



# VENTURA BREEZE

Your Hometown Paper

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Crime prevention and fire safety issues were the major themes of the event. Photos by Richard Lieberman.



## Police and Fire Departments hold community block party

by Richard Lieberman

The Ventura Police Community Foundation, the Ventura Police and the Ventura Fire Departments hosted Ventura residents at a block party on Saturday, August 25th. The community event was held at police headquarters 1425 Dowell Drive in Ventura.

Crime prevention and fire safety issues were the major themes of the event. Officials welcomed a crowd of Ventura residents to get a glimpse behind the inner workings of both the Ventura Police and Fire Departments. Also included as exhibitors Ventura County Sheriff's office, Ventura County Fire Department, Ventura Harbor Patrol, American Medical Response among several others.

A demonstration of K9 abilities and use in crime prevention and pursuit techniques was a crowd pleaser and attracted some of the largest crowds. K9 Handlers demonstrated the police dogs' capabilities in rescue and crime fighting. In a closed arena the dogs demonstrated holding on to a potential subject, leaping from a police car window and demonstrating a soft and peaceful demeanor as youngsters and adults alike bravely petted and caressed the animals.

A SWAT rescue vehicle was exhibited and open for public view, police motorcycles, patrol vehicles, Ventura County Police Helicopter, CSI demonstrations, Jaws of Life Demonstration, Fire Engines, Ventura Harbor Patrol jet skis, Jaws of Life demonstrations, were among a few of the activities available at the event.

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## Empowering Youth Through STEM: The Transformative Journey of the Idea Center

by Ross Williams

Once condemned, the building that houses the Idea Center has undergone a remarkable metamorphosis. What was once in a state of decay has been revitalized and has now become a symbol of hope, a place where young minds gather to explore, learn, and envision a brighter future. Jaelen Hsu and Alex Wulff's unwavering dedication has breathed new life into this space, creating an environment that nurtures curiosity and fuels aspirations. It has become a catalyst for change, empowering the next generation of engineers, artists and creative thinkers.

The Idea Center is a groundbreaking experiment. It is a hands-on central hub and permanent location for the Stembassadors program. Created in 2017 Stembassadors was started with a group of middle and highschoolers intent on providing opportunities to others in the fields of innovation, design, entrepreneurship and art. They wanted to get more "Maker Technology" in as many classrooms and hands as possible. Stembassadors created "Spark Carts" and gave them away to local schools and programs. These Mobile Makers included 3d printers, laser engravers, CNC machines and more. At the core of it all, the mission is a commitment to accessibility and equity. The center

Continued on page 17



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# VENTURA BREEZE

Your Hometown Paper

Member, Ventura Chamber of Commerce

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*In Memoriam Breezy Gledhill*

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## Ventura Breeze

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**My old man  
always wanted  
be to be a  
garbage man.  
He thought they  
only worked on  
Thursdays.  
– Dennis Hill**

## City of Ventura grants three more commercial cannabis business permits

Following a thorough Phase IV re-assessment, Interim City Manager Don Penman has granted approval to three additional recipients for commercial cannabis conditional permits. The three recipients are MOM Ventura, located at 3868 East Main Street; Shryne Ventura, located at 1860 S. Victoria Avenue; and Safeport, located at 5801 Valentine Road.

Back in October 2022, the initial Phase IV process led to the conditional award of permits for three retail businesses: Responsible and Compliant Retail Ventura, situated at 1890 East Main Street; TAT Ventura, found at 2835 E Main Street; and ZASA, located at 4591 Market Street.

During the fall of 2022, the remaining five finalists submitted appeals. Subsequently, a settlement agreement was

reached between the City and the appellants in July 2023. This paved the way for a partial Phase IV re-evaluation where the five appellants competed for three permits. As a result, the City Council passed a resolution increasing the permissible number of retail permits from five to six.

Businesses granted conditional permits will be subject to site inspections, conduct employee background checks, and obtain a business tax certificate and certificate of occupancy from the City before commencing operations. Upon establishment, the City will conduct ongoing inspections, audits, and monitoring to ensure compliance with local and state regulations. A collaborative effort among City staff, the Ventura Police Department, and state regulators will be employed to ensure community safety.

Additionally, stricter obligations apply to cannabis businesses, including adhering to an age restriction of 21 years or older (18 and above for medical patients), maintaining a minimum distance of 600 feet from elementary, middle, or high schools, and annual permit renewals. Non-compliance with the permit terms or the City's ordinance may lead to permit revocation.

In November 2020, voters approved a ballot measure for cannabis taxation.

On February 24, 2021, the City Council authorized the City Manager to provisionally grant up to five retail storefront or non-storefront cannabis permits and 10 industrial permits.

In April 2022, City staff and an external consulting group selected eight finalists using comprehensive criteria, such as business ownership, community compatibility, local benefits, investment plans, and proposed sites. A subsequent public meeting was held in July 2022 to gather community input on applicants and proposed locations.

The City will continue discussions with the California Coastal Commission regarding a potential Local Coastal Plan Amendment. This initiative is geared towards facilitating retail operations within the Coastal Zone. As part of this effort, the City Council will evaluate the feasibility of expanding authorized permits to include the possibility of retail locations within the Coastal Zone.

Cannabis businesses are required to contribute to Ventura's non-profit sector and generate between \$600,000 to \$700,000 in revenue to fund City services in the first full year of operation.

For more information on the City's cannabis regulations or the application process, visit [www.CityofVentura.ca.gov/Cannabis](http://www.CityofVentura.ca.gov/Cannabis).

## As I See It by Sheldon Brown

The Ventura County Fair made about \$6.7 million this year. This is slightly less than last year's \$6.9 million. Ticket revenue was slightly up and parking was slightly down from last year. Carnival proceeds fell to about \$3.6 million, nearly \$230,000 less than last year.

The preliminary revenue numbers reported by the fair included \$2.62 million in admissions; \$3.55 million in carnival proceeds; \$511,300 in parking; and \$6.68 million in total revenue.



Inmate Number P01135809

What struck me as a little odd is Trump's bond was set as \$200,000 and he put 10% down and had a bond company guarantee the balance. This is usually done by people who can't afford to cover their bond. Could it be that Trump doesn't have \$200,000?

Joseph Biggs, a former military service member who helped lead efforts by the Proud Boys to take over the U.S. Capitol on Jan. 6, 2021, was sentenced to 17 years in prison for seditious conspiracy and other crimes committed during the riot more than two years ago.

Ethan Nordean, 32, was sentenced to 18 years for a more serious seditious conspiracy charge.

Even though Biggs' sentence is far below the 33-year sentence sought by prosecutors, I'm very happy with it. I'm a proud boy because our democracy is working so well finding and prosecut-

ing many of the people who tried to overthrow our country.

US District Judge Timothy Kelly told Biggs that the events of the day broke a long political tradition. He said, "If we don't have a peaceful transfer of power in this country, we don't have anything."

Just before jury selection was to begin in their trial, the remaining three defendants in the theft of more than half a million dollars from the Ventura County Fairgrounds on August 10th last year changed their pleas to guilty. They also admitted to 16 special allegations regarding the theft from the fair administration building. It's still hard to believe it was so easy for them to steal almost \$600,000.

Hopefully the dying of our sea dwellers is coming to an end. Algae that produce domoic acid along the Southern California coast have kept marine mammal rescue groups busy, but the blooms have diminished. Marine mammal centers treated hundreds of animals during what the National Oceanic and Atmospheric Administration said was the most severe algal bloom on record in a geographic region. It was so sad to see ocean dwellers dying.

Muslims in eastern Pakistan went on a rampage over allegations that a Christian man had desecrated the Quran, demolishing the man's house, burning churches and damaging several other homes, police and local Christians said. Perhaps this was a bit of an overreaction.

San Francisco's Roman Catholic archdiocese filed for bankruptcy, saying the filing is necessary to manage more than 500 lawsuits alleging child sexual abuse by church officials. The Chapter 11 protection filing will stop all legal actions against the archdiocese and thus allow it to develop a settlement plan with abuse survivors.

I hope that Ventura can support the many cannabis stores that will be opening here. Cannabis stores in other communities are already suffering fi-

nancially. Just don't know if there is this much need.

Three people were killed in a racially motivated attack after a gunman targeted Black people at a Dollar General store in Jacksonville, Florida, in one of several weekend shootings that again shocked Americans in public places.

A judge has refused to dismiss the case against a father who helped his son obtain a gun license three years before authorities say the younger man fatally shot seven people at a 2022 Fourth of July parade in suburban Chicago. Illinois prosecutors charged Robert Crimo Jr. because he had allegedly helped his son, Robert Crimo III, obtain a gun license even though the then 19-year-old had threatened violence. Perhaps this type action can help reduce gun deaths at least a little.

## Mailbox

to opinions

Here here to the letter regarding no awards for "city until they fix roads"!!! Have you driven around Ventura lately? So many potholes to avoid as well as ruts in roads all over the city. Lots of folks I share this concern with agree that either someone is asleep at the wheel or they are using degraded material. Spinnaker, the road to our "jewel", Ventura Harbor, is horrible to drive on. It's an embarrassment.

Sincerely,  
Diana White

Sheldon Brown thank you so much!! I'm looking forward to continuing to serve the community I love.

Jeffrey Lambert

**Continued on page 15**

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



## Business Profile



Bryan Miller's journey encapsulates the triumph of perseverance over adversity.

### American Flags & Cutlery

Bryan Miller's journey is a testament to his resilience and passion for entrepreneurship. Despite facing challenges due to dyslexia during his school years, he pursued a degree in business administration. With admirable determination, he navigated the educational obstacles that came his way.

Bryan's professional path led him into the realm of restaurant management, where he spent five years honing his skills and gaining valuable experience. However, a pivotal moment arrived when a patron from one of the restaurants he managed presented him with a life-changing opportunity. This patron, on the brink of retirement, proposed that Bryan manage and take over their business, American Flags & Cutlery. Bryan seized this chance, marking the beginning of a new chapter.

In the year 2020, Bryan assumed a managerial role within the establishment, gradually transitioning to ownership by April 1, 2021. While the prospect of ownership was exciting, it came with its share of challenges. Determining the right products to procure for the store's inventory posed an initial hurdle. Bryan tackled this obstacle by immersing himself in understanding the preferences and needs of his clientele. Through diligent learning and adaptation, he navigated the intricate landscape of the industry.

One of Bryan's strengths lies in his ability to network effectively. He recognized the importance of connecting with the right individuals, which aided him in overcoming the learning curve associated with the cutlery industry. He cultivated partnerships with local businesses such as Messermeister and the unique Ojai-based brand, Ocaso. In fact, Bryan's store became the exclusive carrier of Ocaso products—a noteworthy accomplishment.

What sets Bryan's store apart is its distinctive collection of items that cannot be found in other establishments. This curated selection highlights his commitment to providing customers with a diverse and unparalleled shopping experience.

Entrepreneurship runs in Bryan's family, with both his grandparents having ventured into business ownership. Drawing inspiration from his family background and his own experiences as an Eagle Scout, Bryan's passion for

cutlery and knives was kindled during his time in the restaurant industry. This unique blend of interests and his hands-on experience contribute to the store's distinctive character.

In conclusion, Bryan Miller's journey encapsulates the triumph of perseverance over adversity. From his challenging school years to becoming the owner of American Flags & Cutlery, his story exemplifies the power of determination, adaptation, and meaningful connections. Through his store, he not only offers exceptional products but also a testament to the value of pursuing one's passions against all odds.

### Ventura Police launch a voluntary registration program for vulnerable populations

Ventura residents can now voluntarily register at-risk dependents with the Ventura Police Department, providing dispatchers and officers with critical information on individuals with special needs, diagnoses, or circumstances before an emergency situation.

The voluntary registration program is for at-risk individuals and requires personal information like name, date of birth, physical attributes, known disabilities or illnesses, a current photo, and emergency contact information.

"Voluntary information provided to our team before a dire situation can expedite the search for a wandering individual by reducing the amount of information collection needed after an initial call for service," said Police Chief Darin Schindler. "The information also further assists officers by preparing them to appropriately contact and address that individual once they've been located. It's a win-win."

At-risk dependents and families that may find this program helpful are those with a loved one with Autism, Alzheimer's, Dementia, Down Syndrome, mental illness, blind or low vision, and developmental or intellectual disabilities.

"We are grateful to Ventura PD for their ongoing partnership and dedication to keeping our at-risk residents safe, including those with Autism," said Ashley Pope, President of the Autism Society Ventura County. "The success of this program largely hinges on active participation and registration of eligible individuals, as emergencies can strike unexpectedly. Register now for this vital program, as it has the potential to inspire safer, more inclusive approaches across first responder sectors."

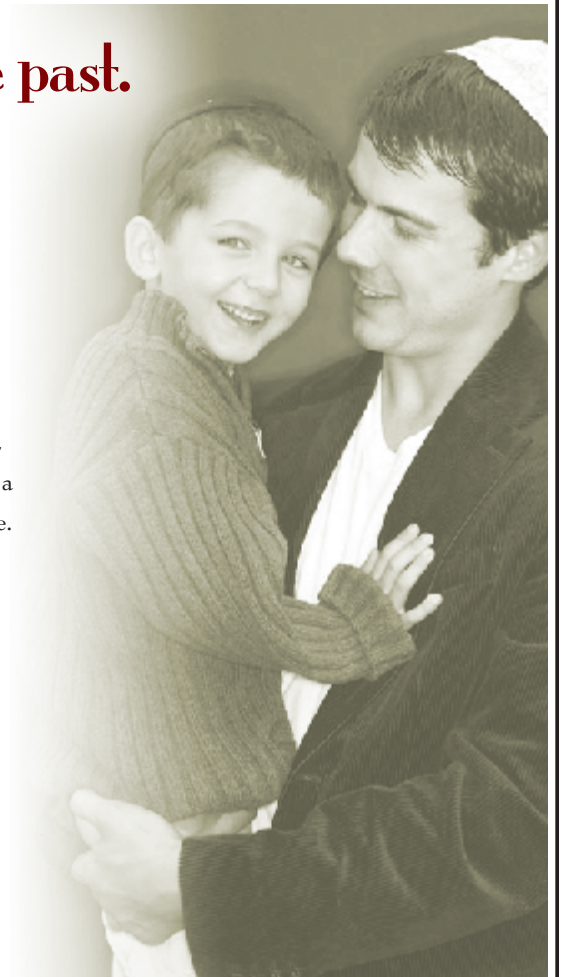
All information submitted will be secured on an internal server. Updated personal information, changes to physical appearance, and diagnosis shifts should prompt family members to re-submit and update dependent information.

For more information about this program, please visit [CityofVentura.ca.gov/AtRiskRegistration](http://CityofVentura.ca.gov/AtRiskRegistration).

Remember the past.  
Rejoice in the celebration that comes.

During the holiest days of the year, reflect on the lessons of the past as a guiding light to a prosperous future. Whether you will be attending services or sharing this occasion at home with loved ones, make this day one that sets the tone for the coming year.

We recognize the joyous holiday of Rosh Hashanah and wish your family the best of luck in the coming year.



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Since 1991, WEV has provided business training and small business advisory services to more than 28,000.

## \$337,500 in grants awarded to small business owners

Women's Economic Ventures (WEV)'s Emprendimiento Program increases opportunities for historically marginalized individuals by providing entrepreneurial training and access to capital for limited English proficient (LEP) and Hispanic community members.

On August 23, Women's Economic Ventures (WEV) presented \$337,500 in grant funding to participants who completed WEV's Emprendimiento Program for

entrepreneurial Hispanic and Indigenous Ventura County community members. Forty-five of the 90 participants who successfully completed WEV's free, 8-week business training program taught in Spanish each received a \$7,500 microgrant to grow their existing small business. For more information about the Emprendimiento Program, including enrollment for the fall 2023 Santa Barbara County cohort, visit: [www.wevonline.org/classes-resources/emprendimiento/](http://www.wevonline.org/classes-resources/emprendimiento/).

Launched in 2021, WEV's Emprendimiento Program provides entrepreneurial training, technical assistance, and microgrants for small business owners to grow their enterprise in Santa Barbara and Ventura counties. To date, 330 people have participated in WEV's Emprendimiento Program and 261 have graduated. With the August 2023 Grant Awards Ceremony, a total of \$937,500 in microgrants have been awarded to entrepreneurs in Santa Barbara and Ventura counties.

At WEV's Emprendimiento Award Ceremony, graduate Catalina Almazán Sosa, owner of Artesania Ita Indivi Oaxaqueña, was one of the class speakers who shared her story with the attendees. "My first language is Mixteco... Spanish is my second language and I speak some English. When I was a child, my mother taught me that you don't win every time - you must learn to lose, don't worry, tomorrow will be better," said Almazán.

Gloria Martinez, Economic Vitality Manager for the County of Ventura, gave the welcome remarks and congratulated the program graduates. "With your creativity, skills and sheer determination, I have no doubt your businesses will thrive and make important contributions to Ventura County's economy and community," said Martinez. "This is an incredible accom-

plishment and demonstrates your commitment, passion, and vision to start or grow your own businesses here."

Martinez also thanked WEV "for designing and implementing this outstanding program to empower Spanish-speaking entrepreneurs. We are grateful for WEV's partnership and dedication to creating economic opportunity in our region."

The program was approved by the County of Ventura's Board of Supervisors for support through the County's American Rescue Plan Act (ARPA) Funding Plan.

Women's Economic Ventures is dedicated to the economic empowerment of women. WEV is a business resource network for anyone looking to start a business, grow a local business, or improve their business skills. WEV provides a full range of small business support - including classes, consulting, and funding - as well as financial literacy programs in Santa Barbara and Ventura counties. While WEV's focus is on women, it welcomes people of all gender identities into the WEV community. Business courses, programs and loans are provided in both English and Spanish.

Since 1991, WEV has provided business training and small business advisory services to more than 28,000 people throughout Santa Barbara and Ventura counties. WEV has made more than \$6.9 million in small business loans and helped nearly 5,300 local businesses start or expand, generating an estimated \$873 million in annual sales and creating over 12,400 local jobs. WEV is a U.S. Small Business Administration's Women's Business Center and Microlender, as well as a certified Community Development Financial Institution (CDFI).

To support WEV's work, please visit [www.wevonline.org/support](http://www.wevonline.org/support).



The cannons were to defend the city.

## The Guns of Ventura

by Richard Senate

On December 7, 1941 Ventura learned on the radio that the Japanese Empire had attacked our naval base in Pearl Harbor, Hawaii. We were in peace talks at the time with Japan and everything looked to be going smoothly. The war was raging in Europe but America was not directly involved. Many believed it was only a question of time before America would be pulled into the war, a draft was set up and the military expanded.

Still, after the horrors of World War I, no American wanted to get involved in the fighting in Europe. When the attack came, it was a complete surprise. It caught America flat footed. Following Pearl Harbor, came Japanese victories in the Philippines and Dutch East Indies. Fear gripped the West Coast and the newspapers said air attacks were impending. Japanese submarines began to sink coastal steamers and even attacking an oil facility in Santa Barbara. In response the 2nd Battalion of the 144th

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Artillery of the California National Guard set up a “masked battery” of two 105 MM on mounts at what was called “Hobo Jungle,” renamed “Camp Seaward.”

The battery had an underground bunker for shells, a small railroad track to carry the shells to the guns, barracks, a mess hall, firing range and a parade grounds. Spotters were set up at the cross above the city and at the Rincon Bluff connected by telephone lines. The cannons were to defend the city and her strategic oil reserves from Japanese raiders or possible Japanese suicide squads landed by submarines to blow up oil wells and facilities. The guns were tested and rattled windows in the city, breaking a few. The war progressed, but the expected enemy never came. As the Japanese Navy was not seen as a local threat in 1944, the base was dismantled and the gunners sent to the fighting in the Philippine Islands. Now all that is left are the two concrete round gun mounts at the beach as Seaside Park. In a disturbing note, the mounts are round, so that they could be turned on the city if it should fall to the Japanese!

**The Bookmark**

## About Libraries and Friends

by Mary Olson

### Artwalk Ventura September 23 & 24, 11 am to 7 pm

ArtWalk is back! This family-friendly event will feature hundreds of artists in local galleries and creative collaboratives in businesses and other unique spaces. The route starts near Cemetery Park, travels down Main Street and up Ventura Avenue, The Topping Room in E.P. Foster library will be a stop on the ArtWalk.

Ventura Friends of the Library will be participating. In 2019, the Friends received a generous donation of original watercolors and photographs from the family of Hank and Susan Stoutz. A selection of these works will be offered for sale at the Art Walk, along with a selection of Art, Architecture and Photography books.

Other exhibitors in the Topping Room will be:

- Mohammad Iqbal - Oils
- Adonna Ebrahim - Mixed Media
- Charles Levin - Photography

Adonna Ebrahimi will conduct workshops ( 1.5-2 hours ) in fingerpainting and using recycled items such as shelf liner, bubble wrap, feather, fork, etc.

For more information, see [www.artwalkventura.org](http://www.artwalkventura.org)

**The Ventura County Celebration of Books** will be held on the campus of CSU Channel Islands from 10 am to 3 pm on Saturday, September 30.

The event is a celebration of the literary world and everything about books. All ages are welcome with events for the whole family. Both the event and event parking are free and open to the public. The event is presented by the Ventura County Library Foundation, CSU Channel Islands, the CSU Channel Islands John Spoor Broome Library, the Ventura County Library, and the Ventura County Star.

Story Times for kids will be presented in English and Spanish by CSUCI Early Childhood Center.

All are invited to bring a blanket and share a family picnic on the lawn! Bring your own lunch or enjoy food from a local food truck.

40 exhibitors, including local authors, government and nonprofit agencies, and local businesses, will be on hand to chat and share information.

Two CSUCI professors will present educational lectures. Dr. Frank Barajas will present “Oxnard Farm Laborers” and Dr. Raul Moreno Campos will present “Salvadoran Politics.”

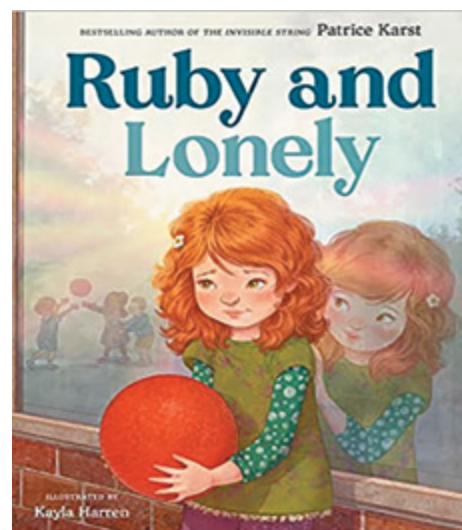
The Ventura County Library’s 2023 One County One Book author presentation featuring a conversation with Javier Zamora, author Solito: A Memoir, will conclude the day from 2 to 3 pm in the Grand Salon. The author event is free and open to the public and will be moderated by the VC Star.

“A Taste of Central America”, a special limited capacity ticketed luncheon and author reception with Javier Zamora will be held prior to the author event from Noon to 1:45 pm in the Grand Salon. Attendees enjoy lunch, entertainment and dance, a paperback copy of Solito, and book signing with the author. Tickets are required for the author reception. Tickets are \$75 and can be purchased at [www.vclibraryfoundation.org](http://www.vclibraryfoundation.org).

The Ventura County Celebration of Books is generously sponsored for the community by Premier America Credit Union, Montecito Bank & Trust, Ventura County Community College District, Mustang Marketing, and First 5 of Ventura County.

CSU Channel Islands is located at 1 University Drive in Camarillo, CA.

For more information contact Nancy Schram, Library Director, at (805) 677-7158.



## Ruby And Lonely

A book by Bestselling Author Patrice Karst with pictures by Award-Winning Illustrator Kayla Harren.

Ruby And Lonely is a gentle reminder to young readers everywhere that they are not alone in their feelings of loneliness. Patrice Karst once again delivers a tender, thoughtful guide for children on how to cope and manage emotions that can often feel overwhelming.

Ruby’s got a problem. At school and at home, everyone is so busy all the time, and no one seems to notice her at all. Ruby finds herself feeling kind of...lonely. It’s a big problem! But one day, while walking home alone after school, she decides to look at her problem from a new angle. She even gives it a name-Lonely-a seemingly small but significant decision that transforms her problem, and entire life, in the most surprising and extraordinary way. Join Ruby as she discovers her inner best friend in this relatable and heartwarming story.

Patrice Karst is the bestselling author of The Invisible String, which has sold more than a million copies and been translated into fifteen languages, and its companion titles, The Invisible Leash, The Invisible Web, You Are Never Alone: She lives in Ventura. Learn more at [www.patricekarst.com](http://www.patricekarst.com).

Kayla Harren is an award-winning illustrator of children’s books. Learn more at [www.kaylaharren.com](http://www.kaylaharren.com).

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Growing Works now enjoys a reputation of high quality 4" and 1 gallon and larger plants.

## Growing Works Nursery's 5th Anniversary Fall Festival Fundraiser

by Carol Leish, MA

Josh Carsman, Marketing/Fund Development Manager for Turning Point Foundation, says, "Come celebrate on October 28, 2023 from 10am-2pm the Gowing Works Nursery's 5th Anniversary Fall

Festival. There will be free admission! There will be music, plant sales, local artisan craft and food vendor and much more! It will be located at 1736 S. Lewis Rd. Event booth spaces are available and sponsorships are

# & Drive Determination

**We just earned the highest CMS Quality Award — 5 Stars!**

Community Memorial Hospital in Ventura is proud to announce our recent five star quality rating from the Centers for Medicare & Medicaid Services (CMS). Five stars is an honor only 15% of all hospitals in the country can claim. The national average is three. Earning five stars requires a broad range of care and meeting up to 47 quality measures in essential categories like safe, high quality care, low readmission rates, or a great patient experience. CMS rates hospitals twice a year, and we're already gearing up for the next evaluation. The standards are high and challenging to meet. So why do we do it? Because we're committed to providing this community with the best possible care. In fact, we also just earned Healthgrades' Outstanding Patient Experience Award.™ Another reason you know you can expect more from Community Memorial Healthcare.

[Learn more at mycmh.org](http://mycmh.org)

**Quality Rating from CMS**  
CENTERS FOR MEDICARE & MEDICAID



welcome. Please visit [www.turningpointfoundation.org](http://www.turningpointfoundation.org) and click on 'Growing Works Fall Festival' and/or contact Jenn Rodriguez (nursery manager & event director) at: (805) 586-9900 for more information."

Turning Point Foundation provides mental health recovery services, job training and supportive employment to adults with severe mental health diagnoses. Carsman said, "Growing Works is a wholesale nursery growing California Native plants, succulents, and other water wise plants for folks to purchase and enjoy. The nursery is open to the public for retail days on the 2nd and 4th Saturday of every month from 10am-2pm. Fun and educational gardening and horticulture workshops are also held throughout the year!

"The nursery helps to fulfill the ever-present local need for high quality, drought-tolerant California Native plants, Mediterranean Plants, and succulents. Growing Works is based on a thriving and sustainable business model where

plant sales, job training services and donations from supporter contribute to its success."

Established in 2018, Growing Works now enjoys a reputation of high quality 4" and 1 gallon and larger plants with customers from Solvang to Los Angeles County. They grow 60% California Native, 30% succulents and 10% fun plants that they love and think you will, too (<https://turningpointfoundation.org/gwfallfestival/>).

The Growing Works Nursery's 5th Anniversary Fall Festival Fundraiser on October 28th, 2023, will help to provide: hope, a haven, and healing to improve the quality of lives for those in need of help that Turning Point Foundation provides. They will continue to provide these services in order to improve the quality of life for adults experiencing serious mental illness, addiction, lack of housing and inadequate physical health care. Thus, come to enjoy the beauty of nature and buy to improve your own gardens while helping an important cause.

## Business Profile



## Car Show for K-9s this Saturday

Many people are confused about what is happening at Crown Classics & Museum, the car dealership that held its grand opening at the old Toys R Us building in Ventura, just to be shut down by the City over a permit issue within days. The business appears to have plenty of beautiful classic vehicles in excellent condition, and yet it has been closed to the public for over a year now. Customers may only enter by calling (805) 291-8281 for an appointment.

"Our doors may be closed," says Classic Auto Museum Curator Michelle Annette Leveille, "but we still want to play an active role in promoting car culture."

Thus, Crown Classics & Museum has been hosting car meets in their parking lot for several months. Car aficionados can be seen with their vintage vehicles there from 3pm to 6pm on the first and third Sunday of the month. Each meet is a fundraiser for a different local charity.

This Saturday, September 9th, there will be a car show from 9am-1pm to benefit the Ventura Police K-9 Unit. The Momentum Charity Car Show is presented at Crown Classics & Museum by Pastor Ted Pugh, of Higher Vision Ventura. This is the ninth annual show

for Ted Pugh, who chose the good cause because, "People don't realize that our K-9 Unit isn't funded by our taxes. Training, veterinary bills, dog food - it's all paid for by donations. They're a nonprofit, so they have to raise all their own money."

Spectators at this event are in for a real treat. There is no admission charge to see the show. Besides the classic cars, there will also be a live DJ, food trucks, merchandise vendors, souvenirs, a raffle, and special demonstrations of Police K-9 training.

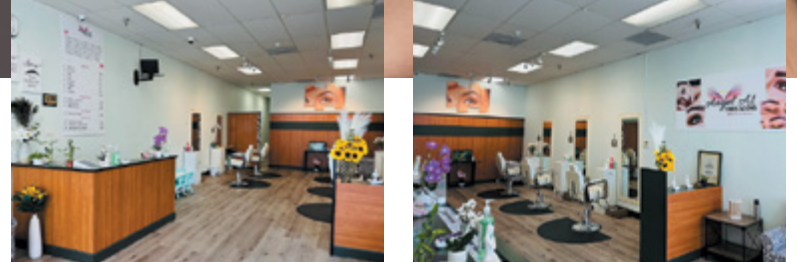
The family-friendly car show will be held this Saturday in the parking lot at Crown Classics & Museum, 2975 Johnson Drive, in Ventura, from 9am-1pm. Roll in is from 7am-9am. Trophies will be awarded at 12:45.

Show car owners can register to enter the show online at [www.MomentumCarShow.com](http://www.MomentumCarShow.com) or pay \$30 cash during roll-in from 7am-9am the day of the show.

Registration is open to most categories of show cars of all eras. Trophy categories include Best Antique (pre-1940), Classic (1940-75), Modified (1950-2023), Sports Car (1954-2023), Muscle Car (1964-75)

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Higher Vision Ventura presents

# Momentum CHARITY CAR SHOW

[WWW.MOMENTUMCARSHOW.COM](http://WWW.MOMENTUMCARSHOW.COM)

SEPTEMBER 9TH, 2023  
 FROM 9AM-1PM AT

**CROWN CLASSICS**  
 2975 JOHNSON DR.  
 VENTURA, CALIF.

Benefitting the  
**Ventura Police K-9 Unit**



Ventura Mayor Joe Schroeder and Jim Duran, City Center Executive Director welcomed the attendees. Photos by Michael Gordon.

# The Bright Horizons Foundation for Children opens Bright Space at The City Center

The Bright Horizons Foundation for Children opened a Bright Space at The City Center, 837 E. Thompson Blvd., Ventura, on Thursday, August,

24. Bright Spaces, the signature program of the Bright Horizons Foundation for Children, provide engaging environments for play that

are cheerful, inviting, safe, and fun, and support non-profits like The City Center and the children and families in their care. The Bright Horizons Foundation has created over 300 Bright Spaces in the United States. This Bright Space will be a play space for families with young children who are experiencing homelessness.

The City Center provides a safe place for homeless families to learn the skills need to become productive members of society.

“Our goal with Bright Spaces is to give children the opportunities they deserve to develop resilience and form stronger bonds with their families and other caring adults. We strive to promote healing, offer nurturing and stimulating activities, and provide a stable, enriching environment for each child who walks through the door.” stated Yvonne Lynch, President of The Bright Horizons Foundation for Children.

Bright Spaces are customized based on the needs of the non-profit organization. The space created at City Center will allow preschool-aged and school aged children to experience a sense of normalcy and stability through play and learning. Through the collaboration between Bright Horizons foundation for Children, Amgen Foundation, The Rotary Club East, and a very special donor Fred C. Ferro, there is new furniture, toys, learning materials, and computers. Each area was intentionally designed to engage a variety of ages. The walls are adorned with

beautiful candid photos of the children living at The City Center, courtesy of Tana Hayes Photography.

The City Center is a transitional living center for homeless families with children in Ventura County, equipping them to rebuild their lives and become self-sufficient. Almost 100% of our graduates do not return to homelessness. We provide our residents with a safe place where they can receive support through counseling, mentoring, case management, financial coaching & employment assistance. They learn life skills necessary for self-sufficiency, acquire transportation, obtain employment, and no longer require government assistance.

Bright Horizons® is a leading global provider of high-quality early education and childcare, back-up care, and workforce education services. For 35 years, we have partnered with employers to support workforces by providing services that help working families and employees thrive personally and professionally. Bright Horizons operates approximately 1,100 early education and childcare centers in the United States, the United Kingdom, the Netherlands, Australia, and India, and serves more than 1,400 of the world’s leading employers. Bright Horizons’ early education and childcare centers, back-up child and elder care, and workforce education programs help employees succeed at each life and career stage. For more information, go to [www.brighthorizons.com](http://www.brighthorizons.com).

# VENTURA

## ART & STREET PAINTING FESTIVAL

September 9th & 10th | 10 AM - 5 PM



Art Vendors | Chalk Paint Artists | Live Music | Village Galleries & Makers | Scenic Patio Dining | Coastal Shops | Harbor Cruise | Marvelous Mug Event

# VENTURA HARBOR VILLAGE [.com](http://www.venturaharborvillage.com)





## Business Profile



### Pilates Studio Opening at Portside Ventura Harbor

by Ayn Devera  
**M.S. Human Nutrition  
 Owner/Director/Movement Educator**

Hello community, please join me on September 17 from 12 p.m. to 2 p.m. to celebrate the opening of my Pilates studio located at the beautiful Portside Ventura Harbor!

I am a long-time resident of the county, having emigrated to Oxnard at the age of one with my father, an enlisted Navy man, and my mother, a dentist, from the Philippines. I grew up in the diverse neighborhood of Pleasant Valley, went to Hathaway elementary school, then attended Blackstock junior high, and graduated from Channel Islands high school. After a few years in the San Fernando Valley attending college and exploring a myriad of jobs while missing the ocean air and cool breeze, I landed with a third-generation acupuncturist who taught me about Eastern medicine. Since then, I have been fascinated by our abilities to self-heal and fell in love with Pilates when I was selected to teach at Bally Total Fitness, Oxnard. Afterward, I became a trainer for the Naval Bases of Ventura County to mitigate injuries during exercise training, then assisted the doctors at Kang

Physical Therapy Clinic in Ventura. In 2013, Dr. Kang encouraged me to open my own studio, which I did and operated it for the last ten years. In that timeframe, I attained an M.S. in Human Nutrition, received education in scoliosis, became a Yoga Tune Up® teacher, and earned a massage therapy license. I ran two half marathons in 2018 and 2019 to encourage my understanding of the running body using the Jeff Galloway method. In May 2023 I attained my second graduate degree, this time in social work with an emphasis on urban community wellness and clinical mental health therapy.

At Inner Soulstice Wellness Pilates Studio, I provide therapeutic movement instruction and bodywork for pain relief, injury prevention, and aging gracefully grounded in physical therapy, Pilates, the science of fascia, and yoga philosophy. Having observed thousands of bodies, I have cultivated a keen eye for injury prevention and aim to help people enjoy the activities they love for as long as they can, pain-free. When you come to see me, you receive one-on-one attention and care that is not dictated by insurance, which means I spend time with you and listen to your needs. I will analyze your posture and assess your movement patterns. Together, we explore biomechanics and alignment to create improved mobility and stability using Pilates apparatus and a variety of methods that range from myofascial release techniques to manual therapeutic massage. I specialize in joint replacement rehab pre- and post-operative, and structural mischiefs, such as scoliosis, which can be congenital, or caused by an accident, habit (such as sitting at a desk for long periods), or due to physical pastime pleasures like cycling, golf, tennis, and more. At the heart of each session is empowerment. It is an educational experience. There will always be teaching nuggets and the learning of valuable skills that will keep you healthy and moving.

Relaunching after the pandemic feels like a rebirth. Being seen is vulnerable, sometimes frightening, especially in this age of social media. But as my dear friend reminded me, it's how we know we are growing. My other interests are consciously crafting skincare products. When I'm not researching or managing the studio, I'm growing succulents and lounging with my Shih Tzu, Roxy Balboa.

Save the date to join me for food, crafts, and tunes! I look forward to meeting you!  
 Location: 864 Schooner Dr., Ste. 108, Ventura, CA 93001

**SAVE THE DATE**  
 to Celebrate!  
 September 17, 2023  
 12 p.m. - 2 p.m.

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 Movement Studio**

*innersoulsticewellness.org*

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 Ste. 108  
 Ventura, CA 93001



The City of Port Hueneme and Reach Foundation wrapped up its 3rd year of the Hueneme Beach Festival since its comeback in 2020. Festival Director Maya Zumaya reported that this community favorite attracted approximately 10,000 patrons each day. The Festival that was held on August 26th and 27th featured live entertainment, food and vendors booths, arts and crafts aisle, a Hang Ten Fun Zone, Chalk Art Exhibition, and alcohol booths. This year the Toni Young Stage was transformed into an electric beach oasis that took the excitement to the next level. The Main Stage Featured the best tribute bands such as Led Zepagain, Always Tina and Britain's Finest. Overall, it was a successful and enjoyable event on Hueneme Beach.

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Maya De Leon Communication Outreach specialist for Ventura Regional Fire Safe Council and Andrew Ortega Board President for Ventura Regional Fire Safe Council presenting the certificate. Photos by Patricia Schallert.

## Celebrating a significant milestone in community safety and wildfire prevention

On August 25th, the Ventura Fire Department invited the community of Ondulando, located in East Ventura to join Fire Chief David Endaya, Fire Marshal Brett Reed and the Ventura Regional Fire Safe Council in celebrating a significant milestone in community safety and wildfire prevention. The

Ventura Fire Department and the Ventura Regional Fire Safe Council are thrilled to announce Ondulando as the City of Ventura's inaugural nationally recognized Firewise USA community.

In celebration of this achievement, a special certificate presentation ceremony took place at the restored Ondulando Clubhouse and was able to capture the spirit of unity and resiliency that defines the Ondulando community.

Firewise USA, is a program by the National Fire Protection Association (NFPA) that acknowledges communities that take proactive measures to minimize wildfire risks through organized collaboration and action. Ondulando's achievement reflects a united effort among its 640 property owners to enhance safety for all residents in Ventura County.

The journey to becoming Firewise-recognized demanded rigorous efforts by Ondulando's residents,

including:

Conducting a comprehensive community wildfire risk assessment

Creating a three-year action plan, outlining strategies to reduce ignition risk for homes

Facilitating a community gathering to foster awareness and collaboration

Committing to the maintenance of defensible space around structures

Pledging 640 volunteer hours annually for wildfire risk reduction activities

"The efforts of the residents of Ondulando are extremely commendable and deserving of this recognition," said Ventura Fire Chief David Endaya. "By taking proactive steps to reduce their risk from wildfire, these 640 property owners are the largest community in Ventura County to make a commitment to creating a safer community for every resident."

**Continued on page 19**



Ondulando Board of Directors and City support staff.

# THE 10TH NATIONAL HEIRLOOM EXPOSITION

Sept. 12-14, 2023 | Ventura Co. Fairgrounds, Ventura, CA

For more info, visit [TheHeirloomExpo.com](http://TheHeirloomExpo.com)



# Senior Living



Wear sunglasses to help manage light sensitivity.

## Autism Society Ventura County launches Healthcare Equity Initiative with focus on rewriting the vaccine experience

Autism Society Ventura County is proud to launch our Healthcare Equity Initiative in partnership with Autism Society of America and USAging's Aging and Disability Vaccine Collaborative (ADVC.) Autism Society Ventura County believes that improving the vaccination experience is a critical step towards achieving more equitable healthcare for people with Autism and all neurodiverse individuals. As part of our strategic focus on health equity, the Vaccine Education Initiative (VEI) is a national program that addresses systemic barriers to healthcare, while providing education, confidence, and access.

"Autism Society Ventura County has a long history of advocating for options and access. Individuals with disabilities are often left behind when it comes to preventative healthcare. We look forward to working with doctors, nurses, and clinic staff to ensure that they have the tools to make healthcare comfortable, easy, and eliminate traumatic experiences." - Ashley Pope, President, Autism Society Ventura County.

Autism Society Ventura County is committed to providing the resources and connections that improve outcomes for patients, providers, caregivers, and their communities. Our Goal is to:

Address the health equity challenges faced by people with Autism across their lifetime – specifically around accessible, inclusive healthcare and vaccines.

Ensure anyone in the Autism community has access to information, resources, support systems, and specialists to make decisions for their health.

Ensure that healthcare providers in Ventura County are equipped with the tools they need to deliver the best care and meet the unique needs of the Autism and disability community across the lifespan.

Ensure that all individuals and families who want a vaccination are able to receive vaccination in safe and supportive environments.

A key component of Autism Society Ventura County's initiative are free Accessible Vaccine/Healthcare Kits to support sensory, communication, and social differences. These kits help provide a more positive healthcare experience for all ages. Kits include a variety of calming and sensory tools and typically include\*: Noise-Reducing Headphones; ShotBlocker®, a non-invasive tool that lessens the pain and anxiety of needles; Sensory Tools: Stress ball, Fidget Spinner; Sunglasses to help manage light sensitivity; Stickers; Alternative Communication Methods such as visual supports.

\* Items included in the Accessible Vaccine Kits are subject to change due to inventory, availability, and community needs.

By rewriting the vaccine experience and educating healthcare providers, we are creating a path for increased vaccination accessibility for Autistic individuals and those with disabilities and complex support needs.

To schedule a 20 minute free lunch & learn for your healthcare office or to have our tools at your vaccination event, contact Megan at Megan@AutismVentura.org.

## NIH-funded study suggests reducing exposure to airborne particulates may decrease dementia risk

Higher rates of new cases of dementia in a population over time – known as incident dementia – are linked to long-term exposure to fine particulate matter (PM2.5) air pollution, especially from agriculture and open fires, according to a study funded by the National Institutes of Health and published in JAMA Internal Medicine. Scientists found that 15% of older adults developed incident dementia during the average follow-up of 10 years.

"As we experience the effects of air pollution from wildfires and other emissions locally and internationally, these findings contribute to the strong evidence needed to best inform health and policy decisions," said Richard J. Hodes, M.D., director, National Institute on Aging (NIA), part of NIH. "These results are an example of effectively using federally funded research data to help address critical health risks."

University of Michigan, Ann Arbor,

scientists used data from 27,857 adults aged 50 years and older enrolled in the Health and Retirement Study (HRS), a nationally representative cohort of older adults in the United States. Beginning in 1992, participants have been interviewed once every two years about many factors related to healthy aging, including their cognition, overall health, and health behaviors.

The research team also gathered air quality measurements from the U.S. Environmental Protection Agency; several other studies; and more than 300 geographic variables such as nearby transportation, land cover and use, population density, emission sources, and vegetation. This information was applied to a prediction model to estimate total PM2.5 at participants' residential addresses. The model multiplied total PM2.5 concentration at individual addresses by local fractions of PM2.5 attributable to each of nine emission sources: agriculture, road traffic, non-road traffic, coal combustion for energy production, other energy production, coal combustion for industry, other industry, open fires, and windblown dust.

"This level of specificity is new and useful," said Jonathan W. King, Ph.D., NIA project scientist for HRS. "As NIA continues to conduct and fund studies on risk factors for dementia, these results will help inform future research, and potentially, policy interventions."

The findings showed 4,105 participants (15%) developed dementia during the follow-up period. Compared with those who did not develop dementia,

**Continued on page 12**

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Rituals are part of our daily lives and are often derived from family, culture, religion, or simply oneself. They provide us with purpose, meaning, structure, and connection. When mourning a death, rituals can give order and meaning in a time of disorder and pain.

This webinar will focus on creating grief rituals to support those mourning the death of a loved one.

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**Senior Living**



Leslie and her students in action! Filming our dance and fitness TV show “For the Young at Heart” at Aegis Living of Ventura.

**Steps to Stronger Bones**

by Leslie Sokol

Maintaining strong bones and joints are essential components to a healthy life as you age. Ideally, you would start building up bone strength during your 30’s and 40’s to prevent issues later in life. However, it is never too late to get started – you can still strengthen your bones regardless of your age. Weight bearing exercises are ideal for activating your bone building cells. Bones need pressure on them to build the right way.

As we age, our bone density decreases for reasons such as hormonal changes, lack of exercise, genetics, or deficiencies in calcium and other nutrients. We tend to think of our bones as solid bricks that stop growing after childhood, but they actually are more like living sponges with a hard lattice structure and a hollow section inside. They are also constantly turning over new cells and changing. It’s helpful to think of building bone density as similar to building up your retirement savings account. Strengthening your bones so they are healthy and durable will make a significant difference in the sorts of physical activities you are able to do as you get older.

There are many things you can do now to reduce bone loss in the future. Focus on your nutrition and adding additional weight bearing activities into your workouts – start with something easy such as taking a long walk or lifting light weights to get started. These actions will increase your bone density and help keep you strong and healthy. Other activities that can help build bone health include:

Low impact workouts

- Aerobic dancing
- Running
- Walking
- Tennis
- Pickleball
- Treadmill
- Elliptical
- Strength training
- Gardening and yard work
- Hiking

Activities that alternate high, moderate and slow speeds can provide additional improvements to bone density and strength.

The health and strength of our bones relies on a balanced diet and a steady stream of nutrients. Most important are calcium, vitamin D, and protein. Calcium is a mineral that people need to build and maintain strong bones and teeth. A whopping 99% of our calcium resides in our bones and teeth and is essential for

cell, muscle, heart and nerve function. Make sure you’re getting plenty in your diet or talk to your doctor about taking a daily supplement.

Remember, your bones are your foundation, so be sure to take care of them! Keep your bones strong, one step at a time. Keep moving, eat healthy and be happy! You can easily strengthen your bones with consistency, awareness, and a positive attitude. Better Bones = Better Life!

If you are interested in building stronger bones, please contact Leslie for setting up a program or routine to build your strength and get you fit for a more active life.

Leslie Sokol is the creator and founder of the adult dance and fitness program For the Young at Heart. She has been teaching adults and children for forty-five years. You can watch For the Young at Heart by visiting her YouTube Channel or on TVSB. She also teaches in retirement communities throughout Santa Barbara and Ventura Counties.

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

**Reducing exposure to particulates**  
Continued from page 11

participants with incident dementia were more likely to be non-white, have less formal education, less wealth, and higher surrounding PM2.5 levels at their address. While agriculture and open fires had the strongest air pollution-dementia associations, road traffic, non-road traffic, and coal combustion for energy production and industry were also associated with incident dementia.

The study advances the scientific literature by examining associations of incident dementia with PM2.5 from key emission sources rather than just total PM2.5. The findings suggest interventions that reduce air pollution may decrease the lifelong risk of developing dementia.

NIA leads NIH’s systematic planning, development, and implementation of research milestones to achieve the goal of effectively treating and preventing Alzheimer’s and related dementias. This research is related to Milestone 1.R, “Support the research on the role of pollution and climate change on dementia risk.”

This research was supported by NIH grants U01AG009740, R01AG030153, and R01ES028694.



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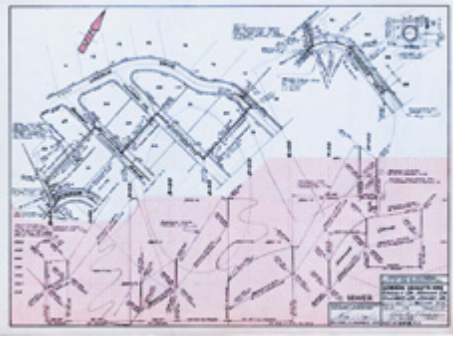
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Plan and Profile of Hobson Heights No. 5, City of Ventura

## Museum of Ventura County completes grant project

The Museum of Ventura County announces the successful completion of a grant project dedicated to cataloging and digitizing the Martin & Associates Civil Engineering Collection. With assistance from a \$95,000 grant from the National Historical Publications and Records Commission, a part of the National Archives, the Museum has cataloged 413 cubic feet of materials, including maps, drawings, and other valuable documents. The project also resulted in the digitization of 1,000 pages of maps and drawings, making them easily accessible to the public. This collection is now accessible on the Online Archive of California. For more information and to explore the digitized materials from the collection, please visit the Museum's website at [https://photographs.ventura-](https://photographs.ventura-museum.org/exhibits/show/engineering-the-past/introduction)

[museum.org/exhibits/show/engineering-the-past/introduction](https://photographs.ventura-museum.org/exhibits/show/engineering-the-past/introduction).

"This reflects our dedication to preserving and promoting local history. By making these materials freely accessible through various online platforms, we can facilitate research, inspire curiosity, and provide valuable resources to the community," said the Museum of Ventura County's Research Library and Archives Director, Deya Terrafranca.

The Martin & Associates Civil Engineering Collection is a significant addition to the Museum of Ventura County's collection of artifacts, documents, and ephemera representing the cultural and historical heritage of the Ventura County region. The collection includes records created by six civil engineers and their staff over nearly a century. These include well-known names like T. William "Bill" Hale and Ed Campbell. Bill Hale purchased the firm from Robert Martin in 1991.

After his passing, his widow sold the company to Ventura resident Ed Campbell, who renamed the firm U.S.A. Architects. In 2013, Mr. Campbell donated the firm's records to the Museum. This effort ensures historical materials are easily accessible to a wide audience, including students, educators, and researchers worldwide.

In addition to the completion of cataloging and digitizing, the Museum staff engaged with the local community by providing valuable educational opportunities as part of its commitment to preserving and promoting cultural heritage. In May, the Museum organized a Collections Care Workshop specifically tailored for county cultural organiza-

tions in which participants from twelve organizations, including museums, libraries and cities were given insights on best practices for preserving historical materials, ensuring the long-term preservation of their own collections. Museum staff will also be offering a training for staff of the Ventura County Library system, instructing librarians in navigating the historical resources available at the Museum.



Midtown to Westside Interconnect construction underway on Telegraph Rd.

## General Manager's Message

Ventura, thank you for your patience. As the City moves to advance its water resources, we are going to experience some growing pains. Ventura Water wants to thank the communities who will be impacted by the two critical water infrastructure projects we have underway concurrently. We understand the inconveniences these bring

to everyday life, but at the end of this temporary construction the City will be closer to a sustainable water supply and the ability to maximize water use efficiency throughout the City.

The Midtown to Westside Interconnect project will impact traffic in the area along Telegraph Road, between Hill Road and Mills Road. See more information here. Traveling through this area will take additional time and planning. Please use caution and defensive driving to protect our neighbors and workers along the road.

The VenturaWaterPure Ocean Outfall project will begin construction at Marina Park and along Anchors Way. Ventura Water wants to thank the communities and businesses in the Pierpont and Ventura Harbor areas for having open dialog and constructive workshops to mitigate impacts on the community. While a portion of Marina Park will be walled off during construction, the park will remain open and the sailing center will be accessible. The City has established a hotline to report any issues and to ask questions about the project. Your message will be logged, and someone will call back same day. You can reach the Outfall Project Message Center at (805) 500-8103.

Please continue to support our communities and businesses in these areas during the construction periods. They are contributing to Ventura's water future firsthand, and we can show our appreciation by visiting these areas patiently and safely. Be sure to visit our website for updates and to see the progress we're making.

Respectfully,  
Gina Dorrington

# OLIVAS ADOBE HISTORICAL PARK

## Rancho Days

Sunday, September 10 • 11 am - 3 pm

Get ready for the biggest Rancho Days event yet at the Olivas Adobe Historical Park! This year, we're also celebrating the County of Ventura's 150th Anniversary.

Cultural demonstrations will include:

- Old Time Fiddlers
- Folklorico Dancers
- Mariachi Music
- Frontier Gunfighters
- Dudley House Docents
- Channel Island Carvers

Other hands-on activities include corn grinding, panning for gold, roping, rock painting, washboard laundry, quilting, and making Mexican paper flowers.

**Free Admission! • 4200 Olivas Park Drive**

Learn more about the  
Olivas Adobe Historical Park at:  
[www.cityofventura.ca.gov/OlivasAdobe](http://www.cityofventura.ca.gov/OlivasAdobe)





## The Pet Page



**Dedicated to Scamp**

Canine Adoption and Rescue League will be holding their 23rd Annual Pooch Parade and Pet Expo this year at Ventura Harbor Village on the large grass area. The Pooch Parade and Pet Expo will be on Sunday, September 24th, from 10 to 3. Dress yourself and your dog as your favorite Super Hero or sidekick. There will be booths there for all interest and a dog demonstration, Dee Jay playing your favorite tunes, dog adoptions, silent auction, contest and more. Participate in the walk itself or come and support our life-saving efforts and check out the vendors. At the heart of the Pooch Parade lies the parade itself. Witness the delightful sight of dozens of dogs and their owners strolling along the Ventura Harbor Village Promenade. Pet owners are to be a part of this memorable experience by registering to walk in the Pooch Parade with their four-legged companions. It's a fantastic opportunity to proudly introduce your furry friend to the world while supporting dogs in need.

Visit the Ventura Breeze booth and have an opportunity to win free dog grooming by Dee-Dee's Dog Spot.

Check out the website for more info on the event: [www.poochparade.org](http://www.poochparade.org).

**What's four-legged, furry, and often serves up a quick little mood boost?**

**by Sally Anscombe**

That's right, a dog. It turns out even short, friendly interactions with canines can be good for our health.

I started pondering the power of dogs during one of my daily strolls around my neighborhood. Almost invariably, I'll run into at least one person walking their dog. If I get the OK to pet the pooch, it's a joyous moment of cooing and sloppy kisses.

I always walk away from these canine exchanges feeling just a bit more relaxed, and happy. And that got me wondering, could these short interactions with other people's dogs actually be good for me?

"Absolutely. I think it is safe to say that animals are beneficial to our mental and physical health," says Nancy Gee, a professor of psychiatry and director of the Center for Human-Animal Interaction at Virginia Commonwealth University.

Gee says evidence is accumulating that levels of the stress hormone cortisol drop in people after just 5 to 20 minutes spent interacting with dogs

— even if it's not their pet. "Also, we see increases in oxytocin, that feel-good kind of bonding hormone," she says.

And it's not just humans that benefit from these brief exchanges. "What I love about this research is that it's a two-way street," Gee says. "We see the same thing in the dogs, so the dogs' oxytocin also increases when they interact with a human."

Now, the therapy dogs used in research are screened for things like friendliness, good behavior and responsiveness to their handler's cues. And of course, not everyone's a dog person, whether because of temperament or allergies or other factors. "Pets are not a panacea," Gee says. "They're not necessarily going to be great for every single person. But for people who really get it, who really connect with the animals, they really can make a big difference," Gee says.

Dog ownership has also been linked to positive health outcomes, including better heart health and increased physical activity. But Gee acknowledges that some of the evidence is mixed. She attributes that in part to differences in methodology and the fact that studies of pet ownership can't prove cause and effect, since you can't just randomly assign one person a dog as a pet and another a horse.

Research on the health benefits of human interactions with animals — especially with dogs — has exploded in recent years, thanks to funding from the National Institutes of Health and the Waltham PetCare Science Institute. Though the field is still young, Gee says the quality of the evidence is improving all the time, including more randomized controlled trials looking at short interactions. "We're seeing really nice effects," she says.

For example, there's some evidence that brief bouts of puppy love may help us think better. Gee collaborated on a randomized controlled trial of 8 and 9-year-old school children in the U.K. She and her colleagues found that kids who had twice-weekly, short exchanges with dogs in the classroom had less stress and improved executive functioning — the cognitive processes that allow us to do things like plan, stay on task and block out distractions. And she says those benefits lingered.

"Animals, and dogs in particular, live in the moment. They're experiencing their environment with wonder and awe all the time, and they're not bringing up what happened to them earlier in the day or what they're thinking about in the future. They're there right now," says Mueller.

## Business Profile

Canine Adoption and Rescue League, (CARL) is a non-profit, 501(c)(3) organization in Ventura County since 1996. We exist to improve and save the lives of companion animals. (primarily dogs). We have rescued and placed thousands of unwanted, sick, abandoned and homeless dogs. Dogs in our adoption program are placed in pre-screened loving and secure homes. We always make a lifetime commitment to our dogs. We always welcome good foster homes and allow volunteers to foster to adopt. We operate with an all volunteer Board of Directors and volunteer staff and many generous donors. In addition we have a Thrift Store in Ventura city on Main Street next door to Smart and Final and a Boarding facility, with paid staff (we accept dogs and some cats) on 901 Mission Rock Road in Santa Paula. We have a website with all available dogs listed at [Carldogs.org](http://Carldogs.org) and you can look us up on Guidestar which describes our budget, high-reliability shelter status, and length of service. We are dedicated to Ventura County and always keep our promise of lifetime commitment to dogs in our program.

## Scamp Club

*(Scampclub pets are not for adoption.)*

Her name was already Penny when I adopted her at 11-weeks-old. She looked like the color of a copper penny. She cost me a pretty penny! She is Penny Lane, I wrote a song for her the week before I got her from the Beatles song, Penny Lane. She has become my Penny Poppins. Practically perfect in every way!



## Join Scamp Club

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

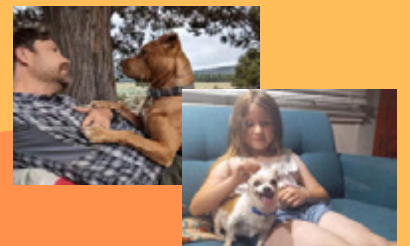
Lost pet? Go to [LostCatVenturaCounty.com](http://LostCatVenturaCounty.com) or [LostDogVenturaCounty.com](http://LostDogVenturaCounty.com) - free websites for finding and posting when you've lost or found a cat or dog.

**be a FOSTER SAVE a life** 

**The Canine Adoption and Rescue League's Volunteer Foster Care Program provides temporary housing and care for dogs and puppies. We need loving homes like yours to continue helping these animals.**

### Foster Volunteer FAQs

- Dogs of all ages need foster care, including happy and healthy dogs, mothers with nursing litters, dogs with medical conditions or injuries, and some with special needs
- Existing pet owners can become foster volunteers
- A typical foster stay is two weeks, two months, or longer
- The timeframe of each foster situation will be according to your availability
- Foster volunteers provide housing, exercise, socialization, and love!
- C.A.R.L. provides all food and medical care for foster animals, including vaccinations and medications



If you are interested in FOSTERING at C.A.R.L., please contact our Foster Coordinator, Mary at [maryomeh@gmail.com](mailto:maryomeh@gmail.com).

## Forever homes wanted

Hi: I'm Trip, a 7-month-old Shepherd X on the hunt for an active home with another pup that I can play with. I have a whimsical puppy energy that makes everyone who meets me smile. I like playing with other dogs and also love making new human friends. I enjoy a good game of fetch but I would also be content going on a run with my people. If you're interested in meeting me, please fill out an online application. Canine Adoption and Rescue League C.A.R.L.



Hi: I'm Zeus, a 5-year-old Neutered Male Siberian Husky. I was found in Fillmore. You can see what a great addition I would be to your family. Shelter: VCAS Camarillo Animal Shelter Animal ID: A832578

# Harbor Patrol Blotter

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

Wednes 8/16  
 9:20am, received report of petroleum sheen near VIM E/F docks. Officers searched all vessels in the area, unable to locate a source for the spill.  
 8:00pm, dispatched to a fall in the Village. Officers responded with VFD and assisted an intoxicated male who was transported to hospital by AMR.  
 Thursday 8/17  
 6:01pm, dispatched to a traffic collision on Spinnaker. Officers responded, found no accident occurred, a transient stating she was robbed of 20k by passing car.  
 7:36pm, received report of an inflatable raft sinking in the keys. Officers responded in Fireboat, transported the pair back to the Marina Park dock.  
 Friday 8/18  
 8:35pm, dispatched to an unoccupied kayak 1 mile offshore of Little Rincon. Officers responded in Fireboat with multiple agencies to the Search/Rescue. After searching area found a 55-gallon drum with a flag, likely mistaken identity  
 9:33pm, escorting a 100ft yacht to find its berth at VHV C-dock after it was evacuated from Avalon Harbor due to foul weather from hurricane Hilary.  
 Saturday 8/19  
 7:33am, observed the Santa Clara River-mouth breach while on patrol.  
 4:15pm, dispatched to multiple persons caught in a rip current near South Jetty. Officers responded in Fireboat helped State Parks with returning victims to shore  
 5:30pm, dispatched to multiple person rescue at Surfers Knoll groin. Officers responded in Fireboat and assisted state parks with the ocean rescue.  
 Sunday 8/20  
 2:47pm, observed a 5.0 earthquake near Ojai. Officers checking all areas of responsibility for damage or injuries. Nothing found initially.  
 4:18pm, dispatched to a sick person

in the Ventura Marina Community. Officers responded with VFD/AMR to assist the patient.  
 7:33pm, observed a jetski trailer at the launch ramp. Due to Hilary storm, officers responded in Fireboat to search for the personal watercraft. While searching, the PWC had returned to the launch ramp and hauled out.  
 Monday 8/21  
 7:10am, observed a lot of debris from the river and barranca throughout harbor.  
 1:40pm, while on patrol in Fireboat, officers removed hazards to navigation from the storm throughout harbor. Large branches and all other sorts of debris.  
 Tuesday 8/22  
 4:39am, observed a 3.9 earthquake after-shock from Sunday's earthquake.  
 12:30pm, removing all types of debris from the harbor from the storm.  
 Wednes 8/23  
 7:30pm, received report of a female transient attempting to board vessels in village. Officers contacted subject and warned of trespassing, she moved on.  
 Thursday 8/24  
 3:53am, dispatched to a sick person in the Ventura Marina Community. Officers responded, patient disclosed they were Covid 19 positive. Fire captain released most responders stating, "There is no need for us all to get Covid!"  
 5:52pm, dispatched to a behavioral emergency at VWM A-dock. Once on scene the patient was distraught a romantic interest met online was no longer communicating with the patient. Offered condolences, advised unable to assist.  
 Friday 8/25  
 8:01pm, received missing person report from daughter of a mother last seen in her wedding dress. She was married on a vessel in the harbor. Advised we would "B-O-L-O" for missing mother. Did not locate the missing during shift.

challenge course and a coloring contest. Almost all the exhibits were manned by working police and fire professionals. This event was a great opportunity for residents and families to engage with local law enforcement, firefighters, dispatchers and members of the Ventura Police and Fire departments.

**Mailbox**  
 Continued from page 2  
 Breeze:

It will take many more defections from true believers who finally can't wrap their heads around the number and craziness of Trump's lies and assaults and his growing threats of violence against judges, jurors, and poll workers conducting his trials and facilitating the 2024 election. Bill Barr, Mike Pence, Chris Christie are already levelling stiff criticism at their former "stable genius" leader, and they can open an off ramp for Trump's slavish followers to walk away and leave the cult. They shouldn't be heralded however for coming late to the truth.

We must create a counter energy. We have to step up our financial support for Democratic candidates and most importantly volunteer in efforts to get Democrats and young people and students and workers to the polls. No sitting out this one by making campaign donations or



**Ventura Police and Fire hold block party**  
 Continued from page 1

There were plenty of kid friendly events including Face Painting, Fire extinguisher game, Kids Firefighter



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 \$18 Adult  
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phone calls. We can join local activist groups pushing progressive agendas and policies. We can support and join local efforts that ultimately impact national events, such as labor strikes, housing development, environmental groups, educational policy in schools and colleges and help them move the most progressive agendas along. Also, we can attend local Democratic party meetings and become

part of their leadership and policy formation and candidate support. In essence, we need to join groups, organizations and local party efforts to push the liberal-progressive agendas that Biden and others have passed or proposed and do the work of publicizing what current Democrats are all about and have accomplished. Robert Chianese, Ph.D. Emeritus Prof. English, CSU Northridge

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Answer

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

**King Crossword**

Answers

Solution time: 24 mins.

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



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## Business Profile



Mike's unquenchable thirst for innovative business undertakings remains a hallmark of his journey.

### Mike McBain's commitment to community service manifested through his involvement with the Ventura Downtown Lions Club

Mike McBain's academic trajectory led him from Cal State University, Los Angeles, where he obtained a Bachelor's

degree in philosophy, to Cal State University, Northridge, where he earned a Master of Business Administration. Amidst the camaraderie of academically inclined peers who paradoxically struggled with spelling, Mike's educational journey shaped the foundation for his multifaceted career.

In 1977, Mike's entrepreneurial journey took off with the establishment of Central Courier. This venture, which he owned and managed until 2013, catered to the immediate pick-up and delivery needs of Ventura. The inspiration behind this venture was rooted in Mike's past—his perpetual tardiness that once irked his father. Through his father's guidance, Mike internalized the significance of punctuality, a principle that enabled him to successfully oversee the timely delivery of approximately 1,000 items daily.

The subsequent sale of Central Courier marked a transition to a new chapter: the inception of McBain Managerial Bookkeeping. As the venture flourished, Mike expanded its reach to serve Ventura County, offering impeccable financial management services to an array of businesses. Throughout the year, Mike also demonstrated his prowess in real estate transactions, a skill that organically led to his oversight of Montalvo Center LLC Property, which included the management of diverse office buildings in Ventura.

Beyond his professional endeavors, Mike's commitment to community service manifested through his involvement with the Ventura Downtown Lions Club. Since joining in 2000, he has contributed meaningfully to community initiatives. Mike's service-oriented



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approach extended to his participation on various boards, encompassing the Ventura Downtown Lions Club and Ventura Adult Continuing Education.

Mike's unquenchable thirst for innovative business undertakings remains a hallmark of his journey. His most recent accomplishments, earlier this year, involved the publication of two significant works. One introduced a groundbreaking 32-letter phonetic alphabet, designed to encapsulate the nuances of American spoken and written language. Both books - Alphabet Soup and Ambitious Ambrose can be purchased on Amazon!

Simultaneously, he diversified his portfolio through part ownership of Olive Ventura, a prominent establishment nestled in Downtown Ventura.

In the dynamic landscape of business, Mike's experiences have given rise to valuable insights. Lessons learned include the realization that price isn't the sole determinant of success. His tenure at McBain Managerial Bookkeeping highlighted the significance of offering value beyond monetary considerations. As Mike and his team navigated various industries, they discovered that clients sought expertise, reliability, and effective solutions—factors that ultimately trumped pricing considerations.

As Mike's journey continues, he remains poised to embrace new business adventures, armed with a wealth of experience, a spirit of innovation, and a deep-rooted commitment to both professional excellence and community betterment. His story encapsulates the essence of growth, adaptability, and the enduring impact of lessons learned along the way.

## The celebration of Jewish New Year

Rosh Hashanah occurs on the first and second days of Tishri. Jewish Year 5783 begins at sunset on Sept. 15. In Hebrew, Rosh Hashanah means, literally, "head of the year" or "first of the year." Rosh Hashanah is commonly known as the Jewish New Year. This name is somewhat deceptive, because there is little similarity between Rosh Hashanah, one of the holiest days of the year, and the American New Year.

There is, however, one important similarity between the Jewish New Year and the American one. Many Americans use the New Year as a time to plan a better life, making "resolutions." Likewise, the Jewish New Year is a time to begin introspection, looking back at the mistakes of the past year and planning the changes to make in the new year.

The shofar is a ram's horn which is blown somewhat like a trumpet. One of the most important observances of this holiday is hearing the sounding of the shofar in the synagogue.

No work is permitted on Rosh Hashanah. Much of the day is spent in temple, where the regular daily liturgy is somewhat expanded. There is a special prayer book called the machzor used for Rosh Hashanah and Yom Kippur because of the extensive liturgical changes for these holidays.

The common greeting at this time is L'shanah tovah ("for a good year"). This is a shortening of "L'shanah tovah tikatev v'taihatem" which means "May you be inscribed and

sealed for a good year."

On September 24, Yom Kippur also known as the Day of Atonement, is the holiest day of the year in Judaism. Its central themes are atonement and repentance. Some Jewish people traditionally observe this holy day with an approximate 25-hour period of fasting and intensive prayer, often spending most of the day in synagogue services.

Yom Kippur completes the annual period known in Judaism as the High Holy Days or Yamim Nora'im ("Days of Awe") that commences with Rosh Hashanah.

### Empowering Youth through STEM Continued from page 1

breaks down barriers that often hinder students from pursuing STEM education. By providing opportunities to those who may not have had them otherwise, the Idea Center is leveling the playing field and fostering a diverse community of budding creatives.

Catering to 6th graders through high school students, the center is designed to engage and challenge young minds at various stages of development. Through hands-on experiments, interactive workshops, and collaborative projects, students are encouraged to explore the realms of science, technology, engineering, and mathematics. The center's diverse array of equipment ensures that there's something for every curious mind.

What sets the Idea Center apart is its unique approach to leadership and learning. Jaelen and Alex firmly believe in the power of youth agency. Here, the young participants aren't just attendees; they are the driving force behind the center's activities. They take charge, training newcomers, conceptualizing and executing projects, building and designing tools and stepping into roles of responsibility. This approach not only instills leadership skills but also fosters a sense of ownership and a deep pride in the center's success.

The Idea Center is where creativity flourishes and ideas come to life. Students collaborate on projects that range from designing t-shirts, to building complex CNC machinery. Through these endeavors, they not only grasp complex STEM concepts but also develop critical problem-solving skills that will serve them well in any field they choose to pursue.

As the center's influence continues to grow, it is clear that the Idea Center isn't just about STEM education; it's about creating a community of empowered individuals who are poised to make a real impact on the world. The condemned building on Ventura Avenue now stands as a symbol of transformation and possibility, a testament to what can happen when passion, education, and innovation converge.

In a world that is becoming increasingly driven by technology and scientific discovery, the Idea Center stands as a beacon of hope, nurturing the potential of young minds and equipping them with the tools they need to build a brighter, more promising future. Thanks to Jaelen, Alex, and the countless young visionaries they've inspired, Ventura's Idea Center is more than just a place; it's a movement that is shaping the trajectory of generations to come.

If you'd like to learn more, check out [www.stembassadors.net](http://www.stembassadors.net)

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## Ventura events

by Ana Baker

**Do you want to 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 buckley-rose357@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. A website with more information can be found at <https://venturacountyphilatelic.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.

**Sept. 8, 9,10: The Footlighters Theater Company presents Come Sail Away, a lip-synch musical at the Ventura Marina.** The Community Performance is on Friday the 8th at 7 p.m., Saturday the 9th at 7 p.m., and Sunday the 10th at 2 p.m. matinee in the clubhouse theater. Captain Max, crew, and passengers will sail on his

final cruise before retirement. Joyous, wacky, and poignant times await him on this voyage. Join crew members and passengers in songs that will give Captain Max some ideas that could make him happy in his retirement years. Join your friends and neighbors at this special event aboard the Marina Star and Come Sail Away. Ventura Marina Community 1215 Anchors Way Drive.

**Sept. 10: Olivas Adobe Sunday 10th,11-3 p.m. Rancho Day free admission. Join us as we celebrate what life may have been like on the Rancho San Miguel.** Try roping, laundry, Chumash rock painting, quilting, gold panning, and more. Entertainment by Youth Mariachi, Old Time Fiddlers, and Folklorico dancers ~ educational activities by Frontier Gunfighters, the Historic Dudley House, and Channel Islands Woodcarvers. This event celebrates the more than 150 years that Olivas Adobe has been a part of Ventura County's Cultural heritage. For more information, [www.cityofventura.ca.gov/Events](http://www.cityofventura.ca.gov/Events).

**Sept. 14: You've heard of the famous Avenue Taco District - now get a taste and see it! Folks on the Westside of Ventura proudly announce the Second Annual Avenue Taco Week, held from September 14 - 17th.** Over a dozen restaurants and taco trucks along Ventura Avenue participated in the event. You can find out about participating restaurants and their tacos at [avetacoweek.blogspot.com](http://avetacoweek.blogspot.com). Businesses interested in sponsoring Avenue

Taco Week can email WCDC Director Kendra Gonzalez at [director@westsideventura.org](mailto:director@westsideventura.org) or call 805-628-3869.

**Sept. 16: In conjunction with Avenue Taco Week is the first Westside Fiesta at Kellogg Park from 4 - 10 p.m., featuring food trucks, vendors, a raffle, live music, and bounce houses.** WCDC also encourages participants to take the self-guided Avenue Mural Tour, a walking exploration of over twenty unique murals on and around Ventura Avenue. A map is available at: <https://westsideventura.org/mural-tour/>.

**Sept. 16: To provide an artistic way to support disaster recovery for Maui, the Ventura Center for Spiritual Living (VCSL) will be hosting The Soundtrack to the Evolution Revolution concert and a silent auction on Saturday at 7 p.m.**

The show will feature singer/songwriter Ray Davis. Concert attendees will be asked to provide a donation for admission. The concert is paired with a Silent Auction fundraiser featuring fun and valuable items from local merchants and our community. The auction will extend until noon on Sunday, September 17. VCSL is located at 101 S. Laurel Street. For more information about VCSL, please call (805) 643-1933 or visit <http://venturacsl.org>.

**Sept. 16, 17: | Join us for Rosh Hashanah Services at Crowne Plaza Ventura Beach 10 - 2 p.m. At Chabad of Ventura, our services are designed to make everyone feel welcome and at home.** There is no charge for seats; your donation is greatly appreciated. Reservations are suggested to secure your seat. Reservations can be made online or over the phone. 805-658-7441. [www.Chabad-Ventura.com/HighHolidays](http://www.Chabad-Ventura.com/HighHolidays)

**Sept. 17: Join Chabad of Ventura this Rosh Hashanah Sunday at the Ventura Promenade Beach Playground for "Shofar in the Park."** Return to a simpler, more essential state with fellow community members. Hear the stirring, unadulterated blasts of the Shofar as we celebrate the New Year!

**Sept. 19: Please join the Ventura Senior Men's Group (VSMG) on the first and third Tuesdays of each month at the Poinsettia Pavilion, 3451 Foothill Road.** All men 55+ are welcome. All topics except religion or

politics are on the table. Our meeting agenda is: 12:00-12:45 p.m. Lunch Food Affair by Stacy \$25 but FREE to first-time visitors, 12:45-1 p.m. Business Meeting 1:00-1:30 p.m. Speaker (local organizations and information) Bob Harris from the Gold Coast Veterans Foundation speaks on the needs and services of veterans. Need transportation? Call Lyle Hotzler 805-341-9820

**Sept. 23: Walk to End Alzheimer's is the World's Largest Event Dedicated to Alzheimer's Care, Support, and Research.** The Alzheimer's Association invites Ventura County residents to join the fight to end Alzheimer's by participating in the Alzheimer's Association Walk to End Alzheimer's® at The Collection at Riverpark in Oxnard. On Walk Day, participants honor those affected by Alzheimer's with the poignant Promise Garden ceremony - a mission-focused experience that signifies our solidarity in the fight against the disease. The colors of the Promise Garden flowers represent people's connection to Alzheimer's - their reasons to end the disease.

**Sept. 24, 25: Join us for Yom Kippur Services at Crowne Plaza Ventura Beach! At Chabad of Ventura, our services are designed to make everyone feel welcome and at home.** The prayers, conducted with Hebrew/English prayer books, are lively and engaging. There is no charge for seats; your donation is greatly appreciated. Reservations are suggested to secure your seat. Reservations can be made online or over the phone. September 24 | 6:30 p.m. September 25 | 10 - 2 p.m. 5:30 p.m.

**Sept. 27: The College Area Community Council will hold a Zoom meeting on Wednesday at 7 p.m. Council meetings are held on the fourth Wednesday of each month and include speakers and discussion on neighborhood and community interest topics, including public safety and economic development.** An invitation and link to the meeting will be sent to everyone on the CACC mailing list. Visit the College Area Community Council website @ <https://caccventura.com> to learn more, to be added to the mailing list, or to access a link to the Zoom meeting.

## Autism Society Ventura County Puzzle Marathon

Together, we Will Solve the  
World's Largest Jigsaw Puzzle!

September 15-24, 2023

Mon-Sat 10AM-8PM, Sunday 11AM-7PM  
Pacific View Mall, 3001 E. Main St., Ventura

Check out our event schedule &  
Register Today!  
[Tinyurl.com/ASVCpuzzlemarathon](https://tinyurl.com/ASVCpuzzlemarathon)

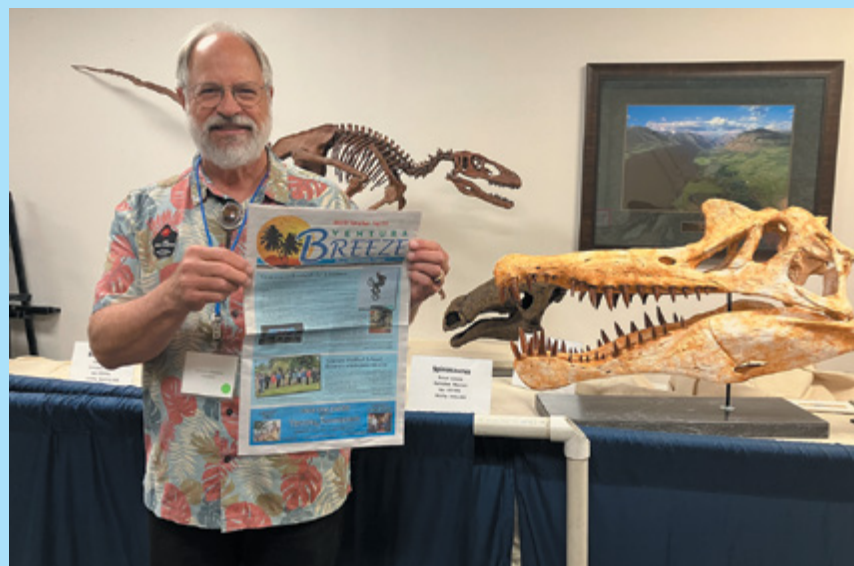


All proceeds benefit Autism Society Ventura County.  
To learn more about our programs or to get  
involved, visit us at [Autismventura.org](http://Autismventura.org).



Thank you individual Sponsors:  
James Pope & Kate Spaulding

## On Vacation



While in "Dinosaur Country" of Montana to attend the annual National Show & Convention of the American Federation of Mineralogical Societies (AFMS), Jim Brace-Thompson brought the Breeze to keep up on news from home during the 18-hour drive. Next year, the AFMS Show comes to Ventura!



Free tickets for young people available.

## Opera Santa Barbara announces free tickets for ages 8-18

Opera Santa Barbara will make free tickets available to young people for all the performances of its 30th anniversary season, including Carmen, Il trovatore, Zorro, LA DIVINA, and El gato con botas (Puss in Boots.)

“Our experience from the student matinee performances last season has shown that a live, fully staged performance with world class performers and professional orchestra in one of our city’s state-of-the-art theaters is a life-changing experience for young people”, said Artistic and General Director Kostis Protopapas. “For our 30th anniversary we would like to go one step further, and give parents the opportunity to introduce their children to the power of professional music theater without worrying about price, and to students ages 16-18 to put together a group of friends and enjoy our shows, even if their school is not coming to one of our student matinees.”

Free tickets for young patrons are offered based on the following conditions:

Patrons 8-15 must be accompanied by a paying adult. Limit two (2) free Young Patron tickets for each paying adult. For group requests please contact info@operasb.org.

Patrons 16-18 do not have to be accompanied by paying patrons, but a two-ticket-per-patron limit applies. For group requests please contact info@operasb.org.

All Young Patron tickets and accompanying adult tickets will be seated at the discretion of management

All Young Patron tickets and paid accompanying adult tickets have to be obtained in person at the box office or over the phone (Granada Theatre: 805-899-2222, Lobero Theatre: 805-963-0761)

Unless otherwise published, Opera Santa Barbara productions are not recommended for persons under 8.

A limited number of free Young Patron tickets will be available for each production.

In addition to its regular performances, Opera Santa Barbara is planning to offer student matinee performances of Zorro, and El gato con botas. Interested teachers and school administrators can contact Tim Accurso at Tim@operasb.org for information.

For the full schedule of Opera Santa Barbara’s performances, please visit: <https://www.operasb.org/on-stage/>

## Rubicon Theatre Company celebrates 25 Years of Award-Winning Theatre

Rubicon Theatre Company, Ventura County’s leading not-for-profit theatrical organization committed to entertaining, engaging and enriching the

community through live performance, is thrilled to unveil its highly anticipated 25th Anniversary “Silver Season” in Ventura’s Downtown Cultural District, entitled “Truly Yours.”

According to Board President Doug Halter, also a member of Ventura’s City Council, “For 25 years, Rubicon has been an integral part of Ventura’s cultural life, and now is preparing to usher in an unparalleled season, one that will both honor its legacy and reaffirm its commitment to delivering exceptional theatre experiences to the Ventura community.”

Rubicon’s milestone season kicks off in October with the West Coast Premiere of The Lifespan Of A Fact, based on the book by John D’Agata and Jim Fingal which was named “Best of the Year” by the Huffington Post. This fast-paced, thought-provoking play explores the narrow line between fact and fiction. The show had a successful run on Broadway in 2019 with Daniel Radcliffe (“Harry Potter”). During the holidays, audiences will enjoy the Drama Desk Award-Winning musical revue The World Goes ‘Round, an exuberant celebration of the songs of John Kander and Fred Ebb, the creators of Broadway hits like Chicago and Cabaret. In February, the season continues with Eisenhower: This Piece Of Ground starring Tony Award-Winner John Rubinstein, and directed by Richard Ellenstein. Fresh from Off-Broadway, this timely masterpiece tells the story of the “simple country boy” who became our 34th President. Rubicon’s fourth production, opening in the spring of 2024, is the World Premiere run of “A” TRAIN. Directed by Risa Brainin, “A” Train is a funny, surprising and insightful story about one mom’s journey on the autism

train. The production stars Broadway veteran Annie Torsiglieri (Top Girls, Parade and Miss Saigon). The TRULY YOURS Season closes in September of 2024 with the Tony Award-Winning musical ONCE, book by Enda Walsh and music and lyrics by Glen Hansard and Markéta Irglová. Set in Ireland, the story follows a street busker who rediscovers his passion for music and his faith in love. The production includes songs from the critically acclaimed film, including the Academy Award-winning song “Falling Slowly.”

To purchase individual tickets or subscribe to Rubicon’s 2023 - 2024 Season, visit [www.rubicontheatre.org](http://www.rubicontheatre.org) or call Rubicon Guest Services at (805) 667-2900. Those who order before October 7 save 15%.

### Celebrating a significant milestone Continued from page 10

“Wildfires can impact dozens or hundreds of homes simultaneously, and if my neighbors’ homes aren’t prepared, mine will be vulnerable, too,” said Ben Rode, Ondulando resident of 21 years. “By embracing the Firewise USA program, we can fortify our homes and collectively enhance our community’s resiliency.”

There will be several more opportunities for the hillside Ventura Communities to participate in learning more about the Firewise program.

Ondulando Firewise Community website: <http://sites.google.com/view/ondulandocommunities>

Fire Safe Council Annual Fundraiser will take place at Topa Topa Brewing Co. at 4880 Colt St., Ventura on November 9th -5:30 pm - 8:00 pm. RSVP to [VenturaFire-Safe.org](mailto:VenturaFire-Safe.org)



Ventura Downtown Lions Club President Maya Zumaya and immediate past president Pat Pothier present a \$5,000 donation to the Ventura County Sheriff’s Foundation at their Cornhole Tournament Fundraiser on August 20th. The Ventura Downtown Lions Club has committees that support both first responders and canines. It was a unanimous board vote to make the donation towards the Ventura County Sheriff’s plans for a joint training facility that will house both their mounted unit and canines.

ON STAGE JUNE 8-25

“Very, very funny...this clever satire is something for which to be truly thankful.” HOLLYWOOD REPORTER

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SANTA BARBARA’S PROFESSIONAL THEATER COMPANY





Peggy Pownall, Mixed Media

# Artist by Donna Granata, FOTM Portrait Series, 2023

Focus on the Masters Arts Archive & Library (FOTM) is proud to announce their participation in the 150th Anniversary Celebration of the incorporation of the County of Ventura. FOTM will present History Is Now, 2023 an extensive selection of photographic portraits, by FOTM Founder Donna Granata, featuring artists from the organization's extensive archives through November 6, 2023.

History Is Now, 2023 celebrates

artists who have made an impact in Ventura County over the past 150 years. Each image was created after in-depth documentation and study of the artist and their work as part of the Focus on the Masters Arts Archive & Library's mission and educational programming.

The exhibition will travel to the Thousand Oaks Bank of America Performing Arts Center, opening September 11 and remaining through November 6, 2023. The exhibition will be expanded with additional artist portraits and include additional programming including an artist talk, gallery walks and school visits.

A Talk with the FOTM Directors: Donna Granata and Chelsea Cody, will be presented Sunday, September 17, 2023, from 2 to 3 p.m., followed by the opening reception September 17, from 3 to 5 p.m. Both events are free.

History Is Now, 2023 will include a selection of artwork from the FOTM's award-winning, Learning to See in-school, cross-curricular program allowing the public to see first-hand how FOTM integrates its research into lesson plans that emphasize critical thinking, innovation, and diversity. Each lesson is inspired by the artwork and life stories of the extraordinary artists in our community.

Guided tours of the exhibition are available by appointment, with priority given to youth groups. To book a tour,

please submit your preferred date and time via, Donna@FocusontheMasters.com or call FOTM at 805.320.3929.

The Thousand Oaks Bank of America Performing Arts Center 2100 E. Thousand Oaks Blvd. Thousand Oaks

September 11 - November 6

Focus on the Future

A Talk with the FOTM Directors

Verizon Founders Room - Fred Kavli Theatre

Sunday September 17

2:00 - 3:00PM

Exhibit Reception

Sunday, September 17

3:00 - 5:00PM

The Fred Kavli Theatre Lobby Gallery is open one-hour prior to events for theatregoers with valid tickets. Appointments to view the work may also be made, free of charge, by contacting the Cultural Affairs Department at (805)449-2700 or art@toaks.org.

ArtWalk, Ventura's favorite arts event, returns better than ever!

Saturday and Sunday, Sept. 23-24, 2023 11 a.m. - 7 p.m.

Downtown Ventura and the Ventura Avenue area.

Ventura is known as one of the most creative communities in Southern California. It's time to focus on the magic that brought many artists and entertainers to our area. ArtWalk is back! This family-friendly event Sept. 23-24 from 11 a.m. to 7 p.m. will feature local arts venues and creative collaboratives in businesses and other unique spaces. Large art installations, music, poetry, and dance will all be a part of this event run by a new and

enthusiastic all-volunteer team.

Ventura's long-running and popular arts event took a break during the pandemic and is back, better than ever. Because of the great interest from the arts community, organizers decided on a two-day event to give participants extra time to see all the venues. The route starts near Cemetery Park, travels down Main Street and up Ventura Avenue, encompassing the Library's Topping Room, City Hall, the Crowne Plaza, Ventura Mission, Museum of Ventura County, Vita Art Center, Working Artists Ventura, Bell Arts Factory and Art City. In between are numerous galleries and businesses featuring local artists and musicians. Two-day pop-up galleries along the route will feature even more artists.

The event is also focusing on performing arts. Two stages, the Main Street Moves stage Downtown and the City Hall Atrium, will feature some of the area's top performers. Highlights will include aerial acrobatics from The Aerial Studio and performances from local favorite bands Shaky Feelin and PLOTZ!

Live painting, pottery demonstrations and large art installations will also be featured.

A map of the entire ArtWalk route will be available in various locations and online at [www.artwalkventura.org](http://www.artwalkventura.org). Transportation will be provided free in the ArtWalk area by Gold Coast Transit. Parking areas will also be clearly mapped out.

For more information, please visit [www.artwalkventura.org](http://www.artwalkventura.org), email [artwalkventura@yahoo.com](mailto:artwalkventura@yahoo.com) or call (805) 283-7077.

# Ventura Art Scene

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SANTA BARBARA | OPERASB.ORG



For this issue's Lighter Breeze go the [www.venturabreeze.com](http://www.venturabreeze.com)



We organized the books by month.

# Douglas Penfield School library

by Juliette Nasarenko  
Ventura High School Senior

When I first came to the Douglas Penfield School to volunteer I was told that they were working to transform one of the classrooms into a library. I first walked into the classroom and I saw thousands of children's books scattered throughout several boxes on the floor. I felt relieved that I would not have to organize these books alone.

Natalie McGranahan had just started organizing the books. I remember thinking that this was going to be a long project. Both Natalie and I are members of the National Charity League which is a Mother-Daughter

Volunteer Organization that is located throughout the country.

The Douglas Penfield School is a preschool and elementary school for kids with severe disabilities and has been around since 1980 and has never had its own library. So, we decided to organize the books by month. For example, the February shelf has Valentine's Day, Firefighters/Police books, and doctor/staying safe books. We also have an animal section, a transportation section, a fairytale section, etc.

When all the books finally were put on the shelves we were excited to finally decorate the library. Sydney Traub who is also a volunteer at the Penfield Library helped us with this endeavor. We made a Giving Tree, designed a house for the students where they could read, and decorated the walls. The employees and teachers at the Douglas Penfield School were so excited about the opening of their first library that we wanted to share this with the Ventura Community.



Solutions on page 15

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

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

## Weekly SUDOKU

by Linda Thistle

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

### DIFFICULTY THIS WEEK: ◆

◆ Moderate ◆◆ Challenging  
◆◆◆ HOO BOY!

Solutions on page 15

## King Crossword

### ACROSS

- 1 "Waterloo" group
- 5 Director Craven
- 8 Kilt wearer
- 12 Borscht base
- 13 Chop
- 14 Ginormous
- 15 Baltimore seafood treat
- 17 Congers
- 18 " - Little" (film)
- 19 Sweet-sounding
- 21 Toe count
- 22 Jazzy Fitzgerald
- 23 Lobbying org.
- 26 Stir-fry pan
- 28 Succinct
- 31 "American -"
- 33 Peruke
- 35 June 6, 1944
- 36 Casual shirts
- 38 Ran into
- 40 Fr. holy woman
- 41 Unhappy destiny
- 43 Arrest
- 45 Yell, "You're not funny!"
- 47 Believes (in)
- 51 Regrettably
- 52 Unambiguous
- 54 Marathon fraction
- 55 Bee follower

1	2	3	4	5	6	7	8	9	10	11
12				13			14			
15				16			17			
18						19	20			
			21			22				
23	24	25		26	27	28		29	30	
31			32		33	34		35		
36				37		38		39		40
			41			42		43		44
45	46					47		48	49	50
51					52	53				
54					55			56		
57					58			59		

- 56 Judicial garb
- 57 Shopper's delight
- 58 Be sick
- 59 "Closer" actor Clive
- 8 Like ready-to-eat walnuts
- 9 Actor's visual aids
- 10 Leer at
- 11 Try out
- 16 Ship's staff
- 20 Last (Abbr.)
- 23 "Great Expectations" lad
- 24 Fuss
- 25 Telemarketer's tactic
- 27 Kipling hero
- 29 Perched
- 30 Needle hole
- 32 Quick glance
- 34 Refined
- 37 Costa del -
- 39 O'Hara estate
- 42 Pilgrimage site
- 44 Small pack animal
- 45 Easter entrees
- 46 Director Kazan
- 48 Garbage barge
- 49 Toothpaste holder
- 50 British gun
- 53 Floral necklace

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Amateur cartoonist? Send your work to [publisher@venturabreeze.com](mailto:publisher@venturabreeze.com)!

## 805 Gift Emporium

Fall is Creeping In...



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# Show Time

A View from House Seats

## A Glimpse into Actor Training and Trials

by Shirley Lorraine

Santa Paula Theater Center has once again brought a thought-provoking and unusual play to their main stage. The current production is Circle Mirror Transformation by Annie Baker. The play garnered an Obie Award for Best New American Play in 2009. The title refers to a specific theater game used to prepare actors for the unexpected.

Set in the small town of Shirley, Vermont, the action takes place in a community room lined with mirrors. Five students have signed up to attend the multi-week acting class designed to help them open themselves to each other, to themselves, and to be adaptable to whatever comes their way as they embark on the adventure of being on stage.

Their reasons for attending vary greatly. Theresa (Shelby Dickinson) is already a professional actress but who feels a need to get back to basics after the end of a relationship. Shultz (James James) is newly divorced and feeling out of place both in the class and in the world. Lauren (Amber Shea Hodge) is a petulant 16-year-old with a few chips on each shoulder. James (William Hubbard) is married to Marty (Victoria McGee) who is leading the class. It is unclear whether he is there of his own accord or if he is there to support his wife. In any case, he participates willingly.

The play is a true ensemble piece. Each actor has spotlight moments before blending back into the group. The circle rotates with each player having their time to shine. All five participants struggle with different aspects of the theater games, reluctant to share

too much with strangers and yet willing to play along, for the most part.

As they engage in verbal and physical games requiring thoughtful or quick responses, they each stumble before finally finding solid footing. As individuals, their personal circles also grow and shrink as they find ways to relate to each other.

A few audience members were overheard questioning what the actors were supposed to gain from the seemingly fruitless and repetitive exercises. The object of the games was often not apparent. If you haven't been to an acting or improv class, this is foreign territory.

The repetitive nature, for me, created a plodding pace. Whether that was a directional choice or written to be so, I found myself thinking there should be more. There are moments when no actors are on stage and the audience is left looking at themselves in the mirrors. Intentional? If so, in my mind, that's a deep stretch to ask an audience to make.

While each individual character showed a flash of depth, none were fleshed out enough to make me want to root for them. The playwright attempts to pull the whole thing together in the last moments, giving a glimpse ten years into the future as a "where are they now?" Honestly, it wasn't enough for me to be engaged. But you may feel quite differently.

Circle of Transformation continues through October 8. [www.santapaulatheatercenter.org](http://www.santapaulatheatercenter.org).

Streaming Spotlight by Cindy Summers

## Live to 100: Secrets of the Blue Zones

- Netflix



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

In 2003, Dan Buettner researched communities with increased longevity, identified as blue zones, while collaborating with a variety of experts, including anthropologists, historians, dietitians, and geneticists, "to reverse engineer longevity". These early trips focused on Sardinia, Italy; Okinawa, Japan; and Monterrey, Nuevo Leon and Loma Linda, California. Now twenty years later, Dan revisits these communities along with several more and shares his findings in this very informative documentary regarding how to enhance and extend our lives.

Okinawa Japan is known to have the longest lived people in the history of the world, with more women outliving men, as well as extremely low cases of heart disease, diabetes or dementia. Major reasons for Okinawa becoming a blue zone were: diet consisting of medical foods with low caloric density; practicing Hara Hachi Bu - to eat only 80% of the meal; promoting balance and

core strength though daily activities; having Ikigai - a mission/purpose that contributes in a positive way; and social connection though Moais, which are a committed social circle of people who generally got together by pooling their money and helping each other in times of hardship.

Sardinia, Italy was unique in that the ratio of female to male centenarians was one-to-one instead of the average of five-to-one women over men in other blue zones. Living longer in Sardinia was attributed to: regular activity due to steepness - steep roads and houses with several flights of stairs; good carbs, high carb diet mainly of minestrone soup and sourdough bread; control stress - Men work, most as shepherds. but are not stressed by work; and care for elders.

Loma Linda, California is a Seventh Day Adventist Community where residents live longer than other place in California. The main factors for longevity in Loma Linda were: serving the community through volunteering; eating a plant-based diet prescribed when Founder Ellen White had vision to live a balanced diet focused on vegetarianism mainly comprised of fruits, legumes, cereals, vegetables and nuts; faith - being part of a faith based community; and finding the right tribe - surrounding yourself with active people and those with vegetarian lifestyles.

Ikaria, Greece is isolated and self-sufficient, where residents live on a Mediterranean diet with very little meat. Contributing factors to longevity in Ikaria were: herbal teas from local plants; raw honey from local beehives moved around the island as the season progresses gathering



As part of the Ventura Ocean Outfall Project, Blois Construction will be performing pipeline work along Anchors Way between Schooner Drive and Beachmont Street. During this time, there will be closures of the street and sidewalk in the affected areas. Traffic Control Plans have been designed to ensure a smooth and safe flow of traffic during construction. Questions, comments or concern can be addressed by calling the Construction Management Team at 805-500-8103.

By P. Lawrie.

from many natural elements; partnership in the form of nurturing relationships; wine made from local grapes without chemicals and considered medicinal; and dancing and laughing.

Nicoya, Costa Rica is a rural, isolated region with 3.5 times more centenarians and an average biological age of 10 years younger over chronological. Contributing to Nicoya's large centenarian population was: Plan de Vida - a sense of purpose; doing things by hand; slow down making time for things that matter; and the three sisters diet - black beans, squash and corn.

Dan spearheaded creating a blue zone

in Lea, Minnesota, initially getting residents together for walks (moais), then setup volunteer activities, then made changes for healthier food choices, and lastly changes to allow for more natural physical activity. The target was an average 2 year increase in life expectancy, and amazingly after 1 year had a 3.1 year increase. Dan discovered that in the end it's how blue zone wisdom is applied to benefit communities by making changes to help make the best choice an easy choice and the realization that the things that help us live a long healthy life are the things that make life worth living.

Runtime: 4 - 30m episodes

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# MOVIE NIGHT

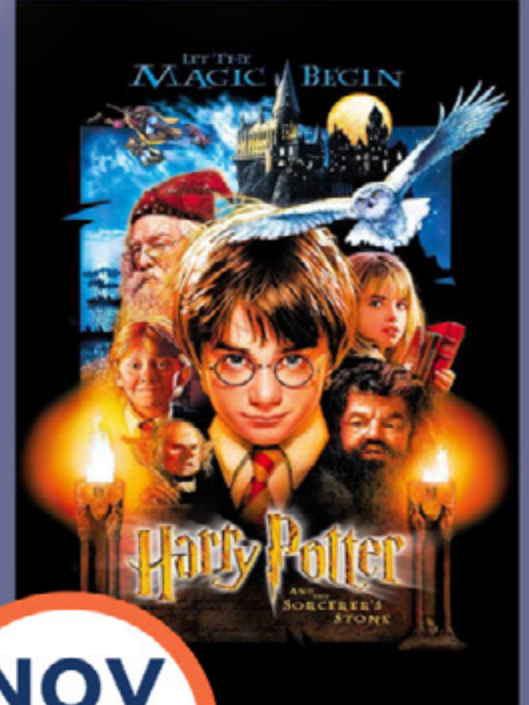
## Under the Stars



SEP  
15



OCT  
20



NOV  
17

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