



# VENTURA BREEZE

Your Hometown Paper

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## Successful completion of the Montalvo Safe Routes

The City of Ventura is thrilled to announce the successful completion of the Montalvo Safe Routes to School Project. To commemorate this achievement, the City hosted a ribbon-cutting event on Tuesday, November 7, at the corner of Bristol Road and Grand Avenue.

The event featured key stakeholders and dignitaries, including the Ventura Unified School District, Montalvo Community Council, Montalvo Elementary School, City Council, staff, and community members.

The Montalvo Safe Routes to School Project was a collaborative effort representing a substantial investment in our community's infrastructure. It was specifically designed not only to enhance the safety and convenience of travel to and from Montalvo Elementary School for students and their families but also to provide a more accessible neighborhood for the Montalvo community. The new sidewalks and bike lanes not only facilitate travel to school but also allow the residents of Montalvo to interact more freely with their neighbors, promoting a healthy lifestyle and fostering community connections.

"This remarkable project is a shining example of what can be achieved when a community comes together. It has been a labor of love, driven by partnerships and dedicated community members," said Mayor Joe Schroeder. "These collaborative efforts have resulted in crucial improvements to the Montalvo neighborhood, benefiting our students, families, and the entire community, fostering a stronger sense of community identity. The project was about more than just the school; it also improves safety since people don't need to walk in the street."

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## "Julie" and four women on an adventure

by Patricia Schallert

The World's Toughest Row starts in June each year with up to 20 teams participating from around the world. The annual edition of this race sees teams from all over the world starting from the historic harbor of Monterey, California, following the path of many adventurers and explorers who find the exhilarating challenge of rowing. An incredible atmosphere of apprehension and excitement is guaranteed during the pre-race period as teams



Hannah, Gabe, Megan, Kaitlyn and "Julie" will be completely unassisted until the finish line.

complete their final preparations to set off to row across the mid-Pacific Ocean. A finish line as unique as Hanalei Bay on the island of Kaua'i is hard to beat as the backdrop to what will be the most incredible, once in a lifetime adventure.

Four women are training in the Ventura, Harbor now for this epic adventure across the Pacific Ocean in support of The Women's Sports Foundation and Hawaii Domestic Violence Action Center. With a distance of 2800 miles, "The Worlds

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## National Register of Historic Places Nomination

by San Buenaventura Conservancy for Preservation

The San Buenaventura Conservancy for Preservation will hold a public update meeting about progress on the nomination of the Ventura Unified School District Historic Washington School Buildings to the National Register of Historic Places. The meeting will be on Thursday, November 16th at 6 p.m. at Grace Church Cooper Hall, 65 McMillan Avenue, Ventura. The Conservancy is in support of the preservation and adaptive reuse of the historic Washington School Buildings in midtown Ventura, and is in the process of nominating the school buildings to the National Register of



Historic Washington School.

Photo courtesy of San Buenaventura Conservancy Archives

Historic Places.

Washington School was built in 1925 and served as a Ventura Unified School District (VUSD) school until it was closed in 1983. The private Ventura County Christian school, which occupied the site in recent years, has relocated to a new campus near Ventura College. The property is currently vacant. It is included on the Ventura Unified School District (VUSD) surplus properties list, which makes the property potentially available to be sold or redeveloped.

The National Register listing will make it clear to potential de-

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Your Hometown Paper

Member, Ventura Chamber of Commerce

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## City News



Main Street Moves has been extended to July 2024.

## Closure of five blocks of historic downtown

In May of 2020, city staff, in partnership with the Downtown Ventura Partners, presented a proposal to City Council to allow for a temporary, 30-day closure of five blocks of historic downtown Main Street to vehicular traffic to allow for outdoor dining and shopping in response to the COVID-19 pandemic. The pilot project was a resounding success and provided a financial lifeline to many Ventura businesses.

Through a series of Council actions, Main Street Moves has been extended to July 2024. During this two-year period, various studies will be completed to determine the feasibility of a permanent, 24/7 street closure (Pedestrian Mall). Periodic updates to the community and Council will be forthcoming as studies are completed.

October 16, 2023 - City Council provided staff direction for the next steps with Main Street Moves, including continuing with the full closure while the environmental studies are complete, finalizing the parklet design guidelines, and creating a mechanism to transition the

program liability from the Downtown Ventura Organization (DVO) to the City. Staff Report (PDF)

June 26, 2023 - City Council waives a second reading and adopts the Ordinance of the City Council of the City of San Buenaventura, amending Chapter 16.350 of the Municipal Code to provide regulations prohibiting the use of bicycles, electric bicycles, and other vehicles within Main Street Moves, and adding limitations on the use of any such vehicle on public rights-of-way and within shopping centers. Staff Report (PDF)

## City of Ventura to host Housing Forum

The Housing Services Division of the City of Ventura will be hosting its next housing forum on Wednesday, November 15, from 6:30 to 8:30 p.m. at the Juanamaria Elementary School, located at 100 S Crocker Ave.. The forum will cover a wide range



of topics, including landlord and tenant rights, affordable housing development, housing choice vouchers, paths to homeownership, and homelessness. As housing costs continue to rise in the community, it is essential for individuals and families to be aware of the resources available to them.

Presenters at the event will include the Central Coast Alliance United for A Sustainable Economy (CAUSE), Housing Rights Center, Ventura County Community Development Corporation (VCCDC), Housing Authority of the City of Ventura, People's Self-Help Housing and US Vets.

The VCCDC will discuss paths to homeownership and down-payment assistance programs for first-time homebuyers. The City's Housing Services Division will also provide information about the programs and objectives outlined in the City's Housing Element, a plan that was recently certified by the California Department of Housing and Community Development.

"We're thrilled to host our upcoming forum in the East side community, catering to the residential needs of our local residents by offering vital insights into housing resources and affordable programs," expressed Leona Rollins, the Housing Service Manager. "It's crucial that both individuals and families are well-informed about the resources at their disposal and have a clear understanding of their rights as renters and homeowners."

This event is free and open to anyone interested. Visit <https://bit.ly/49bZXck> to register to attend and presume your questions.

To learn more about affordable housing programs and resources for Ventura residents, visit [www.cityofventura.ca.gov/HousingServices](http://www.cityofventura.ca.gov/HousingServices).

## As I See It by Sheldon Brown

I've mentioned in prior issues how evolved the email scammers have become. I received an email stating it was from Paypal (looked exactly like it was from them) informing me that \$1,000 was being taken out of my Paypal account for the purchase of a computer. They can create miracles it seems, since my account had \$5 in it. Then, it says if you don't agree to this purchase call a number. When you do call, what they need to reverse the charge is your SSN, credit card number and name of your first born.

I have solved the confusion with UFO sightings. I was watching a UFO show and it showed 3 round yellow balls in the sky that may have been UFO's. And, then they quickly disappeared.

That is when I figured out how this was happening. The superior beings out there have figured out how to convert matter into light. Light travels at 670,616,629 miles per hour. So, when they want to do some traveling, they just convert their vehicles into light. UFO=MeVC.

For example, light from Mars takes about 22 minutes to get here compared to the 7-8 months it would take us to

get there.

When the aliens are done visiting, they just convert their ships back into light and can be home in time for dinner.

We can't solve homelessness by simply providing housing. At least 1/3 of homeless people are mentally ill. We must vastly improve our public mental health system which is totally inadequate. Without timely treatment and needed interventions, those with a serious mental illness deteriorate and easily become homeless.

Homelessness is a national crisis, and all too pervasive in California. An estimated 171,000 people are homeless in this state, representing 30% of all homeless people in the U.S. Political leaders are divided over how to address the crisis, with some, including Democratic Gov. Gavin Newsom, favoring tent encampment sweeps and a tough-love approach toward those with mental health and addiction issues.

A man who confessed to raping and impregnating a 9-year-old girl has been sentenced to life in prison. The poor 9-year-old girl had to travel out of state to end the pregnancy.

I didn't realize a 9-year-old could even get pregnant, but what kind of a society would then make her have a baby (if she could) after going through that trauma?

At least Ohio voters get it. They approved a constitutional amendment that ensures access to abortion and other forms of reproductive health care, the latest victory for abortion rights supporters since the U.S. Supreme Court overturned Roe v. Wade last year.

Ohio became the seventh state where voters decided to protect abortion access after the landmark ruling. Good for them.

Ads that claim seniors can have medical insurance with no monthly premiums are somewhat misleading. The cost of our medical insurance is deducted from our social security money, so we are paying for it just not directly.

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

You may say I'm a dreamer, but I'm not the only one. I hope someday you'll join us. And the world will live as one.

— John Lennon





Assemblymember Steve Bennett presented with "Environmental Champion" award.

## Ventura Land Trust (VLT) honored distinguished donors and volunteers

Ventura Land Trust (VLT) honored distinguished donors and volunteers at its annual Supporter Spotlight event on Friday, November 3rd. Ventura Land Trust supporters joined the VLT Board of Trustees and staff members for happy hour and dinner while celebrating the 2023 VLT accomplishments and community impact.

The Environmental Champion Award was presented to Assemblymember Steve Bennett, representing California's 38th district. Early in his career, Assemblymember Bennett co-authored the Save Open Space and Agricultural Resources (SOAR) initiatives that have made Ventura County a national leader in land-use planning. As a legislator, Bennett focuses on renewable energy, supporting children in the foster care system, and improving access to resources for farmworkers and Ventura's homeless population. He has continually been a champion for environmental causes and shows his commitment by protecting open spaces and his work with VLT. In 2023, he focused on raising environmental awareness by securing funding for trail improvements in California Assembly Bill 411. With Assemblymember Bennett's support, VLT received a grant of \$7.2 million dollars that is being used to prepare Mariano Rancho for opening to the public, as well as other capital needs at Harmon Canyon Preserve.

VLT also honors Heidi and Mike Whitcomb for their significant contributions towards the 20th Anniversary Gala held on October 14th 2023. Heidi and Mike chaired the gala committee and were pivotal in the planning, design, and execution of an event that pushed VLT's boundaries in terms of sophistication and scope.

Recognition was also provided for volunteer Michael Connolly. Volunteering as a VLT docent at Harmon Canyon Preserve (HCP) since December 2021, Michael has dedicated over 550 hours of service to VLT, consistently going above and beyond his docent role by actively participating in VLT events.

"As a community-based organization, VLT is only able to accomplish the work we do thanks to the unwavering support of our volunteers, donors, and community members at large," said VLT Executive Director Melissa Baffa.

"We are so grateful for the hard work and dedication of Michael Connolly and the Whitcombs - their volunteerism and broad support have made a huge difference at VLT. And where to start with Assemblymember Bennett? His decades of activism and leadership in the environmental arena have helped to preserve the quality of life for residents of Ventura County and surrounding regions. The funding he helped to secure for VLT is a game changer, allowing us to get a tremendous amount of work done in a short time and to open the 1,645-acre Mariano Rancho preserve to the public much sooner than we would have otherwise. It's not just a gift to VLT - it's a gift to the community and the native plants and animals that call this area home."

VLT staff and board members expressed their gratitude for the dedication of all of the organization's passionate volunteers and generous donors for supporting Ventura Land Trust, as well as Topa Topa Brewing Company, Ventura Spirits, and Himalaya for sponsoring the special event. Those interested in learning more about volunteering, donating, or becoming a member should visit the VLT website at [venturalandtrust.org](http://venturalandtrust.org)

Ventura Land Trust, 3451 Foothill Rd., Suite 201.

## City Council to change meeting days

The Ventura City Council holds its regular business meetings on Mondays but the council will be asked to change that.

The council is changing their regular meetings to Tuesdays starting in 2024.

They will be held the second and fourth Tuesday of every month except August when the council is on their summer break.

City officials say having two meetings each month gives them room for special or extra meetings if necessary.

Ventura will join Oxnard, Ojai, Fillmore, Thousand Oaks, and the County Board of Supervisors in holding regular meetings on Tuesdays.

The first regular Tuesday meeting of the Ventura City Council will be on January 9, 2024.

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With each passing year we have been blessed to watch our child flourish.

## Ventura Charter School students return from school-wide campout with a strong sense of community

Ventura Charter School of Arts & Global Education – a tuition-free Ventura County public school – welcomes students’ home as they return from a school-wide campout adventure in October. The expedition spanned three days in the local Ventura County wilderness where students, families, and teachers gathered at Steckel Park in Santa Paula to prepare for the school year by building solid connections while creating a strong sense of community to last throughout the school year. This year nearly

400 students and 300 families attended the campout, which is the only such school-wide activity of its kind within Ventura County’s public schools.

“The Campout, has allowed our child to slowly come out of his shell and meet new people. With each passing year we have been blessed to watch our child flourish and grow during this event,” said Jaret and Jackie Flowers, parents of Ventura Charter School students for 6 years, “This school is full of loving and caring

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parents, teachers and faculty.”

During the trip, students embarked on a sunrise hike, completed a riverboat challenge, formed a drum-circle, participated in lessons on local animals and nature, learned to explore and engage with their surroundings in a scientific way and had time to have fun and build friendships that are sure to continue on campus. All grade levels were invited to participate, with older students in grades 3 and up camping overnight with their families and younger K-2 students enjoying daytime camp activities.

“It’s always fun to see the first-time campers getting their hands dirty and embracing the lessons,” said Lisa Hildebrand, Executive Director of Ventura Charter School of Arts and Global Education, “For our older students, they look forward to the campout each year. For them, it’s about having fun with friends, as they grow their critical thinking skills, build new and deeper connections, and engage with their environment in ways that carry into the classroom.”

This is just one of the many unique ways that Ventura Charter School engages students with each other and with the natural world as part of an education that extends beyond the classroom. Taking care of the Earth and understanding the natural world are part of the core principles of Ventura Charter School and are an integral part of its global education.

“Ventura Charter Schools campout is one of the most unique school community building experiences families can share with their children and my favorite school event,” said Terra, the parent of an 11-year-old Ventura Charter School student, “We come together to enjoy nature, sing at campfire, and bond together with Charter families and Charter staff to create an exciting and memorable outdoor adventure for the kids.”

To learn more about how Ventura Charter School encourages students to engage with their education in a way that works best for them, and to take a campus tour and learn about enrollment visit: [www.venturacharterschool.org/](http://www.venturacharterschool.org/).

Ventura Charter School – Starting as Open Classroom in the 1970’s, Ventura Charter School of Global Arts & Education launched in 2006 as a tuition-free public charter school within the Ventura County Office of Education. The school currently serves over 400 K8th grade students on its campus located within the larger DATA middle school property. Ventura Charter School is an expeditionary learning school in partnership with EL Education. It is guided by 10 founding principles and its mission to, “engage every student in meaningful and supportive learning experiences to grow resilient, educated, and socially intelligent human beings.”

**“Julie” and four women on an adventure Continued from page 1**

“Toughest Row” is considered to be one of the most difficult races on the water.

The four women will be competing in the race class. Their boat is 28 feet long and weighs 2,000 pounds. The boat is named “Julie” after Gabe and Megan’s mother, who was the girl’s biggest cheerleader and a huge supporter of equity in sports for women. The boat is a Rannoch R45 Elite ocean rowing boat, powered by solar energy and this will be the boat’s second crossing.

Hannah, Gabe, Megan, Kaitlyn and “Julie” will be completely unassisted until the finish line in Hawaii. These four women are also competing in the challenge of beating the world’s record, by launching on June 12th and expecting to land in Hawaii in mid July, 30 days later.

The current world’s record is 34 days for women. The women will face a long journey with challenges of 40-foot waves, extreme temperature, marine life encounter, sea sickness, and weight loss. Collectively, the team will row over 1.5 million strokes.

They will have a weather navigator on land alerting them of storms and weather-related changes.

With a rowing background, Hannah Byrd is looking forward to the “daring odyssey that demands unwavering determination and physical strength”.

Kaitlyn Piltz, navigator and steering, added that this challenge will be “an unshakable spirit of adventure, proving that gender is no barrier to conquering the mighty Pacific.”

Female ocean rowers who take on the monumental challenge, inspire others with their bravery and tenacity, reminding us that the human spirit knows no gender boundaries in the pursuit of adventure and exploration.

A fund raiser for Rowing Oceans for Women will be on December 2nd hosted by The Seaward Brewery located on Goodyear Ave. in Ventura. Call 805-302-6404 for more information. Music at the Rowing for women fundraiser will be performed by the band Moxie Raven. The event will start at 4 o’clock until 9 o’clock.



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## \$1 million prize recognizes excellence and equitable outcomes for college students

The Aspen Institute has again named Moorpark, Oxnard, and Ventura colleges among the 150 institutions eligible to compete for the \$1 million Aspen Prize for Community College Excellence, the nation's signature recognition of high achievement and performance among two-year colleges. The institutions selected for this honor stand out among more than 1,000 community colleges nationwide as having high and improving levels of student success as well as equitable outcomes for Black and Hispanic students and those from lower-income backgrounds.

The Aspen Prize for Community College Excellence spotlights exemplary community colleges in order to research highly effective student success strategies shared with the field while also driving attention to colleges achieving post-graduate success for all students. Nationwide, about 15 percent of community colleges have been invited to apply (150 of just under 1,000 public two-year colleges assessed for Prize eligibility), an honor also extended to all three Ventura County community colleges for the 2023-2025 prize.

In the 2021-2023 award cycle,

Oxnard College, Moorpark College, and Ventura College were named among the top 150 colleges eligible for the prize. Moorpark College advanced to the top 10 finalists, ultimately placing fourth in the nation for the 2023 Community College Excellence Prize.

Following the announcement of being named eligible for the prize, the VCCCD board and college presidents expressed their appreciation of the honor:

"The eligibility of all three of our colleges for the Aspen Prize again highlights the consistent quality of our education, the dedication of our faculty, staff, and administrators, and the achievements of our students," said Board Chair Bernardo Perez. "We celebrate this milestone and remain committed to advancing the standards of community college education for the benefit of our community."

"I am profoundly honored that Ventura College has been chosen to submit for the esteemed Aspen Prize for Community College Excellence for the second consecutive year. Our dedicated faculty and professional staff have exhibited an unwavering commitment to improving educational outcomes for our students, as exemplified by their relentless efforts to expand student access and support services including basic needs-food, future housing, mental health services, and more. We are eagerly looking forward to the opportunity to highlight our hard work for the prize's consideration," said Kim Hoffmans, President of Ventura College.

The 150 eligible colleges have been invited to submit student success

data and narratives about strategies to achieve better and more equitable student outcomes as the next step in an intensive review process that culminates in the naming of the Aspen Prize winner in spring 2025.

For a full list of the top 150 eligible institutions and to read more on the selection process, visit [higher.aspen-institute.org/aspen-prize](https://higher.aspen-institute.org/aspen-prize).

### National Register of Historic Places Continued from page 1

velopers or speculators that the school buildings should be preserved and reused as a part of any development on the property. Additionally, after designation, the school buildings will be eligible for lucrative state and federal preservation tax credits and listing allows the use of the California Historic Building Code to facilitate rehabilitation.

Washington Elementary School is eligible under Criterion A because of its association with Education in Ventura.

The Washington Elementary School building is also eligible under Criterion C and is a good and rare example of an educational building redesigned in response to earthquake safety concerns in the city of Ventura.

The buildings at Washington School are eligible under Criterion C with a period of significance of 1935 and 1941. The Main Building and Auditorium at Washington Elementary School are examples of the Mediterranean-style as applied to education buildings and streamlined for the needs of earthquake safety and as works of master architect Harold E. Burket.

The nomination process by the Conservancy must be completed by March 1, 2024. Preliminary work done before the involvement of the Conservancy was useful and provided a foundation for future work on the project. The Conservancy expects up to \$7,000 more in expenses to complete the Nomination. The Washington School Nomination Fund has been established by the Conservancy to accept gifts restricted to this project. Over \$3,000 has been donated to the Fund to date. Expenses include the completion of the research and the analysis of the Washington School historic records at the Museum of Ventura County, Ventura Unified School District (VUSD) archives and the State Architect's Office. Additionally, there will be Conservancy expenses to present the Nomination at the State Historic Resources Commission meeting in Sacramento in early 2024.

To learn more about the nomination process and about the special Buenaventura Conservancy Washington School Nomination Fund go to <https://sbconservancy.org/washington-school>.

Harold Escher Burket was a prolific Ventura-based architect who spent over 40 years designing primarily commercial and institutional projects throughout Ventura County, including the Spanish Colonial Revival-style Community Presbyterian Church and the Zig Zag Moderne-style Firestone Tire Store. Burket had a particular interest in school design—specifically the importance of light and air to a healthy learning environment—as evidenced in his many schools in Ventura County.

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City Councilmember Jim Duran, Mayor Joe Schroeder, City Manager Bill Ayub, VUSD Superintendent Dr. Castro, Montalvo Community Council, Montalvo Elementary School, City staff, and community members cutting the ribbon.

Photo by Michael Gordon.

**Successful completion Continued from page 1**

The Montalvo Safe Routes to School Project included over two miles of continuous sidewalks, one mile of new bike lanes, 12 new curb ramps, reconstruction of 26 existing curb ramps, 27 new pedestrian and bicycle crossings, and the installation of new landmark signage that enhanced the Montalvo neighborhood's identity while improving safety and accessibility for its residents.

A significant portion of the project was funded by a Caltrans grant totaling \$1.38 million, contributing to the broader Safe Routes to School program to improve student safety across the state. The City of Ventura also demonstrated its commitment to the project, contributing an additional \$1 million through Measure O and gas tax funds to ensure its successful completion.

The Montalvo Safe Routes to School Project was another milestone in Ventura's ongoing efforts to enhance pedestrian infrastructure, following similar projects in West Ventura and near

Anacapa Middle School on Telegraph Road.

"I would like to share my appreciation with the city of Ventura for securing and dedicating this funding to realize the Montalvo phase of the safe routes to school implementation," expressed Dr. Antonio Castro, Superintendent of the Ventura Unified District. "These improvements have the potential to generate an even more active walking and bicycling community to and from school. Any reduction to the number of vehicles present during school drop-off and pick-up times is welcomed, as is the possibility of helping promote the physical growth and development of our Ventura Unified students."

For more information about this project, please contact Jeff Hereford, Transportation Manager with our Public Works Department by email at [jhereford@cityofventura.ca.gov](mailto:jhereford@cityofventura.ca.gov).

To learn more about this and other Public Works projects, visit the City's website at [www.cityofventura.ca.gov](http://www.cityofventura.ca.gov).

**On Vacation – France**



J. Helson is holding The Breeze in front of Le Cite du Vin, in Bordeaux, France. The lucky paper gets to travel all over the world.

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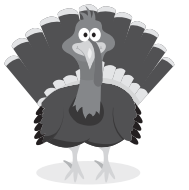
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In observance of Thanksgiving, employees of Harrison Industries are taking the day off on Thursday, Nov. 23. As a result, customers who normally have their trash, recycling and yard/organic waste collected on Thursday or Friday will have it collected one day later than usual.



The Thanksgiving holiday will not affect customers who have their trash, recycling and yard/organic waste collected on Monday, Tuesday or Wednesday. The regular schedule for all customers will resume the following week.

We'd also like to remind folks as the holiday season approaches and extra food waste is generated, to keep up the good work recycling your food waste. All food waste should be put into paper or plastic bags, and the bags should be closed tightly and tossed into your yard/organic waste cart.



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PLACE: Dudley House, corner of Ashwood & Loma Vista in Ventura

DATES: Nov. 24-25-26, Dec. 2 and 3, Dec. 9 and 10

NEW TIMES: 11 am to 5 pm (Inside House)

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### The Bookmark

## About Libraries and Friends

by Mary Olson

It's time for another Ventura Friends of the **Library Book Sale** Saturday, November 18, 10:00 am to 3:00 pm at the Vons at Telegraph & Victoria.

On Saturday, December 2, noon to 1:00 pm, Ray D. Preuter Library will host a **Living History performance**. Connie Korenstein continues her performances of historical figures as part of the 150th anniversary of Ventura County. She portrays Lucy Levy, a Parisian socialite born in 1882. Lucy's tale is one of love, travel, and surprise, as she adjusts to life in Hueneme, California, during the Roaring Twenties and the Great Depression. This event is sponsored by the Ventura County Library Foundation. The event is free and open to the public. Ray D. Prueiter Library is located at 510 Park Avenue, Port Hueneme For additional information please, contact Timothy Furgal, Regional Librarian, at (805) 486-5460 or tim.furgal@ventura.org.

For the Fall Season, Ventura County Library is offering a **Fall Snack Program** at Albert H. Soliz (2820 Jourdan Street, Oxnard), Avenue (606 North Ventura Avenue, Ventura) and Saticoy (1292 Los Angeles Avenue, Ventura) branches. The library will provide after-school snacks for children under 18 years of age. A variety of packaged snacks and juices will be served to all children on

weekday afternoons on a first come, first served basis. The children will also have the opportunity to participate in STEAM activities, enriching their understanding of Science, Technology, Engineering, Art and Math.

Avenue Library is hosting STEAM Mondays, from 2:00 TO 4:00 pm. New experiments every day! On Tuesday, December 12, 3:00 to 4:00 pm, Avenue Library will host an **Engineering Exploration**. Marta Alvarez, a civil engineer who founded YCE, Inc., an agricultural surveying company in Ventura County and member of the Society of Women Engineers, will present what it takes to become an engineer & land surveyor, provide a demo of surveying equipment and show examples of projects.

Saticoy Library is hosting **STEAM Days** daily, 3:00 to 6:00 pm throughout the Fall. Fun science activities change weekly. Saticoy hosts the Engineering Exploration program with Marta Alvarez on Thursday, November 30, 4:00 to 5:00 pm.

For more information on these activities, call 805 626-READ.

The Hill Road Library Book Club's last meeting of the year will take place on Tuesday, November 28 at **4:00 pm**. We'll discuss **The Best We Could Do: An Illustrated Memoir** by Thi Bui. The book club will return in January at its regular time - 5:00 pm on the last Tuesday of the month. To join the mailing list for Hill Road Library book clubs, please email Linda.Cherry@Ventura.org. Visit Hill Road Library to pick up the latest book club selections.



Saint Gertrude the Great.

## The Forgotten Chapel

by Richard Senate

November 15th is the fest day of Saint Gertrude the Great. A German Benedictine Nun who was known for her mystic gifts. She had a large following in Spain for her writings. Her name graces a lost chapel, a branch Mission, five miles north of Ventura, that stood on El Camino Real and the Ventura River.

No one knows when it was built, they think it was some time in the early years 19th Century. Three times, possibly four, it served as the Mission when Earthquakes damaged the Mission San Buenaventura in 1812 and 1857. Once the padres sought shelter here when the Argentine pirate

Bouchard threatened the missions after attacking Monterey in 1818. The small adobe building with its orchard was a sort of landmark with the many Chumash grass huts that were built near the old chapel. So many huts that the area became known as Casitas (little Houses). The tiles of the roof were removed from the abandoned site and may have been used to roof the Ortega Adobe.

Adobe is a unique building material, if not kept up, it slowly dissolves back into the soil from which it was made--totally biodegradable. That's what happened here to the Chapel of Santa Gertrudis. The old trees survived and letters tell of people riding their houses to Ojai, stopping on their journey to enjoy a Mission Pear, from the old trees. The chapel and its history was forgotten, becoming a footnote in the story of Mission San Buenaventura. That is until the state decide to build a freeway on the site.

It was rediscovered and an archaeological dig under Roberta Greenwood and Robert O. Browne was undertaken in 1964. The foundation stones were uncovered and tile fragments, that indicated there was a three-room building with a court. The largest room was believed to have been used for religious services. You can not visit this site for it is under the freeway heading towards Ojai today. A monument, using some of the foundation stones was put up and is designated Ventura Country Historic landmark number eleven. It can be viewed on North Ventura Avenue. Once trees helped to mark the monument but the Thomas



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Fire destroyed them.

It is sad that the site is gone but with the data collected by the team, a replica of the small adobe branch mission could be built as a museum to tell the story of this site and Chumash Native American contribution to our city. On November fifteen, pause a moment and remember the lost chapel, visit the site and reflect on all the history that passed this way. Perhaps they should re-plant the pear trees here, so that modern travelers could pause and enjoy a pear, as they travel what was once the King's Highway.

## Community Councils

by EVCC

Did you know that Ventura has seven community councils to help represent your needs in the city? For residents on the east end (east of Victoria Avenue), the East Ventura Community Council (EVCC) meets monthly via zoom and invites you to join us.

The purpose of the EVCC is to encourage residents to understand East Ventura problems, needs and expectations, and to recommend, initiate and/or participate in the development and implementation of programs or solutions. The EVCC facilitates communications between the community and government or other service agencies.

The EVCC will meet virtually on 16 November 2023 at 7 PM. Visit the

EVCC website at <https://eastventura.org/> for the Zoom meeting link. This month the agenda includes the East Ventura police report, followed by two presentations, one from the Stewardship Director of the Ventura Land Trust and an update from Michael Pauls Associates on Project 22-0103.

The Ventura Land Trust (VLT) manages a several properties with a goal to balance public recreation, preserve scenic views, and enhance the ecosystem. Mr. Dan Hulst, Stewardship Director, will update us on efforts to re-open the upper Harmon Canyon, which has been closed since this winter's rains, and on VLT fuel load reduction efforts along the residential interface.

Mr. Michael Pauls of Michael Pauls Associates, is the project manager of the proposed two-story convenience store with eight gas pumps an automatic carwash and to sell beer and wine for off-site consumption (ABC Type 20 License) on a 27612 square foot site at the corner of Wells Rd & Telegraph Rd. Mr. Pauls will provide an update of the proposed design in advance of returning to the City of Ventura Design Review Committee on 15 December.

The city councils are:  
 Westside Community Council  
 Downtown Ventura Partners  
 Midtown Community Council  
 College Area Community Council  
 East Ventura Community Council  
 Montalvo Community Council  
 Pierpont Bay Community Council

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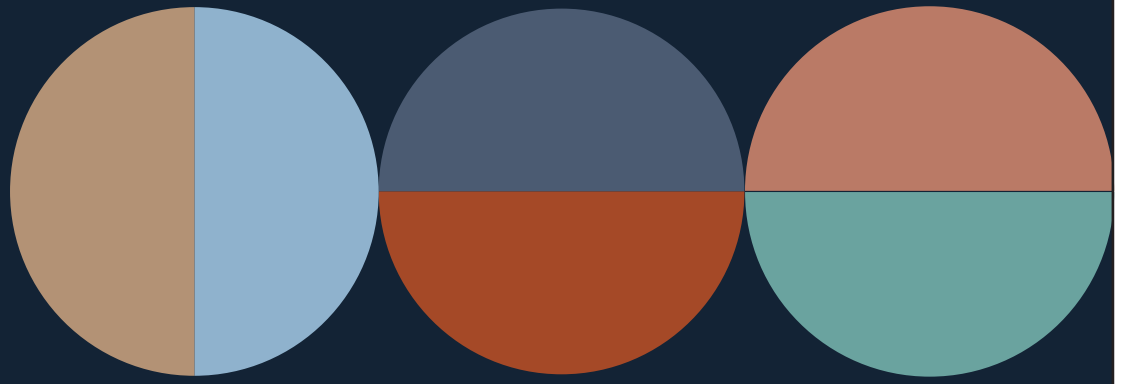
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Minutes away is the outdoor playground of Ventura with dog-friendly beaches, exceptional recreation, arts and music district, shopping and restaurants. Explore the possibilities at Del Sol.

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# Senior Living



Having meaningful conversations with your loved ones is most important.

## Advance care planning

by National Institute on Aging

What is advance care planning (ACP)? ACP involves discussing and preparing for future decisions about your medical care if you become seriously ill or unable to communicate your wishes. It often involves preparing legal documents called advance directives, which provide instructions for medical care and only go into effect if you cannot communicate your own wishes. The two most common advance directives for health care include the living will and a durable power of attorney for health care.

Having meaningful conversations with your loved ones is the most important part of advance care planning. Research shows that you are more likely to get the care you want if you have conversations about your future medical treatment and put a plan in place. Having a plan in place may also

help your loved ones grieve more easily and feel less burden, guilt, and depression. If you have been diagnosed with a condition, like dementia, advance care planning can give you a sense of control over an uncertain future and you can participate directly in decision-making about your future care.

Ready to take action?

Write down your responses to the following questions:

What is motivating me to create an advance care plan?

What do I hope to get out of my advance care plan?

Do I have any concerns or barriers holding me back from creating my plan?

Who can support me in creating my plan?

Thinking through these questions can help you prepare for the journey ahead.

## 2023 LEGACY award winners announced

The 2023 LEGACY Awards, which recognize the contributions of Ventura County residents and organizations that dedicate their lives to helping older adults, people with disabilities, and their caregivers to live optimally, were presented on Wednesday morning at the Ventura County Area Agency on Aging's Advisory Council meeting.

Since 2018, the Advisory Council's Optimal Aging Committee has annually presented LEGACY Awards to a local business/organization, to Dementia Friendly

business/organizations, and to community members/volunteers.

The 2023 winners are:

Chef David's Kitchen & Catering (business/organization)

Maywood Acres Healthcare (Dementia Friendly business/organization)

George Lopez (community member/volunteer)

Andrea Ortiz (community member/volunteer)

Chef David's Kitchen & Catering opened in Santa Paula in February 2020, just before the COVID-19 pandemic began. The owner, David Raigoza, quickly pivoted to take-out food, and earned a reputation for helping others. He has been called a local hero in Santa Paula, and has been doing all this while also battling a life-threatening cancer diagnosis.

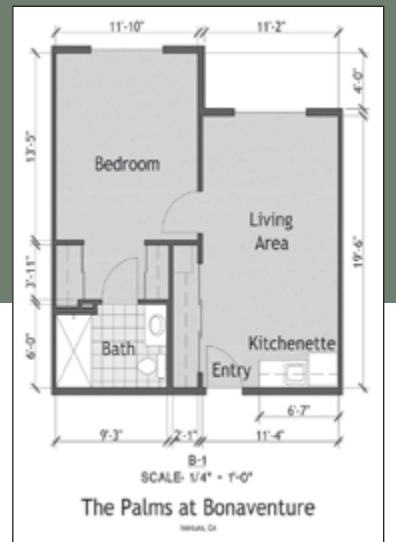
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Maywood Acres Healthcare is a 98-bed skilled nursing facility in Oxnard that cares for more than 25 long-term residents that have been diagnosed with some form of dementia. Maywood Acres has received "Dementia Friendly" status and has required all of its staff to take part in the training video.

George Lopez is a retired IRS tax professional who has used his knowledge of the subject to provide free tax services to people in need. And, for nearly 10 years, he has been a registered volunteer counselor with the California Department of Aging.

Andrea Ortiz volunteers with the OASIS program at Catholic Charities. As part of the program, she helps transport clients to their medical appointments, and much more.

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

More information about the LEGACY Award and past winners can be found at [www.vcaaa.org/legacy](http://www.vcaaa.org/legacy).

## One-stop workshop to help people living with dementia

Dementia Friendly Ventura County's next one-stop workshop to help people living with a dementia-related disease and their caregivers is scheduled for Wednesday, December 6, at Oxnard Family Circle.

The public is encouraged to stop by anytime during the "Living Well, Caring Well" event and meet with many local providers who can assist with dementia-related issues, including adult day centers, adult protective services, the Alzheimer's Association, caregiver resources, financial resources, in-home care, health insurance counseling and advocacy, legal and advanced planning, long-term care ombudsman, neurology, and public benefit programs.

The December 6 workshop will be held from 2 to 4 p.m. at Oxnard Family Circle, which is located at 2100 Outlet Center Drive #380.

For more information, email [lois.vcaaa@ventura.org](mailto:lois.vcaaa@ventura.org) or call (805) 477-7300.

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## Senior Living



### Healthy Holidays

by Leslie Sokol

The holidays are coming! Sometimes that can feel overwhelming as we get caught up in the hustle and bustle of the season. As we gather with loved ones, take time for reflection and enjoy foods that connect us to the season or with our culture, we can feel joy and wellbeing. This is often a time for mental or emotional breaks from the routines of daily life. However, it's important to note that the holidays do not always bring happiness and can actually promote additional stress, anxiety or depression. That's why it's important to take time for yourself, exercise, and eat healthy foods that energize you and keep your immune system strong. It can also be really helpful to adjust your expectations and workouts to help you get through this busy time!

Since maintaining a fitness routine can be difficult during the holidays, here are six motivational and inspirational tips to help get you through:

- Figure out what inspires you.
- Adjust your expectations.
- Workout with others.
- Switch up your routine.
- Exercise early in the day if you can.
- Give yourself rewards and presents.

During the holidays, the pressure to skip exercising increases dramatically. There is so much to do between work, family responsibilities, chores, shopping, decorating, company parties, etc.

This is when you have to stay organized and utilize your time wisely. You're basically bartering with yourself. Don't be afraid to compromise a little. It's fine to skip a gym session if it falls on the same day as your office party.

While you're busy bringing good cheer to others, don't forget to treat yourself. This is especially true if you're able to stick to an exercise routine. Even a slightly reduced workout schedule will do a lot to mitigate seasonal health impacts. Keep your workouts fun during the holiday time, and remember that a little bit each day goes a long way! Incorporating family time is so important and fun during the holidays, so why not make some of that time active? Suggest to your family and friends that you go on walks, hikes, or play interactive games and activities. These are great ways to bond with family and friends and get in shape at the same time.

In the midst of the holiday hustle, exercise emerges as a natural stress reliever, releasing endorphins that not only uplift your mood but also help maintain a calm and focused

demeanor. Incorporating exercise into your holiday schedule ensures that you remain active even during the busiest times of the season. It's far easier to maintain your exercise routine than to take time off and assume you'll jump back on the exercise bandwagon after the New Year.

One of the best ways to manage holiday stress and fatigue is to... you guessed it, exercise! Plus, your energy levels will be higher, providing you with more energy to party, socialize and celebrate the festivities!

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

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

### Identity theft impacts Medicare and can lead to higher health care costs

Don't let anybody steal your identity. Current fraud schemes to be on the lookout for include:

People using your Medicare or health plan member number for reimbursements of services you never received

People calling you to ask for your Medicare or health plan numbers

People trying to bribe you to use a doctor you don't know to get services you may not need

You can protect your identity and your benefits. Never give out your Social Security, Medicare, health plan numbers, or banking information to someone you don't know.

Carefully review your Plan Statement to ensure all the information is correct.

Know that free services do not require you give your plan or Medicare number to anyone.

If you suspect fraud, report it immediately. Call 1-877-7SAFERX (1-877-772-3379).

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**9<sup>TH</sup>** CAMARILLO 4:30 pm  
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# Senior Living



Avoid eating large meals close to bedtime—they can keep you awake.

## Sleep and Aging

Older people tend to go to sleep earlier and get up earlier than they did when they were younger.

There are many reasons why older people may not get enough sleep at night. Feeling sick or being in pain can make it hard to sleep. Some medicines can keep you awake. No matter the reason, if you don't get a good night's sleep, the next day you may:

- Be irritable
- Have memory problems or be

- forgetful
- Feel depressed
- Have more falls or accidents
- Being older doesn't mean you have to be tired all the time. You can do many things to help you get a good night's sleep. Here are some ideas:
  - Follow a regular sleep schedule. Go to sleep and get up at the same time each day, even on weekends or when you are traveling.
  - Avoid napping in the late

afternoon or evening, if you can. Naps may keep you awake at night.

Develop a bedtime routine. Take time to relax before bedtime each night. Some people read a book, listen to soothing music, or soak in a warm bath.

Try not to watch television or use your computer, cell phone, or tablet in the bedroom. The light from these devices may make it difficult for you to fall asleep. And alarming or unsettling shows or movies, like horror movies, may keep you awake.

Keep your bedroom at a comfortable temperature, not too hot or too cold, and as quiet as possible.

Use low lighting in the evenings and as you prepare for bed.

Exercise at regular times each day but not within 3 hours of your bedtime.

Avoid eating large meals close to bedtime—they can keep you awake.

Stay away from caffeine late in the day. Caffeine (found in coffee, tea, soda, and chocolate) can keep you awake.

Remember—alcohol won't help you sleep. Even small amounts make it harder to stay asleep.

Insomnia Is Common in Older Adults is the most common sleep problem in adults age 60 and older. People with this condition have trouble falling asleep and staying asleep. Insomnia can last for days, months, and even years.

Often, being unable to sleep becomes a habit. Some people worry about not sleeping even before they get into bed. This may make it harder

to fall asleep and stay asleep.

Some older adults who have trouble sleeping may use over-the-counter sleep aids. Others may use prescription medicines to help them sleep. These medicines may help when used for a short time. But remember, medicines aren't a cure for insomnia.

Restless legs syndrome, periodic limb movement disorder, and rapid eye movement sleep behavior disorder are common in older adults. These movement disorders can rob you of needed sleep.

People with restless legs syndrome, or RLS, feel like there is tingling, crawling, or pins and needles in one or both legs. This feeling is worse at night.

Some people find that relaxing their bodies puts them to sleep. One way to do this is to imagine your toes are completely relaxed, then your feet, and then your ankles are completely relaxed. Work your way up the rest of your body, section by section. You may drift off to sleep before getting to the top of your head.

Use your bedroom only for sleeping. After turning off the light, give yourself about 20 minutes to fall asleep. If you're still awake and not drowsy, get out of bed. When you feel sleepy, go back to bed.

If you feel tired and unable to do your activities for more than 2 or 3 weeks, you may have a sleep problem. Talk with your doctor about changes you can make to get a better night's sleep.



The Ventura Chamber held a ribbon cutting at Edward Jones - Frances Jones 1891 Goodyear Ave. Photo by Michael Gordon.



The original E.P. Foster Library on Main St. It is still there located behind the existing library and part of the library.

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## The Pet Page



### Dedicated to Scamp

Like many pet owners, psychology professor Brittany Florkiewicz has always considered dogs friendlier and more expressive than cats, but after reviewing 150 hours of videos involving 53 cats, Florkiewicz and co-investigator Lauren Scott documented at least 276 different facial expressions made by cats. Expressions of happiness include moving their ears and whiskers forward and outward and closing their eyes, while unhappy expressions include moving the ears backward and flattening them, licking their lips and constricting their pupils, the researchers reported in Behavioural Processes.

“DCM is a condition that involves gradual thinning of the heart muscle, resulting in enlargement and weakening of the heart,” says Dr. Pavlovsky. It is the second most common type of heart disease in dogs. While the condition has a genetic component, especially in breeds such as Doberman pinschers, boxers, and great Danes, it can also develop in any breed.

Dogs with DCM may show no clinical signs or only mild signs initially. However, coughing, exercise intolerance, or the development of an arrhythmia—an abnormal heart rhythm—can be associated with DCM, according to Dr. Pavlovsky.

To help owners navigate the abundance of choices in the dog food aisle, Dr. Pavlovsky advises, “Look for diets that have been tested via feeding trials in accordance with the guidelines developed by the American Association of Feed Control Officials. Choose a diet developed for a specific life stage of your pet, such as puppy or adult.”

Dr. Pavlovsky says that diets created by companies that take part in veterinary nutrition-related research and that employ veterinary nutrition experts are likely to be of higher quality. A sampling of brands that fulfill those criteria includes Hill’s, Purina, and Royal Canin.

“Stay away from products making grand statements or claims that seem too good to be true,” advises Dr. Pavlovsky. “These diets are good for attracting customers but are rarely rooted in solid science.”

Additionally, homemade diets and raw meat-based diets may carry significant health risks for pets. Homemade diets are often nutritionally incomplete and can result in long-term nutritional deficiencies or excesses, especially in growing animals.

“Science is ever evolving, and what we know and believe now may change,” says Dr. Pavlovsky. However, by partnering with your veterinarian to choose the best diet for each individual pet, you can ensure that your pet is eating a diet that is rooted in the most current scientific research and knowledge available.

### • By Ricardo Torres-Cortez Las Vegas Review-Journal

Las Vegas dog and cat owners will be required to microchip their pets starting next August.

The City Council voted unanimously on Wednesday to approve the measure, which will be a condition of obtaining an already-mandated pet license.

A chip, which is injected into the

animals — and is the size of a grain of rice — contains the pet’s date of birth, its breeder and contact information, according to the city and the American Veterinary Medical Association.

Not complying with the microchipping requirement can lead to a misdemeanor citation, reversible by complying in a timely manner thereafter.

All dogs and cats over 4 months old within Las Vegas city limits must be licensed.

Yearly fees cost anywhere from \$5 to \$25, with service animal owners not required to pay.

About 7,000 pets were newly licensed in 2022, and more than 14,000 had their licenses renewed, according to city data, which noted that the city last year raised about \$230,000 in fees.

The policy change arrived as the nonprofit Animal Foundation shelter, which is contracted by Las Vegas, North Las Vegas and Clark County, has struggled with staffing shortages, resignations and allegations of delayed animal intakes.

### • Can cats see things that humans can’t?

by Elana Spivack

If you could develop any of a cat’s sensory abilities, which would you choose? Perhaps hearing, so you can identify each of the many thousands of cockroaches in your building. Maybe proprioception so you, too, can fall from a four-story building and land on your feet. While these two senses offer a big upgrade in perceiving the world, you likely wouldn’t take sight. While big cats like cheetahs have impeccable vision for spotting prey far across the savannah, house cats don’t actually have great eyes.

So, what does their world look like? What can we see that they can’t? In 2013, artist Nickolay Lamm visualized how the world looks through a cat’s eyes. Among other key differences, like their expanded periphery and improved night vision, is their color perception. In these images, panoramic views blur and take on a desert-like palette. But where does their color perception start and end? Bruce Kornreich, veterinary cardiologist and director of the Cornell Feline Health Center, tells Inverse what’s going on inside those mystifying eyes and how it mediates a cat’s universe.

It’s not that cats can’t see reds and greens at all, Kornreich explains, “but they don’t see them with the same richness of hue.” This richness of hue is known as saturation. Certain colors in

The eye’s retinas are full of light-sensing cells called photoreceptors, like rods and cones. Rods help to see at night and help with peripheral vision, while cones enable colors to be seen. Feline cones contain two types of proteins called opsins. Opsins “change their structure when light hits them,” Kornreich says. As in, opsins literally change shape in response to visible light. However, each opsin is stimulated by different wavelengths, which determines what color light they perceive. The opsins they possess are especially sensitive to blue and yellow light, which is why they see these colors best.

Since cats’ cones have two opsins, which makes them what’s called dichromatic, meaning they best perceive two light colors. Humans have a third type of opsin, making our eyes trichromatic. But “it’s not as if [cats] can only

## Scamp Club

(Scampclub pets are not for adoption.)



Sophie is an eleven-year-old, Blue Merle Border Collie. Sophie is a frisbee dog, but will fetch/catch just about anything.

## 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.

see two colors,” Kornreich says. Colors combine to create various blends that cats perceive at different degrees.

On the flip side, their rods give them solid night vision. They can better discern shapes in the dark, which is likely a predatory advantage for these crepuscular creatures. They evolved to hunt in the dim light of dawn and

dusk, so a high contrast vision with low light comes in handy. According to the Merck Veterinary Manual, cats can see six times better than humans in dim lighting.

“They have lots of rods, that’s presumably an evolutionary advantage because they often hunt in low light,” Kornreich says.

## Forever homes wanted



Hi: I’m Rusty, a friendly 7 1/2 month old Shepherd X in need of a new home. I was given to my current owner by someone who was going to take me to the shelter. I’m thankful to have been taken in instead of ending up at the shelter, but what I really want is my forever home. I can’t wait to start making wonderful memories as a cherished member of a loving family. I’m energetic, good with other dogs, cats and children too. Since I’m just a puppy, children in the home must be at least 6 years of age. Please be sure you’re ready to take on a puppy as it’s similar to having a newborn (2-legged kind) in the home. If you’re ready and able to give me a lifetime of love and wonderful memories, please fill out an application to meet me. Canine Adoption and Rescue League C.A.R.L.



Meet 8-year-old Buster! He is best described as a couch potato. His former foster reports he is quiet, house and crate trained, and loves cuddling! His favorite activities include chasing a ball and flopping over for pets. He’s looking for a home as chill as he is. If you’d like to meet Buster, 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 (805) 388-4341 or [info@vcas.us](mailto:info@vcas.us).





# 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.

## Vehicle Casing, Attempt Vehicle Theft and Assault on Police Officer Arrest

On the above date and time, the Ventura Police Communications Center received a 911 call regarding a subject (later identified as 26-year-old Newbury Park resident Rayvonn Richardson) looking into parked vehicles and checking car door handles in the parking lot of the 99 Store at 1425 S. Victoria Ave. The first officers that arrived on-scene attempted to contact Richardson and he fled on foot. After a brief foot pursuit, the officers detained him. Richardson then violently resisted, broke free from the officers, and punched one of the officers in the face before fleeing again on foot.

Officers chased Richardson through the surrounding area, circling back to where some of the marked police cars were parked. Through a partially open window, Richardson was able to gain access to the driver's side of one of the locked police units. After resisting officers again, he was taken into custody.

Richardson is currently on parole for criminal threats and has numerous arrests, including robbery, criminal threats, possession of a controlled substance, and resisting arrest. Three officers received minor injuries during this incident.

Richardson was not injured. Richardson was booked at Ventura County Jail for three counts of Resisting/Assaulting a Police Officer (Felony), Attempt Vehicle Theft (Felony), Vehicle Tampering (misdemeanor) and Parole Violation (Felony).

## Felony Evading & Traffic Collision

On November 6, at approximately 11:15 pm, the Ventura Police Department received a call from the California Highway Patrol (CHP) requesting assistance locating a vehicle that had fled from their officers during a vehicle pursuit. The driver reportedly attempted to strike a CHP officer with the vehicle, committing an assault with a deadly weapon. CHP pursued the vehicle into the City of Ventura but lost sight of the vehicle in the area of Valentine Rd and Victoria Avenue.

Ventura Police officers located the suspect vehicle driving in the area of Channel Drive and Lemon Grove Avenue and initiated an enforcement stop. The suspect fled and drove recklessly through the city and on the 101 Freeway. A supervisor canceled the pursuit when the conditions became too dangerous to continue and officers lost sight of the vehicle. A short time later, the vehicle struck a Gold Coast Ambulance that was driving on Main Street. The ambulance was pushed into a large truck. The ambulance and the suspect vehicle caught fire. The occupants of all three vehicles were injured and transported to local hospitals for treatment. All are in stable condition. The suspect, Ventura resident Ron Balden, was seriously injured but is expected to recover.

The Ventura Police Department is investigating the Felony Evading and suspected Felony Driving Under the Influence. The California Highway Patrol is investigating the Assault with a Deadly Weapon against their officer.

# Cleaning up after Veterans Day: This flag is not disposable

by David Goldstein

The United States Flag Code is a federal law, but compliance depends on good will. In 1968, the U.S. Supreme Court struck down a criminal statute making it illegal to “mutilate, deface, defile, or burn” an American flag, so now all the provisions of the code are all phrased with words such as “should.” A sense of decency is now Old Glory’s best protection.

Nevertheless, within our country’s general population, inconsistency is common. Many people seem to take great offense when someone refuses to honor the Flag Code’s rules for standing in the presence of the flag during the playing of the National Anthem, but fewer may be familiar with the etiquette required for proper retirement of flags no longer fit for service. American flags, even cheap little plastic ones, are not disposable with trash.

Fewer still may be aware of another environmental, economic, and modern way of honoring the flag. By avoiding flimsy plastic flags and reusing a durable flag, people who care about honoring the flag

can make it less likely a flag will be improperly disposed. Good flags also impose less burden on private businesses and service organization members who manage the deluge of flags requiring dignified retirement.

Jeanne Clark, General Manager of Ivy Lawn Cemetery in Ventura reports concerns with cheap flags made for limited use. “Wind really beats those up. They don’t last,” she said. Ivy Lawn Cemetery saves retired flags and provides dignified disposal on a day designated for use of the cemetery’s crematoria. No cremations of bodies occur on that day, and extensive pollution control equipment mitigates emissions from the burning of plastic flags.

Flags draping coffins at the funerals of veterans are more easily reused. In cases where families do not want to take home the flag and the veteran is not buried with the flag tri-folded into a plastic case in the casket, staff saves flags for display on an avenue of flags on the streets of the cemetery.

A drop-box for retired flags is available in front of the Ventura County Government Center Hall of Administration, serviced by Veterans of Foreign Wars volunteers. Other service organizations providing flag service include some chapters of the American Legion, Vietnam Veterans of Ventura County, Elks Lodge, and Boy Scouts.

David Goldstein is an Environmental Analyst with Ventura County Public Works and can be reached at (805) 658-4312 or david.goldstein@ventura.org

# Harbor Patrol Blotter

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

Tuesday 10/31

11:26am, dispatched to a fall victim in the boatyard. 73 y/o male fell 15ft from top deck to lower one. Patient treated then transported to local hospital.

2:39pm, dispatched to unconscious person in Ventura Marina Community. Officers responded assisted AMR/VFD with the 93 y/o male patient.

9:01pm, contacted two separate boats engaged in hoop net fishing in restricted area at the Harbor Entrance. Officers issued verbal warnings for the violations.

Wednes 11/01

5:40am, received complaint about crew boat running its engines. Advised Ventura is a working harbor and commercial vessels regularly run all hours.

9:29pm, received report of a transient screaming in village parking lot. Advised that the reporting party needs to hang up and call police, that patrol is not PD.

Thursday 11/02

12:30pm, received update on the Fireboat repairs from the boatyard. Mechanics advising the shafts are nearly aligned and that the vessel will be ready next week

Friday 11/03

11:58am, received report of a disabled electric boat near the launch ramp. Officers responded in Rescue B19, found vessel, they were no longer disabled.

6:54pm, received request for assistance to get into temporary dry storage on Schooner Dr. Unable to open gate, assisted tenant park at the launch ramp.

Saturday 11/04

12:25pm, dispatched to an offshore

search and rescue near Arco Island, aircraft down. Officers responded in Rescue B19 and watercraft 8. After searching, the aircraft landed in an oil field near the reported area, no injuries or damage.

5:48pm, unable to activate fog signal, contacted US coast guard and advised.

6:40pm, received a mayday call from a 22ft radon lost in the fog. Officers responded in Rescue B19, with radar assistance, located the vessel near the pipeline barge offshore of Marina Park. Escorted the lost sailors to launch ramp.

Sunday 11/05

6:26am, observed NWS issued Small Craft Advisory, raised warning pennants. 1:15pm, while on patrol, flagged down by a gentleman who wanted to thank patrol for convincing him to go to the hospital for injuries sustained during a fall.

5:56pm, received complaint from a constant complainer of gas odor near the outdoor fire pit in the village. Officers investigated, no fire or odor observed.

7:15pm, monitored radio traffic between USCG/skipper of 36ft disabled and becalmed sailboat. The skipper was confused, Tow Boat US and Harbor Patrol worked together to locate the vessel just outside the surf near end of Seward.

Monday 11/06

6:07am, dispatched to a traffic accident on Schooner. Officers responded and found two vehicles pulled over, no injuries and both parties exchanged info.

1:47pm, received request to assist bird

rescue volunteer to capture an injured sea bird. Responded to Santa Clara River, rescuer was able to capture pelican.

3:56pm, received request for a tow of a disabled electric rental boat. Officers responded to the A-basin and towed the vessel back to the rental dock.

10:15pm, received request for a jumpstart, officers were able to start

the vehicle.

Tuesday 11/07

5:33am, observed weather service issued Small Craft Advisory, raised pennant.

8:10pm, received dual complaints from a tenant in VIM and worker cleaning an engine room. Both parties called at the same time complaining about the other.

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Moving Up?  
Moving Out?**

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**Weekly SUDOKU**

**Answer**

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

**King Crossword**

**Answers**

**Solution time: 22 mins.**

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





## Ventura events

by Ana Baker

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

**Wanna 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, 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. A website with more information can be found at <https://venturacountyphilatelicsoc.org>.

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

**Nov. 16: 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, presentations from the Stewardship Director of the Ventura Land Trust, and the Project 22-0103 manager from Michael Pauls Associates. Mr. Michael Pauls is the project manager of the proposed two-story convenience store with eight gas pumps, an automatic carwash, and beer and wine for off-site consumption at the corner of Wells Rd & Telegraph Rd.

**Nov. 18: Ventura Friends of the Library will hold a book sale from 10 to 3 p.m. at Vons located at Telegraph and Victoria (6040 Telegraph Rd.)** Fiction, Non-fiction, Children's Books, Manga, Comic Books, Graphic Novels, Puzzles, Audiobooks, CDs, and DVDs. Contact: Mary Olson (805) 223-1187

**Nov. 19: Anyone interested in timepieces, both antique and modern, can join the Ventura County chapter of the National Association of Watch and Clock Collectors for a watch/clock marketplace, lunch, and a presentation on a horological topic.** Bring a watch or clock for a free evaluation at 11 a.m. at the Campus Student Center of Ventura College, 4667 Telegraph Road. [nawcc-ch190.com](http://nawcc-ch190.com).

**Nov. 21: Our annual Community Interfaith Thanksgiving Service will be held on Tuesday at 7 p.m. at the historic downtown First United**

**Methodist Church.** Participants will include representatives of the Jewish, Muslim, Hindu, Buddhist, Unitarian, Catholic, and Protestant traditions. Refreshments and fellowship in the church hall will follow the service—First United Methodist Church 305 East Anapamu (corner of Garden and Anapamu). Free parking in the church parking lot; enter from Garden Street. 805-963-3579 [office@fumcsb.org](mailto:office@fumcsb.org) or visit our website [www.fumcsb.org](http://www.fumcsb.org) or <https://www.facebook.com/FirstUMCSantaBarbara>

**Nov. 24, 25, 26; Dec. 2 & 3; 9 & 10 Dudley House Holiday Boutique. The 29th annual fundraiser for the 1892 Historic House Museum is back.** Come celebrate the spirit of the holidays' past, where you'll find quality crafts, home décor, antiques, collectibles, silent auctions, and bargain "basements. Open 11 - 5 p.m. with a flea market added 8 - 4 p.m. outside on Sundays. Located at 197 N. Ashwood. (805) 654-8381. Free.

**Dec. 2: Flamenco in the 805 is back. Namba Performing Arts Space will host the 6th annual Flamenco showcase at 7 p.m.** The show will open with the dance students of Wendy Castellanos and feature over 30 dancers from all over the 805. Get ready, Ventura! This is the pure essence of the Andalusian song. This is Flamenco!

**Dec. 5: Free documentary film about the Thomas Fire: "The Perfect Firestorm" at 7 p.m. at Poinsettia Pavilion.** This event celebrates our city and working together to create stronger and more fire-safe neighborhoods. The documentary by CAPS Media highlights how our community pitched in to help each other during the disaster. Please join us in the celebration. Hosted by the Ondulando Firewise Community. For more info, email: [Ondulando.firewise@gmail.com](mailto:Ondulando.firewise@gmail.com)

## Community Memorial Continuing Care Center receives Five Stars for Overall Quality

Community Memorial Continuing Care Center, located on the campus of Community Memorial Hospital - Ojai, has earned a five-star rating, the highest ranking possible, from the Centers for Medicare & Medicaid Services (CMS). The Continuing Care Center is the only skilled nursing facility in the Ojai Valley to receive this prestigious designation. The Five-Star award is based on short-stay and long-stay data collected between July 2022 and June 2023, and reported through September 2023.

"This five-star rating affirms our

commitment to our mission of healing, comforting, and promoting health in the community of Ojai and beyond," said Haady Lashkari, Chief Administrative Officer, Community Memorial Hospital - Ojai. "I am proud of our team for their dedication to quality and safety, and to providing our patients and residents with the exceptional care and experience Community Memorial is known for."

The CMS Care Compare Quality Rating System was developed to help patients, caregivers, and family members easily compare skilled nursing facilities, identify areas to ask more about, and ultimately find the best fit for themselves or their loved one. The system also helps healthcare providers uncover areas for improvement and developing actions plans to support enhanced quality. Facilities with Five-Star Care Compare ratings are considered well above average, while those with one star are considered below average.

"As part of our commitment to continuous improvement, Community Memorial physicians, staff, and leaders are constantly measuring and monitoring care and seeking feedback from patients and family members," said Mick Zdeblick, President & CEO, Community Memorial Healthcare. "The five-star designation from CMS underscores the value of this work and its impact on our patients and residents."

The Care Compare Quality Rating System summarizes long and short stay measures in categories such as percentage of residents experiencing falls, percentage of residents whose needs for help with daily activities increases, number of hospitalization days, number of emergency department visits, re-hospitalizations after discharge, and rate of successful returns to home or community.

## 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 - A Community Experience" satellite exhibition, at Bank of America Performing Arts Center, Thousand Oaks. Curated by MVC Chief Curator Carlos Ortega, the exhibition celebrates the diversity of our County by exploring different interpretations of home.

"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.

An installation-based exhibition experience, "Ventura County, The Place We Call Home" highlights the lives of people living in Ventura County and examines their relationship to home, to community, and to each other. It also features historical photos 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 experience are Ben Bribriesca, 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 experience will be on display at Bank of America Performing Arts Center, Thousand Oaks through January 14, 2024, and is currently on view at the Santa Paula Agriculture Museum now through October 6, 2024. It will also be on view at the following venues: Oxnard College at Condor Hall, opening November 27, 2023 and the Rancho Simi Recreation and Park District Activity Center, opening December 9, 2023.

## Metrolink and Amtrak Pacific Surfliner partner

Metrolink and Amtrak Pacific Surfliner ticket holders with origin and destination stations between Los Angeles and Ventura can now board either train service.

Metrolink, Southern California's regional passenger rail service, has partnered with the LOSSAN Rail Corridor Agency, which manages the Amtrak Pacific Surfliner service, to expand the existing codeshare program. This new expanded codeshare reciprocity will run as a pilot program currently slated to end June 30, 2024.

"As a Ventura County resident and regular train rider, I am excited that we are now offering both Metrolink and Pacific Surfliner customers more flexibility," Metrolink CEO Darren Kettle said. "Thank you to our LOSSAN and Amtrak Pacific Surfliner partners for building synergy between our services to deliver more convenient transit options for riders traveling between Ventura and Los Angeles. I hope we can build on this pilot program and extend similar benefits to riders traveling between Oceanside and Ventura, as we work to expand regional mobility like never before."

Customers with valid tickets for either rail service now have a total of 30 weekday Metrolink and Pacific Surfliner train options between Los Angeles and Ventura County, making train travel even more convenient along Metrolink's Ventura Line corridor. There are 14 total trains for rail passengers through that corridor on Saturdays and Sundays. Previously, Metrolink Ventura County Line ticket holders could only ride select Amtrak Pacific Surfliner trains between Los Angeles and Ventura.

Pacific Surfliner ticket holders are also able to board 30 Metrolink Antelope Valley Line weekday trains that operate between Union Station and the Burbank-Downtown Station, and another 24 that operate on Saturdays and Sundays.

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Two company representatives, Bertha Avalos and Vicky Ramos, volunteer their time offering free health screenings and kidney care education. Photos by Richard Lieberman.

# DaVita Health Tour arrives in Ventura providing free health screenings with its mobile testing center

by Richard Lieberman

The DaVita Health tour campaign has arrived in Ventura. DaVita Health specializes in Dialysis, a life sustaining- treatment for those living with end stage kidney disease. The specialized bus is designed to offer free health screenings and kidney care education to residents of the cities they visit. The DaVita health screening bus visited Ventura on Tuesday October 24, 2023, setting up shop at the Pacific View mall in Ventura.

The mobile testing center is on a yearly tour offering free screenings and kidney care education in communities across the U.S. The screenings are free and designed to raise awareness of risk factors that could lead to chronic kidney disease. The health screenings will consider obesity, diabetes, high blood pressure, and a family history of kidney failure.

Testing at the mobile center will specifically test certain factors that are indicative of possible kidney disease. The health screening testing will administer: a fingerstick glucose test that will determine diabetes risk, a blood pressure test that will

determine hypertension, body measurement testing to determine body mass index, also available is a blood draw to determine a more in-depth measurement of kidney function. A qualified nurse practitioner will review with the participant the details and the results of the screenings.

Bertha Avalos and Vicky Ramos Davita company representatives described the services offered by the company "we deal mostly with patients with kidney failure, and we provide dialysis services for patients," "The tour bus is a once-a-year event" Avalos said. "This is a totally free service and not intended to bring business into our clinics, but it is to serve the community" she added. DaVita maintains many full-service dialysis clinics all over Southern California. "This program is designed to offer kidney awareness to the community", Avalos added. The tour bus is in action from September through November each year. "It's a full nationwide tour, the tour started in Colorado then heads to California and proceeds from Georgia to Michigan and the tour

Continued on page 23



A typical examination room in the tour bus.



A Veterans Day car show sponsored by Ventura Downtown Lions Club was held on Sunday November 12, 2023. The event featured classic cars, hot rods and vintage automobiles. Included for the day was music by "Pull the Trigger". Also, the day featured awards, food, vendors prizes and more. Photos by Richard Lieberman



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42" diameter pipe was pulled under the Ventura Harbor.

# The work appears to be progressing as planned

by Patricia Schallert

On November 4th, the 42" diameter 1,450 foot long black pipe that was stretched down Anchors Way was pulled under the Ventura Harbor from Anchors Way to Marina Park. The 42" casing pipe below the Harbor, and the 20" outfall pipe below the ocean, are being constructed by Horizontal Directional drilling (HDD). With the 42" casing pipe now pulled in, the HDD work below the Harbor is completed.

The next step is to insert 4 smaller pipes (called product pipes) inside of the 42" casing pipe. The smaller pipes include the 20" outfall pipe, 2 new 10" sewer force main pipes to replace the

existing aging Pierpont Lift Station, and a new recycled water line to irrigate Marina Park.

The contractor's plan is to assemble these pipes in Marina Park and pull them back to the Anchors Way side of the project. Originally those pipes were going to be stretched along Anchors Way just like the 42" pipe, but the contractor has found a way to perform the work from inside the soundwall at Marina Park to reduce the impact on Anchors Way. This work will be completed in the coming weeks.

The HDD work under the seafloor is still on-going. The initial pilot bore



hole has reached more than 4,000 feet offshore and the tip has "poked" out on the seafloor in about 55 feet deep water. This occurred on Nov 8th. The work appears to be progressing as planned and the next step is to connect the pilot bore head to the barge which can be seen from the shoreline in Ventura. There will be drilling equipment on the barge to assist with the upcoming work to enlarge the bore hole by a reaming process.

The onshore segment of the work is expected to start soon as well. That work will be along Anchors Way to Schooner, then on Schooner Dr., and finally along Harbor Blvd to south of Spinnaker Dr. When all the work is completed the 20" outfall pipe will be connected from the City's Water Reclamation Facility south of the Harbor to the end of the outfall pipe more than a mile offshore.



2023 Lions International Peace Poster Contest - "Dare to Dream": 1st place winner Gillian Lee and 2nd place winner, Teska Raducanu, along with their families and art teacher, Lena Layman, plus some Ventura Downtown Lions Club members enjoying their celebration dinner during the club's monthly evening meeting.

# Lions Club presents a \$360 check to art teacher

by Janie Tran

"Ventura Downtown Lions Club kindles the spirit of creativity and peace, presenting a \$360 check to Balboa Middle School's dedicated art teacher, Ms. Lena Layman. Amidst the theme 'Dare to Dream' in the Lions International Peace Poster Contest, Balboa Middle School not only answered the call but delivered 8 outstanding entries, propelling Gillian Lee to 1st place with a \$150 prize and Teska Raducanu to 2nd place with a \$50 award. Ms. Lena Layman received \$100 for

her inspirational guidance, while the remaining 6 participants were rewarded with \$10 gift cards each.

Adding a delightful touch to their triumph, winners Gillian and Teska, along with their families, were treated to a celebratory dinner during the club's monthly evening meeting at Black Bear Diner. As their winning poster advances to the district level, Ventura Downtown Lions Club takes pride in championing art education in our vibrant local community."



Winners and their families along with art teachers.

First place winner by Gillian Lee.







The "fastest violin player in the world", Frankie Gavin.

## NAMBA ARTS hosts a fall lineup of multi-award winning, international touring artists

Multi-award-winning musicians will grace the NAMBA stage this fall. Country musician, Rocky Mountain Female Vocalist of the Year and social media phenom, Belles; The "fastest violin player in the world", Frankie Gavin; and contemporary American rock musician and inductee into the WAMI Hall of Fame and Willy Porter will be featured.

November 18th features Belles at 7 pm. With stunning vocals and lyrics, Kelli Rachel Belles' natural charisma and charm comes through her songs and straight to your heart. Nashville industry folks have compared her songwriting to a young Dolly Parton, and a female Brad Paisley. Kelli will be joined with Laura Joy, a nationally touring artist who impresses audiences with her warmth, ability to connect emotionally, and her songs that touch the soul.

On November 19th NAMBA is excited to present, straight from Ireland, Frankie Gavin accompanied by award-winning pianist Catherine McHugh. In 2010, Frankie officially became the world's fastest fiddle player when he played The Foxhunter's Reel, at a breath-taking 150 beats per minute! Frankie is working in a duo with Catherine McHugh, who is widely regarded as Ireland's foremost piano accompanist and is featured on Frankie's new album Port Eireann.

On December 3rd, Willy Porter, a largely self-taught musician, who began treating audiences to his brand of guitar playing and wry storytelling in the late '80's and has since literally logged millions of miles across America, Canada, the UK, and Europe, touring solo. He has played with artists such as Tori Amos, Paul Simon, Jethro Tull, Sting, and Jeff Beck.

Many local, successful perform-

ing artists have roots at NAMBA Performing Arts Space and will be performing this season. Wendy Castellanos presents Flamenco in the 805 on December 2nd at 7pm, it's 6th annual Flamenco! Showcase. Ana Quintero singing timeless gitano melodies, Tony Triana and Scott Wolf on Flamenco guitar, while dancers Misuda Cohen and Wendy Castellanos set the stage ablaze with thundering rhythms, entrancing movements and heart wrenching expressions.

Doc Ventura and his All-Star band presents "Holiday Blues - Doc the Halls with Doc Ventura" - a music variety show on Saturday December 9 at 6:30PM. This year Santa Barbara's Brasscals Street Brass Band will kick off the evening by marching from the corner of Oak and Main to down the street to Namba Arts! Also featured is Mint Dolphin, Tom Collins and Hank Van Sickle, The Sea Hunters, Fito de La Parra, R.J. Mischo, Rick Holstrum and Hank Van Sickle.

A 501(c)3 organization, NAMBA Performing Arts Space is an intimate venue that hosts classes, workshops and community events showcasing music, theatre and dance. Offerings include classes in Improv, Acting, Flamenco, Ballet, Tango as well as open mics and songwriter's workshops. In addition to being a venue for touring acts, we host showcases, community and cultural events, workshops, and educational programs related to performing arts. Our calling is nurturing new projects, fostering collaboration, and enriching the cultural landscape of our community and beyond.

NAMBA Performing Arts Space, 47 S Oak Street, Ventura, CA. Tickets are \$20-\$25 and can be purchased at [www.NambaArts.com](http://www.NambaArts.com).

*The Greek*  
MEDITERRANEAN STEAK & SEAFOOD

**Thanksgiving: 11am - 5pm**  
Dinner Menu all day

**46th Annual Parade of Lights**  
December 15 & 16th  
Limited Waterfront Seating by 6:30 pm  
Special Menu for Adults & Children under 12.  
Uber or Lyft strongly suggested.  
Patio Reservations must be Guaranteed.

**Christmas Eve**  
Lunch Menu 11am-4pm  
Dinner Menu 4-8pm. 6:30pm Belly Dance Show

**Christmas Day**  
11am-5pm - Dinner Menu all day

**New Year's Eve**  
Noon - 4 pm - Lunch Menu  
4-6pm early Dinner Menu (out by 7:45pm)  
Belly Dance Show at 6:30pm  
CELEBRATION SEATING 8pm-1:30am 89.95  
"Mediterranean Masquerade". Live Dance Band "Cross Cut".  
Gourmet Steak & Seafood 4 Course Dinner. Belly dance and Greek Dance Show.  
Unlimited Professional Photo Booth. Masks and Deluxe Party Favors & Decor provided.

**Advance Guaranteed Reservations Required.**

1583 Spinnaker Drive, Ventura Harbor Village  
[Lynn@TheGreekVentura.com](mailto:Lynn@TheGreekVentura.com) (805) 650-5350  
[www.thegreekventura.com](http://www.thegreekventura.com)

**NAMBA PERFORMING ARTS SPACE**  
*Upcoming Performances*

 <b>LIVE MUSIC</b> SAT NOV 18 @ 7PM <b>BELLES &amp; LAURA JOY</b>	 <b>LIVE MUSIC</b> SUN NOV 19 @ 6PM <b>FRANKIE GAVIN &amp; CATHERINE MCHUGH</b>	 <b>LIVE MUSIC</b> SAT NOV 25 @ 7PM <b>TOMMY QUAYLE</b>
 <b>DANCE</b> SAT DEC 2 @ 7PM <b>FLAMENCO</b>	 <b>LIVE MUSIC</b> SUN DEC 3 @ 7PM <b>WILLIE PORTER</b>	 <b>LIVE MUSIC</b> SAT DEC 16 @ 7PM <b>DANI HAGAN</b>

**DOC THE HALLS**  
**HOLIDAY BLUES**  
WITH DOC VENTURA  
**LIVE MUSIC**  
SAT DEC 9 @ 6:30PM

**& DON'T MISS OUR 6TH ANNUAL HOLIDAY BLUES**

**COMEDY EVERY SECOND FRIDAY!**  
**VENTURA IMPROV COMPANY**  
at NAMBA

*Ongoing Workshops & Classes*

<b>MUSIC</b> <b>THE LISTENING ROOM</b> OPEN MIC SUN NOV 12 @ 7PM FRI NOV 24 @ 7PM <b>SONGWRITERS' WORKSHOP</b> WORKSHOP SUN NOV 26 @ 2PM	<b>THEATRE</b> MONDAY - ACTING & IMPROV <b>DANCE</b> TUESDAY & SUNDAY - BALLET WEDNESDAY - FLAMENCO THURSDAY - TANGO SATURDAY - ACTING
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Tickets & Class Info at [NambaArts.com](http://NambaArts.com)  
47 S Oak Street Historic Downtown Ventura  
805.648.9250





by Pam Baumgardner  
VenturaRocks.com

Thanksgiving is just around the corner and the tradition of getting out the evening before and hanging with friends taking in live music continues with several venues offering up live music. Many are calling it "Friendsgiving" though that is typically reserved for Thanksgiving-themed feasts eaten with friends (as opposed to family). I look at it as a way for people to decompress preemptively before hanging with the fam.

Now if you were to go to VenturaRocks.com calendar of events and sorted by the date 11/22/23, at press time, you would find 14 venues in Ventura County with live music. Here now, just the Ventura venues I've found with live music on Wednesday the 22nd:

Vaquero y Mar with Tribal Me  
The Cave with Bobby Apostol  
Winchesters with The Van Allen Twins  
Boatyard Pub with Frank Barajas  
Leashless Brewing with Mark Masson  
Aqua Beachfront Bar with Déjà vu Too  
The Twist on Main with a "battle of the bands"  
Tony's Pizzeria with The Stoneflies and Johnny Knows No One

On to other music related matters starting with the River Bottom Sessions Inaugural Bluegrass Music Festival. This one will be held on Saturday, November 18 from noon to 7 pm at Las Palmas de Ojai. Artists scheduled to perform include Tarantula Banjo, Ellie Rollins Band, The Van Allen Twins and Chris Murphy followed up with headliners Mark Masson's Jam Grass and Moonsville. This event is part of raising funds and awareness for local nonprofit, Ojai Valley Land Conservancy (OVLC). This promises to be a family-friendly event, children 12 and under are free. Tickets available on EventBrite.com.

On sale recently: Ventura Theater added Nekromantix for Saturday, December 2 and tickets for The Third Mind featuring Dave Alvin on February 3 have gone on sale for the Ventura Music Hall.

Quick Notes: 4th Impact at the Oxnard Performing Arts Center has been postponed; Neon Blonde featuring covers from the 80s plays an early show (3-6) at Bombay's on Saturday November 18; Tony Bennett's Pianist for the last five years, Tom Rainier, will play an intimate show at the Beatrice Wood Centers for the Arts on Sunday, November 19; Barrelhouse Wailers is the guest band for the next House of Dance Sunday afternoon show hosted by Channel Cities Jazz Club on November 19; Fear with Lower Class Brats play the Ventura Music Hall on Saturday, November 25; Tommy Quayle returns to Namba for a show on Saturday, November 25.

If you've ever thought about hosting your own radio show on CAPS Media's KPPQ here in Ventura, the station is back to hosting open houses and training sessions making it easier than ever for you to do so. Please contact Elizabeth

Rodeno at Radio@CapsMedia.com.

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

## Music Calendar

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

**Aqua Beachfront Bar (Crowne Plaza)**

**450 E. Harbor Blvd., Ventura**

Wednesdays: Déjà vu Too

Sat 11/18: Cousins feat. Angelo Arce

Sat 11/25: Mark Masson & Friends

**Boatyard Pub**

**1583 Spinnaker Dr., Ventura**

Music 6-9; except Sundays 4-7

Wednesdays: Frank Barajas

Thursdays: Jim Friery (4 pm); Bluegrass Jam (6:30 pm)

Fri 11/17: Teresa Russell & Stephen Geyer

Sat 11/18: Déjà vu Too

Fri 11/24: Mac & D

Sat 11/25: Karen Eden & Bill MacPherson

**Bombay Bar and Grill**

**143 S. California St., Ventura**

Wednesdays: Blues Night

Sat 11/18: Neon Blonde

Fri 11/24: Looking West

**Cantara Cellars**

**126 N. Wood Rd., Camarillo**

Fri 11/17: UND CVR SPR GRP

Sat 11/18: Runaway

Fri 11/24: Jet Lemons

Sat 11/25: Caliente 805

**Copa Cubana**

**Ventura Harbor Village**

Tuesdays: Blues Tuesdays

Fri 11/24: House Arrest

**Copper Blues**

**591 Collection Blvd., Oxnard**

Fri 11/17: Los Amigos

Sat 11/18: Strange Days

Fri 11/24: Caliente 805

Sat 11/25: Devotional

**Deer Lodge**

**2261 Maricopa Hwy., Ojai**

Fri 11/17: Woods

Sat 11/18: Soft Palms, Pacific Sunsets, The Framers

Wed 11/22: Beau Red & the Tailor Maide

**Garage**

**1091 Scandia Ave., Ventura**

Fri 11/17: Zepp Heads

Sat 11/18: The Centuries

Fri 11/24: Babylon Rockers

Sat 11/25: Adrian Floy & the Hearing Colors

**The Grape**

**2733 E. Main St., Ventura**

Tues: The Gratitude Jazz Jam

Wed 11/15: House of Waters

Thurs 11/16: Andy Waddell Quartet

Fri 11/17: D.on Darox & the Melody Joy Bakers

Sat 11/18: Kelly's Lot (2 pm); Jeff Lorber Fusion (8 pm)

Fri 11/24: The Paul Peress Project

Sat 11/25: Lenny LaCroix & Friends (2 pm);

Ron Francis Blake (8 pm)

**House of Dance**

**3007 Bunsen Ave., Suite E, Ventura**

Sun 11/19: Barrelhouse Wailers

**Institutional Ale Company**

**3841 Mission Oaks Blvd., Camarillo**

Thurs 11/16: Teresa Russell

Fri 11/17: Katie Leigh, Looking West

**Keynote Lounge**

**10245 Telephone Rd., Ventura**

Thursdays: Open Mic

Fri 11/17: Breaking Bored

Sat 11/8: The Jumper Cables

Fri 11/24: Vinyl Gypsies

Sat 11/25: Ventu Park Band

**Las Palmas de Ojai**

**1250 Meyer Rd., Ojai**

Sat 11/18: Inaugural Bluegrass Music Festival

**Leashless Brewing**

**585 E. Thompson Blvd., Ventura**

Thurs 11/16: Charlie & the Chieftain

Fri 11/17: Top Shelf

Sat 11/18: Keyth G & the Universouls

Sun 11/19: Shay Moulder

Wed 11/22: Mark Masson

Fri 11/24: Jacob Marques & the Good Vibes

Sat 11/25: Heavy Hitters

Sun 11/26: Anne Hall & the Remarkables

**Majestic Ventura Theater**

**26 S. Chestnut St., Ventura**

Sun 11/19: Sun Room

Fri 11/24: Elefante

Sat 11/25: Yachtley Crew

**Manhattan**

**5800 Santa Rosa Rd., Camarillo**

Wed 11/15: Robert Van

Thurs 11/16: Tom McMorran

Fri 11/17: Tour Support

Sat 11/18: Pam and Hollywood

Wed 11/22: Warren Takahashi

Thurs 11/23: Warren Takahashi

Fri 11/24: Jeanne Tatum

Sat 11/25: Lista Ritner Duo

**Margarita Villa**

**1567 Spinnaker Dr., Ventura**

Sat 11/18: Operation 90s

Sun 11/19: Los Amigos

Sat 11/25: Crosscut 805

Sun 11/26: CRV

**Namba Arts**

**47 S. Oak St., Ventura**

Sat 11/18: Belles

Sun 11/19: Frankie Gavin & Catherine

McHugh

Fri 11/24: The Listening Room Open Mic

Sat 11/25: Tommy Quayle

Sun 11/26: The Listening Room Open Mic

**Ojai Valley Brewing**

**307 Bryant St., Ojai**

Fri 11/17: Adrian Floy & THC

Sat 11/18: Jacob & the Good Vibes

Wed 11/22: TD Lind

Fri 11/24: Anchor & Bear

Sat 11/25: Katie Leigh Band

**Ojai Underground Exchange**

**616 Pearl St., Ojai**

Wed 11/15: Ashley Hoyer

Sat 11/18: Louise Goffin

Fri 11/24: Marc Ford

Sat 11/25: Los Silverbacks w/ Twanguero

**Onyx Bistro**

**2390 Las Posas Rd., Camarillo**

Fri 11/17: Tom Etchart & Friends

Sat 11/18: George Krikes

Wed 11/22: Ashun

Fri 11/24: Vinny Berry

Sat 11/25: Jack Keough

**Oxnard Performing Arts Center**

**800 Hobson Way, Oxnard**

Thurs 11/16: Listeso String Quartet - tribute to

Taylor Swift

Sat 11/18: Leonid & Friends

**The Raven Tavern**

**1651 S. Victoria Ave., Oxnard**

Fri & Sat 7 pm; Sunday 2 pm

Fri 11/17: Vinyl Gypsies

Sat 11/18: Holgers Heros

Fri 11/24: Brandon Ragan

Sat 11/25: Jayden Secor Band

**Rocks & Drams**

**14 S. California St., Ventura**

Wednesdays: Katie Leigh

**Sam's Place**

**308 E. Ojai Ave., Ojai**

Fri 11/17: Duncan & the Dragonslayers

Sat 11/25: D.on Darox & the Melody Joy Bakers

**Sans Souci**

**21 S. Chestnut St., Ventura**

Fri 11/17: The Robot Uprising, Seirens

Sat 11/18: Adrian Floy & THC

**The Shores**

**1031 Harbor Blvd., Oxnard**

Fri 11/17: Jake McClelland (4 pm); No Biggee

(8:30 pm)

Sat 11/18: Sin Chonies

Fri 11/24: Goleta Sound

**The Six**

**419 E. Main St., Ventura**

Monday's: Big Stuuuu's Open Mic

Sat 11/18: Aaron Wolf

**The Sportsman**

**4426 Central Ave., Camarillo**

Sun 11/26: Swing Shift

**Strey Cellars**

**951 N. Rice Ave., Oxnard**

Sat 11/18: Mid Life Crisis

Fri 11/24: Sam Khosravi

Sat 11/25: Vinyl Gypsies

Sun 11/26: Brandon Ragan Project

**Tony's Pizzeria**

**186 E. Thompson Blvd., Ventura**

Wed 11/15: Caught Red Handed

Thurs 11/16: Heavy Hitters

Sun 11/19: House Arrest

Wed 11/22: The Stoneflies, Johnny Knows

No One

Fri 11/24: Corsican Brothers, Raging Arb &

Friends

Sat 11/25: Spencer the Gardener

Sun 11/26: Heart & Soul

**Topa Topa Brewing**

**4880 Colt St., Ventura**

Sat 11/18: Teresa Russell

Sun 11/26: The Trivle Omdobble

Tues 11/28: Jam

**The Twist on Main**

**454 E. Main St., Ventura**

Wed 11/15: Dueling Pianos

Thurs 11/16: Monkey Bump

Fri 11/17: Operation 90s

Sat 11/18: Joe Delia (Noon); Dive Bar Trio (4

pm); 30 Fallouts to Romance (9 pm)

Sun 11/19: Cyamak Ashtiani (1 pm); Mark

Masson's Jamgrass (4 pm)

Wed 11/22: Battle of the Bands

Fri 11/24: Jesse Harris

Sat 11/25: Brandywine Buskers (noon); Adam

& Sam (4 pm); Cyamak Ashtiani Band (8 pm)

Sun 11/26: Kris Simeon (1 pm); Bella Lucareli

(4 pm)

**Vaquero y Mar**

**435 E. Thompson Blvd., Ventura**

Sundays: Mariachi

Tuesdays: The Sea Hunter, Lowered Expecta-

tions

Wednesdays: Tribal Me

Fri 11/17: Conjunto Zacamandu

Sat 11/25: CRV

**Ventura Harbor Village**

**1559 Spinnaker Dr., Ventura**

Sat 11/25: Vanise Terry Band

Sun 11/26: Teresa Russell

**Ventura Music Hall**

**1888 E. Thompson Blvd., Ventura**

Wed 11/15: The Ocean Blue, Tallies

Fri 11/17: Twisted Gypsy

Fri 11/24: The Pharcyde

Sat 11/25: Fear, Lower Class Brats

**Winchesters**

**632 E. Main St., Ventura**

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

Sun 3 pm





If you haven't seen the murals at the downtown library, it is worth the visit. The subject matter, created by depression era artist **Gordon K. Grant**, is "Agriculture and Industries of Ventura" - the style of art American Scene or Regionalist painting. Depicted are cattle, horses, fields and laborers of many different types including men milking cows and women packing citrus. They were created to celebrate the virtues of small town or rural life and advance an overt narrative favoring labor and the nationalist, pro-labor politics of the era. The murals, renovated in 1966, date from 1936-37 and were funded by the Federal Arts Project, under the New Deal WPA. They are very reminiscent of the murals of Diego Rivera and were painted around the same time of many of his murals.

# Ventura Art Scene



Spotlight on Endless Energy - **Maxine Apke**  
 Buena Ventura Art Association at Studio 99 @ The Bell Arts Factory

- Our Solo Artists
- Endless Energy - Maxine Apke
- Ebb & Flow - Darlene Roker
- New works from New Members
- Exhibit runs until December 23, 2023

Apke's show features more than a dozen framed examples of her handmade paper collage art, about half of which are 24 by 30 in.; some small, unframed pieces; and a dozen "eco-dyed scarves," she said.

Titled "Endless Energy," its theme is "energy from the sun," said Apke, a Santa Barbara resident who's been making art about 40 years. "The larger works are 3D collages and are interpretations of the sun; the smaller works are related to our natural world."

Her website, [homesteadmill.com](http://homesteadmill.com), gives insight into Apke's paper-making process and contains a gallery of her works, including previews of some pieces in the "Energy" show.



As the holiday season draws near, the Ventura Pottery Gallery is thrilled to announce the return of its highly anticipated Free Pottery Gift with Purchase event. Commencing on December 1, patrons making a purchase of \$40 or more will receive a complimentary pottery gift, generously provided by our devoted group of forty potters.

Our artisans have accumulated a surplus of stunning pieces in their studios, leading them to generously donate a diverse selection of bowls, vases, mugs, plates, and ornaments as tokens of appreciation for our cherished customers.

We extend a warm invitation to explore the Ventura Pottery Gallery and indulge in the exceptional work crafted by our local artists and potters. Conveniently located at the Ventura Harbor Village, our gallery is open from 11 AM to 6 PM, seven days a week. For those unable to visit in person, our extensive online store at [www.venturapotteryonline.com](http://www.venturapotteryonline.com) offers an opportunity to explore and purchase our unique pieces. Further information is available at [www.vcpog.org](http://www.vcpog.org).

Please note, one gift will be provided per customer per day, subject to availability while supplies last.

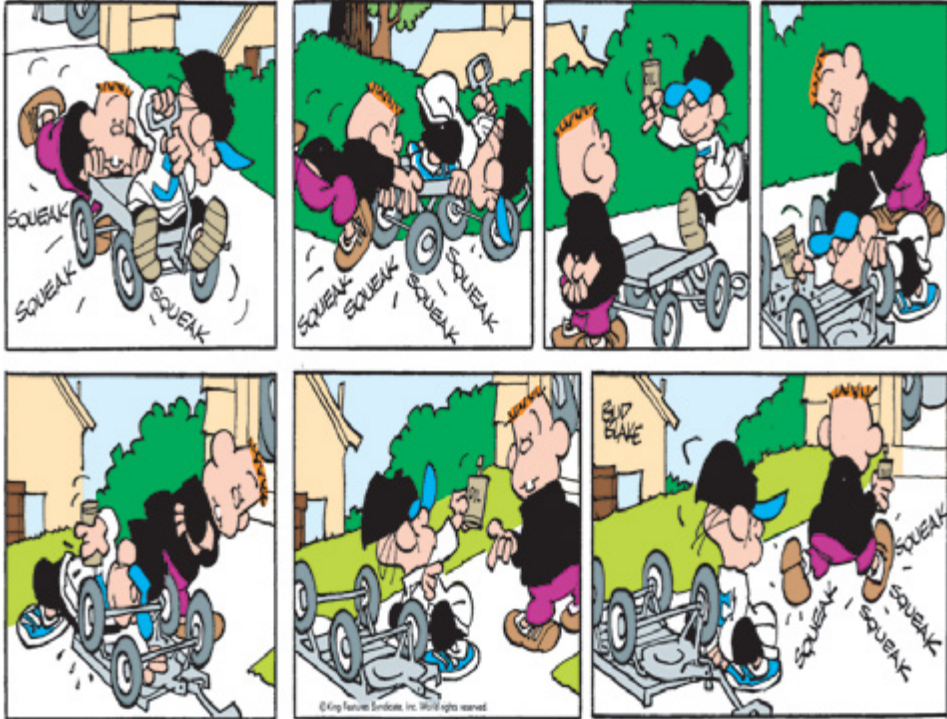
Join us in celebrating the craftsmanship and creativity of local potters this holiday season at the Ventura Pottery Gallery. For inquiries or additional information, please contact Cecile (805) 754-6380.



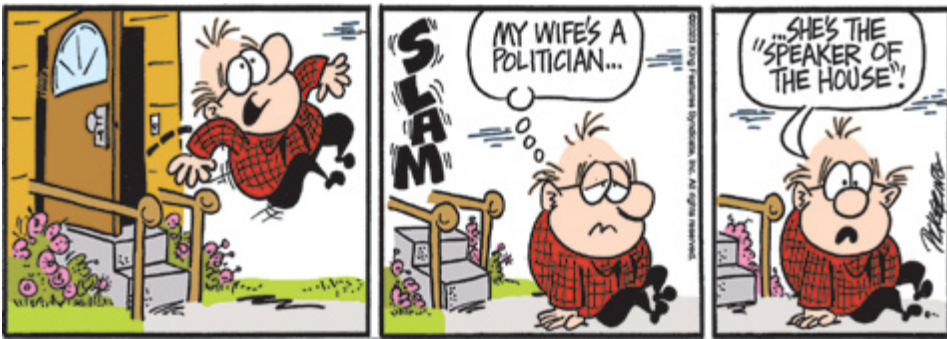


# Lighter Breeze

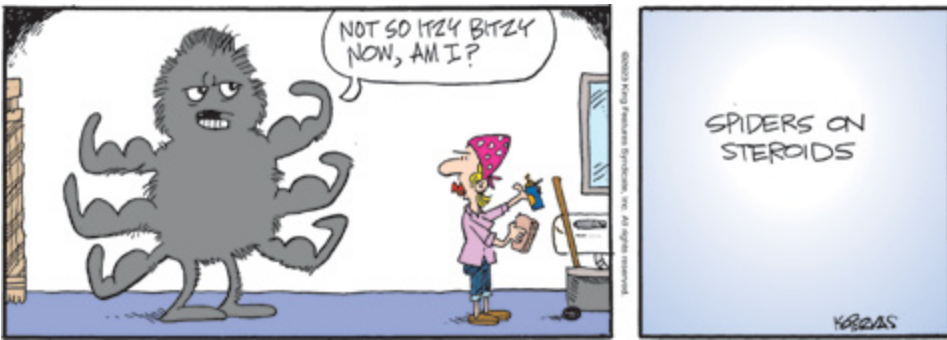
## Tiger



## The Spats



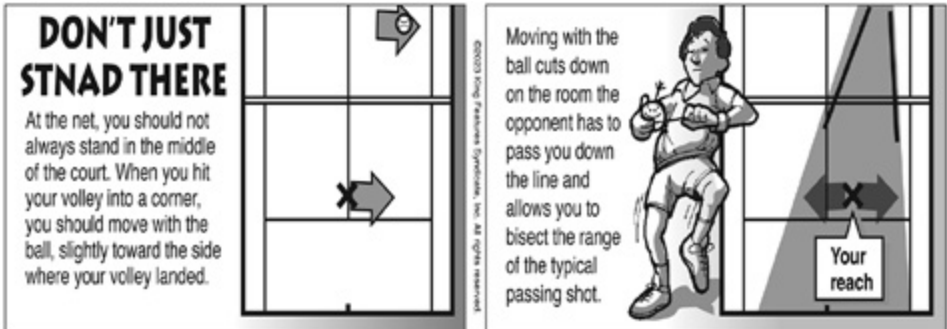
## Out on a Limb



## Amber Waves



## Stan Smith's Tennis Class



Solutions on page 15

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

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

## Weekly SUDOKU

by Linda Thistle

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

### DIFFICULTY THIS WEEK: ♦

♦ Moderate ♦♦ Challenging  
♦♦♦ HOD BOY!

Solutions on page 15

## King Crossword

### ACROSS

- 1 Angelic ring
- 5 Little rascal
- 8 Burlap fiber
- 12 Switchboard worker
- 14 Barak of Israel
- 15 Longtime CBS News anchor Walter
- 16 Chinese secret society
- 17 Aachen article
- 18 Glide
- 20 Long
- 23 Pack of cards
- 24 Wan
- 25 Wood eater
- 28 1959 Kingston Trio hit
- 29 Relinquish
- 30 Flamenco cheer
- 32 "Charlotte's Web" author
- 34 Boring
- 35 Unctuous
- 36 Test versions
- 37 Catch some Z's
- 40 Flow out
- 41 Young cow
- 42 Almost
- 47 Leer at
- 48 Acts altruistically

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

- 49 Despot
- 50 "Mayday!"
- 51 Phoenix cagers
- 10 Casserole base
- 11 Jittery
- 13 Related
- 19 Summit
- 20 Orange veggie
- 21 Noble Italian family
- 22 Pequod captain
- 23 God
- 25 Hindmost parts
- 26 Talk up
- 27 First lady of scat
- 29 Brainiac
- 31 Golfer Ernie
- 33 Stereo component
- 34 Fixes, as software
- 36 Cookouts, briefly
- 37 Highlander
- 38 Kvetches
- 39 Stewpot
- 40 Summers in Paris
- 43 Tic-tac-toe win
- 44 Debtor's note
- 45 Heavy weight
- 46 Mag. staff

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

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

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

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CARD NUMBER \_\_\_\_\_

EXPIRATION DATE \_\_\_\_\_

CODE ON BACK \_\_\_\_\_

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ADDRESS NUMBERS ONLY \_\_\_\_\_

AMOUNT \_\_\_\_\_

WE GREATLY APPRECIATE OUR LATEST (OR RETURNING) CONTRIBUTORS **SUMMER NICOL** AND THOSE WHO CHOOSE TO REMAIN ANONYMOUS.

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

**THANK YOU FOR SUPPORTING THE VENTURA BREEZE!**



## Show Time

A View from House Seats

# A Mad Cap Romp in High Gear

by Shirley Lorraine

Santa Paula Theater Center has pulled out all the stops for their last production of the 2023 season. The 39 Steps, by Patrick Barlow, garnered the Laurence Olivier Award for Best New Comedy in 2007 as well as numerous other awards and nominations. It is a fast-paced delight featuring well over 100 quirky characters, all portrayed by seven highly capable and skilled actors.

Where else could you get vaudeville, a mystery set in bonny Scotland, people becoming props and a hefty dash of Monty Python's Flying Circus, the early years, all packed into one whirling dervish of an evening? Why, Santa Paula

Theater Center, of course!

Director Richard Kuhlman has assembled a cast that is a marvel to witness, tightly choreographing the action while also allowing room for (and probably encouraging) improvisation. The staging is a parody adapted from the 1915 novel by John Buchan and the 1935 film by Alfred Hitchcock. But there's no Hitchcockian suspense here. This production will leave you laughing frequently and wondering what they could possibly do next.

John Webber leads the story as Richard Hannay, who becomes entangled in a spy operation with a mysterious woman who is murdered

in his flat. Taylor Lee Marr plays an alter-ego version of Richard Hannay, with the two changing places often to illustrate various points.

The other five actors, Leslie Upson, Sarah Boughton, Martha Benavides, Carlita Mead and Tom Hall, carry the entire rest of the very large cast of characters. Most memorably, Upson plays Annabella Schmidt (the murderess), Boughton is the flighty Pamela, Benavides embodies Professor Jordan. Professor Jordan's wife is played with glee by Carlita Mead and Tom Hall gives a stellar turn as Mr. Memory. All take on their various roles with total abandon, adding to the overall hilarity.

I particularly enjoyed wondering what antics would come forth next. In true Python manner, some of the rapid-fire chicanery flew past me like a rocket. Due to the mile-a-minute pace of the first act, I did feel the second act suffered from a slight case of an old Chinese malady, On Too Long. Perhaps I just ran out of

energy on their behalf. Nonetheless, it was a wild ride full of surprises, humor and rolling r's (oh, those Scots!).

Oh, and yes, in the end we do learn the significance of the 39 steps which seemed anticlimactic given the frantic action leading to it. Amidst all the melee, the explanation seemed rather ordinary.

A clever and creative opening had the cast all on stage giving the pre-show audience notes (exit locations, intermission, etc.) which led seamlessly into the play's action and invited the audience to be an integral part of the evening. A nice change which worked quite well for this production.

The 39 Steps runs through December 17 at which time the cast and crew will have fully earned a restful holiday before the 2024 season begins. Keep a bookmark on the Center's website to find out what is in store. [www.santapaulatheater-center.org](http://www.santapaulatheater-center.org).

Streaming Spotlight by Cindy Summers

## NYAD

- Netflix



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

NYAD is the incredibly inspiring true story of world-renowned open ocean swimmer Diana Nyad (Annette Bening) and her quest to conquer what was believed to be impossible by swimming unassisted and without pause from Cuba to Key West, Florida. The trip was difficult due to unpredictable weather and strong ocean currents and Diana had first tried at the age of 28, but the weather and oceans currents were very unfavorable and she only completed 76 of the 103 miles, due to 8 foot swell pushing her off course toward Texas.

At the age of 60, Diana decided she wanted to give Cuba another try and began lap swimming in the local public pool after not having done any swimming at all for nearly 30 years. When she was able to swim 8 hours without pause, she reached out to her best friend Bonnie (Jodie Foster) to coach her and join her in her attempt in Cuba. Bonnie initially refused, not having even known that Diana had started training again, but eventually agreed and they went to Mexico for a test run in the open ocean.

Diana's goal in Mexico was 8 hours in open water, but in her first attempt she was only able to complete 4.5 hours. This was unacceptable to Diana, who asked Bonnie if they could try again and was able to complete just over 8 hours the next day. She would sing songs to herself to keep pace, but they had to be on a 4x4 beat so that it would keep her timing correct and she built up a library of at least 96 mostly classic hit songs to sing in her head as she swam.

2nd attempt, August 7, 2011 at

age 60. Diana was given a different medication than the Tylenol requested for shoulder pain and she was allergic to it, had a medical emergency and had to stop at 53 miles left in after 28 hours 42 minutes. 3rd attempt, September 23rd 2011 at age 62. Diana was stung by box jellyfish, which are extremely dangerous and not known to be in the area, and given an EpiPen injection unknowingly making it worse having to stop 59 miles from Florida. 4th attempt, August 18, 2012 at age 61. Diana ended the swim at 12:55 am on August 21, 2012, due to two storms and nine jellyfish stings though she managed to travel the greatest distance than her three previous attempts.

5th attempt, August 31, 2013 at age 64. Diana wore a special box jellyfish suit at night to keep her from getting injured. On the morning of the second day, the electronic system that was designed to repel sharks also went down and a shark headed for her but she was protected by the shark wranglers who were able to get the system back online in time. After swimming almost two full days she started hallucinating which was natural for the depleted nutrients in her body, and though she was exhausted and hallucinating still had about 12 hours to go. Bonnie was able to encourage Diana to continue and she finally walked up on the shore of Key West Florida after 52 hours 54 minutes in the ocean and was greeted by hundreds of fan there to support her mission.

Since her epic accomplishment, Diana's talked at many TED talks and done many other notable things including appearing on "Dancing with the Stars" being a the subject of a skit on "Saturday Night Live", and starting a movement to walk across America with her best friend Bonnie Stoll.

Annette Benning and Jodie Foster are dead ringers visually for their characters and they portray a very believed bond of best friends. Not only is this an incredibly inspiring story for people of all ages, there's an aerial shot at 1h16m of Ventura's Crowne Plaza where in the movie

Diana was giving a presentation to a group in a hotel conference room.

Runtime: 2h 1m

DaVita Health Tour

Continued from page 17

will end around the week of Thanksgiving."

Both Avalos and Ramos are part of the local team in California and volunteer to cover the tour in the local area. Avalos is the regional operations director for

Ventura County and Ramos manages a Davita clinic in Moorpark. The bus can service around thirty residents a day, but numbers differ depending on the community they are in. "The biggest point to make is we are trying to spread awareness to our community members. So that they know what kidney disease is and that they take the steps that are needed to try and preserve their kidney function," she stated. Avalos also said "We are trying to do our best to spread awareness within the community.

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Gregorios Kazos has delighted the palates of Ventura residents and visitors alike.

## Celebrating the culinary legacy of Gregorios Kazos: A journey through 57 years of excellence

In the heart of Ventura, a culinary maestro has woven a tapestry of flavors and tradition, enriching the local dining scene for over five decades. Gregorios Kazos, a former chef and the proud owner of multiple award-winning restaurants, has delighted the palates of Ventura residents and visitors alike.

With a remarkable career spanning 57 years, Gregorios has left an indelible mark on the culinary world. Over the years, he has introduced a total of 34 restaurants across Canada and the

United States, spanning from the east coast to the west coast. His establishments have become known as culinary havens for renowned figures like Yanni, Jeff Bridges, Nia Vardalos, Victor French, and James Whitmore, among others.

Among his numerous culinary achievements, Giovanni's Italian Kitchen in Simi Valley claimed multiple Readers' Choice Awards from 1988 to 2003. In 2004, Barton's Steak & Seafood in Simi Valley further solidified Gregorios' reputa-

tion for excellence.

In 2012, the Kazos family opened Stephen's Market & Grill, a testament to their dedication to preserving and sharing their Greek heritage. This establishment is a unique blend of family recipes, fresh ingredients, and a rich cultural history. Passed down through generations, these recipes incorporate Greek staples like olive oil, feta cheese, lamb, and yogurt into each meal. Stephen's, named after Gregorios' grandson, reflects the family's passion for Greek cuisine.

Hailing from the picturesque Island of Lesbos in Greece, the Kazos family draws inspiration from the lush olive trees that grace the hillsides and lead to the azure waters of the Aegean Sea. The family is devoted to bringing the flavors of Greece to the Ventura community, emphasizing the importance of food

in Greek culture, where families often gather around meals.

As the Kazos family celebrated the 11th anniversary of Stephen's Greek Market & Grill in August 2023, they expressed their profound gratitude to the people of Ventura for their unwavering support. This gratitude extends to the Ventura County community for standing by them through challenging times, including the trials of the COVID-19 pandemic and economic downturns.

Gregorios Kazos' culinary journey continues to be a source of pride for Ventura, where tradition and innovation come together to create unforgettable dining experiences. With his rich history and dedication to the art of cooking, Gregorios remains a beacon of culinary excellence in the heart of California. 2632 E. Main Street, Ventura, CA 93003. [Stephensgrill.com](http://Stephensgrill.com)

