



# VENTURA BREEZE

Your Hometown Paper

Vol. 17, No. 2 Published Every Other Wednesday Established 2007 October 18 to October 31, 2023



Ventura firefighters wore pink themed t-shirts.

## Ventura Firefighters join the fight during Breast Cancer Awareness

The Ventura Fire Department is proud to partner with the Ventura City Firefighters Association and various local Ventura businesses for the 13th consecutive year to champion Breast Cancer Awareness Month. This October, Ventura firefighters are uniting in support of this cause by selling limited-edition pink, embossed department t-shirts.

Ventura firefighters wore pink themed t-shirts from October 1-15, to raise awareness about the importance of early detection and treatment in the battle against breast cancer.

“We stand as champions for breast cancer awareness and prevention, and we raise funds to ensure that breast cancer patients and their loved ones receive the lifesaving care and support they deserve,” said Fire Chief David Endaya. “With over \$16,000 already contributed, our resolve to sustain this mission burns brighter than ever.”

All funds raised from t-shirt sales will be directed towards the Ribbons of Life Breast Cancer Foundation, a remarkable local non-profit and grassroots organization dedicated to empowering women and families affected by breast cancer. They achieve this through education, advocacy, and providing essential emotional and social support.

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## Love Ventura

The volunteers chose between 17 different projects. At the bike hub were volunteers learning how to fix bikes for kids, at the river cleanup (owned by the Ventura Land Trust) volunteers were cleaning up the river bottom.



Cleaning the river bottom was one of the projects. Photos by Patricia Schallert.

Love Ventura stated “By partnering and collaborating with existing groups, organizations and individuals, we believe that our community can have a broader reach and impact in our neighborhoods, schools, and businesses.”

“We believe that every person should have a chance to serve the community. Our serve day on October 7th had projects that all can participate in - from your little ones to our senior community, those able-bodied and those needing something lighter and not physically demanding. To inspire our community to love each other through connecting, participating, giving, and serving.”

Our city comes together every October for a day of service. Love VC, Inc. is a 501(c)3 non-profit with the sole

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Several members of the city council were there.

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# VENTURA BREEZE

Your Hometown Paper

Member, Ventura Chamber of Commerce

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

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*In Memoriam Breezy Gledhill*

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I know not with  
what weapons  
World War III will  
be fought, but  
World War IV will  
be fought with  
sticks and stones.  
– Albert Einstein

## City News



Zarazua joined the Parks & Recreation Department in 2001.

### Stacey Zarazua named Acting Parks & Recreation Director

The City of Ventura has selected Stacey Zarazua to serve as the acting Parks & Recreation Director. Zarazua succeeds Nancy O'Connor, who retired in September after serving as Parks & Recreation Director since 2016. Zarazua will oversee the department's day-to-day operations while the City conducts recruitment efforts to fill the position.

"Stacey has a wealth of knowledge and experience within our Parks & Recreation Department. Over the course of her more than 20-year career with Ventura, she has served in many

roles within the department," said City Manager Bill Ayub. "She has a deep understanding of the department's inner workings at every level and can seamlessly provide critical support to various work groups during this time of transition."

Zarazua joined the Parks & Recreation Department in 2001 as a Recreation Coordinator in the Youth Sports section, where she was promoted to an Aquatics Supervisor in 2005. She has held multiple leadership roles within the department, serving in all three department divisions, including recreation, parks, and community partnerships.

Zarazua holds a bachelor's degree in liberal studies and a master's degree in public administration from California State University Northridge.

"I'm thrilled to take on this role and lead our incredible team of staff members, many of whom I've had the privilege of working alongside for years," said Zarazua. "My aim is to ensure that our city staff has the support and resources they require to continue delivering high-quality programming and services to our community. After all, parks make life better."

Annually, the Parks & Recreation Department presents an extensive array of more than 1,000 recreation programs catering to all age groups. It oversees the maintenance of roughly 800 acres of parkland and open space, encompassing three community centers, three historical sites, an aquatic center, a sailing center, two beaches, and two golf courses.

To learn more about Ventura's Parks & Recreation Department, visit the City's website at [www.cityofventura.ca.gov/ParksRec](http://www.cityofventura.ca.gov/ParksRec).

### Ventura receives \$32 Million from the State of California for an innovative housing project

In a groundbreaking announcement on Tuesday, October 10, 2023, Governor Gavin Newsom unveiled a historic \$32,076,607 grant for Ventura during the third round of Project Homekey funding. This substantial allocation is earmarked for the Housing Authority of the City of San Buenaventura (HACSB), in partnership with the County of Ventura, to facilitate the transformation of a hotel into a permanent supportive housing facility.

"This is the largest Homekey award in the history of both our City and County and will substantially impact our community," said Ventura Mayor Joe Schroeder. "The City Council is committed to addressing our housing crisis while prioritizing the well-being and future of our residents. This achievement marks a significant stride in our continuous efforts to combat the homelessness crisis that our community faces."

The \$32 million Project Homekey grant is earmarked for acquiring and renovating La Quinta Inn at 5818 Valentine Road in Ventura, strategically situated near public transit, grocery stores, healthcare facilities, and recreational amenities. This funding, granted

**Continued on page 24**

### As I See It by Sheldon Brown

A federal judge has approved LA County's commitment to produce 3,000 new mental health and substance abuse treatment beds. This is much needed in all communities, especially housing for the truly mentally ill, so such a large percentage don't end up homeless.

A had some lab work done and it said FAST so I ate my breakfast in a hurry.

How quickly our world has changed. Not so long-ago cannabis events would be unheard of. Now, the Ventura County Fairgrounds is considering allowing cannabis shows on the state-owned grounds.

The fairgrounds board of directors voted (in a 7-2 vote) to adopt cannabis event guidelines from the California Department of Food & Agriculture (owners of the grounds). They expressed their intent of drafting a policy detailing what could and couldn't take place at gatherings.

The action was designed to allow negotiations to proceed for a well-known trade show, Hall of Flowers, that has expressed interest in coming to the fairgrounds for an event next year. Staff members said the show could generate more than \$50,000 of revenue and noted other cannabis groups have expressed interest in holding events at the fairgrounds.

If they can have gun shows there, they could certainly have these events. Which is more dangerous?

I am occasionally lambasted for being critical of the Trump presidency but not Biden's. Truth is, I've never been

critical of Trump's presidency only of him being a completely immoral and dishonest person. You can decide if he, and Biden are good presidents. I just don't think an immoral person should be our president. Truthfully, I don't want either of them to be my president. It's sad that they might be our choices - that's it's the best we can do in 2024.

A New York judge has found that Donald Trump committed fraud and lied about the value of his assets in a significant portion of a case in which New York Attorney General Letitia James is suing Trump and his company for \$250 million.

Certainly not my expertise, but if a person lies on loan documents in order to obtain a loan it seems the banks could take over the properties?

Trump loves making up things to validate his points. He stated that "California residents were getting five ballots or six ballots (Democrats only I assume), and there is no in-person voting in the state." I feel cheated that I only get one ballot.

When Moses brought the 10 commandments down the hill, he was so mad at the Israelites that he threw the stone on the ground and it broke. So only he knew what was on it, maybe he made the whole thing up?

California Gov. Gavin Newsom signed several bills aimed at bolstering protections for LGBTQ+ people. The new laws include legislation that focuses on support for LGBTQ+ youth. One law sets timelines for required cultural

competency training for public school teachers and staff, while another creates an advisory task force to determine the needs of LGBTQ+ students and help advance supportive initiatives. A third requires families to show that they can and are willing to meet the needs of a child in foster care regardless of their sexual orientation or gender identity. The governor also signed legislation that requires schools serving 1st through 12th grade students to have at least one gender-neutral bathroom available by 2026. I certainly support this legislation.

### Mailbox

*Our wonderful reader Sean McSherry sent us a very nice card and the following note.*

"Dear Ventura Breeze. Thank you. Your newspaper is great and enjoyable. Happy anniversary. Sincerely, Sean McSherry."

*Thank you Sean, nice you took the time to do this.*

Breeze:

I sent this to our city council (note this was larger, has been reduced to print here):

I've waited all this time to send this letter, hoping the closure of Main

**Continued on page 17**

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



The sound walls are reducing the sound significantly for the neighbors.

# The Beat Goes On

by Patricia Schallert

“The recent noise being caused by conductor casing installation, is essentially pile driving at 3 beats per second. It is admittedly very loud, but it is as the City had expected and the sound wall is mitigating the situation significantly. This step is absolutely necessary for the drilling process and is currently about 1/3 completed. The loud noise should continue intermittently over the next two weeks”. Steve Mimiaga, Project Manager for City’s Construction Management team

One of the most important pieces of heavy equipment being used on this project are diesel motor driven air compressors to facilitate the conductor casing installation. Compressed air is vital and is being used in the construction of the VenturaWaterPure Outfall Project. “The City has been preparing for the use of this type of equipment for the project for well over a year” said Steve Mimiaga. Two sound studies have been undertaken by the City. And this particular piece of equipment is necessary to get those steel casing pipes diagonally into the ground. The project success is dependent on this process being done correctly.

The next steps of the project, the actual horizontal directional drilling (HDD), should not cause noise anywhere near this level. The HDD process requires multiple diesel motors running simultaneously for each of the three HDD headings: (1) from Marina Park toward the Harbor side, (2) from the Harbor side toward Marina Park, (3) from Marina Park to offshore. Each of the three HDD headings need multiple motors running for the drill rigs, drilling fluid mixing and pumping systems, drilling fluid recovery systems, and motors for heavy

equipment moving heavy components around the site, like the hundreds of steel drill stem segments needed to advance the drill tips. The sound wall is expected to significantly mitigate these noises that will only occur between 7 am and 5 pm Monday through Saturday for the next few months. Again this part of the process is not expected to cause excessive noise impacts to the neighborhood.

During the next two weeks the compressor driven conductor casing noise will be intermittent as the crews need to stop every ten minutes or so to make adjustments and to make sure the pipes are going in the correct position. The noise will be intermittent over 3 to 5 days per heading depending on how well things go.

Steve and his team have been working long hours over the past weeks to prepare for and address community concerns. Noise levels are monitored by decibel meters and recorded on a daily basis throughout the project zone. Vibration sensors are installed throughout the neighborhoods on both sides of the Harbor crossing and recording data 24/7. Steve’s team monitor these sensors which will provide text message and email notifications if any alarm set points are exceeded. Steve reported that none of the Marina Park area sensors have alarmed so far in the process.

This project is very complicated with many intricate engineering and construction details to consider for every step. Steve explained that there are many-many critical activities that must be done a certain way and there is little wiggle room for mistakes. Steve notes that the City and the entire construction team are very appreciative of the patience and understanding from the public

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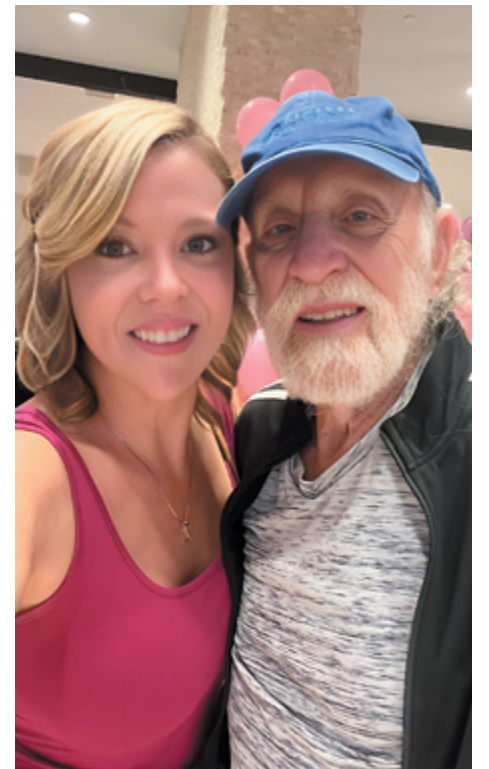


# Pink Party held at Portside Ventura Harbor

On October 6th, Portside Ventura Harbor held the annual Pink Party hosted by People Helping People in support of the American Cancer Association and Breast Cancer Awareness. It was an evening attended by hundreds featuring a raffle, silent auction, amazing prizes, delectable food, music by the Bobby Hart Band, drinks and many speakers highlighted by a special keynote speech by Portside's Community Manager, Rachel Bazdarich.

Rachel, and other speakers of those fighting cancer touched the hearts of all those enjoying the evening.

In parting Rachel stated "In closing, I stand before you today not just as a cancer survivor but as someone who has grown through adversity, laughed in the face of challenges, and emerged stronger on the other side. I hope my story serves as a reminder that even in the face of life's greatest challenges, there is hope, strength, and the possibility of a brighter future. Thank you for listening to my story, and I encourage each of you to take charge of your health, trust your instincts, embrace life's surprises, and find laughter even in the toughest times. Together, we can overcome the most unexpected of obstacles and emerge with smiles on our faces. Most importantly though, thank you so much to all of you for



Beauty and the beast.

your support. To you...cheers!!!"

Among the speakers and event planners were the following. Several spoke about their experiences with cancer. Adam Lopez co-host, Maria Cortez-event coordinator, Martine Cortez-co-host, Gigi Quijano, Christina Brophy, Marie Quintanilla, Jessica Guzman and Mayra Mateo-event coordinator.



Rachel Bazdarich was the keynote speaker.



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## Business Profile:



lighting for night play. The club offers a diverse court setup, including 5 hard courts and 3 all-weather courts designed for safe play even in wet conditions. Founded in January 1977 as a private membership club, PRC initially opened its doors for tennis enthusiasts. Later that same year, the Clubhouse was introduced. Today, PRC has expanded its offerings to include 9 tennis courts and 8 pickleball courts, complemented by two swimming pools and comprehensive fitness facilities.

Reflecting on the club's history, General Partner Spencer Garrett noted that racquetball was once the nation's fastest-growing sport when PRC first emerged. While the club originally boasted 4 courts, only one racquetball court remains.

Spencer Garrett believes that pickleball is here to stay and predicts its continued growth, emphasizing its accessibility and social nature, which facilitates the formation of new friendships. PRC offers introductory clinics and scheduled open play sessions catering to various skill levels, and both pickleball and tennis clinics are open to both members and non-members.

While pickleball's popularity surges, Garrett doesn't foresee it replacing tennis. Tennis experienced a resurgence during the COVID-19 pandemic as people sought outdoor activities. Tennis play remains strong at PRC, and while some tennis players are venturing into pickleball, many are happily participating in both sports. Garrett underscores the ease of entry for pickleball, stating that anyone with basic hand-eye coordi-



nation can quickly start playing, with experienced players always ready to help newcomers navigate the sport's nuances, including terms like "the kitchen" and scoring.

For those intrigued by this exciting sport, Spencer Garrett extends an open invitation saying, "Come down to the PRC and experience pickleball and more!"

## Expanding The Game: Pierpont Racquet Club Adds more Pickleball Courts

Pierpont Racquet Club (PRC) is making headlines as it meets the ever-growing demand for pickleball, the fastest-growing sport in the United States. With three new courts, PRC now boasts a total of 8 courts for its members to enjoy, with 5 of them equipped with



## PRC Celebrates 46 Years!

In conjunction with the commemoration of its 46th Anniversary, PRC hosted a ribbon-cutting ceremony during a vibrant mixer with the Ventura Chamber of Commerce on October 5th. This event not only marked PRC's remarkable history but also celebrated its continued commitment to fostering a vibrant community of racquet and paddle enthusiasts. As part of the club's 46th-anniversary celebrations, PRC is extending a generous 46% discount on join fees for the entire month of October, with trial memberships also available.

PRC would like to give a special thank you to Topa Topa Brewing Co. and Salzer's Pies & Pastries for their support in their anniversary celebration.

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Are you interested in becoming a CAPS Member?

# CAPS Open House Is A Big Hit – Become A Member

Thanks to everyone who joined us for the CAPS Open House on October 5. Every CAPS Staff and Board Member enjoyed meeting our guests and showing off the CAPS resources with the hands-on demonstrations on videography, studio, radio and podcast production, live streaming, video editing and more.

Are you interested in becoming a CAPS Member or learning more about CAPS? Join us on Wednesday, November 8 from 4-8 pm for one of the Information Orientation sessions which includes membership sign-ups, programming and distribution information by Donald McConnell, the

CAPS Operations Manager. There will be specific workshops with time to schedule future training classes with each department- videography, video editing, radio & podcast production and beginning production. Plus, guests will see all the CAPS gear that is available to members to use at no cost, including video cameras, tripods, sound gear, editing computers and more.

The informative Q&A sessions, scheduled at 4, 5, 6 and 7pm, are open to anyone to become a member or just learn more about CAPS. No reservations are needed, and everyone is invited to join us.

CAPS Membership is available for

anyone who lives, works, or attends school in Ventura. The CAPS Creative Community includes families, teenagers, young adults, mid-career professionals, educators, storytellers, retirees, and more. Plus, nonprofits, faith-based groups and community service organizations throughout Ventura County can become CAPS Members.

The CAPS mission is to create an engaged and informed community through participation in electronic media. CAPS needs you to help us continue to fulfill that mission by helping you unleash your creative talent and learn the skills to create and launch your own media projects.

Concurrently the CAPS creative team has been working on various projects to celebrate Ventura County's 150 Anniversary. Go to [VenturaCounty150.com](http://VenturaCounty150.com) and to [VenturaMuseum.org](http://VenturaMuseum.org) to view and listen to them all. Additional projects include the Ventura County Fire Safe Council, the Ventura College Foundation 40th Celebration video and more.

The CAPS Media Center is located a 65 Day Road, between Loma Vista and Telegraph, on the east side of Ventura College directly across from Foothill High School.

CAPS is Ventura's public access media center, managing Channel 6 (public) and Channel 15 (government and education), plus KPPQ radio at 104.1 with all channels and station streaming. CAPS crew members provide expertise and service to the City of Ventura by covering City Council and other meetings at City Hall, as well as producing informational public service videos more.

Join us on Wednesday, November 8 between 4-8pm for the Information Orientation sessions at 4, 5, 6 or 7pm. Discover a world of limitless creative possibilities at CAPS. You may be

surprised and enjoy the people you'll meet and what you'll discover inside the CAPS Media Center.



Ventura Police Department was seeking volunteers.



Learning how to fix bikes for the kids by volunteers. Photos by Patricia Schallert.

### Love Ventura

Continued from page 1

focus of inspiring our community to love each other through connecting, giving and serving.

The Team is made up of 100% volunteers working to make our community a more vibrant and unified place to live, work and play.

City of Ventura

# COMMUNITY CLEANUP & RECYCLING DAY

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PHOTO: 'ŌIWI TV • PHOTOGRAPHER: JASON PATTERSON

The last time Hokulea sailed down the coast of California was 28 years ago.

# World-Renowned Voyaging Canoe Hokulea heads to Southern California

Legendary Hawaiian canoe Hokulea, revered for reviving the lost art of Polynesian voyaging and navigation, is currently docked in the picturesque coastal city of Monterey, California. The traditional double-hulled canoe has been sailing from Southeast Alaska down the Pacific Coast since June, 2023, when the Polynesian Voyaging Society (PVS) launched the Moananuiākea Voyage and began its four-year circumnavigation of the Pacific. Hokulea is set to make several stops in Southern California as part of this historic journey including Ventura, Marina Del Rey, Newport, Dana Point, and San Diego.

The last time Hokulea sailed down the coast of California was 28 years ago in 1995. From October 18-22 it will dock at the Ventura Yacht Club where it can be viewed.

The Moananuiākea Voyage will cover

an estimated 43,000 nautical miles, 36 countries and archipelagoes, nearly 100 indigenous territories and more than 300 ports. Led by the Polynesian Voyaging Society (PVS), the Voyage is a global educational campaign that will amplify the vital importance of oceans and indigenous knowledge through port engagements, education and storytelling. The goal of the voyage is to ignite a movement of 10 million “planetary navigators” by developing young leaders and engaging communities around the world to take part in navigating earth towards a healthy, thriving future.

She is more than a voyaging canoe—she represents the common desire shared by the people of Hawaii, the Pacific, and the World to protect our most cherished values and places from disappearing. <https://hokulea.com/voyaging-canoes/>



Ventura’s premier food and beverage tasting benefit for the historic Ventura pier, Pier Under the Stars was held on October 7. It was held on the beachfront promenade near the pier. Great food, music and drinks  
Photos by Patricia Schallert and Yana Khiyod.



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# Ventura Police host “Coffee with a Cop” at Simone’s Coffee and Tea

by Richard Lieberman

Ventura police held a Coffee with a Cop event on Wednesday October 4, 2023, from 8:00 a.m. to 9:30 a.m. Community members were invited to meet with Ventura Police officers and professional staff to share a coffee and get to know local Ventura officers in a calm social environment. It is common for Ventura residents to perceive officers as unapproachable and detached in high stress situations. Having coffee with a cop strives to break down the barriers between officers and the public. The Coffee with a Cop program affords attendees a relaxed one-on-one interaction with Ventura police chief and the officers who patrol Ventura neighborhoods, businesses, and industrial areas of the city.

“We do this a couple of times a month we pick a different coffee shop in town we try to get to the east end the west end and the middle of the town” Chief Darin Schindler said. The event gave citizens an opportunity to ask questions, discuss concerns or just have a chat with a cop.” We have been holding these events for at least five years now and we intend to keep this outreach program indefinitely”, added Schindler.

An attendee Kevin Drescher “I knew the officers were going to be here I am actually on the Ventura Community

Police Foundation Board, so I knew about it, and I am huge supporter of the police department and I think it is a great way for the community to come out and meet the great staff at the police department.”

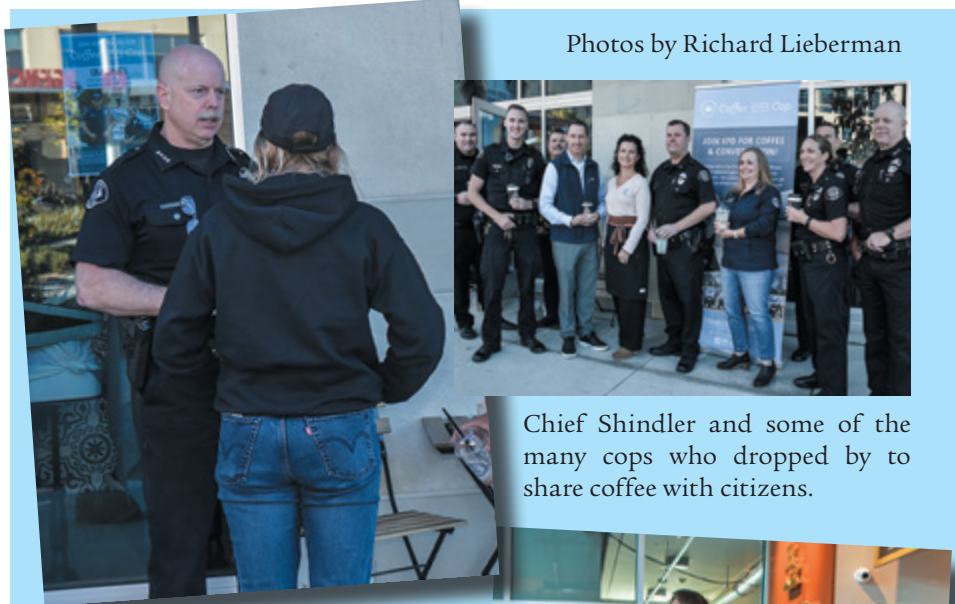
The owner of Simone’s Coffee and Tea Simone stated we were happy to do this, we just love our police department. Our patrons were very excited to participate in the event, we would for certain be willing to do this again,” she said.

“In an increasingly complex world, building connections with our community takes an unprecedented importance,” said Chief Schindler “Our goal is always to cultivate familiarity among residents and local businesses, increase trust in our officers, and share essential crime prevention and safety information,” he added.

Some residents were surprised coming in for their morning coffee and being surrounded by Ventura police officers. Most appreciated the opportunity to speak with officers on so casual a basis.

Almost no police resources were used at this event. Attending police officers were already on duty and encouraged to just drop by and have a cup of coffee before returning to their regular patrols.

Photos by Richard Lieberman



Chief Schindler and some of the many cops who dropped by to share coffee with citizens.

Ventura Police Chief Darin Schindler engaged with attendees discussing police goals.



Customers waiting to talk to a police officer.



A Ventura police officer engages with a citizen.



## JOBS

144% growth since 2013

**24,997**

direct, indirect, related



## TAX REVENUE

224% growth since 2013

**\$236 MILLION**

to local cities and state of CA



## TOTAL ECONOMIC ACTIVITY

150% growth since 2013

**\$2.8 BILLION**



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College Community Courts will provide 15 one-bedroom, 27 two-bedroom and 15 three-bedroom.

## Housing Trust Fund Ventura County announces approval of a \$1.5 million acquisition loan

Housing Trust Fund Ventura County (Housing Trust Fund VC) announces the approval of a \$1,500,000 predevelopment loan to help fund College Community Courts, a People's Self-Help Housing Corporation (PSHHC) affordable housing development in Ventura. With construction set to begin in late 2024, the new multi-family housing community will provide 57 affordable units for farmworkers and their families.

College Community Courts will provide 15 one-bedroom, 27 two-bedroom and 15 three-bedroom units for a total of 57 new, affordable apartment homes, housed within five contemporary two-story buildings that harmonize with the modern aesthetic of the neighborhood. Residents will include our community's essential farmworkers and their families, as well as working class individuals and families earning between 30% and 60% of Ventura County's Area Median Income (AMI). Several resident-serving amenities have been integrated into the property including a large community room, computer lab, children's space, management offices, and outdoor courtyards that feature comfortable seating, children's play structures, and barbeque areas. One distinctive feature of the College Community Courts property is the design of the primary entrances, which lead into these inviting courtyards, outdoor patios, and balconies along the main building fronts. This layout fosters a sense of community and offers ample opportunities for residents to build neighborly relationships.

"57 new units are 57 safe and comfortable homes for individuals and families who won't have to worry about where they will end each day," commented Linda Braunschweiger, CEO of Housing Trust Fund Ventura County, "We are confident that this development from People's Self-Help Housing will bring much-needed stability our hard-working neighbors are searching for."

Through their Supportive Housing Program (SHP), PSHHC has provided direct resident services for two decades. The SHP is a social services program offered to residents completely free, with social service professionals providing coordi-

nation of on-site group activities and services to influence positive support for residents. Other assistance for more complex issues that may affect stability and housing for individuals and families are also offered by the SHP.

In its 2021-2029 Housing Element Update, the City of Ventura quantified its specific housing objectives to be 1,187 newly constructed units for extremely low- and very-low-income households and 865 units for low-income individuals and families. The completion of these 57 permanently affordable rental units for households within the 30-60% of Area Median Income range will directly contribute to addressing this need.

Housing Trust Fund Ventura County - Launched as a 501c3 nonprofit corporation in 2011, Housing Trust Fund VC is the local trusted leader in helping to increase affordable housing options throughout Ventura County by leveraging public-private partnerships to provide low-cost, flexible loans early in the housing development cycle. As of October 2023, Housing Trust Fund VC has committed to investing \$27.8 million through its Revolving Loan Fund, creating 1,177 affordable apartments and homes for very-low, low- and middle-income employees, transitional age foster youth, veterans, farm workers, and the homeless.

### Ventura Firefighters join the fight Continued from page 1

Residents can purchase (if still available) the pink-lettered shirts or donate to the Ribbons of Life Breast Cancer Foundation at the following participating local businesses:

- MadeWest Brewing Company  
1744 Donlon Street
- Snapper Jack's Taco Shack  
533 E. Main Street
- Ventura Visitors Center  
100 S. California Street
- Very Ventura Gift Shop and Gallery  
540 E. Main Street

T-shirts will not be available for sale at any Ventura Fire stations.

To learn more about the Ribbons of Life Breast Cancer Foundation and their impactful work, please visit [RibbonsVentura.org](http://RibbonsVentura.org).



This ghost appeared from nowhere.



Royce Hill told Tarot Card fortunes.



Telling a ghostly story.

On October 8, a Victorian Halloween was held at the Olivas Adobe. Tours of the Adobe were held where folks learned about the chilling customs and traditions of the time.



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# Senior Living



Sailathon celebrated the joy of sailing.

## Sailathon supports Caregivers: Volunteers Assisting The Elderly

The picturesque waters of Ventura played host to the 22nd Annual Sailathon on Sunday, October 15, a remarkable event that showcased not only the beauty of the sea but also the generosity of the community. Thirty-three registered boats gracefully sailed these waters, all in support of a noble cause - Caregivers: Volunteers Assisting The Elderly.

The Ventura Yacht Club made quite a splash by clinching the renowned Ugly Fish Award with an impressive nine registered boats. They were closely followed by the Ventura Sailing Club, which had eight boats in the competition. Meanwhile, the Pierpont Bay Yacht Club contributed six boats to the cause, and the Channel Island Yacht Club entered three boats, demonstrating the collective commitment of these organizations to the mission.

The Sailathon, a thrilling two-hour event, culminated in a heartwarming reception hosted by the Channel Islands Yacht Club. Here, volunteers showed their culinary skills by preparing delightful chili and chowder for the annual competition. In a savory showdown, Doug Miller was crowned the champion of the chowder category, while the title of chili maestro went to Ken Gearhart, a new Caregiver volunteer.

Caregivers: Volunteers Assisting The Elderly has been a beacon of hope for seniors in Ventura County since its inception in 1984. Developed by the Sisters of St. Joseph of Carondelet with a grant from the Interfaith Council on

Aging and the Robert Wood Johnson Foundation, this community-based model has met the growing needs of the elderly in the United States. In Ventura County, where one of the largest aging populations resides, CAREGIVERS serves hundreds of seniors, offering crucial support and companionship. This vital service has been sustained by the generosity of individuals, foundations, corporations, and municipalities, enabling CAREGIVERS to continue its essential mission.

The 22nd Annual Sailathon not only celebrated the joy of sailing but also underscored the enduring spirit of giving and community support. As the boats sailed away into the horizon, they carried with them the hopes and dreams of a better, more caring world for our elderly citizens.

For more information about Caregivers: Volunteers Assisting The Elderly and how you can contribute to their mission, please visit <https://www.vccaregivers.org>



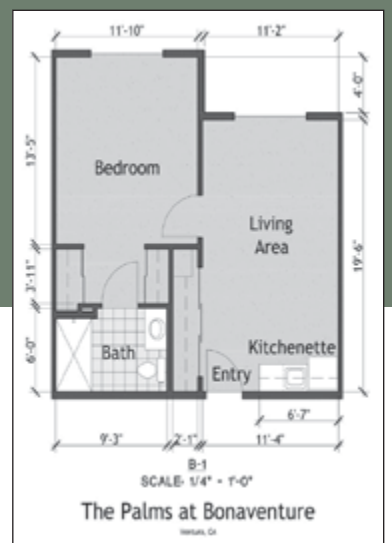
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This program has shown how the use of music is a benefit for everyone.

## Bringing Memory and Strength to Seniors

by Juliette Nasarenko

When I started to volunteer at the Lexington Assisted Living senior home, the first thing I noticed was that the home didn't have music. I began organizing a music program there. Research has found that globally aging senior citizens have lost social interaction and mental acuity, especially during the COVID-19 Pandemic. Research has also shown that music is a way that can help cure dementia, depression, and memory. According to Pfizer, today instead of giving patients medication to cure memory loss or depression, many physicians are having people listen to music (Fink, 2023). This made me become more invested in learning more about how social interaction and music can help improve memory and cognitive skills. According to the Arc, "When used appropriately, music can shift mood, manage stress-induced agitation, stimulate positive interactions, facilitate cognitive function and coordinate motor movements" (The Arc, 2019).

With music being a big part of my life, I knew I would apply it towards my Gold Award for Girl Scouts. My Gold Award aims to improve loneliness and mental acuity in senior citizens by bringing music and physical exercises to assisted living homes. I created the curriculum and led the classes. I remember the first time hosting a class, the seniors wouldn't come. The recreation director and I would knock on each door to encourage them to participate and celebrated when four residents joined us in that first class. Today classes have 15-20 senior participants.

When evaluating the survey that I had the seniors complete, nine out of the ten respondents said that they recalled memories while listening to music and felt better after doing physical exercises. I continue to develop this program through the Ventura High School Music Department as I have passed it down to two girls who will be taking over the program when I graduate. I know that my program has not only made an impact on the seniors but also on the music department as we all have shared so many memories playing and talking with the seniors. This program has shown how the use of music is a benefit for everyone.

## Alzheimer's disease

Alzheimer's disease is a brain disorder that slowly destroys memory and thinking skills, and, eventually, the ability to carry out the simplest tasks. In most people with Alzheimer's, symptoms first appear later in life.

**Continued on page 12**



## Senior Living



Volunteer Glatha Hemme honored by Tammy Glenn.

## CAREGIVERS Volunteers Assisting the Elderly

Executive Director Tammy I. Glenn presented a ceremonial gavel to CAREGIVERS Volunteer Glatha Hemme who served as Chair of the Board of Directors from 2020 to 2023. Mrs. Hemme joined the board in 2018 after serving as a volunteer caregiver since 2005 when she was matched with Senior Vi Limpus. Mrs. Hemme and her husband, Glenn, continue to be among the organization's most enthusiastic champions and donors. Glatha is celebrated by her board colleagues for faithfully leading the

organization through the pandemic with grace and humor.

**Need Adult Team Leaders!**

We are looking for some adult volunteers to drive our Student Teams to serve our seniors with light housework and yardwork. Specifically, we have students waiting to volunteer in Ventura and Camarillo. Please contact Lori to learn more. Email her at [lori@vccaregivers.org](mailto:lori@vccaregivers.org) or call 805-658-8530.

CAREGIVERS: Volunteers Assisting the Elderly 1765 Goodyear Ave Ste 205 Ventura, CA 93003-8015



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## Medicare

What are your best coverage options? Did you know you have choices in your Medicare prescription drug and health coverage? Medicare's Open Enrollment Period (October 15 - December 7) is your chance to think about what matters most to you. Plans can change from year to year, and your health needs may change, too. So it's important to know your options.

Preview Coverage Options

You have 2 main ways to get your Medicare coverage — Original Medicare and Medicare Advantage (Medicare-approved plans from private companies). It's important to understand the differences between the 2 options.

Start at [Medicare.gov](http://Medicare.gov), your official source to find the type of coverage that fits you best. If you need more help comparing options:

Call us at 1-800-MEDICARE during Open Enrollment.

Contact your local State Health Insurance Assistance Program (SHIP). Visit [shiphelp.org](http://shiphelp.org) to get the phone number for your state.

Sincerely,

The Medicare Team

NOTE: If you make less than \$22,000 a year (\$30,000 for married couples), it's worth applying for "Extra Help." Extra Help can pay for your prescription drug coverage (Part D) premiums, deductibles, coinsurance, and other costs. Visit [ssa.gov/extrahelp](http://ssa.gov/extrahelp) or call Social Security at 1-800-772-1213 to apply for Extra Help.

## VCAAA's HICAP available to help with Medicare open enrollment

With the Medicare Open Enrollment period about to begin, the Health Insurance Counseling and Advocacy Program (HICAP) — part of the Ventura County Area Agency on Aging, a division of the Human Services Agency — will again be providing countywide resources and help.

Medicare Open Enrollment begins on October 15 and runs through December 7. HICAP provides free, unbiased Medicare counseling to the public.

In October, November, and December, HICAP counselors — who are registered with the California Department of Aging — will be all around the county, hosting 37 One-Stops to provide individual counseling sessions, as well as 13 "2024 Medicare Changes" presentations.

Sites for these various events include Ventura (the VCAAA office), Camarillo (Camarillo Health Care District, Pleasant Valley Senior Center), Fillmore (Active Adult Center), Moorpark (Active Adult Center), Ojai (HELP of Ojai), Oxnard (Colonia Senior Center, Palm Vista Senior Center, South Oxnard Senior Center, Wilson Senior Center), Santa Paula (Senior Center), Simi Valley (Senior Center) and Thousand Oaks (CRPD Conejo Creek Community Building, Goebel Adult Community Center).

Visit [www.vcaaa.org/HICAP](http://www.vcaaa.org/HICAP) for specific dates, times, and locations.

These events are free, but pre-registration is required for individual appointments at the One-Stops, and requested prior to attendance at the 2024 Medicare Changes presentations. Online signups can be found at [www.vcaaa.org/HICAP](http://www.vcaaa.org/HICAP), or by calling the VCAAA at (805) 477-7300.

## Heart attacks may be linked to accelerated cognitive decline over time

Individuals who have one or more heart attacks in their lifetime may experience faster long-term cognitive decline, according to an NIA-funded study. Heart attacks were not associated with cognitive decline immediately following the event. The findings, published in *JAMA Neurology*, suggest that heart attacks are an important risk factor for cognitive decline, even after someone has recovered from the heart attack itself.

Participants who had a heart attack generally did not have any change in cognitive function at the time of the event. However, in the years that followed, they had faster rates of cognitive decline than those who had never had a heart attack.

These results add to a growing amount of evidence pointing toward a link between heart and brain health.

This research was supported in part by NIA grants R01AG051827 and K01AG050699

### Alzheimer's disease Continued from page 11

Estimates vary, but experts suggest that more than 6 million Americans, most of them age 65 or older, may have dementia caused by Alzheimer's.

Alzheimer's disease is currently ranked as the seventh leading cause of death in the United States and is the most common cause of dementia among older adults.

Dementia is the loss of cognitive functioning — thinking, remembering, and reasoning — and behavioral abilities to such an extent that it interferes with a person's daily life and activities. Dementia ranges in severity from the mildest stage, when it is just beginning to affect a person's functioning, to the most severe stage, when the person must depend completely on others for help with basic activities of daily living.

The causes of dementia can vary, depending on the types of brain changes that may be taking place. Other dementias include Lewy body dementia, frontotemporal disorders, and vascular dementia. It is common for people to have mixed dementia — a combination of two or more types of dementia. For example, some people have both Alzheimer's disease and vascular dementia.

Alzheimer's disease is named after Dr. Alois Alzheimer. In 1906, Dr. Alzheimer noticed changes in the brain tissue of a woman who had died of an unusual mental illness. Her symptoms included memory loss, language problems, and unpredictable behavior. After she died, he examined her brain and found many abnormal clumps (now called amyloid plaques) and tangled bundles of fibers (now called neurofibrillary, or tau, tangles).

These plaques and tangles in the brain are still considered some of the main features of Alzheimer's disease. Another feature is the loss of connections between neurons in the brain. Neurons transmit messages between different parts of the brain, and from the brain to muscles and organs in the body.

# Flags should not be forgotten

by Richard Senate

Just down from the old Mission San Buenaventura, at the end of Mission Plaza (formerly Figueroa Street) stands six naked flagpoles. There are three flag poles with the California State Flag, the City Flag and the Stars and Stripes--but no others.

What are the six empty flag poles and why were they put up in the first place? They were set up when the city was all spruced up for the Bi-centennial back in 1976. The six flag poles were to fly the flags that flew over our city over the years. The Spanish flag flown by Juan R. Cabrillo when he sighted the location of the city in 1542, The Spanish Flag flown when Fr. Serra established the mission in 1782 (it was different from the early flag) The flag of the Mexican Republic (slightly different than the one they use today), The flag of John C. Fremont when he captured the city in 1847 the original Bear flag and the 31 star flag when California joined the Union in 1850.

These were flown for many years but wind and sun took their toll on the banners and soon they were worn and needed to be replaced. They proved to be expensive but funds were found to buy a new set. They were flown but suffered in the tragedy of 9-11. Following the fall of the Twin Towers in New York all flags were to be flown at half mast. A city worker didn't know if this rule applied to historic flags and

left them at full staff. The public was emotional after what happened in the New York attack and wrote angry letters to the newspapers and city councilmen. The flags were lowered but after that they were not replaced and the poles have been empty since then.

Even with all of them flying, they forgot a historic flag that only flew over Ventura in March of 1838--at the Battle of San Buenaventura, a skirmish fought in a brief civil war when California was part of Mexico. Governor Alvarado toyed with the idea of making California an independent nation, separate from Mexico, then in a confused political state. His faction captured Santa Barbara and, in the style of that community, they threw a fiesta inviting the governor to attend. A bit in his cups, he had a simple Mexican flag brought (one without the eagle and serpent) and he took black paint and carefully wrote: "Independencia de California" across the banner--the flag of a free California Nation! He wanted the father at Mission Santa Barbara to bless the flag. When the padre saw this he knew this would mean war with Mexico City and refused. The flag was flown as the forces loyal to Alvarado marched south and took Ventura. Later a sober Alvarado made peace with Mexico City and he vowed to keep the territory of California under the Mexican Tricolor. The flag made in Santa Barbara is lost now but, it represented a historic event that would presage the Bear Flag Revolt of 1846. Maybe that flag should be flown over our community today?



The Lion's held a Cornhole event benefiting the City of Hope.

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## The Pet Page



### Dedicated to Scamp

■ Protect pets from Halloween hazards.

You may love Halloween tricks and treats, but your furry friend most likely needs extra oversight during the celebration.

Dr. Canaan Shores, a veterinarian at the University of Illinois Veterinary Teaching Hospital, sees dogs and cats through the hospital's urgent and convenient care service at its Veterinary Medicine South Clinic, 2100 S. Goodwin, Urbana. He answers questions pet owners may have about how to prevent or respond to close encounters of the scary kind.

*What are the most common Halloween hazards you see?*

"Ingestion of several types of candy can definitely pose a hazard to pets," says Dr. Shores. "The most common would be exposure to chocolate, which can cause neurologic signs, cardiac signs, or gastrointestinal signs, based on the type of chocolate and amount ingested."

"In general, the darker the chocolate, the more toxic. Cocoa powder and baking chocolate are the most toxic."

"Other candy-related concerns include xylitol, a sweetener found in some 'sugar-free' candy products, and excessive fat intake, especially from eating large amounts of chocolate."

"The final type of toxicity worth mentioning is raisin ingestion, which can cause severe kidney disease."

*What is a common Halloween hazard that is not candy?*

"A big concern associated with Halloween is behavioral problems with pets," he says. "With strangers—and bizarrely dressed strangers at that!—frequently coming to the door, there is an increased risk of bites and scratches. There is also the risk of pets escaping from a home and running away."

*How can owners best protect their animals from these hazards?*

"You can minimize pets' exposure to candy by keeping the candies in a sealed container out of reach of the pet. Because of the various toxicity risks, it's best to avoid offering any type of candy to pets. Instead treat your pet to a product made for dogs or cats."

"To prevent some of the behavioral hazards, I advise limiting a pet's exposure to strangers and frequently opened doors," continues Dr. Shores. "Keep your pet in a different part of the house, behind closed doors."

*How does the most common hazard wreak havoc on our dogs?*

"At high doses, chocolate can cause disease of the nervous system, such as seizures. At lower doses, the cardiovascular system can be affected, leading to a very high heart rate and/or blood pressure," explains Dr. Shores.

■ National Pet Wellness Month is the perfect time to provide our pets with the attention they require, including scheduling their annual veterinarian visit. Most of us have adopted them as members of our family, and it's only natural we treat them as we would our human relatives.

Just like humans need vaccines,

dental care, bloodwork, and regular checkups with their doctors, our pets need veterinary wellness visits every six months to a year.

Your pet's veterinarian is trained to detect the subtle clues that can indicate a problem or illness, like changes in breathing, heart rate and vision, and even minor swellings. These clues could be signs of something more serious or life-threatening, and it's always better to take a preventative approach with your veterinarian who knows your pet's health history.

The wellness visit is also important to make sure your pet is up to date on their vaccines, especially for rabies protection, and infectious bacterial diseases like leptospirosis and those that cause respiratory infections.

■ According to the Association for Pet Obesity Prevention, 56% of dogs are considered overweight or obese. With extra weight comes several health problems and concerns that can shorten a dog's life.

The Association states that overweight dogs are more likely to suffer from arthritis, kidney disease, liver disease, diabetes, heart failure, high blood pressure, and cancer.

How can you prevent your dog from gaining weight or being overweight? Surgical Veterinarian and Mobile Veterinary Surgical Services Owner, Jennifer Hoch, said first check on your pet by feeling their ribs.

She said you should feel an hourglass shape and while you don't want the ribs poking out, you should be able to feel the ribs.

If you can't feel the ribs, your dog might be overweight. She said it's best to check with your vet.

Either way, Hoch said there are two things you need to be attentive to, your pets' activity level and food consumption.

"If you have a pet that's getting regular activity, then that's not just going to make their body healthy, but it also stimulates their mind and it will also improve their behavior at home," said Hoch. "They are going to be less destructive and they're going to be engaged in other things, so it makes them a better well-rounded pet at home."

Hoch said she does surgery on pets every day, many of which are ACL repairs, and a majority of the surgeries are from the overuse of muscles or overweight pets.

She said regular, low-impact exercises, like leash walking, swimming, playing fetch, or going to the park will do. The fresh air will do you and your pet some good.

She said active play like throwing a ball, stick, or frisbee for your pet to retrieve is a great way to get them moving.

Hoch said don't wait all week to get them moving and then over-do-it on the weekends with a big hike or long walk.

Adding in walks and playtime during the week will help them be ready for big hikes and long walks on the weekends. She said if they are not used to being active, they can over-exert themselves, which can cause injuries.

If you do take them out for a

## Scamp Club

*(Scampclub pets are not for adoption.)*

This is Hannah. She's a beautiful St Bernard and is still a puppy. She loves to swim at Solimar Beach and walk on the C street Promenade with her owner and older brother, Brodie, also a St Bernard. She's friendly with people. She has modeled for the BC Star and for Santa Paws with the Ventura Humane Society. She eats about 60 pounds of kibble within three weeks and will often have chicken, rice and hamburger added to her food. She is a beautiful girl.



## 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.**

bigger exercise event, Hoch said to be sure and keep an eye on them as they are working out. If they want to stop, lay down, or are slowing down or limping, it's time to wrap up the exercise.

"Some people don't have the availability maybe with their schedule, or have physical limitations, to take

their pets out, so there are also other ideas like rehab facilities, underwater treadmills and there are actually people in town that have mobile dog gyms that they can come to you and exercise their pets in air condition for you," she said. "There are lots of different things that should fit anyone's lifestyle."

## Forever homes wanted



Hi: I'm Logan, a handsome Am Staff Terrier / Husky X with some Shiba Inu, Cattle Dog, Greyhound and Border Collie. I was rescued from Animal Services who did a DNA test. I went to board and train and I'm ready for my forever home. I enjoy playing with toys, learning tricks for treats and playing chase and keep away. I know basic commands. I love to run and go on walks too. I'm a big boy and my ideal home would be

an active adult. If you're interested in meeting me, please fill out an online application to meet me. Canine Adoption and Rescue League C.A.R.L.

Handsome Brûlée arrived as a stray, is two years old and has been easy to walk and friendly here at the shelter. The individual who found him

reported he behaved well around their cat! He already knows how to sit and catch treats. If you'd like to meet Brûlée, schedule an appointment at <https://www.vcas.us/> adopt or come down to the shelter during normal Adoption Hours of 1:00pm - 6:00pm Tuesday - Sunday. If you have questions, please contact us at (805) 388-4341 or [info@vcas.us](mailto:info@vcas.us). Animal ID: A832385





# Police Reports

by Cindy Summers

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

## Residential Burglary

On October 4, at approximately 7:45 am, a resident in the 500 block of Redwood Ave. witnessed the suspect walk up to his residence and enter the garage. The resident called the police department, and officers located the suspect, identified as 29-year-old vagrant Hannah Craver, still inside the garage, going through the victim's property. Officers detained Craver and found her to be in possession of the victim's property.

Craver was arrested and transported to Ventura County Medical Center. While at the hospital, she attempted to escape from the officers but was quickly subdued. No injuries were sustained, and Craver was booked at the Ventura County Jail for Burglary and Attempt to escape custody.

## Brandishing of a Weapon and Criminal Threats Arrest

On October 8, at approximately 4:00 pm, the Ventura Police Command Center received several calls about a pregnant female vagrant waving a knife in the area of California St. and Santa Clara Street. As officers responded, the female fled the area, followed by a park ambassador.

Officers stopped the female a few

blocks away and she was identified as 33-year-old vagrant Rebecca Ross. The investigation revealed Ross picked up a knife from an outside table at a restaurant near Main St. and California Street. Ross began throwing the knife in the air near restaurant patrons. Fearing for their safety, a patron confronted Ross, and Ross brandished the knife at the patron. Ross fled from the area and was detained by officers. No one was injured during this incident.

Ross was taken to the Ventura County Medical Center to be medically cleared before being booked at the Ventura County Jail for Brandishing a Weapon and Criminal Threats.

## Commercial Burglary and Vandalism

On October 9, at approximately 4:15 am, the Ventura Police Department Communications Center received a 9-1-1 call from a security guard indicating there was possibly a burglary in progress at a business in the 700 block of East Main Street. Ventura Police Department patrol officers responded to the location and found that an unknown suspect had forced entry into the business by breaking through the front door. Officers checked the business, but the suspect had already fled.

On the same date, at approximately 5:30 am, The Ventura Police Department Communications Center received another call regarding vandalism and a possible burglary in progress at the Somerset apartments at 540 East Santa Clara Street. The reporting person stated that the suspect broke the glass front door and was trying to open doors inside the apartment building. Patrol officers responded to that location and found the suspect (later identified as 57-year-old vagrant John Ramirez) outside of the apartment complex. Officers found that the suspect was in possession of property taken from the earlier burglary on East Main Street. Officers also determined that Ramirez had broken the front door to the apartment complex and forced entry. It appears he made it into the common area of the complex but did not enter any apartments.

Ramirez was placed under arrest and transported to the Ventura County Jail where he was booked for commercial burglary and felony vandalism.

An internet search revealed that Ramirez was booked for felony vandalism by the Oxnard Police Department on August 21, 2023. He was released on his own recognizance on October 5, 2023.

## Felony Evading, Felony Hit & Run, Possession of Narcotics and Paraphernalia Arrest

On Oct. 15, at 2:53 pm, officers pa-

trolling the area of Valentine St. and Portola Rd. attempted to conduct a traffic stop of a motorcycle for a traffic violation. The motorcycle rider who had a rear passenger, failed to yield to the officer's emergency lights and siren and a pursuit was initiated. During the pursuit the motorcyclist, later identified as Brendan Clinch, he drove recklessly while endangering others on the roadway. Clinch eventually entered the SR 101 southbound onramp from Valentine Rd. where he encountered heavy traffic and proceeded to ride at a high rate of speed on the shoulder portion of the freeway. Due to the inherent danger caused by Clinch's behavior, officers cancelled their pursuit.

A short time later, the Ventura Police Communications Center received numerous 911 calls of a multiple vehicle collision involving a motorcycle on the southbound 101 freeway just south of the Victoria Ave. onramp. Officers arrived on scene and discovered Clinch and his passenger fleeing the scene but were apprehended. Both Clinch and his passenger were transported to the Ventura County Medical Center via ambulance for treatment of their injuries. Clinch was arrested for possession of narcotics, possession of narcotic paraphernalia, felony evading, and felony hit and run and later booked at the Ventura County Jail.

# Harbor Patrol Blotter

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

Wednes 9/27

6:22pm, while on patrol officers removed a hazard to navigation, 4ft log in the Pierpont Basin. The log was taken to the launch ramp and thrown away.

10:50pm, received request to assist PD with a theft investigation. The individual overstaying his welcome at L/R had battery stolen. Incident under investigation.

Thursday 9/28

11:33am, while on patrol in truck, receiving multiple complaints/inquiries about the large construction project (Ventura Water Pure) occurring through Anchors Way, Marina Park and eventually into the ocean just outside Marina Park.

2:45pm, observed a vehicle unable to pull vessel/trailer up the ramp due to low tide. Officers attached tow line to vehicle, were able to pull it up launch ramp.

Friday 9/29

6:00pm, lobster season begins. Officers

taking Fish & Wildlife wardens out to check on lobster fishing regulation violations. Issued several warnings, observed approximately 180 hoop nets deployed just in the sandtrap area.

Saturday 9/30

3:55am, received Mayday call VHF-16, 50ft fishing vessel with broken rudder arm 1 mile outside harbor. Officers responded in Fireboat, took the vessel en tow near the #2 buoy and towed to their slip at VHV A-dock.

Sunday 10/1

10:01am, received report of an overdue vessel, out rigger canoe with 6 POB's. Officers responded in Fireboat, located vessel off the Ventura Pier, in no distress

Monday 10/2

4:45pm, received request to assist a capsized sailboat in the entrance of the harbor. Officers responded in Fireboat and after several attempts were able to successfully right the small sailboat with 2 POB's, that were pulled from water.



"I always take a nap after reading the Breeze."

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### Weekly SUDOKU

Answer

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

### King Crossword

Answers

Solution time: 24 mins.

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



Year 2016, Cirith Ungol in front of Ventura City Hall after receiving Proclamation thanking, congratulating and celebrating the band.

## Cirith Ungol will be winding down their careers on a high note this next year

Ventura is full of musicians who live and breath music. It's one of the reasons I love this town so much. One of those bands is Cirith Ungol whose history sounds like a rock opera, and if I didn't know Robert Garven (drummer) personally, I would have laid money that their story was pure fiction.

From practicing in a bedroom here in Ventura in the 70s to playing arena festivals in Europe, it truly is an

inspiring story. And though the point of this article isn't to provide their history (I hope a book and/or movie will be in the works), the point is to pay homage to Cirith Ungol who will be winding down their careers on a high note this next year.

In 1992, after releasing four albums, a number of band personnel changes, and frustrations with the industry, the stress took its toll, and the band officially

called it quits. Then in 1998, co-founder, Jerry Fogle died of liver failure. There would be calls for the band to reunite, requests for interviews, and a growing fan base in Europe, but the two remaining core members, Garven and Tim Baker had become "civilians" working their normal jobs and living uncomplicated lives for just about twenty-five years. Then in 2015, Garven, Baker, former guitarists Greg Lindstrom and Jimmy Barraza got together and started to play in a rehearsal space where I'm told, the magic was rediscovered. After bassist Flint declined to rejoin, Jarvis Leatherby of Night Demon (huge fan of the band), stepped in.

Then 2016 Cirith Ungol headlined the Frost and Fire II festival at the Majestic Ventura Theater. I was there that night and the packed house of metal fans from around the world cheered and welcomed back the band with open arms. In Garven's words, "When the ancient stars aligned, Cirith Ungol crawled out of its ancient slumber, to wreak havoc on an unsuspecting world." Two days later, the City of Ventura declared October 10, 2016 to be Cirith Ungol Day.

Fast forward to today, after playing metal festivals in Europe to packed stadiums and venues, Cirith Ungol has announced they will retire from live performances at the end of 2024.

Cirith Ungol will release their sixth full-length album, Dark Parade this month via Metal Blade Records and will play a special record release show on October 20 at the Roxy in West Hollywood. Not only will this be the bands first Los Angeles live performance in thirty-five years, but it will commem-

orate The Roxy's 50th anniversary with the band playing their new release in its entirety followed by a full set of their classic material.

I can't imagine what a thrill it has been since reuniting and playing to packed crowds, but it couldn't have happened to a better group of guys. Congratulations Cirith Ungol!



The exhibition celebrates the diversity of our County.

## The Museum of Ventura County presents The Place We Call Home

In honor of the County of Ventura's 150th Anniversary, the Museum of Ventura County (MVC) is pleased to present Ventura County, The Place We Call Home. Curated by Carlos Ortega, the exhibition celebrates the diversity of our County by exploring different interpretations of home.

Mr. Ortega said, "As MVC's recently



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appointed Chief Curator, Ventura County, The Place We Call Home is the first of what I hope will be many engaging, immersive exhibits that seamlessly blend the past with the present and reflect the stories and experiences of our diverse community.”

Home means something different to everyone. Some people think of home as a place: the house or the neighborhood where they grew up. For some, home lives in their memories of celebrations and hardships. For others, family and friends make them “feel at home.”

Using installations as well as photographs, this exhibition highlights the lives of people living in Ventura County and examines their relationship to home, to community, and to each other. The historical photos are drawn from the Museum’s Research Library, as well as historical societies throughout the County. The photographs of the County today are by a diverse group of photographers and artists.

The contemporary photographers and artists contributing to the exhibition are, Ben Bribiesca, Cristian Castro, Jorge Corralejo, Blake Fagan, Leah Mata Fragua, Porfirio Gutierrez, MB Hanrahan, Oliver Krisch, Trinh Mai, Cris Mejia, Amy Oliver, Liisa Pynnonen, Zaydee Sanchez, George Sandoval, and Amadeo Sumano.

The exhibition will open at the Santa Paula Agriculture Museum at the Mountains to Sea Jubilee Event on Oct. 21, 2023, and run through October 6, 2024. The exhibition will also be on view at the following venues: Bank of America Performing Arts Center Thousand Oaks opens Nov. 11, 2023, Oxnard College at Condor Hall opens Nov. 27, 2023, and the Rancho Simi Recreation and Park District Activity Center opens December 9, 2023. “We are thrilled to unveil an exceptional museum exhibition that delves deep into the intricate tapestry of ‘Home’ within our community. I am immensely proud to present this thought-provoking exploration of the myriad ways in which ‘home’ resonates with each and every one of us,” stated Elena Brokaw, The Barbara Barnard Smith Executive Director.

For information about the exhibition as well as exhibition related events, please visit <https://venturamuseum.org/exhibits/>

## The Bookmark About Libraries and Friends

by Mary Olson

Ventura **Friends of the Library** are sponsoring 2 events as part of the celebration of the 150th Anniversary of Ventura County.

In the 1950’s, Ventura County had its own version of the Trial of the Century. We are welcoming **Deborah Holt Larkin** back to town to speak about her memoir: *A Lovely Girl: The Tragedy of Olga Duncan and the Trial of One of California’s Most Notorious Killers*. Both events are free and open to the public.

Deborah Holt Larkin was ten years old when her father, the court reporter for the Ventura County Star-Free Press, was immersed in the trial of Olga Duncan’s killers taking place at the Ventura County Courthouse (now Ventura City Hall). Larkin’s memoir tells the story of this stranger-than-fiction murder case and the influence of her reporter father’s work in her early life.

On Saturday, November 4, 10 am to noon at the **Atrium** at City Hall, you can hear all about this true crime saga from **Deborah Holt Larkin**. She tells us, “In between the carefully researched true crime procedural chapters, the thread of the story winds back to chapters of my coming-of-age memoir about our quirky family life and my dawning realization that sometimes terrible things can happen to good girls. That evil can hide behind a mask of normalcy.” Please park behind the City Hall. Books will be available for purchase and book signing will follow the talk.

Then, on Sunday, November 5, Deborah Larkin will be the guest speaker at Ventura Friends of the Library Annual Membership Meeting at 2:00 pm in the Topping Room in E.P. Foster Library, 651 E. Main St. Some of our members will remember her father, Bob Holt, whose deadline reporting and whimsical columns appeared over the course of 34 years in the Ventura Star-Free Press. Books will be available for purchase and signing by the author.

A brief business meeting for Ventura Friends of the Library will follow the talk.

Hill Road Library will also host a 150th Anniversary event. **Living History at the Library** on Sunday, October 22, 12 to 1

pm. History comes alive through the performance of Connie Korenstein’s historical figures of Ventura County! Miriam Knox Dudley, of the Dudley House in Ventura, one of the last pioneer farm houses within the city limits, pays a visit to attendees to tell the story of growing up in a farming family in 1892. This event is sponsored by the Ventura County Library Foundation and is free and open to the public. For additional information please, contact Timothy Furgal, Regional Librarian, at (805) 486-5460 or [tim.furgal@ventura.org](mailto:tim.furgal@ventura.org). And on Monday, October 23, 4:30 to 5:30 pm at Hill Road Library **Angelina Leños**, 2021-2022 Ventura County Youth Poet Laureate, will host a workshop for youth ages 10-17 to develop and craft poems celebrating life in Ventura County. Participants are encouraged to bring their notebooks and favorite pens; supplies will also be available at the event. Poems from this workshop will have the opportunity to be shared during the county’s 150th Anniversary celebrations. (Participation in the celebration events is not required to attend the workshop.)

### Mailbox Continued from page 2

Street for Main Street Moves would be rescinded. No such luck. Main Street remains closed. And for me, it’s a tragedy.

I’ve lived in Ventura County since 1976. Some of my happiest shopping moments have been driving down Main Street, parking in front of a favorite store, and spending money! Buying stuff! Going to the movies! Having a meal! All because I could park and easily enter a store.

But now you’ve made that impossible.

I’m a senior now, and mobility is an issue. Safely walking is difficult. And dangerous (because of those stupid brick chevrons in the sidewalk – do you know how easy it is to catch your toe on the raised lip of the cement? I’ve fallen 3 times! For me, the chevron sidewalks are more falls waiting to happen.

If I want to go to a store or restaurant that is directly on a corner, perhaps I’ll be lucky enough to snag one of the few parking spots on the corner. And then I can struggle in. But if there is no parking there, or if the store I want to go to is in the middle of the block, I have to go in back of the stores, into the few parking spots available.

So what you’ve done is put all of Main Street out of reach for me. I’m old. I’m disabled. I can’t walk like young people. But I have money to spend, I just can’t do it on Main Street. The old Ventura I’ve loved for 50 years is out of reach.

And if all else fails –cancel Main Street Moves. I can’t imagine the shopowners on Main Street are making money. There are too many alternative places to shop and people will vote with their feet if they don’t like the inconvenience and obstacles Main Street Moves presents.

Sincerely,  
Kristine Lundquist

Dear Sheldon,

Thank you for your donation of free ad space in the Breeze for our Pooch Parade. It was a wonderful event and I hope you enjoyed the day. We’re grateful for your continued support!


Dee Vitrano  
Board Secretary  
Canine Adoption & Rescue League


On October 12, the Ventura Chamber held their Business Expo at the Four Points Sheraton Hotel. The Chamber’s Business Expo is held in spring and fall of each year. Over 75 vendors participated in the expo, showcasing their services, food and products. Greeting those who attended at the Breeze booth were Jaime Baker (who designed the booth), publisher Sheldon and photographer Yana Khiyod. Patricia Schallert took the photo.

**A Lovely Girl: Memoir of True Crime in Ventura**

Meet the author of *A Lovely Girl: The Tragedy of Olga Duncan and the Trial of One of California’s Most Notorious Killers*

**Saturday, November 4**  
**10:00 am to 12:00 pm**  
**Atrium at Ventura City Hall**  
**501 Poli Street**



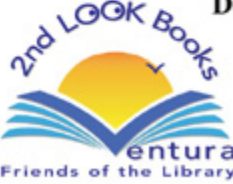


Books will be available for sale and signing by the author at both events.


Deborah Holt Larkin was ten years old when her father, the court reporter for the Ventura County Star-Free Press, was immersed in the trial of Olga Duncan’s killers taking place at the Ventura County Courthouse (now Ventura City Hall). Larkin’s memoir tells the story of this stranger-than-fiction murder case, and the influence of her reporter father’s work in her early life.

**Deborah Larkin will also be the guest speaker at Ventura Friends of the Library Annual Membership Meeting**

**Sunday, November 5 2:00 to 4:00 pm**  
**E.P. Foster Library Topping Room**  
**651 E. Main St.**



Celebrating the 150th Anniversary of Ventura County!  
These events are free and open to the public.





## Ventura events

by Ana Baker

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

**Do you want 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 buckleyrose357@gmail.com. All Welcome.

**The Ventura County Philatelic Society's meetings are held every first and third Monday of the month at the Church of the Foothills, Ventura.** Meetings start at 7:30 p.m. 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.

**Oct. 19: The East Ventura Community Council (EVCC) will**

**meet virtually at 7 p.m. Visit the EVCC website at <https://eastventura.org/> for the Zoom meeting link.**

The agenda includes the East Ventura police report from Cmdr Brown and a presentation from the City of Ventura Manager, Mr. Bill Ayub. Our newly appointed City Manager, Bill Ayub, wants to meet and connect with East Ventura community members. The City of Ventura announced the appointment of Bill Ayub as our new City Manager in August 2023. Ms. Rollins, the City of Ventura's Housing Services Manager, will speak on the Housing Services Division's plan to host the East Ventura Housing Forum at Juanamaria Elementary School in November.

**Oct. 25: The Channel Islands Chapter of the Embroiderers' Guild of America (CICEGA) will meet at 9:30 a.m. on Wednesday at the United Methodist Church, 291 Anacapa Drive, Camarillo, CA 93010.** All experience levels are welcome. For more information, email [president@channelislandsega.org](mailto:president@channelislandsega.org) or visit our website at <https://www.channelislandsega.org>.

**Oct. 25: The College Area Community Council will hold a Zoom meeting on Wednesday at 7 p.m. Council meetings are held 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. CACC represents citizens in the area bounded by Mills Road on the west, Hill Road on the east, city limits on

the hillsides on the north, and the 126 Freeway on the south. 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.

**Nov. 1: The Ventura County Garden Club celebrates its 100th Year Season in 2024. The Club is excited to offer our members a unique opportunity to tour the Amritz Kingdom of Plants in Carpinteria.** The tour begins at 11:00 a.m. on Wednesday. Following the tour, we will enjoy an optional lunch at Garden Cafe, 3811 Santa Claus Lane, Carpinteria. VP Kathleen Cressy organized this event. We welcome new members. For more information, visit our website at [VenturaCountyGardenClub.com](http://VenturaCountyGardenClub.com).

**Nov. 14: Ventura County author Leslie Rinchen-Wongmo will visit the Hill Road Library to discuss her recent book, Threads of Awakening, which details her years practicing traditional Tibetan textile art.** Through her remarkable journey, she discovered that a path is made by walking, and some of the best paths are made by walking off course. In this talk, Leslie will reveal the unique stitches of an ancient needlework tradition, introduce the Buddhist deities it depicts, and share the extraordinary possibilities they embody. This event is free and open to the public. For additional information, contact Linda Cherry, Librarian, at (805) 677-7180. The Hill Road Library is located at 1070 S. Hill Road. Service hours are Monday through Wednesday, 10 - 6 p.m., Thursday, 2 - 6 p.m., Friday through Sunday, 10 - 2 p.m.

**Nov. 18: Group: Channel Islands PC User Group (CIPCUG) Online AND Live at our temporary location, Ventura County Computers 2175 Goodyear Avenue, Unit 117 (805) 289-3960.** Discussion, Tutorial, and Q&A sessions centered around Computers, email, the Internet, AI, and social media brokers such as X, Facebook, and Google. Events begin Saturday at 9:30 a.m. All CIPCUG events may be attended online. Due to limited space, live attendance is reserved for members. Details for connecting to online events are emailed before the event. To receive connection instructions, please sign up on our website at [www.cipcug.com](http://www.cipcug.com)

## Ojai news and events

**Ashford Gordon, Blues Guitarist and Vocalist will appear at Feros Ferio Winery, 310 E Ojai Ave, Saturday, October 21, 4-6 PM,** featuring Eric Monteith on Bass Guitar for 2 sets of Classic, Standard and Original Blues. No cover charge!

California Coastal Horse Rescue (CCHR) in Ojai, will host its Octoberfest Sunday, October 22, 2023 from 11:00 a.m. to 3:00 p.m. at the Ranch at 600 West Lomita Avenue in Ojai.

The community is invited to this event, which includes a beer and wine garden, live Bluegrass band, vendors, pony cart rides, food trucks, crafts for children, and, of course, the stars of the day - the CCHR horses. Suggestion donation is \$10 per person; children 10 and under are free.

An all-volunteer, non-profit organization, CCHR's mission is to rescue abandoned, abused, neglected and slaughter-bound horses and provide

them with a second chance at living healthy, happy and productive lives.

What: Family Octoberfest  
Where: California Coastal Horse Rescue; 600 West Lomita Avenue, Ojai  
When: Sunday, October 22, 2023; 11:00 a.m. - 3:00 p.m.

Cost: Admission: \$10 per person; kids 10 and under free. Parking Free

**The Ventura County Creative Artists will hold their semi-annual art exhibit, Nov. 4 and Nov. 5 from 11:00 am to 4:00 pm at Bert Collin's West Hills Gallery at 1545 Cuyama Rd., Ojai.** The multi-media show, "Fur, Fin & Feathers" will highlight animal art among other subjects. This will be an art and fun-filled afternoon. Meet many of the artists in person, and watch demonstrations of some of the techniques and materials used. Pastels, oil, acrylic, encaustic and watercolor will be among the varied mediums exhibited at the show. Many of the artists are talented in pet portraits, not to mention humans. With holidays around the corner this is a good place to shop and also plan a portrait (pet or human) commission.



Ventura College Foundation Applied Science Group.

## Ventura College Foundation's 40th Anniversary Gala - Tickets On Sale

Tickets are on sale for Ventura College Foundation's 40th Anniversary Gala, Friday, October 20 from 5:00 p.m. to 8:00 p.m. at the Museum of Ventura County (100 East Main Street, Ventura). The gala will celebrate the successes of Ventura College students and the decades of board leadership and dedicated donors.

The VC Foundation began in 1983 to help remove the financial barriers that often prohibit students from reaching their education goals. According to Ventura College data, 52 percent of the college's current 10,000-student population is classified as extremely low-income or low-income.

"Without the foundation's help, many VC students would struggle as they try to keep up with their studies while facing severe economic challenges," says Anne Paul King, executive director of the Ventura College Foundation. Many students need assistance with food and housing and have to work multiple jobs.

Since its inception, the Foundation has raised over \$48 million for Ventura College and its students for the Ventura College Promise, scholarships, textbook lending, and campus programs like Basic Needs, Career

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“The Foundation’s board leadership and its donors’ generosity have impacted tens of thousands of students over the years,” says King. “The foundation’s VC Promise program, where full-time, first-time, first year and second year students can attend school tuition-free, was groundbreaking when established in 2007. It became the model for the statewide California College Promise program in 2017.

Gala sponsorship opportunities are available for individuals, corporations and foundations.

Go to <https://venturacollege-foundation.org/40th-anniversary/> to purchase gala tickets or sign up to become an event sponsor.

Established in 1983, the Ventura College Foundation is a 501(c)(3) nonprofit organization and operates financially independent from Ventura College. It transforms students’ lives through education by providing innovative and vital resources and financial support. The Foundation collaborates with Ventura College to enhance human potential, civic engagement, careers and academic success of students enabling their effective impact and legacy on the college, local workforce, and our community. The Foundation also hosts the Ventura College Foundation Marketplace; an outdoor shopping experience held every weekend on the Ventura College campus in the East Lot. For more information, contact Julie Harvey at (805) 289-6502 or [jharvey@vcccd.edu](mailto:jharvey@vcccd.edu) or visit [www.VenturaCollegeFoundation.org](http://www.VenturaCollegeFoundation.org).

## Tourism to Channel Islands National Park contributes \$31.9 million to local economy

A new National Park Service (NPS) report shows that 323,000 visitors to Channel Islands National Park in 2022 spent \$21.8 million in communities near the park. That spending supported 258 jobs in the local area and had a cumulative benefit to the local economy of \$31.9 million.

The peer-reviewed visitor spending analysis was conducted by economists at the National Park Service. The report shows \$23.9 billion of direct spending by nearly 312 million park visitors in communities within 60 miles of a national park. This spending supported 378,400 jobs nationally; 314,600 of those jobs are found in these gateway communities. The cumulative benefit to the U.S. economy was \$50.3 billion.

As for the economics of visitor spending, the lodging sector had the highest direct effects, with \$9 billion in economic output nationally. The restaurants sector had the second greatest effects, with \$4.6 billion in economic output nationally.

To learn more about national parks in California and how the National Park Service works with California communities to help preserve local history, conserve the environment, and provide outdoor recreation, go to [www.nps.gov/california](http://www.nps.gov/california).



They play again at the Pierpont Bay yacht club on November 5 from 2 to 5.

## Sierra Hwy

by Patricia Schallert

An October gathering of musicians and guests at the Pierpont Bay Yacht Club in Ventura was a great kick off to the fall season in the Ventura Harbor.

Sierra Hwy, an Americana music group from Santa Clarita, along with local Ventura resident Stephen Mendel entertained an enthusiastic crowd. Guitarist Larry Schallert is the brother of local Breeze Photo Journalist Patrish Schallert who says her brother started playing the guitar as a pre-teen and was inspired by Patrish and his sisters to play. She and her four sisters played music together for years. Larry watched and

followed and learned. He formed his band in 2005 and he traded the name Sierra Highway as it symbolizes the route from Newhall pass up through the desert to the eastern sierras to Tahoe. Larry says Sierra Highway is “a state of mind”. “I’ve spent a lot of time on the route and it’s beautiful the whole way.” There’s lots to say about “Sierra Highway”.

For instance, Charlie Chaplin’s last scene of his last movie was filmed on Sierra Highway with him walking down the road hand-in-hand with his mate, a familiar scene we all know and remember.

## On Vacation - Idaho



Long time reader Ariel Cottrell shares her Breeze with her sister in Idaho. Ariel is visiting Shelley, Idaho to see her sister-in-law Lois Dorrell and family.

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by Pam Baumgardner  
VenturaRocks.com

We have two huge events landing on the same day, Saturday, October 21, celebrating two different municipalities. Both offer up great live music, so it's going to be tough deciding which camp you want to hang out with. First, it's Ventura County's 150th anniversary with a free family festival followed up with a ticketed event (EventBrite) at Santa Paula Veterans Park with Big Bad Voodoo headlining along with Rey Fresco, Mariachi Camarillo, Whiskey Business and the Charles Law Band.

Then across the hills it's Ojai Day with live music 11 am to 10 pm featuring Buck Moon, Spencer the Gardener, Beau Red & the Tailor Maide, Those Darn Amigos, Sick Boy, Van Allen Twins, Virtual Nobodies, Dylan Cunningham and Dan Grimm. May the best camp win!

Once you have this special weekend chocked full of live music choices behind you, it's time to look ahead at Halloween, Tuesday, October 31, and the week leading up to it. I've been seeing costume parties pop up as far ahead as the week before, so it's best to map out your choices and where you'll be meeting up with friends. I recommend (as always), going to VenturaRocks.com and use the calendar to search "Halloween" for all events leading up to the big day, currently there are 18 listed.

Head's up for this one, the Ventura Harbor's Thriller Zombie Dance Flash Mob will be held on the main lawn around 2:15 pm on Sunday, October 29. I'm thinking "flash mob" implies it's a seemingly random act...but if it's being publicized...then it's just a performance. In any case, you're welcome to join in, if you're dressed up in costume.

Studio Channel Islands in Camarillo will host The Black Market Trust on Saturday, October 28. The band features world class musicians and will perform material from the Great American Songbook infused with a romantic and virtuosic flavor, added with some intricate vocal harmonies and a dash of Rat Pack-style comedy. Find out more at StudioChannelIslands.org.

I saw a "Save the Date" post on social media for Skull and Roses 2024 which will return to the Ventura County Fairground April 19 - 21. Plenty of advance notice so you don't plan a vacation that same weekend.

Tickets are on sale now for the next Chick Singer Night returning to the Sound Palace in Oxnard for a show on Saturday, November 4. This time they'll feature Erinn Alissa, Jess Bush, Rachael Lynda, Lois Mahalva and Elyia Frantz.

Quick Notes: Namba has a punk show with Frequency Within, Intenable and Promotive on Friday, October 20; there's a free Ojai Pops Orchestra show at Libbey Bowl with Miriam Dance on Sunday, October 22; Dead Kennedys play the Ventura Music Hall on Saturday, October 28; and Tony Ybarra plays a intimate concert at Logan House at Beatrice Wood Center for the Arts on Sunday afternoon, October 29;

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

## Music Calendar

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

**Angry Ferret**  
11990 Hertz St., Moorpark

Fri 10/20: Humble Boy  
Fri 10/27: Corey Highberg  
**Aqua Beachfront Bar**  
**Crowne Plaza; 450 E. Harbor Blvd., Ventura**  
Wednesdays: Déjà vu Too  
Sat 10/21: Brion Shearer's Unreliable Villians  
**Beatrice Wood Center for the Arts**  
**8585 N. Ojai Ave., Ojai**  
Sun 10/29: Tony Ybarra  
**Boatyard Pub**  
**1583 Spinnaker Dr., Ventura**  
Music 6-9; except Sundays 4-7  
Wednesdays: Frank Barajas  
Thursdays: Jim Friery; Bluegrass Jam  
Fri 10/20: Teresa Russell & Stephen Geyer  
Sat 10/21: Déjà vu Too  
Tues 10/24: Mack and D  
Fri 10/27: Noah and D  
Sat 10/28: Karen Eden & Bill Macpherson  
Tues 10/31: Karen Eden & the Bad Apples  
**Bombay Bar and Grill**  
**143 S. California St., Ventura**  
Wednesdays: Blues Night  
**Cantara Cellars**  
**126 N. Wood Rd., Camarillo**  
Thurs 10/19: Cadillac Zack presents John Primer & Bob Corritore Band  
Fri 10/20: Heart & Soul  
Sat 10/21: Ignition  
Fri 10/27: Brandon Ragan Project  
Sat 10/28: The Renegades  
**Copper Blues**  
**591 Collection Blvd., Oxnard**  
Fri 10/20: No Duh  
Sat 10/21: The Blue Moon Boys  
Fri 10/27: Tone-6  
**Dargan's**  
**593 E. Main St., Ventura**  
Sun 10/22: The Pipes  
**Deer Lodge**  
**2261 Maricopa Hwy., Ojai**  
Thurs 10/19: Babes in Canyon  
Sun 10/22: Rick Kaylor  
Fri 10/27: Katie Skene  
Sat 10/28: Dudley, Dielectric  
**Four Brix**  
**2290 Eastman Ave., Ventura**  
(Fridays 6-8:30; Sundays 1-3:30)  
Fri 10/20: Caught Red Handed  
Sun 10/22: Brittny & Ben  
Fri 10/27: Heathers on Fire  
**Garage**  
**1091 Scandia Ave., Ventura**  
Fri 10/20: The Renegades  
Sat 10/21: We are the 80s  
Sat 10/28: Duncan and the Dragonslayers  
**The Grape**  
**2733 E. Main St., Ventura**  
Tues: The Gratitude Jazz Jam  
Wed 10/18: Terry Murphy  
Thurs 10/19: Tina Raymond Trio  
Fri 10/20: Lyman Medeiros Quartet  
Sat 10/21: Tommy Quale (2 pm); Danny Janklow & Elevation Band (8 pm)  
Wed 10/25: Teka & Friends  
Thurs 10/26: Maria Schafer Quartet  
Fri 10/27: House Arrest Band  
Sat 10/28: CocoKnots (2 pm); Love, Love me Boo (8 pm)  
**The Hangar**  
**824 E. Santa Maria St., Santa Paula**  
Sat 10/28: 805 Rockin' Oldies Band  
**Keynote Lounge**  
**10245 Telephone Rd., Ventura**  
Thursdays: Open Mic  
Sat 10/21: Vinyl Gypsies

Fri 10/27: The Balance  
Sat 10/28: Pull the Trigger  
**Leashless Brewing**  
**585 E. Thompson Blvd., Ventura**  
Thurs 10/19: Singer/Songwriter Open Mic Night  
Fri 10/20: Top Shelf  
Sat 10/21: Chillin Dylan (1 pm); Jacob Marquez & the Good Vibes (6 pm)  
Sun 10/22: One People  
Thurs 10/26: Twice as Clever  
Fri 10/27: Urban Dread  
Sat 10/28: The Heavy Hitters  
Sun 10/29: Shay Moulder  
**Libbey Bowl**  
**210 S. Signal St., Ojai**  
Sun 10/22: Ojai Pops Orchestra, Miriam Dance  
**Majestic Ventura Theater**  
**26 S. Chestnut St., Ventura**  
Wed 10/18: The Offspring  
Sat 10/21: Black Veil Brides & VV, Dark Divine  
Sun 10/22: Marcus King, Joshua Ray Walker  
Sat 10/28: Brooks Nielsen  
Tues 10/31: Amigo the Devil  
**Manhattan**  
**5800 Santa Rosa Rd., Camarillo**  
Wed 10/18: Robert Van  
Thurs 10/19: Tom McMorran  
Fri 10/20: Tour Support  
Sat 10/21: Jeanne Tatum  
Wed 10/25: Warren Takahashi  
Thurs 10/26: Tom McMorran  
Fri 10/27: Tour Support  
Sat 10/28: Jeanne Tatum  
**Margarita Villa**  
**1567 Spinnaker Dr., Ventura**  
Fri 10/20: Vinyl Gypsies  
Sat 10/21: Operation 90s  
Sun 10/22: Smokey & Friends  
Fri 10/27: Dive Bar Messiahs  
Sat 10/28: Crosscut 805  
Sun 10/29: Heathers on Fire  
**Mountains to Sea Jubilee Music Festival**  
**Veterans Memorial Park, Ventura & Mills Rd., Santa Paula**  
Sat 10/21: Big Bad Voodoo Daddy, Rey Fresco, Whiskey Business, Charles Law Band, Mariachi Camarillo  
**Namba Arts**  
**47 S. Oak St., Ventura**  
Fri 10/20: Frequency Within, Intenable, Promotive  
**Ojai Day**  
**Signal St., Ojai**  
Sat 10/21: Buck Moon, Spencer the Gardener, Beau Red & the Tailor Maide, more...  
**Ojai Valley Brewing**  
**307 Bryant St., Ojai**  
Fri 10/20: Van Allen Twins  
Sat 10/21: Dan Grimm  
Fri 10/27: Milo Sledge  
**Ojai Underground Exchange**  
**616 Pearl St., Ojai**  
Fri 10/20: Elsa Nilsson Jazz Quartet  
Sat 10/21: Max Gomez  
**Oxnard Performing Arts Center**  
**800 Hobson Way, Oxnard**  
Wed 10/18: Listeso String Quartet  
Thurs 10/19: Listeso String Quartet  
**Peirano's**  
Thursdays: 10/19: Mack and D  
Fri 10/20: Bobby Campbell & Tim Conklin  
Sat 10/21: Frank Barajas  
Sun 10/22: Vinny Berry  
Fri 10/27: Oliva Willhite  
Sat 10/28: Frank Barajas  
Sun 10/29: Vinny Berry  
**Poseidon Brewing**  
**5777 Olivas Park Dr., Ventura**  
Sat 10/21: Natalie Wattre  
**The Raven Tavern**  
**1651 S. Victoria Ave., Oxnard**  
Fri & Sat 7 pm; Sunday 2 pm  
Fri 10/20: Brandon Ragan  
Sat 10/21: The Hearing Colors  
Sun 10/22: Katie Shorey  
Fri 10/27: NDR CVR SPR GRP  
Sat 10/28: Duke Fame  
Sun 10/29: Jake McClelland  
**Rincon Brewery**  
**4100 Telegraph Rd., Ventura**  
Sat 10/28: Vanise Terry Band

**Rocks & Drams**  
**14 S. California St., Ventura**  
Wednesdays: Katie Leigh  
**Sans Souci**  
**21 S. Chestnut St., Ventura**  
Wed 10/18: Centershift, DTP, The Axiom  
Wed 10/25: A Year from Yesterday, Slow Decay  
**The Shores**  
**1031 Harbor Blvd., Oxnard**  
Fri 10/20: Joe Delia (4 pm); The Corsican Bros. (8 pm)  
Sat 10/21: Sin Chonies  
Fri 10/27: Jake McClelland (4 pm); Nuestro (8 pm)  
Sat 10/28: The Flying Gang  
**The Sportsman**  
**4426 Central Ave., Camarillo**  
Sun 10/22: Swing Shift  
**Strey Cellars**  
**951 N. Rice Ave., Oxnard**  
Sun 10/22: The Renegades  
Sat 10/28: Ignition  
**Studio Channel Islands**  
**2222 Ventura Blvd., Camarillo**  
Sat 10/28: The Black Market Trust  
**Tony's Pizzeria**  
**186 E. Thompson Blvd., Ventura**  
Wed 10/18: Los Amigos  
Thurs 10/19: Stoneflys  
Fri 10/20: Shaky Feelin'  
Sun 10/22: House Arrest  
Wed 10/25: Pull the Trigger  
Fri 10/27: Medicine Hat  
Sun 10/29: Heart and Soul  
**Topa Topa Brewing**  
**2024 Ventura Blvd., Camarillo**  
Fri 10/20: Colin Kyffin  
Sat 10/21: Doc Strange  
**Topa Topa Brewing**  
**4880 Colt St., Ventura**  
Sat 10/21: Teresa Russell  
Tues 10/24: Jam  
Sat 10/29: The Trivle Omdobble  
**Topa Topa Brewing**  
**341 E. Ojai Ave., Ojai**  
Wed 10/18: Tom Collins  
Fri 10/20: Dylan Cunningham  
**The Twist on Main**  
**454 E. Main St., Ventura**  
Fri 10/20: Dive Bar Messiahs  
Sat 10/21: Joe Delia (noon); Dive Bar Trio (4 pm); JetLemons (8 pm)  
Sun 10/22: Kris Simeon (1 pm); Steve and Sally Williams  
Wed 10/25: Battle of the Bands  
Fri 10/27: Brobots  
Fri 10/28: Adam Lenhard (noon); Morrison Dr. (4 pm); Jazzmen Suites (8 pm)  
Sun 10/29: Phillip Beserra (1 pm); JetLemons (4 pm)  
**Vaquero y Mar**  
**435 E. Thompson Blvd., Ventura**  
Sundays: Mariachi  
Tuesdays: The Sea Hunter, Lowered Expectations  
Wednesdays: Tribal Me  
Fridays: Conjunto Zacamandu  
**Ventura Music Hall**  
**1888 E. Thompson Blvd., Ventura**  
Wed 10/18: Casey Frey  
Fri 10/20: Powerman 5000, Julie K  
Sat 10/21: Circles Around the Sun  
Tues 10/24: Mustard Service, Sitting on Stacy  
Thurs 10/26: Suga Free  
Fri 10/27: ALO, Shira Elias  
Sat 10/28: Dead Kennedys  
**Winchesters**  
**632 E. Main St., Ventura**  
Music Thurs 5:30; Fri 7 pm; Sat 3 pm; Sun 3 pm  
Thurs 10/19: Medicine Hat Duo  
Fri 10/20: Blown Over  
Sat 10/21: Adam & Sam  
Sun 20/22: Doc Rogers Band  
Thurs 10/26: Frank Barajas  
Fri 10/27: James Broz  
Sat 10/28: Rick & Jenny  
Sun 10/28/29: Pull the Trigger  
**1901 Speakeasy**  
**740 S. B Street, Oxnard**  
Thursdays: D.on Darox  
Fri 10/27: Teresa Russell & Stephen Geyer



## Call to Artists: Transforming Trashcans into Mosaic Masterpieces!

The City of Ventura invites professional artists and artist organizations to participate in a new public art project transforming ordinary trashcans into mosaic masterpieces. Applications are open now through Friday, October 27, 2023, at 5:00 p.m.

This project, funded by the Pierpont Community Council, aims to create visually pleasing designs on four city-owned cement trashcans, located in Pierpont, that seamlessly complement Pierpont's iconic monument sign, which was unveiled in 2022.

"Many communities have public art programs that transform trash receptacles into functional art that supports creative placemaking," said Recreation Manager Emily Fox. "We are excited to bring this artistic initiative to Ventura and continue to beautify everyday surfaces with the help of our talented arts community."

Applicants must submit at least four distinct design renderings. Two of the design renderings must incorporate the City emblem that's affixed on several trashcans throughout Ventura.

A budget of \$2,500 for each chosen trashcan (up to \$10,000) has been allocated for this project. This sum is a package deal, expected to cover every facet of the artistic process - from conception and crafting to unveiling.

Learn more about this project and apply at [www.cityofventura.ca.gov/PublicArt](http://www.cityofventura.ca.gov/PublicArt).

Buenaventura Art Association at Studio 99 @ The Bell Arts Factory.

Now thru October 28, 2023.

**Bonny Butler's** "Coloring Outside the Lines" show presents 15 to 18 of her soft pastel paintings, most about 9 by 12 inches, all matted and framed.

After 40 years in the dog-grooming business, including owning a shop, Butler said she retired to "chase my lifelong dream of learning how to paint. I took my first art class at 60 years old. It's been eight years that I've become obsessed with learning all the mediums and I paint and practice every day.

Some of her art can be found at [bonnybutler.com](http://bonnybutler.com).

Purchase the exhibited pieces directly from our website's online gallery!

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



Coloring Outside the Lines, by Bonny Butler

# Ventura Art Scene

  
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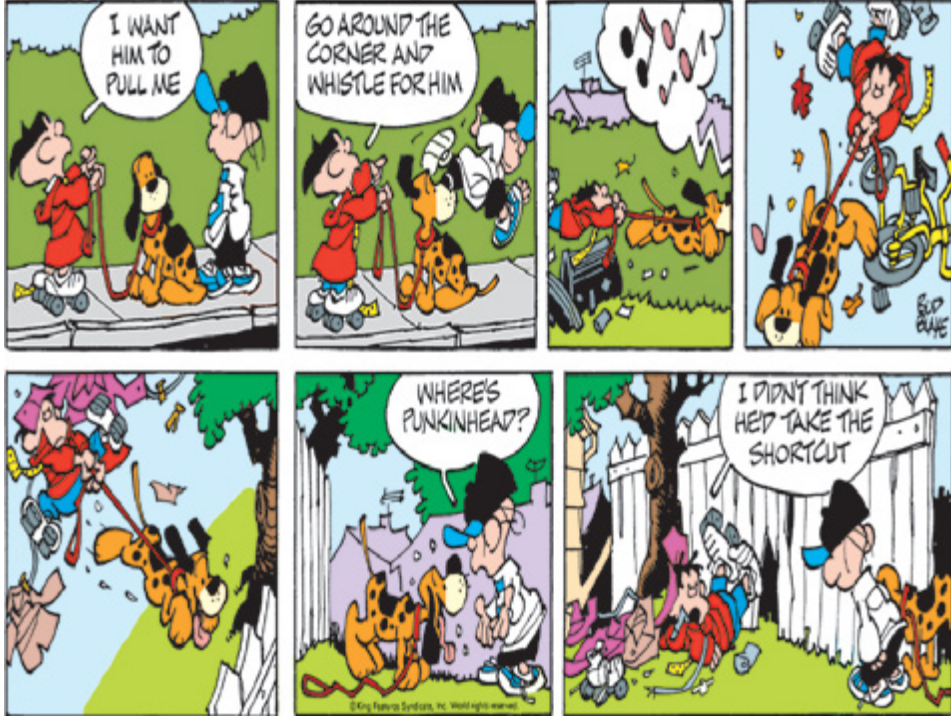


PHOTOGRAPHY: ZACH MENDEZ

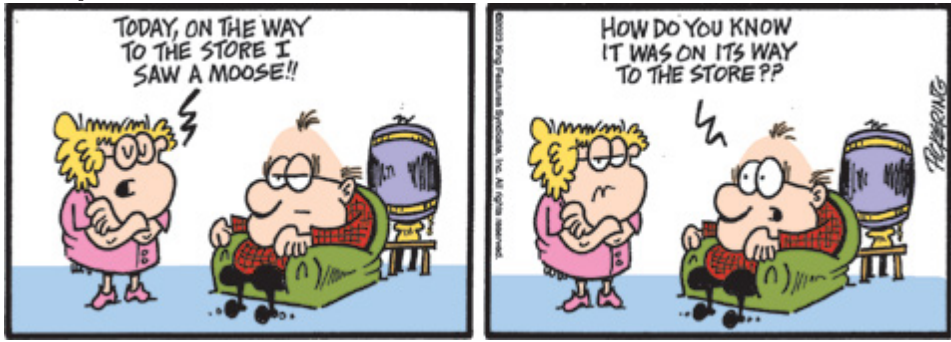


# Lighter Breeze

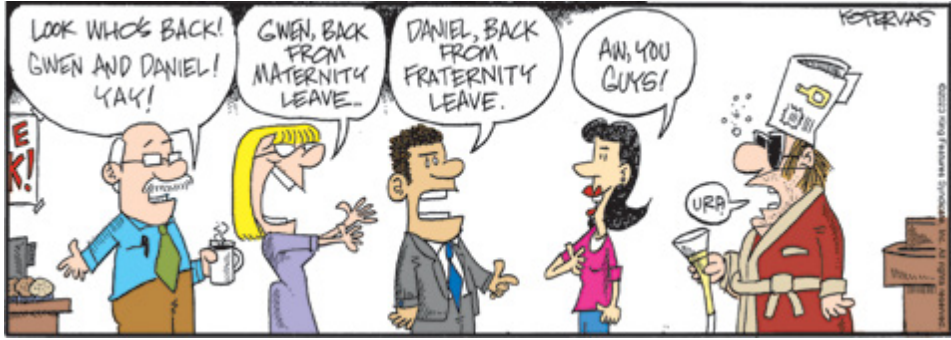
## Tiger



## The Spats



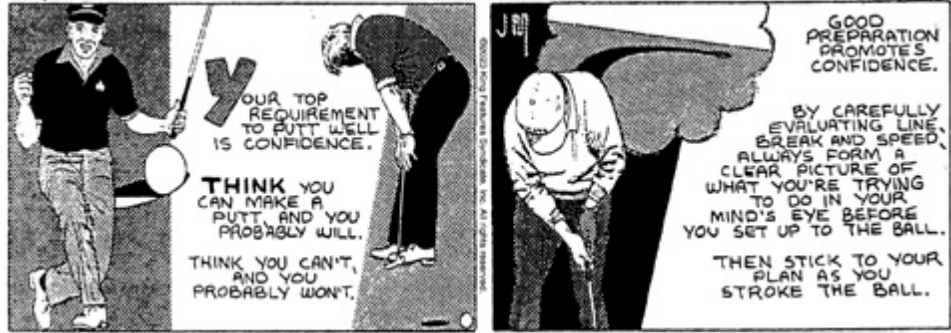
## Out on a Limb



## Amber Waves



## Play Better Golf with Jack Nicklaus



Solutions on page 15

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

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

## Weekly SUDOKU

by Linda Thistle

Place a number in the empty boxes in such a way that each row across, each column down and each small 3-box square contains a 1 of the numbers from one to nine.

DIFFICULTY THIS WEEK: ◆◆◆

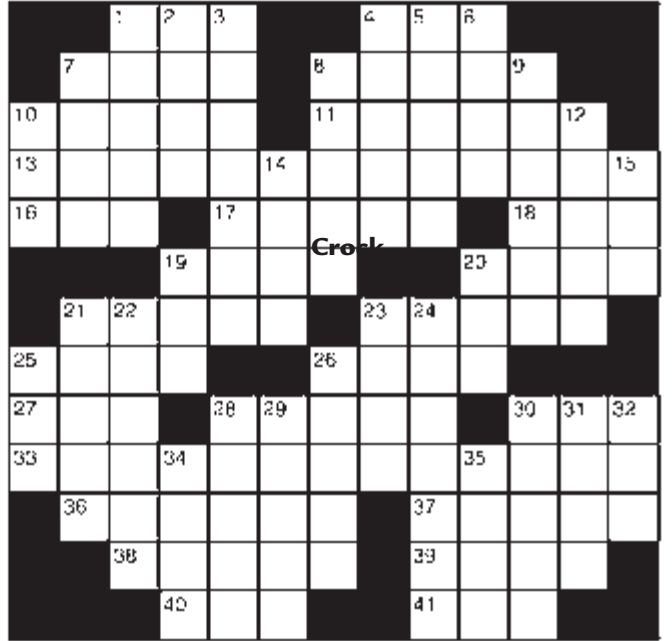
◆ Moderate ◆◆ Challenging  
◆◆◆ HOO BOY!

Solutions on page 15

## King Crossword

### ACROSS

- 1 Big mouth
- 4 Scoundrel
- 7 Actress Rogers
- 8 Underneath
- 10 Choir member
- 11 Loves to pieces
- 13 Woven containers
- 16 Raw mineral
- 17 Levels
- 18 Cistern
- 19 Pet food brand
- 20 Feel sorry for
- 21 Answers an invitation
- 23 Sandbox toys
- 25 Dandies
- 26 Billions of years
- 27 Simile part
- 28 Egypt's Mubarak
- 30 Pallid
- 33 Company codes used at a stock exchange
- 36 Journalist Bly
- 37 Bakery smell
- 38 Japanese wrestlers
- 39 Minnelli of "Arthur"



- 10 Tango team
- 12 Sports figures
- 14 Eyeglass frames
- 15 Pigs' digs
- 19 Hosp. hook-ups
- 20 Math ratios
- 21 Cello bow application
- 22 Parking spots
- 23 Shetland, for one
- 24 Cracker shapes
- 25 Corpulent
- 26 Road curves
- 28 Big wheels at sea
- 29 Hunter in the sky
- 30 Lighththeaded
- 31 Mater lead-in
- 32 Code-breaking gp.
- 34 Heidi of "Project Runway"
- 35 Vivacity in music

### DOWN

- 1 Chop finely
- 2 Out of control
- 3 Spy's device
- 4 Fragrant wood
- 5 At — for words
- 6 Dweeb
- 7 Israel's Golda
- 8 Innocents
- 9 Cotton pest

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# Show Time

A View from House Seats

## The Devil is in the Details

by Shirley Lorraine

The bombardment of information is a daily and relentless state of being these days. From every direction we are fed tidbits, whole bits and teasers which may or may not be true. Therein lies the crux of the conflict in the Rubicon Theatre Company's current production of *The Lifespan of a Fact* by Jeremy Kareken, David Murrell and Gordon Farrell based on a true-ish story by John D'Agata and Jim Fingal.

The show opens the Rubicon's Silver Anniversary season with this premiere production mounted by the Fountain Theatre West Coast. Through a collaboration between the two theater companies, Ventura audiences can now enjoy this extraordinary work. All

three of the actors, Ron Bottitta, Jonah Robinson and Inger Tudor, performed in the premiere production in Los Angeles and brought their roles to the Rubicon stage.

Writers can be finicky about the words they place on the page. They may use flexible criteria for their choices, as D'Agata (Bottitta) shares, for the sake of the story, its emotional impact and readability. Fact-checker intern Fingal (Robinson) takes his work seriously and seeks what he feels is the absolute truth in the facts. Editor (Tudor) wants a terrific story to pull her failing publication back into the limelight.

The three of them become engaged

in a verbal battle as they each stand their ground for their viewpoint to be heard. The result is a fascinating in-depth discussion of detail, accuracy and facts versus story, emotion, and readable flow.

Fingal finds many tiny discrepancies in the facts as presented by D'Agata. Some are so small as a differing second of time in two different reports. The question becomes does that small difference bear enough weight to require changing? D'Agata says no, Fingal says yes. Both are right, and both are wrong.

The 90-minute discourse is presented without intermission. I and others in the audience were completely absorbed in the minutia of the discussion which raised so many questions to explore. Keeping in mind that every single person will have a different perspective on a situation depending on myriad factors, is it even possible to have a single accurate

fact? Where does the point of compromise become more important than absolute accuracy? Is such a thing even possible? And to whom does it matter?

All three actors present viable arguments. The performances are exemplary, the writing is tight and introspective. This is a piece that sends the audience on a wild ride of internal "exploration of the creative process, journalistic integrity and the blurry boundaries between fact and fiction."

The Rubicon has chosen an extraordinary work to open their 2023-2024 season. *The Lifespan of a Fact* will have you laughing, pondering and questioning everything you read, hear or see from this point forward. Of course, that's just my opinion.

*The Lifespan of a Fact* continues with matinee and evening performances through October 21. [www.rubicontheatre.org](http://www.rubicontheatre.org) for all details.

Streaming Spotlight by Cindy Summers

## The Burial

- Prime Video



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

Based upon a true story, "The Burial" is a great David and Goliath type story of a small family funeral business that took on foreign corporate greed. In 1995, Jeremiah O'Keefe (Tommy Lee Jones) was 75-years-old and the proud patriarch of a family with 13 children and 24 grandchildren in Biloxi, Mississippi. He was a funeral director and owner of a 100-year-old family funeral home business that had grown into eight locations and provided funeral insurance across the state.

Jeremiah had experienced some trouble maintaining the minimum financial requirements to own funeral homes and the state insurance commission temporarily suspended his license. Jeremiah sought the counsel of his personal lawyer and friend for over 30 years Mike Allred (Alan Ruck) who suggested that he sell three of the eight funeral homes he owned to fix his financial woes. He recommended selling to a company in Canada called the Loewen Group owned by Ray Loewen, who was purchasing independently owned funeral homes all throughout the US and Canada.

They scheduled a meeting with Loewen in Canada, and when Jeremiah met Mike at the airport, Mike learned Jeremiah had invited a young black attorney who was a friend of his son's from college named Hal Dockins (Mamoukou Athie) to join the team and attend the meeting they had scheduled with Loewen. Mike was noticeably uncomfortable due to some very obvious racist views, but Jeremiah just went about heading to Vancouver to meet Loewen on his yacht.

The Loewen Group owned over 1,000 funeral homes, nearly 500 cemeteries, several hundred insurance companies and were gearing up for what they smugly referred to as the "Golden Era of Death", when the Baby Boomer generation would begin to reach their "age of demise". Loewen calculated this shift would result in a minimum increase of 60% in deaths nationwide and wanted to capitalize on this profit potential by buying all the funeral homes he could find.

Jeremiah struck a deal with Loewen to have them purchase three funeral homes and Loewen agreed he would not sell insurance in Mississippi as not to compete with Jeremiah's business.

Four months went by, yet Loewen hadn't closed the deal and it seemed as though Loewen was trying to stall Jeremiah until he ran out of options that would eventually result in him losing his family business, which then Loewen could obtain for practically nothing.

They filed a lawsuit in a neighboring county that was 70% black, which would mean the jury would be composed primary of black citizens. Hal knew that Mike would not do well as lead counsel with a black jury, and suggested they consider another lawyer for the team. Hal had come to know about a charismatic personal injury lawyer named Willie Gary (Jamie Fox) in the black community, who had not lost a case in twelve years and suggested they seek his assistance with the case.

Willie originally refused, stating that he was a personal injury lawyer and that this was a contract law case, but was impressed with Jeremiah's background and integrity so agreed to work the case. The team thought they had an advantage now with a black attorney as lead, only to find out that Loewen hired a hot shot female black attorney named Mame Downes (Jurnee Smollett) along with a team of black attorneys to support her.

Though Willie and the team had limited expertise in contract law, they were determined to be triumphant in their quest to expose the Loewen Group for racial injustice and corporate corruption.

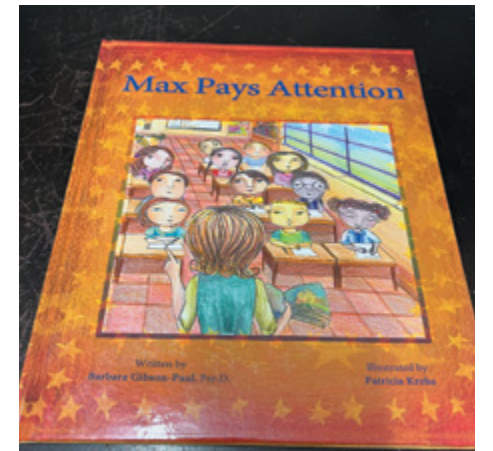
Runtime: 2h 6m

## Max Pays Attention

This exciting children's book by Dr. Barbara Gibson Paul, children's author and child psychotherapist is for ages 4-8 year olds is a great purchase for schools, libraries, holiday gifts and birthday gifts. \$14.95 Hardcover.

"Max Pays Attention" is about Max who is a 7-year-old boy who has trouble sitting still and following the rules in class. Max's mom helps motivate him to improve his behavior in school. After

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Local author pens book about a boy who has trouble sitting still.

**THE**  
*Gold Coast*  
**GEM SHOW**

*Margaret, Afghanistan*

**The Gold Coast Gem Show**  
is coming to the Ventura County Fairgrounds,  
November 4 & 5, 2023, featuring 30 dealers, including  
demonstrators and local Gem and Mineral Societies.  
Show goers will find unique and quality specimens, beads,  
jewelry, and lapidary supplies, including demonstrations  
and activities for the whole family.  
The show is FREE and open to the public (fairground  
parking is additional). The show hours are Saturday,  
November 4, 10-5 pm, and Sunday, November 5, 10-4 pm.  
The Ventura County Fairgrounds is located at  
10 W. Harbor Blvd., Ventura, CA 93001.  
**We look forward to seeing you!**



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### **Ventura receives \$32 million Continued from page 2**

through the State's Project Homekey initiative, will transform the 142-room hotel into 134 permanent supportive housing apartments designed to serve households experiencing homelessness or at risk of homelessness.

"The rise in the number of homeless individuals, particularly those without shelter, underscores the need for further efforts to address and prevent homelessness comprehensively," said Jeff Lambert, Chief Executive Officer of the Housing Authority.

The total project cost, encompassing acquisition and renovation expenses, is estimated at over \$50 million. The Housing Authority of the City of San Buenaventura led the acquisition and rehabilitation of the facility, providing a sponsor loan of \$1 million. The City of Ventura secured over \$1.5 million from a California Department of Housing and Community Development fee on real estate documents to help purchase the hotel. The city also committed nearly \$1.4 million in HOME-American Rescue Plan funding. The County of Ventura also contributed a \$5.5 million grant for the La Quinta Inn project.

Based on the 2023 Point-in-Time Count, the County of Ventura has 2,441 people experiencing homelessness, marking a 9% increase compared to the 2022 Point-in-Time Count. During the same period, the overall number of homeless individuals in Ventura decreased by 10%, from 713 to 644.

It also facilitates the conversion of commercial properties and other existing buildings into permanent or interim housing for those in need.

The development will comprise 134 studio apartments alongside office and community spaces; all centered around a flexible courtyard that serves as a communal gathering place. To ensure the success and well-being of residents, the Valentine Road

housing project will be staffed by four property managers, including two residing on-site, six case managers, and maintenance personnel.

The Housing Authority anticipates finalizing the property's acquisition by early 2024, with the first occupants expected to be welcomed by the spring of the same year.

Bill Ayub, City Manager, City of Ventura - "About a year ago, employees from the City, Housing Authority, and County gathered in a small room at City Hall with a shared vision of a project that could significantly improve the lives of those in need of support. Witnessing this vision becoming a reality is exhilarating for all of us and a source of excitement for our entire community."

### **Max Pays Attention Continued from page 23**

lots of hard work Max finally starts to follow the rules and earns something special.

Dr. Pal stated "I was inspired to write this book after teaching special education and becoming a parent myself. I was in private practice as a child therapist helping parents and children to have less stress and increased happiness. I couldn't find a self-help book to share with my client's so I wrote "Max Pays Attention".

"I'm a big believer in using bibliotherapy to help a child or adult with grief, self esteem, school concerns and/or relationship problems. I believe too many children lack motivation for a variety of reasons. In the book "The Little Engine That Could" the train thought he/she wasn't going to get up the mountain but he/she was determined to get to the top and said "I think I can I think I can".

Barbara Gibson Paul Psy.D.LMFT a resident of Ventura can be reached at 818-599-0053 to schedule a professional parenting consultation, schedule an author's event or purchase the book.