pm, dispatched to person bleeding near Spinnaker Dr. Officers responded with AMR/VFD, patient refused treatment, left the scene.

Thursday 7/27
1:35pm, observed an inbound vessel speeding in the harbor. Officers contacted the skipper who was a member of boating club in the harbor. Issued warning.

Friday 7/28
2:50pm, received "Mayday" call, vessel on the rocks in the sandtrap. Officers responded in Fireboat and Rescue watercraft to assist a vessel with 1 POB. Responders removed the vessel off the rocks and towed it to the launch ramp.

Saturday 7/29
10:45am, observed/responded to an ocean rescue, person in the water.

Officers were on patrol in Fireboat, pulled victim from water and assisted back onto craft.

1:40pm, observed an ocean rescue, person in water/capsized kayak. Officers pulled victim from water and returned kayak and person to rental dock.

4:16pm, observed rental electric boat on the rocks near patrol office. Officers responded in Fireboat, pulled vessel off rocks, towed to the rental dock.

Sunday 7/30
10:17am, observed illegal vendor attempting to rent an innertube at Harbor Cove beach. The innertube placed at ramp with a sign, "5 dollars, first 2 hrs free."

5:09pm, while on patrol in the truck observed heavy crowds and absolutely no parking anywhere in the harbor. VPD parking enforcement issuing citations.

Monday 7/31
2:37pm, dispatched to unconscious person at Surfers Knoll. Officers responded with AMR to 2 unconscious persons on the beach. AMR transported patients.

Tuesday 8/1
10:25am, dispatched to ocean rescue with 2 victims caught in a rip current near the Surfers Knoll groin. Officers responded in Rescue Boat 19 to assist State Parks lifeguards with the rescue. The victims were safely assisted to shore.

**Moving In?
Moving Up?
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Weekly SUDOKU

Answer

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

King Crossword

Answers

Solution time: 26 mins.

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



Ventura events

by Ana Baker

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

The Ventura County Philatelic Society's meetings are held every first and third Monday of the month at the Church of the Foothills. Meetings start at 7:30 p.m. Website with more information can be found at <https://venturacountyphilatelicsoc.org>.

Monthly Beach Cleanup First Saturday of every month. Meet your neighbors and help keep our beach looking fresh. Hosted by Pierpont Beach Community Council in partnership with Surfrider. Meet up at the end of Seward near the beach. (1140 S Seward St) 8:30-10:30 a.m. Arrive any time during the timeframe. Fun for the whole family. Supplies provided BYO water.

The loss of a loved one can be a difficult time. Bereavement counseling can offer the support you need to help you through your grief. Livingston's Grief and Bereavement Program offers individual (one-on-one) counseling for up to 1 year with trained bereavement counselors/therapists and group counseling. All support groups are free for the community. For more information, contact 805-389-6870 or

online at lmvna.org/grief.

Aug. 15: The Ventura Senior Men's Group continues to meet for a social lunch and program at the Poinsettia Pavilion. Men of all descriptions are always welcome to sample our shenanigans. 11:30 a.m. socialize, buffet lunch, general meeting, guest speaker, a joker, raffle drawing, and dismissal. The speaker will be attorney Crista Hermance. She has experience in estate planning, personal injury, and bankruptcy cases, but now her practice is confined solely to estate planning. Lyle Hotzler at 805-341-9820

Aug. 17: 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 East Ventura police report from Commander Brown and a presentation from the Outreach Director of the Ventura Land Trust, Ms. Leslie Velez. The mission of the Ventura Land Trust (VLT) is to acquire, manage and protect open space lands for public access. Leslie Velez, Outreach Director, will update us on upper Harmon Canyon, closed since this winter's rains, and VLT's fall events. The purpose of the EVCC is to encourage residents to understand East Ventura's problems, needs, and expectations and to recommend, initiate and participate in developing and implementing programs or solutions. The EVCC facilitates communications between the community and the government or other service agencies.

Aug. 20: Anyone interested in time-pieces, both antique and modern, can join the Ventura County chapter



Ventura now has a nice fountain at California and Thompson and all it took for someone running over a fire hydrant. Photo by Patricia Schallert.

of the National Association of Watch and Clock Collectors for a watch/clock marketplace, lunch, and a presentation on a horological topic. Bring a watch or clock for a free evaluation. 11am, Sunday, Dudley House Museum 197 N Ashwood Ave, **Aug. 26: Channel Islands PC User Group (CIPCUG) Saturday at 9:30 a.m. online and Live at our temporary site at Ventura County Computers 2175 Goodyear Avenue, Unit 117 (805) 289-3960.** Discussion, Tutorial, and Q&A sessions centered around Computers, email, the Internet, social media brokers such as Facebook, LinkedIn, Google, and Yahoo. All CIPCUG events may be attended online. Due to limited space, live attendance is reserved for members. Details for connecting to the online events are emailed before the event. To receive connection instructions, please sign up on our website at www.cipcug.org cipcug club website

Sept. 9: Relay for Life of Ventura. 10-10 p.m. at the Ventura County Credit Union, 2575 Vista Del Mar. The largest, most inspiring, and supportive cancer fundraising event on the planet. www.facebook.com/relayforlifeofventura

Ojai news and events

Trio Manise will visit the Ojai Library at 2pm on Sunday, August 20, 2023, to deliver a special afternoon performance. The members of Trio Manise are David Singer (clarinet), Ann Erwin (flute), and Fred Beerstein (oboe). These talented musicians will play music by Bach, Mozart, Beethoven, Villa-Lobos, Malcolm Arnold, and Benjamin Britten. The performance will take place in the main library space, and is sponsored by the Ojai Valley Library Friends & Foundation.

This event is free and open to the public. For additional information,

contact Ron Solórzano, Regional Librarian, at (805) 218-9146 or ron.solorzano@ventura.org.

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

The Ojai Storytelling Festival returns October 26 - 29, 2023! Naughty Tales, Story Slam, Ghost Stories, Music - There's something for everyone! Entries accepted till September 15th at ojaistoryfest.org/storyslam. Taking place at the historic Libbey Bowl and Ojai Art Center, Tim Lowry will be our Master of Ceremonies with featured storytellers Niall de Burca, Carmen Agra-Deedy, Noa Baum, Rev. Robert Jones, Vijai Nathan, and Peter Cook! Musical performances by Dan Navarro, Ted Lennon, and the Salty Suites. Experience the magic and joy of a good story. Get your weekend pass now. More info: info@ojaistoryfest.org Tickets & Volunteering: ojaistoryfest.org

A special program coming up at the Ojai Library. Popular storyteller, speaker, and author Bee Bloeser will visit the Ojai Library at 2pm on Saturday, August 26, 2023, to talk about her book, Vaccines & Bayonets: Fighting Smallpox in Africa amid Tribalism, Terror and the Cold War.

Bee Bloeser has lived in Africa, the Middle East, and Native American nations. A retired speech-language pathologist, she is a member of Toastmasters International and PEO, a philanthropic education organization that funds education for women and girls.

Her historical memoir, *Vaccines & Bayonets*, has been praised by Foreign Policy magazine's deputy editor and by The Economist's Midwest correspondent and former bureau chief in Johannesburg and Delhi. A percentage of net proceeds from *Vaccines & Bayonets* supports water wells for Africa.

CITY OF VENTURA
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Interested? Contact
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cityofventura.ca.gov/ParksRecJobs



The participants made a significant difference by collecting a total of thirty pounds of trash.

Ventura County joins hands with Girl Scouts of California's Central Coast and Surfrider for a Successful Beach Cleanup

Ventura County Surfrider, in collaboration with the Girl Scouts of California's Central Coast (GSCCC) is elated to announce the triumphant outcome of the beach cleanup event held at Surfer's Point on July 16, 2023. This cooperative effort witnessed the convergence of environmental enthusiasts, with twenty passionate Girl Scouts stepping up to demonstrate their love for the environment and commitment to preserving our beaches.

Surfer's Point in Ventura County, a cherished location renowned for its natural beauty, received a much-needed boost to its environmental health through this successful cleanup endeavor. The enthusiastic Girl Scouts, accompanied by Surfrider representatives, dedicated their time and efforts to make a positive impact on the local environment, displaying an unwavering commitment to the cause.

During the cleanup, the participants made a significant difference by collecting a total of thirty pounds of trash, including the removal of 110 cigarette butts, 18 plastic bottles, and 20 plastic utensils from the beach. Their diligent efforts exemplify the power of community action in safeguarding our precious coastlines.

"We are immensely proud of our girls who participated in the weekend's beach cleanup for their exemplary dedication and enthusiasm in helping keep our beaches clean," said Tammie Helmuth, GSCCC CEO. "Their participation in this joint initiative with Surfrider showcases the potential of youth-led environmental stewardship in driving positive change within our communities."

In addition to their invaluable contribution at Surfer's Point, the Girl Scouts of California's Central Coast are gearing up for further collaborative

cleanups with Surfrider, spreading their environmental advocacy to regions including San Luis Obispo, Monterey, Ventura, and Santa Cruz. Moreover, the Girl Scouts are partnering with the California Coastal Commission to conduct cleanups throughout the remaining summer months, extending their impact along the picturesque California coastline.

The GSCCC x Surfrider sponsored beach cleanup also offered participating Girl Scouts a chance to earn a special fun patch, recognizing and celebrating their commitment to preserving the natural beauty of our beaches.

Ventura County extends its heartfelt gratitude to Surfrider for inviting the Girl Scouts and making this event possible. The county remains committed to supporting and fostering such collaborative initiatives that promote environmental conservation and inspire future generations to be custodians of our planet.

The Bookmark About Libraries and Friends

by Mary Olson

Summer Reading Program End of Summer Party

You completed the Summer Reading Challenge, so visit the library for an end of summer celebration with Kona Ice! Free for kids and teens! Tuesday, August 15th at E.P. Foster Library, 4:00 pm Foster Library's Young Readers Book Club

For children ages 9-12 (4th or 5th grade reading level). E.P. Foster Library, Saturday, Aug. 26, 1:00 to 2:00 pm Discuss The Human Kaboom by Adam Rubin & create a character sheet (DND style)

Filmmakers Robin Rosenthal and

Bill Yahraus will visit the Albert H. Soliz Library (2820 Jourdan Street in Oxnard) at 7:30 pm on Saturday, August 12, for a screening of their film Mariposas del Campo. The film will be shown outdoors in the library's parking lot; limited seating available and attendees are encouraged to bring their own seating if they wish. Mariposas del Campo shares the stories of indigenous Mixtec, Zapotec, and Purépecha teenagers from Mexico striving to change their families' destinies in the strawberry fields of Oxnard. This screening is being put on as part of Ventura County's celebration of its 150th Anniversary. This event is free and open to the public.

Trio Manise will visit the Ojai Library at 2 pm on Sunday, August 20, for a special afternoon of music by Bach, Mozart, Beethoven, Villa-Lobos, Malcolm Arnold, and Benjamin Britten. The members of Trio Manise are David Singer (clarinet), Ann Erwin (flute), and Fred Beerstein (oboe).

David Singer's reputation as one of the most highly-respected clarinetists in the U.S. has been established through performances and recordings as principal clarinetist of the Grammy Award-winning Orpheus Chamber Orchestra, two separate performances at the White House and in chamber music performances with some of the greatest musicians of our time, including Yo-Yo Ma, Yehudi Menuhin, and Rudolf Serkin.

Ann Erwin has performed with the San Diego Symphony and Opera Orchestras, Santa Barbara Symphony Orchestra, New Hampshire Music Festival and Santa Barbara Chamber Music Festival. She is currently principal

flute of San Diego's Classics Philharmonic and a member of the Channel Islands Chamber Orchestra.

Fredric Beerstein, oboe instructor at California Lutheran University, is a member of the New West Symphony, as well as the Thousand Oaks Philharmonic and the Channel Islands Chamber Orchestra. He has also performed with the LA Philharmonic at the Hollywood Bowl, the Orpheus Chamber Orchestra on tour and the Pacific Symphony Orchestra.

The performance will take place in the main library space, and is sponsored by the Ojai Valley Library Friends & Foundation. This event is free and open to the public.

For additional information on these special events, contact Ron Solórzano, Regional Librarian, at (805) 218-9146 or ron.solorzano@ventura.org

Ventura Friends of the Library invite you to visit our Bookstore in E.P. Foster Library

Tuesday through Saturday, 11:00 am to 4:00 pm and Sunday 1:00 to 4:00 pm We have rows and rows of fiction, from \$.25 paperbacks to current bestsellers and a comprehensive children's section. We have a variety of nonfiction from history, memoirs, current events to true crime. We have DVDs and CDs to entertain you. Come and browse!

We also invite you to browse anytime at our Online Bookstore for local sales.

<https://venturafol-107753.square.site/s/shop>. Volunteers have been busy adding lots of exciting new inventory, so come take a look. In August, Notable Books for Youth are 10% off! Just order and pick up at the bookstore in E.P. Foster in as few as two days.

Public Safety

COMMUNITY BLOCK PARTY

SATURDAY, AUGUST 26 11 AM - 3 PM

Police & Fire Headquarters
1425 Dowell Drive, Ventura Ca

MUSIC | GAMES | FOOD TRUCKS

Community members are invited to join the Ventura Police & Fire Departments for a **FREE**, family-friendly community block party to have fun learning about crime prevention and fire safety!

Activities and vehicles on site include:

- K9 demos
- Jaws of Life demo
- SWAT rescue vehicle
- motorcycles
- patrol cars
- fire engines
- station tours
- a fire extinguisher game
- a CSI experience
- a kid's firefighter challenge course
- child fingerprinting
- coloring contests
- trivia
- and more!

www.CityofVentura.ca.gov/BlockParty



X Games a huge success

by Visit Ventura

The keyword “X Games Ventura 2023” saw over 500% Google search increase over the past 90 days. An estimated 52,000 fans attended X Games California 2023 in Ventura over the three-day weekend event. It was a weekend full of many firsts that aligned together from partnerships that spanned worldwide to local-wide.

“To say this past weekend was incredible would be an understatement. X Games finals weekend in Ventura will go down in history in more ways than one”, said Marlyss Auster, President and CEO of Visit Ventura. “We have been on the journey to getting the X Games to Ventura for years – it’s felt like a dream and now it has become a reality. So many of our partners had a hand in this and we are thankful to everyone. But most of all, we’re thankful for our local Ventura community. We hosted the world’s largest extreme sports competition and had an amazing time doing it. That’s what this community is all about.”

We celebrate the firsts achieved by both the X Games athletes this weekend and the firsts achieved by Visit Ventura, X Games, and the local Ventura community as a whole.

X Games Day 2, Saturday, July 22 was sold out. History was made – this was the very first time X Games

had ever had a sold out crowd

Due to an unprecedented partnership between Visit Ventura, X Games, Amtrak Pacific Surfliner, and Ventura County Coast, two train cars were wrapped in X Games creative for the first time

X Games’ merchandise sold out for the very first time. Official merchandise was sold onsite and also at the Ventura Visitor Center

X Games California 2023 witnessed the competition’s first Chumash blessing in which three Chumash tribe members performed the welcoming in front of athletes and media

Visit Ventura in partnership with the City, Visit California, and X Games held Ventura’s first press conference that announced a destination event on May 3

The Visit Ventura Drone Show was the first drone show in the city’s history. A few thousand attendees raised their eyes to the skies on Thursday, July 20 for the drone show’s first night in Downtown Ventura

X Games brought local businesses together like nothing else. Visit Ventura led a city-wide collaboration effort to integrate local businesses’ creativity and innovation to create X Games-themed products. The three collaboration series (special release beer, specialty cocktails, and other X Games-relat-

ed products) was an effort unseen in the city’s history

Two brews from the X Games special release beer collaboration were featured and sold on the Pacific Surfliner for the first time ever

Reese Nelson, 10, set a record for youngest X Games medalist of all-time at X Games California 2023 finals weekend with her silver medal in Women’s SKB Vert

Arisa Trew, 13, smashed a record previously held by Shaun White for 20 years: youngest-ever X Games double gold medalist. Trew won gold in Women’s SKB Vert and Park

A new youngest-ever average podium age record was set: The average age of the Women’s Skateboard Vert podium was 13 yrs., 6 mos.

Plus, based on preliminary statistics from the LOSSAN Rail Corridor Agency (who manages the Amtrak Pacific Surfliner), efforts to promote sustainable travel by taking the train to X Games resulted in high ridership. Compared to the same weekend last year, in looking at preliminary boarding reports, there was a 482% increase in Pacific Surfliner boardings at Ventura. As a note, there was more service this year compared to last year, but even after removing the trains that didn’t operate last year, there’s still a 338% increase. Considering the average vehicle occupancy in the U.S. is 1.67, taking the train to the X Games in Ventura the ridership to/from the X Games CA Finals in Ventura is equivalent to 2,000 cars that might have otherwise been on the local highways and roads.

water should be avoided. If contact occurs, wash thoroughly with soap and water.

Any shellfish on or from Ventura County beaches may have also been exposed to this contamination and should not be eaten.

Ocean Water Quality Monitoring Program staff will continue with weekly bacteriological sampling of Ventura County beaches. Results for specific beaches are also available on the Environmental Health Division hotline (recorded information), 805/662-6555, and on the Ocean Water Program Web page at: www.vcrma.org/ocean-water-quality-monitoring-program

The Museum of Ventura County announces new events coming in august

Saturday, August 19th, 11:00 a.m. to 2:00 p.m., Agriculture Museum in Santa Paula – Honey Bee Day – Shop, learn, create and taste all things Honey Bee! Guests are invited to join in on this family-friendly event that offers an interactive bee demo, beeswax products for sale, honey tasting, crafts, story time, an artist demo, lively discussion on pollination, and more. Stop by and learn how to help protect some of Ventura County’s buzzy-est residents. (Free in-person event, with registration required – <https://venturamuseum.org/event/honey-bee-day/>)

Thursday, August 24th, 6:00 p.m. to 7:30 p.m., The Museum of Ventura County – Exhibit Spotlight: Ventura Land Use Panel Discussion – In connection to the contentious issues highlighted in our new exhibit, The Murder of Tom More: A True Crime Story, the Museum of Ventura County will host a panel discussion on the dramatic struggles for land use in Ventura County, past and current. The panel will be moderated by Maureen McGuire, CEO of the Farm Bureau of Ventura County, with representatives from agriculture, economic development, land conservation, and the Chumash to discuss the past, present, and future of Ventura County’s land. (Free in-person event, with registration required – <https://venturamuseum.org/event/exhibit-spotlight-ventura-land-use-panel-discussion/>)

Thursday, August 31st, 2:00 p.m. to 4:00 p.m., The Museum of Ventura County – Playdate in the Children’s Garden – Learning is more fun when you can get your hands dirty. Families are invited to join the Ventura Fish and Wildlife Office for an afternoon of learning about pollinators and the life cycle of a monarch butterfly. Children will learn about different native plants and how they benefit pollinators and can take native seeds to plant at home to help pollinators thrive! Elementary school children of all ages welcome. (Free in-person event, no registration required. Parent supervision is required. – <https://venturamuseum.org/event/playdate-in-the-garden/>)

TASTE
THURSDAY, AUGUST 17, 2023
5:00pm - 7:00pm
Presented by: VENTURA CHAMBER OF COMMERCE

Join us for a Taste of Ventura!

Where:
Museum of Ventura County
100 E. Main Street
Downtown Ventura

Get Tickets:
www.venturachamber.com/TASTE2022
\$40 Members (Chamber & Museum)
\$60 - All Non-Members/ \$65 @ door

TASTE features more than 35 restaurants, caterers, breweries, wineries, distilleries and eateries offering small bites and drink samples. Enjoy live music under the stars while networking, making friends and enjoying a TASTE of Ventura.

Thank you to all of our wonderful sponsors:



Ocean Water Quality Monitoring Report

Ocean water quality results for samples collected this week indicate ocean water quality at the following Ventura County beach sampling location failed to meet State standards for bacteria:

• Rincon Beach

Warning signs are currently posted and contact with ocean water should be avoided for a minimum of 50 yards on either side of each posted sign. Warning signs will remain posted until ocean water quality meets State standards. Any items that may have come in contact with ocean



Ventura Land Trust Hosts Annual Film Festival for Open Space Conservation

Ventura Land Trust's annual benefit, the Wild & Scenic Film Festival, returns on Saturday, August 26th to the expansive lawn of the Ventura County Credit Union headquarters. Now in its 14th year, the film festival features nearly two hours of environmental and activism films along with music, food trucks, and local beer, wine and spirits.

Beyond being the Trust's signature event to raise funds for the environment, it shares an urgent call to action, encouraging participants to learn more about what they can do to save our threatened planet. A family-friendly event, participants are encouraged to spread out on the Ventura County Credit Union lawn (2575 Vista Del Mar Drive, Ventura) with chairs and blankets. Doors open at 5 pm, and films begin just before 8 pm as the sky darkens.

Celebrating its 20th anniversary this year, Ventura Land Trust has permanently conserved over 3,800 acres of land in the Ventura region, including the 2,100-acre Harmon Canyon Preserve and Mariano Rancho, 1,645 acres sprawling across the hills north of Ventura.

"We're excited to celebrate this milestone at the Wild & Scenic Film Festival," said Ventura Land Trust Executive Director Melissa Baffa. "The event raises funds that are crucial to our operations and stewardship of the lands in our care."

"In honor of our 20th anniversary, we encourage people to donate an extra \$20 this year or to become sustaining donors at \$20 a month. Funds will help to carry Trust into its next 20 years."

Live reggae music from Jacob Marquez and the Good Vibes will kick off the festivities. An online silent auction will complement the event's traditional onsite raffle. In the Ventura Vibe VIP Lounge, small bites from Aloha Steakhouse, Ubatuba Açaí, and others will be paired with wine, beer, and a signature cocktail by Ventura Spirits.

A general admission ticket is \$40, \$5 children and \$10 for teens (13-17). VIP tickets, which include special gift items and admission to the Ventura Vibe VIP Lounge, are \$125. Tickets and vendor information can be found at www.venturalandtrust.org/wsff2023.

Community Memorial Hospital earns highest quality distinction

Community Memorial Hospital - Ventura has earned a five-star rating, the highest ranking possible, from

the Centers for Medicare & Medicaid Services (CMS). This five-star designation places Community Memorial Hospital - Ventura among the top 15 percent of hospitals in the nation. It is also the only hospital in Ventura County to receive five stars.

This is the first time Community Memorial Hospital - Ventura has achieved a five-star rating on this report. The new figures are based on data collected in 2021 and 2022, during the height of the pandemic and an especially stressful time for healthcare providers and hospital staff.

"This five-star rating demonstrates the dedication and commitment of our physicians and staff to provide the highest quality healthcare - even under the most difficult circumstances. I am proud of our team for earning this prestigious recognition," said Mick Zdeblick, President & CEO, Community Memorial Healthcare.

As part of its commitment to continuous improvement, Community Memorial physicians, staff, and leaders are constantly measuring and monitoring care and seeking feedback from patients.

"This score represents thousands of people going the extra mile every day for our patients," said Maureen Archambault, Vice President, Quality and Risk Management, Community Memorial Healthcare. "Everybody is working together toward consistency of practice. We are looking for, and implementing, the most evidence-based practices in healthcare."

The Overall Hospital Quality Star Rating summarizes 47 different measures in five quality-of-healthcare categories: mortality, safety of care, readmission, patient experience, and timely and effective care. Hospitals are then assigned a single star rating based on their combined performance in each category. Hospitals report data to CMS through the Hospital Inpatient Quality Reporting Program, Hospital Outpatient Quality Reporting Program, Hospital Readmission Reduction Program, Hospital-Acquired Condition Reduction Program, and Hospital Value-Based Purchasing Program.

The overall hospital rating ranges from 1 to 5 stars; the more stars, the better a hospital performed on the five measures of mortality, safety of care, readmission, patient experience, and timeliness and effectiveness of care.

The CMS Stars program helps the public understand how healthcare is measured and also helps hospitals learn about areas where they can improve the quality of the care they provide. The ratings offer consumers an easy way to compare hospitals' quality and performance. The complete CMS report can be found online here.

Community Memorial Healthcare is a nonprofit, independent health system serving the needs of Ventura County, California. It is comprised of Community Memorial Hospital - Ventura, Community Memorial Hospital - Ojai, and a network of primary and specialty care health centers across its service area. The organization is supported by the Community Memorial Foundation and the Ojai Valley Hospital Foundation. Visit mycmh.org for more information.



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JoAnna Steele's planned closing of the Studio Gallery.

Happy Journey Celebration for JoAnna Steele

The public is invited to share in honoring long-standing Silver Strand (Oxnard) resident and owner of the Studio Gallery in Channel Islands, **JoAnna Steele**. Serving local residents and tourists for over 45 years, JoAnna

created a loyal following with her warm and friendly personality, expert framing eye, eclectic mix of fine art and craft and respect for artists. This era will now come to a close with JoAnna's planned closing of the Studio Gallery and retirement this Fall.

Working in ceramics, JoAnna opened her first gallery in the west side of Channel Islands Harbor with stained glass artist, Peter La Velle, in 1975. They both sold their work and taught classes in their respective mediums. JoAnna moved to the newly built Fisherman's Wharf in 1978 where her relationships with the community and local artists blossomed and framing became her new art form. Among the hundreds of artists she represented include Glenn Spangler, Bill Creitz, Robert Eyberg, Robert Engel, Aimee French, Phyllis Doyon, Jacqueline Biaggi, David Smith, Jacqueline Cavish, Hanna Lore Hombordy and Margy Gates.

Please join us for refreshments, story-sharing and the celebration of a true pillar of our community, JoAnna Steele.

Studio Gallery
2741 Victoria Ave., Suite N, Oxnard,
Saturday, August 26, 2023
3:00 p.m. - 6:00 p.m.

Please Join us for the **6th Annual Art Walk at the Shores**, August 26th 2023 11am-3pm Begins at the corner of Wooley & Harbor in the Shores community.

Art Walk at the Shores is a group effort by resident and local artists and volunteers living in the Shores to help build a stronger sense of community while showcasing their many talents in various media for view/sale.

For more info visit www.artwalkoxnardshores.com or contact David Gardner, artwalkattheshores@icloud.com, or find us on FB & Instagram



At Studio 99 @ The Bell Arts Factory

The Artful Lens A Photography Competition, now thru August 26, 2023
Come to Studio 99 to check out the Santa Clara River Delta by artist **Patti Handfinger**..

Ventura Art Scene



Art Walk at the Shores

Summer visitors, residents, first time art buyers, collectors, friends and neighbors can explore the beautiful beach community of Oxnard Shores while discovering the many works from talented professional and amateur artists.

With over 40 resident and local artists displaying their works for purchase,

there is sure be something to please every shoppers' taste! A wide variety of mediums are available each year such as sculpture, watercolor, acrylic, oil on canvas, beach art, photography, jewelry and much more.

Art Walk at the Shores began as a grass-roots movement in 2017 by a small group of residents in the Shores as an effort to foster a strong sense of community through art awareness and inclusivity. Since then it has flourished and grown into a non-profit organization that strives to provide a platform for artists in the Oxnard area. Helping young artists find mentorship is also a strong desire for the Art Walk.

Come out and enjoy a wonderful day supporting the arts on August 26, from 11am-3pm. The walk begins at the corner of Harbor and Wooley in Oxnard. If you are an artist interested in showing at Art Walk at the Shores please contact us on our website artwalkoxnardshores.com or find us on Facebook and Instagram. Inquiries can also be emailed to artwalkattheshores@icloud.com.



Only 3 more concerts at Music Under the Stars at the Olivas Adobe that the Ventura Breeze helps sponsor. They are on Aug.12,19 and 26 and might be sold out so don't just show up before checking their site for availability of tickets.

PLEASE JOIN US FOR THE 6TH ANNUAL ART WALK AT THE SHORES

WHEN: AUGUST 26TH 2023 11AM-3PM

WHERE: BEGINS AT THE CORNER OF WOOLEY & HARBOR IN THE SHORES COMMUNITY

ART WALK @ THE SHORES

OXNARD

ART WALK AT THE SHORES IS A GROUP EFFORT BY RESIDENT & LOCAL ARTISTS AND VOLUNTEERS LIVING IN THE SHORES TO HELP BUILD A STRONGER SENSE OF COMMUNITY WHILE SHOWCASING THEIR MANY TALENTS IN VARIOUS MEDIA FOR VIEW/SALE.

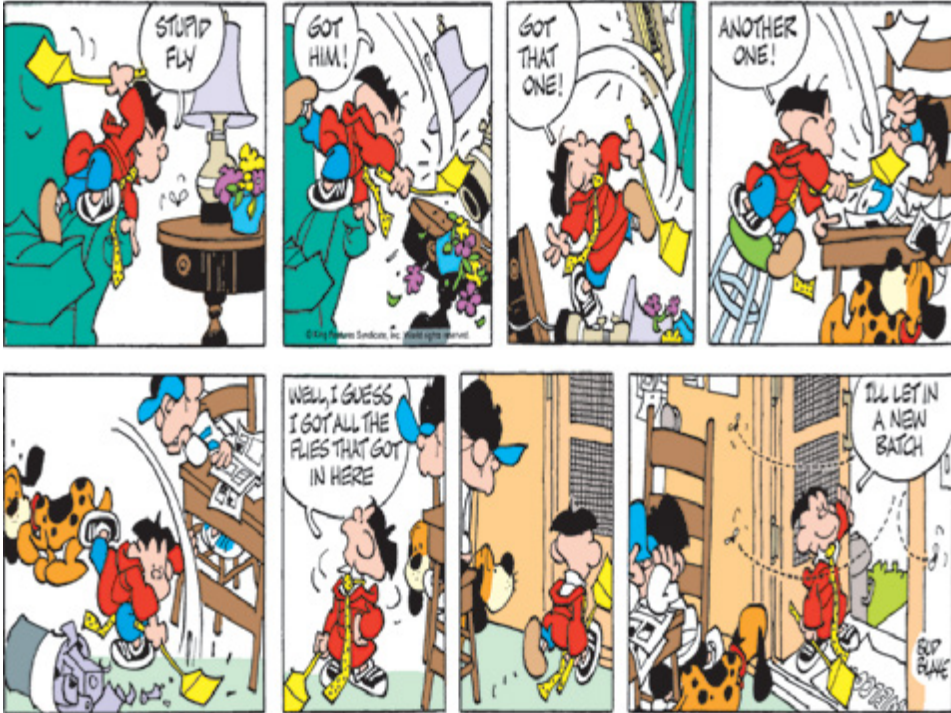


FOR MORE INFO VISIT
WWW.ARTWALKOXNARDSHORES.COM
OR CONTACT DAVID GARDNER:
ARTWALKATTHESHORES@ICLOUD.COM
OR FIND US ON FB & INSTAGRAM



Lighter Breeze

Tiger



The Spats



Out on a Limb



Amber Waves



Play Better Golf with Jack Nicklaus



Solutions on page 15

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

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

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

DIFFICULTY THIS WEEK: ♦

♦ Moderate ♦♦ Challenging
♦♦♦ HOO BOY!

Solutions on page 15

King Crossword

ACROSS

- 1 Breath fresheners
- 6 Jazzy style
- 9 Monk's title
- 12 Pub perch
- 13 Greek H
- 14 Yank's foe
- 15 Very beginning
- 16 Difficult
- 18 Imam's place
- 20 Conks out
- 21 Fluffy scarf
- 23 Drone
- 24 Leans
- 25 Has
- 27 Monastery VIP
- 29 Past
- 31 Restitution
- 35 Travel papers
- 37 Nickelodeon's "Explorer"
- 38 Tack on
- 41 Dogpatch adjective
- 43 Recipe abbr.
- 44 Adhesive
- 45 Roman orator
- 47 "That's a lie!"
- 49 Jets and Sharks
- 52 Swelled head
- 53 Samovar
- 54 Full-length
- 55 Tax form ID
- 56 Mag. staff

1	2	3	4	5	6	7	8	9	10	11	
12						13			14		
15						16			17		
			18			19			20		
21	22			23				24			
25			26		27	28					
29				30			31		32	33	34
			35			36			37		
38	39	40				41	42		43		
44					45			46			
47				48				49		50	51
52				53				54			
55				56				57			

- 57 Devoutness
- 8 Bit of butter
- 9 Delicate
- 10 Stopwatch button
- 11 Void
- 17 Redacted
- 19 Campus areas
- 21 Short 'do
- 22 Have debts
- 24 Male turkey
- 26 Part of USSR
- 28 No-frills
- 30 Kibosh
- 32 Never
- 33 Hosp. work-

DOWN

- 1 Flavor enhancer, for short
- 2 Mineral suffix
- 3 A few
- 4 Takeout request
- 5 Wade through mud
- 6 Render senseless
- 7 Oklahoma tribe
- 8 Bit of butter
- 9 Delicate
- 10 Stopwatch button
- 11 Void
- 17 Redacted
- 19 Campus areas
- 21 Short 'do
- 22 Have debts
- 24 Male turkey
- 26 Part of USSR
- 28 No-frills
- 30 Kibosh
- 32 Never
- 33 Hosp. work-

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Amateur cartoonist? Send your work to publisher@venturabreeze.com

Show Time

A View from House Seats

Murder at the Manor in Conejo's the Mousetrap

by Shirley Lorraine

Some classics never get old. Agatha Christie's quintessential who-done-it *The Mousetrap* is one of them. Hailed as the longest running play in London's West End, *Mousetrap* finally closed in 2020, earning a 68-year continuous run. That's quite an achievement.

Conejo Players in Thousand Oaks is offering local enthusiasts an opportunity to see what the fuss has been and continues to be about, now through August 12.

A solid cast directed by seasoned Conejo stalwart Jim Diderrich embodies the quirky characters that have given this play its success. The twisty, intricate plot has been the victim of countless iterations since its inception in 1952 but remains the gold standard of murder mysteries everywhere.

Monkswell Manor is newly reopened by a young, inexperienced couple who have no staff. The inn's rooms are full and the boarders straggle in, finding themselves stuck there by a fierce blizzard. Chaos ensues as a murder is committed and everyone immediately becomes a suspect. A Detective arrives to sort out the situation. As the interviews are conducted, we learn about each of the characters and some of the secrets they are hiding. Along the way are many hints, twists and turns and still a surprising ending.

The Ralston couple, played by Paula Smiech and Andrew Costello, are suitably alternately confident and confused as they do their best to stay on top of the many needs of their guests. They have much to learn about running an inn business, and about each other.

Matt Hudacs as the flighty Christopher Wren is a bundle of nervous energy. He fairly bounces across the stage as he tries hard to fit in, to no avail. The staid, criticize everything Mrs. Boyle is played to perfection by Judy Diderrich. Andy Brasted as Major Metcalf gives a sterling performance of controlled restraint, as a British Major should. Character Miss Casewell, well played by Elisha DeVillier, adds further elements of surprise in many ways.

Unexpected guest Mr. Paravicini is delightfully ebullient in the form of Dale Alpert. Detective Sergeant Trotter, played by Alex Greene, is a conundrum in himself, raising more questions than answers throughout.

The pace is quick. The British accents are well done. The characters are cheeky and fun. In all, even if you've seen it before (or many like it), the result is an evening well spent. Rediscover why *The Mousetrap* enjoyed such a long run in London, and still enjoys performances around the world.

The Mousetrap runs Friday and Saturday at 8 p.m., Sundays at 2 p.m. There will be a 2:00 p.m. matinee on Saturday, August 12. www.conejoplayers.org, (805) 495-3715

The following weekend offers the Conejo Improv Festival. Begins at 7 p.m. on Friday August 18 and at 6 p.m. on Saturday, August 19. Two FREE workshops are offered on Saturday the 19th. 1 p.m., scene work for adults, and 3 p.m. Introduction to improv for youth ages 6-17. See website www.conejoplayers.org for complete run-down and tickets.

Ahmed took the pickup to some herders and traded it for a wooden cart with wheels to transport Kinley 100 miles back to base. Ahmed made it to just outside the base, but was attacked by Taliban though was able to protect Kinley and eventually was picked up by US soldiers from Bagram Air Base.

Kinley spent several weeks there in the hospital and another month recovering back home. When he was fully recovered he found out that Ahmed was back in Afghanistan in hiding with his family due to the fact that he was on the Taliban top ten list for helping Kinley survive. Ahmed needed US visas promised to him and his family for his service, but Kinley was unable to get through the government red tape to help him so devised a plan to return to Afghanistan to rescue Ahmed and his family with the help of some well known mercenaries.

Rated: R

Runtime: 2h 3m

1. We offer a weekly Women's Bible Study that meets every Wednesday at 10 AM.
2. Also, a weekly Men's Breakfast & Bible Study, every Thursday, at 6 AM.
3. We offer four adult "Bible Alive" classes, every Sunday at 8:45 AM.
4. You will enjoy our diverse music ministry. You will be enriched by our choir, handbells, Gospel Band & keyboard ministry.
5. Each year we offer guest speakers and two Bible Conferences. One is usually on Bible prophesy and the other focuses on the dynamics of living out our faith.
6. We are committed to the Great Commandment to love one another and the Great Commission to go into all the world to help people develop a personal faith relationship with Jesus Christ.
7. To help people deal with losses, we offer a monthly Grief Support Group, led by a Pastor and Certified Grief Counselor.
8. We make every effort to stay in touch with our people, especially if they have been coping with health or age-related issues. We want to be assured that they are safe and well.
9. We believe that the Holy Spirit has given every believer at least one spiritual gift that is to be used to enrich others in the church; so, we have developed many ways for people to serve and bless others.

We are not a perfect church, but we are a joyful people and our goal is to make people feel welcome from the moment they enter our doors. I hope you will visit and give us a try. I believe you will be blessed by what you discover in Jubilee. Our services are 10 AM and 11:30 AM. www.vjf.church; officevjf@gmail.com

When you come, please introduce yourself to me. I want to get to know you. Blessings, Pastor Leonard DeWitt.

Looking for a Church Home?

by Pastor Leonard DeWitt

Permit me to introduce you to Ventura Jubilee Fellowship, located at 1956 Palma Drive.

First, we believe the Bible is the inspired word of God, and that is what we teach. It speaks to just about every issue of life that we face in this present world.

Our worship of the Lord is a mix of inspirational hymns and worship choruses that focus on the Lord Jesus Christ.

Next, I want to share with you some of the DNA of Jubilee, so that you will know what to expect when you visit us.

Streaming Spotlight by Cindy Summers

Guy Richie's The Covenant

- Prime Video



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

In March 2018 in Lashkar Gah, Afghanistan, United States Army Master Sergeant John Kinley (Jake Gyllenhaal) was leading a group of soldiers looking for Taliban munitions and explosive sites. Their road patrol was ambushed when a truck that had a bomb in the back exploded killing one of his troops their Afghan interpreter. They returned to Bagram Air Base in Parvan Province where he picked up a replacement and a new Afghan interpreter named Ahmed Abdullah (Dar Salim) who knew 4 languages but was known to sometimes be difficult to work with.

After several searches came up empty, Kinley felt that they had been receiving bad intel and requested to be assigned some vetted targets thinking that would not fall into the same pattern of no results. They were given the name of major target that was responsible for running a local IED (Improvised Explosive Device) factory, and Ahmed worked with Kinley to persuade him to give up the location with a bribe of cash instead of being detained by the US military. The

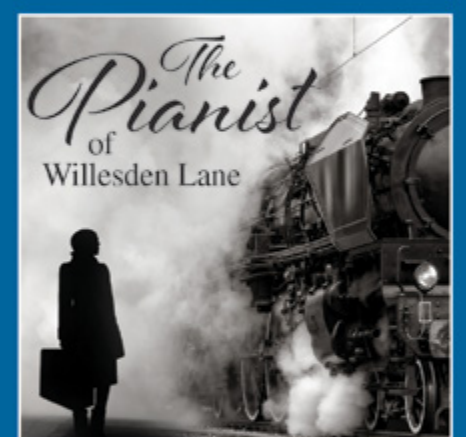
intel provided them with two sites to check out but the first site was unsuccessful due to the other Afghan interpreter on the team attempting to lead them into an ambush.

The team next headed to search the second location which was an explosive factory in a mine and when questioning their first contact, Ahmed knew that the person was lying so they decided to do a search. They did find an IED factory and called in for a quick reaction force to assist them, but unbeknownst to them the Taliban had already communicated to bring reinforcements to the area. They killed the Taliban at the factory and set a bomb to detonate in three minutes but they were met outside with other Taliban soldiers with more heading down the road to their location.

Kinley and Ahmed jumped in one of the Taliban trucks and tried to escape with several trucks filled with Taliban soldiers pursuing them. Ultimately Kinley and Ahmed were the only US military that survived. They stayed the night in the woods and in the morning had an escape plan but they were surrounded by Taliban everywhere and were 120 miles from the base. They were able to flee on foot to take refuge in an abandon house, but were found and surrounded by Taliban. Kinley went out to investigate and was shot in the arm and leg and then surrounded in a pit by Taliban who used the butt of their gun to hit him in the head rendering him almost lifeless.

Ahmed appeared, killing several Taliban and told Kinley he would get them home but couldn't take the roads so built and cot from sticks and began the long journey over mountainous terrain dragging Kinley behind. After finding a truck to travel, Ahmed ran into another group of Taliban who said there was a massive search for the two of them so

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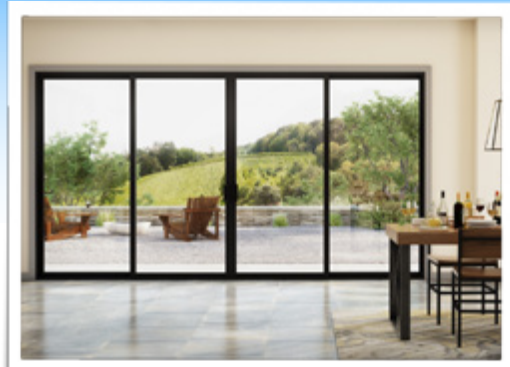
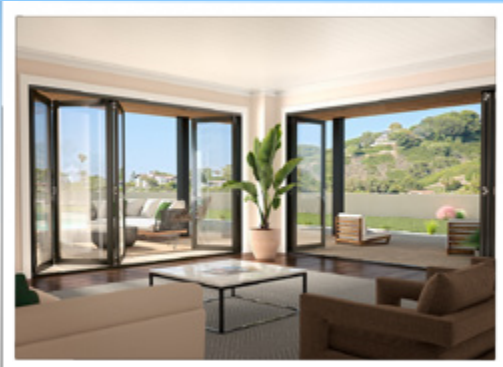


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