

Have a Happy and Prosperous New Year!



# VENTURA BREEZE

Your Hometown Paper

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This year has underscored our shared strength.

## Happy Holidays Ventura!

by Mayor Joe Schroeder

In this season of joy, as we share precious moments with our loved ones and unite as a community to embrace beloved traditions and extend a helping hand, I am reminded of our collective journey throughout 2023. This year has underscored our shared strength and unwavering community spirit, marked by significant milestones and a profound sense of pride for Ventura.

Throughout the year, our community has joined hands in celebrating moments of joy, unity, and cultural richness, propelling us forward. Whether at local events, community workshops, or city programs, these shared experiences have fortified the bonds that make Ventura an extraordinary place to live, work, and play.

In 2023, Ventura celebrated notable achievements through collaborative efforts with outstanding community partners. This collective engagement extended beyond thriving tourism and attracting world-class events like the X Games. It also encompassed the

**Continued on page 10**



Erik Nasarenko, James Fryhoff, Salud Carabajal, Dr. Sevet Johnson, John Savrnich and Bill Brown addressed the Fentanyl epidemic. Photo by Richard Lieberman

## Carabajal-Bice bill calls for military aid to combat Fentanyl crisis

by Richard Lieberman

Headed to President Joe Biden's desk to be signed the Carabajal-Bice bill part of defense policy legislation contains a measure affirming illicit drug trafficking as a national security threat which will increase federal attention on this deadly opioid. Passage of this bill will provide more resources and aid to help in fighting this out-of-control epidemic.

**Continued on page 10**

## Event held for retiring Executive Director Susan Scott

by Shirley Lorraine

The Ventura Music Festival is now entering its 29th season of providing high quality concerts of all types to the Ventura community. Following a rousing holiday concert by We Four Kings, held at the Ventura Missionary Church on December 10, a heartfelt thank you soirée for retiring Executive Director Susan Scott was held.

Ms. Scott was introduced by board member Betsy Chess who presented a crystal trophy as a thank you in recognition of Scott's considerable contributions to the festival.

Acting President Richard Reisman, who stepped into the leadership role after the recent passing of Festival President Randall Hinton, spoke of Scott's support and unfailing assistance. Scott was similarly lavish in her praise of the cadre of volunteers and staff members who have been a solid support to her and to the organization over the years.

Scott was lauded for her nine years of outstanding



Ventura Music Festival has new Executive Director Lale Welsh.

commitment to the festival, stating "Ventura audiences are the best in the world." During her tenure, Scott led the organization through the challenge of the Covid years, keeping the music alive and available. She cited numerous collaborations made with the

**Continued on page 9**

Happy Holidays  
from the  
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# VENTURA BREEZE

Your Hometown Paper

Member, Ventura Chamber of Commerce

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And now we  
welcome the  
new year. Full of  
things that have  
never been.  
– Rainer Maria  
Rilke

## City News



Hosted by Mayor Schroeder U.S. Secretary of the Interior Deb Haaland (center) and other dignitaries visited the VenturaWaterPure program

### It was an honor to hear from such distinguished representatives

by Water General Manager Gina Dorrington

Happy Holidays Ventura. May you be busy sharing special moments with your friends and family. Recently, Ventura Water and city staff had the privilege of hosting a special visit from U.S. Secretary of the Interior Deb Haaland, Principal Deputy Assistant Secretary for Water and Science Michael Brain and U.S. Congressman Salud Carbajal to the VenturaWaterPure program. It was an honor to hear from such distinguished representatives that Ventura is on the right track toward securing a sustainable water supply for future generations. It was a proud moment to see staff and the community be acknowledged for their forward-looking implementa-

tion of potable reuse – the reclamation of our local water resources.

Information about VenturaWaterPure is available at our website and we are bringing more information to the Water Commission and the City Council in the next couple of months. Please note that City Council meetings have moved to Tuesday nights at 5:00 pm and we have changed Water Commission meetings to every 4th Monday at 5:30 pm. Ventura Water staff are always ready to answer questions for you and assist with any water and wastewater related concerns. Contact us at (805) 667-6500 or send us an email at MyVtaWater@cityofventura.ca.gov.



Participants will complete 24 hours of training.

### City of Ventura launches Community Emergency Response Team

Recognizing the critical need for community members to be prepared and confident in taking appropriate action, the City of Ventura, in collaboration with the Ventura County Fire Department, the Federal Emergency Management Agency (FEMA), and the City of Santa Paula, is excited to announce the launch of its new Community Emergency Response

### As I See It by Sheldon Brown

I hope you had a wonderful Chanukah and Christmas and will have a happy new year celebration. I'll see you again in 2024.

Please see letters regarding my comments in our last issue about washers and dryers in our schools. I was completely wrong in what I said. Never too old to learn new things.

I was reluctant to comment on the Hamas/Israel situation but have decided I will.

First, this all started with Hamas attacking Israel. Hamas' main (maybe only) purpose is to wipe Israel off the earth. If it means killing all of them, that is what they would do. They are a recognized terrorist organization.

When attacking Israel, they killed parents (some by cutting their heads off) in front of their kids, they raped, mutilated, they burned down homes and kidnapped at least 1,500 people as young as 3-years-old.

Israel did the only thing they could, which is attempting to destroy Hamas. In doing this have they committed atrocities? Yes, they certainly have. But war is not like a checker's game – it's not clean without awful things happening. Good guys do bad things - look at some of the atrocities the US did during Vietnam.

Many are calling for a cease-fire and for Israel to leave Gaza because they have done enough collateral damage. They can't do that until their mission has been accomplished. If they left now Hamas would just reorganize and attack Israel again, and again and again.

Winston Churchill signed a peace treaty with Hitler before WWII, and you know how that turned out.

Former President Donald Trump has said that as president on his first day he would order all the military to the border and build a big wall to stop illegal immigration.

Wait, doesn't he know that he was president? If this is such a good idea, why didn't he do it during his 4 years in office? Republicans are blaming Biden for the border problem, but he is no more to blame than Trump.

If immigrants were never allowed to come to this country I (and millions of others including most of you reading this) would not be here. My grandparents came from Russia and Romania. Where did yours come from?

The Colorado Supreme Court has declared Trump ineligible for the White House under the U.S. Constitution's insurrection clause and removed him from the state's presidential primary ballot, setting up a likely showdown in the U.S. Supreme Court to decide whether the front-runner for the GOP nomination can remain in the race.

In a 4-3 decision they stated that Trump had engaged in insurrection and therefore was barred by the 14th Amendment which bars insurrectionists from federal office, including the presidency.

The U.S. Supreme Court will probably reverse this decision 5-4. The Supreme Court is supposed to base their decisions on the constitution but that is nonsense. The Court is now divided sharply along partisan lines with justices appointed by Republican presidents taking increasingly conservative positions and those appointed by Democrats taking liberal positions.

Pope Francis has formally approved allowing priests to bless same-sex couples, with a new document explaining a radical change in Vatican policy by insisting that people seeking God's love and mercy shouldn't be subject to "an exhaustive moral analysis" to receive it.

The document from the Vatican's doctrine office elaborates on a letter Francis sent to two conservative

cardinals. In that response, Francis suggested such blessings could be offered under some circumstances if they didn't confuse the ritual with the sacrament of marriage.

Does this mean same-sex couples can go to heaven and not hell? By the way I don't believe in either of them.

### Mailbox

Dear Sheldon,

I'm sorry that in your 'As I See It' column you made light of the fact that schools received a donation of washers-dryers. Some kids come to school wearing the same clothes over and over again, and are either teased mercilessly or shunned. As a former teacher, I can't tell you how many times I would've appreciated having a place for kids to do their wash at school. We did have a clothes closet for kids who needed articles of clothing, and they could have slipped into those while completing their task.

The rest of your 'As I See It' column was pretty spot on!  
Carol Spector

Sheldon,

I'm not sure if you were trying to be funny regarding your remarks about washer/dryers at school and a student receiving an A for clean clothes. If you were, you weren't. If you are unaware that there are some students who do not have access to a washer/dryer in their home or tent or car then shame on you. The schools I worked at (one of

**Continued on page 5**

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



Team (CERT) training program.

This free, comprehensive program equips 40 participants with essential skills and knowledge about potential local disasters and how to respond safely, swiftly, and responsibly. Applications are open to Ventura and Santa Paula residents, and will be accepted through Wednesday, January 24, 2024.

"In the aftermath of a major disaster, the demand for professional responders can exceed availability. Our community's ability to respond effectively in times of crisis relies heavily on the preparedness of our residents," said Mack Douglass, Ventura's Emergency Services Manager. "The CERT program provides an opportunity for individuals to not only enhance their emergency preparedness but also become an essential part of the first response efforts."

Participants will complete 24 hours of training covering various aspects of emergency response, including reducing fire hazards, setting up medical treatment areas, assisting responders, conducting light search and rescue operations, and more. Upon completion,

each graduate will receive a certificate of completion and a CERT disaster start-up pack containing a helmet, gloves, vest, and safety goggles.

"This collaboration exemplifies the strength that comes from neighboring communities working together toward a common goal of enhancing public safety and emergency response," said Kate Watkins, Emergency Services Coordinator for the City of Santa Paula. "I am confident that our joint commitment to preparedness will lend itself to a safer and more resilient region for all."

The program is set to begin on January 31, 2024, and will be held on five consecutive Wednesday nights from 6:00 p.m. - 9:00 p.m., with the last class hosted on Tuesday, March 5. The final drill and skills showcase will be hosted on Saturday, March 9, from 10:00 a.m. - 2:00 p.m. Six classes will be hosted at the Ventura Police Department Headquarters, with the final class hosted at the Alessandro Fire Training Facility.

For more information and to register for the CERT program, please visit [www.CityofVentura.ca.gov/CERT](http://www.CityofVentura.ca.gov/CERT)

## Participants wore on Santa Claus or elf costumes

by Patricia Schallert

Santa Paddle in Ventura Harbor is a yearly whimsical tradition that brings a unique twist to the holiday season. In this charming event, participants put on Santa Claus or elf costumes and take to the waters of Ventura Harbor on stand-up paddle boards or in kayaks.

The sight of paddling Santas gliding across the harbor creates a joyful spectacle that captures the spirit of the holidays in the coastal Ventura setting. Against the backdrop of boats and the ocean, the event combines holiday cheer with the laid-back atmosphere of Ventura.

Families and onlookers gather along the harbor to witness this merry gathering of Santas, creating a lighthearted experience that adds a touch of magic to the local holiday celebrations. Santa Paddles not only showcases the community's festive spirit but also highlights the creativity and sense of fun that make Ventura Harbor a unique destination during the holiday season.



Santa Paddle is a whimsical tradition of the holiday season.



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# An event to remember

Ventura Harbor's 46th Annual Parade of Lights & Fireworks was an event to remember and boasted 56 boats in total that participated in the parade - the most in recent history!

Each night, Friday and Saturday, Dec. 15 & 16, more than 42 boaters wowed visitors and Harbor residents alike with a spectacular display of lights. Following the parade at the Boater's Award Reception, a 2024 theme was voted on by the boaters themselves - "Candy Land."

Ventura Harbor Village welcomed guests with carnival rides, a ferris wheel, and games, a photo opp with Grinchmas, LED light dancers, faux snowfall, and holiday shopping.

Plus, Hawaiian hula dance by local Ka Hale Hula 'o Pilialoaokalani o Hilo, and Anacapa Ukulele who paid homage to the "Hula Holiday" Parade of Lights theme, all capped off by a dazzling fireworks show!

Ventura Harbor Village's Winter Wonderland & Holiday Marketplace on December 16 saw a record number of attendees with Santa and Mrs. Claus and their live reindeer, costumed carolers, a toy solder band, crafts, shopping at coastal boutiques, and much more!

The Annual Ventura Harbor Santa Paddle on Sunday, December 17 drew more than 45 paddlers dressed in holiday attire, plus Santa, of course, who paddled from Ventura Boat Rentals to the Channel Islands National Park Visitor Center.

For more festive New Year's Eve & holiday vacation activities to share with friends & loved ones visit [VenturaHarborVillage.com](http://VenturaHarborVillage.com)

Boats, carnival rides, snow and fireworks. Photos by Patricia Schallert and others.

**2023**

# Congrats Parade of Lights Winners

## HULA HOLIDAY

*Sweepstakes*

**SWEEPSTAKES (SAIL 30' & OVER)**  
**PRANA**

*Showstopper*

**SHOWSTOPPER (SAIL 29' & UNDER)**  
**AUSTIN BLUE**

*People's Choice*

**PEOPLE'S CHOICE WINNER**  
**STELLA MARIS**

*Sweepstakes*

**SWEEPSTAKES (POWER 26' & OVER)**  
**CRUSTACEAN**

*Showstopper*

**SHOWSTOPPER (POWER 25' & UNDER)**  
**ALOHA OHANA**

<b>HUMAN POWERED</b> 1 <sup>st</sup> Place: Kekuewa 2 <sup>nd</sup> Place: Pua-Kai	<b>DINGHY/DUFFY</b> 1 <sup>st</sup> Place: Eaglet 2 <sup>nd</sup> Place: Oye Sanchita	<b>POWER 26' &amp; OVER</b> 1 <sup>st</sup> Place: Lone Star II 2 <sup>nd</sup> Place: Isle of Skye	<b>POWER 25' &amp; UNDER</b> 1 <sup>st</sup> Place: The Leo Robbins 2 <sup>nd</sup> Place: Imi Rae	<b>SAIL 30' &amp; OVER</b> 1 <sup>st</sup> Place: Zephyr 2 <sup>nd</sup> Place: Alolkoy	<b>SAIL 29' &amp; UNDER</b> 1 <sup>st</sup> Place: Essa 2 <sup>nd</sup> Place: Cabreezy	<b>NON-PROFIT</b> 1 <sup>st</sup> Place: Finalee 2 <sup>nd</sup> Place: Mistral
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Ventura Yacht Club

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## A very busy 2023 for Caps Media

The entire CAPS Media Crew offer our thanks to everyone in Ventura and Ventura County for their tremendous support throughout 2023. All year long CAPS Media crews provided production services for the entire community and created informative, educational, and engaging productions with Ventura City staff and agencies throughout the county.

For the City, CAPS operations manager Donald McConnell and his sidekick Manny Reynoso, recorded and broadcast 48 individual meetings at city hall, totaling more than 170 hours of live programming, all broadcast on CAPS channel 15 and streamed online. The rebroadcasts of the city meetings exceeded 300 hours of information for the community.

CAPS video crews, led by master videographer/editors Gary Roll and Alex Uvari, working in concert with the City Public Information Officers, produced dozens of informative productions for multiple city departments.

At the CAPS Media Center, the talented and dedicated CAPS/KPPQ DJs, directed by radio manager Elizabeth Rodeno, produced more than 150 hours of community talk shows and 300 hours of original music shows, informing and entertaining Venturans and audiences worldwide at 104.1 FM and on myTuner Radio.

Throughout the year, students in the CAPS/ECTV media career program, mentored by Phil Taggart, wrote, produce, directed, hosted, and edited dozens of award-winning programs on wide ranging topics. The ECTV students were also vital crew members in CAPS' recording and live broadcasting of graduation ceremonies for Ventura College and all VUSD high schools and the annual St. Patrick's Day Parade.

CAPS Media presentations for government and nonprofit agencies expanded to include Ventura County Criminal Justice Center, Ventura College Foundation, Ventura Regional Firesafe Council, the Housing Trust Fund of Ventura County and more.

High on the list of very special projects in 2023 were CAPS' collaborations with the outstanding staff at the Museum of Ventura County, creating a variety of media productions for Ventura County's 150th Anniversary Celebration. Media productions included episodes for "Voices of Ventura County," "Feast or Flop" and "Ventura County: The

Place We Call Home."

In October CAPS held an Open House at the CAPS Media Center inviting the public to meet the CAPS crew, tour the facility, and engage in informative demonstrations on all aspects of media production.

For everyone interested in learning more about CAPS Media and CAPS Radio, separate orientations are held monthly on the 2nd Wednesday of the month beginning on January 10 for CAPS Media and on the 2nd Thursday of the month beginning on January 11 for CAPS Radio KPPQ. The member orientations are held at 6pm at the CAPS Media Center, 65 Day Road. The center is open to the public every week, Tuesday-Thursday noon to 8pm.

Early in 2024 CAPS Members will be able to schedule one-on-one media training with the knowledgeable CAPS staff using an updated CAPS website launching in February.

As the year draws to a close, the entire CAPS Media staff want to express our appreciation to the members of the dedicated CAPS Media Board of Directors: Cliff Rodrigues, Board Chair, Darryl Dunn, Vice Chair and Treasurer, Kathleen Good, Secretary and Pam Baumgardner, Michael Velthoen, Cathy Peterson, Bill Schneider, Heather Sumagaysay and Michael MacDonald representing the City, and Marianne Quiroz representing the VUSD.

Thank you all for another wonderful year of serving the Ventura community. Best wishes for a Happy and Healthy 2024.

### Mailbox

#### Continued from page 2

them considered a wealthy school) had washers and dryers in the locker rooms that were used for equipment but we had staff members who were very aware of students who did not have access to such luxuries and allowed them access to them. It was a simple gesture that completely changed a students outlook on school and society.

Ruth Burkhart

*Dear Carol and Ruth: Thank you very much for clarifying this for me and our readers. I had no idea this was a serious problem. I do apologize for my ignorance. I know Whirlpool (and maybe others) are installing these in our schools for free.*  
Sheldon

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## Zoppé' Circus at The Fairgrounds

Embark on a captivating journey into the enchanting world of Zoppé, a family circus that promises an unforgettable experience. Immerse yourself in the joy and warmth of Italian hospitality as Zoppé Circus unfolds before you, bringing together a dazzling array of talents from around the globe. This extraordinary show is not merely a collection of acts; it's a heartfelt celebration of life, family, and the timeless magic of the circus.

Headlined by the charming Nino the clown, Zoppé Circus stands out with its unique approach—a central narrative that guides the entire performance. Witness breathtaking acrobatic feats, marvel at equestrian showmanship, share in the delight of canine capers, and be enchanted by the art of clowning. What sets this circus apart is its deep connection with the audience; participation is not just encouraged but an integral part of the show, making every spectator an active participant in the magic unfolding under the big top.

This is more than a mere spectacle; it's a profound experience carefully crafted by Giovanni Zoppé, the circus director. According to Giovanni, Zoppé Circus aspires to transcend the ordinary circus, aiming to touch every emotion.

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Laughter, tears, and genuine connections with the characters—the circus promises more than just entertainment; it’s an immersive event that lingers in your memories.

Giovanni Zoppé’s dedication to the art form and commitment to elevating the circus experience are evident throughout the show. As a sixth-generation performer, he brings a rich heritage to the ring, infusing the performance with a sense of tradition and authenticity.

If you haven’t witnessed the magic of Zoppé, there’s still time to be part of this extraordinary event. Catch them at Ventura Fairgrounds until Jan. 1, and let the Zoppé Circus create moments that will stay with you long after the final curtain falls.

For additional details and tickets, visit <https://zoppe.net/about-us/>.

## Ventura Police urge responsible holiday celebrations and safe driving

This holiday season, the Ventura Police Department encourages the public to celebrate responsibly and avoid driving under the influence of alcohol, marijuana, prescription medications, or over-the-counter drugs that can impair the ability to drive safely.

Through New Year’s Day, the Ventura Police Department will deploy additional officers on patrol to actively identify and apprehend drivers suspected of being under the influence of alcohol and/or drugs. This heightened enforcement effort aligns with the national campaign, Drive Sober or Get Pulled Over, with the goal of stopping suspected impaired drivers who put everyone on the road at risk.

“Prioritizing traffic safety during the holiday season is a collective responsibility that cannot be overstated,” said Sergeant Mark Knackstedt. “It’s about safeguarding lives and preventing DUI-related collisions on our roads. We all play a vital role in keeping our roads safe; please take your role seriously.”

Some prescription medications or over-the-counter drugs may interfere with driving. Always follow usage instructions

and take note of any warnings related to driving or operating heavy machinery, which includes operating a vehicle. While medicinal and recreational marijuana are legal, driving under the influence of marijuana is not. Marijuana can be impairing, especially when combined with alcohol or other drugs, which can also result in a DUI.

If you see someone driving impaired, always call 9-1-1.

Funding for this program is provided by a grant from the California Office of Traffic Safety, through the National Highway Traffic Safety Administration.

### The Bookmark

## About Libraries and Friends

by Mary Olson

The Ventura County Library has announced that they have been awarded a Building Forward Library Facilities Improvement Grant in the amount of \$1,540,001 from the California State Library for the Ray D. Prueter Library in Port Hueneme. These grants are intended to address critical maintenance needs, improve energy efficiency and sustainability, and expand digital and physical access. Thirty-four local libraries across California received funds during this year’s round of Building Forward grants earmarked by the governor and the Legislature to improve libraries in the state’s highest poverty areas. Ventura County Library Director Nancy Schram said that the state grant funds required a local match of \$770,000. The funding will be provided via a 50/50 split by the Ventura County Library’s reserves and the City of Port Hueneme whose City Council voted in May this year to commit \$385,000 to this project. The scope of work for the project will include major system upgrades, energy efficient lighting, new flooring, and enhanced access to the children’s program room that is too small to meet current demand.

Booklovers meet at the Library in January—E.P. Foster Library introduces **A Book Group for Book Groups**

E.P. Foster Library Topping Room, Tuesday, January 9, 2024, 5:30 to 6:30 pm

Librarian Karen Cruze will inform you on how our libraries can help with your book club, what books we suggest for clubs, info on online book club sources and more (Including a special door prize for one lucky attendee!)

**Wise Owls Book Club** meets at Hill Road Library on Tuesday, January 16, 5 to 6 pm. Wise Owls is a quarterly Book Club for adults who enjoy reading children’s literature. Winter selection: Brown Girl Dreaming by



# COMMUNITY EMERGENCY RESPONSE TEAM

## PREPARE, RESPOND, RECOVER

**In the aftermath of a major disaster, the demand for professional responders can exceed availability. It’s critical for community members to be prepared and feel confident taking appropriate action.**

This **FREE** program equips participants with essential knowledge about potential local disasters and how to safely, swiftly, and responsibly respond. Participants will learn how to:

- Reduce fire hazards
- Set up medical treatment areas
- Assist responders
- Conduct light search and rescue
- & more!

### APPLICATION DEADLINE:

## JANUARY 24, 2024



CityofVentura.ca.gov/CERT









Jacqueline Woodson

The Hill Road Library Book Club returns Tuesday, January 30 at a new time: 4 to 5 pm. The Hill Road Book Club meets monthly on the last Tuesday. The January Book Club Selection is **Remarkably Bright Creatures** by Shelby Van Pelt

Visit the Hill Road Library to pick up the latest Book Club selections. To join the mailing list for book clubs held at Hill Road, please email [Linda.Cherry@Ventura.org](mailto:Linda.Cherry@Ventura.org)

**Weekly Storytimes** at the library introduce the joy of reading to infants and young children:

E.P. Foster Library:  
 MONDAYS at 10:30 am  
 Ray D. Prueter Library, Port Hueneme:  
 TUESDAYS at 10:30am  
 Avenue Library:  
 TUESDAYS at 4 pm In English and Spanish  
 Hill Road Library:  
 WEDNESDAYS at 10:30 am

For more information, call 805 626-READ

**Ventura Friends of the Library Bookstore**, 2nd Look Books, in E.P. Foster Library is open Tuesday through Saturday, 11:00 am to 4:00 pm and Sundays, 1:00 to 4:00 pm. You can find great bargains in gently used children’s books, cooking and craft books and audio books. The items in our store are definitely worth a second look, from current novels to jigsaw puzzles to vintage books.

We also invite you to visit our online bookstore for local sales <https://ventura-afol-107753.square.site/s/shop> for more unique items in categories such as Art, Architecture & Photography and Performing Arts, Collectible & Vintage and Manga & Graphic Novels. When you make a purchase at the online store, you will receive an email letting you know when your order will be ready for pickup (in as few as 2 days) at the bookstore in E.P. Foster Library.

CITY OF VENTURA

# PARKS & RECREATION

## Activity Guide

VIEW THE LATEST CITY CLASSES AND PROGRAMS

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





REGISTRATION BEGINS:

January 3, 2024 at NOON





Ventura Pier is a cherished symbol of our community's rich history. Photo by Richard Lieberman.

## Historic Ventura Pier receives a \$40,000 donation

Pier Into the Future, a local nonprofit organization committed to the preservation of our historic coastal landmark, has generously awarded a \$40,000 donation to the City to support some of the much-needed repairs during the City Council Meeting on Monday, December 4, 2023.

“Once the longest wooden pier in California, the Historic Ventura Pier is a cherished symbol of our community's rich history. Despite recent challenges, we're committed to ensuring its

enjoyment for generations,” Mayor Joe Schroeder remarked. “This donation will help address infrastructure needs, enhance safety, and preserve its historical significance.”

Since its closure to the public in January 2023 due to safety concerns, ongoing maintenance, and emergency repairs have been in progress. These include planned critical corrosion repairs to the steel framing and structure of the pier, with an anticipated reopening in spring 2024.



The site has been a fire department training facility since 1991.

## Temporary Fire Station to open in 2024

The City Council (on a 4-3 vote) voted to clear the way for a fire station to go up at 2269 Alessandro Dr. on a 2.9-acre site owned by the city. It will be the Ventura's seventh station.

The station could be used for up to 20 to 30 years (this is temporary)?

The council felt that costs for the temporary station are significantly lower than a permanent station. Perhaps less than \$5 million compared to \$20 million to \$30 million.

Fire Chief David Endaya stated “I don't know that I can come up with a solution that will completely take away the challenges? What I know we've been asking for, and the firefighters group has been asking for, is help.”

Councilmembers Jim Duran,

Bill McReynolds and Jeannette Sanchez-Palacios voted against the project. They wanted more information and wished to continue the discussion in six months.

Councilmembers Mike Johnson, Doug Halter, Liz Campos and Mayor Joe Schroeder didn't want to wait so approved the project.

The new station will have a full-time engine company to provide services to Ventura Keys, Pierpoint, Harbor, Marina, and surrounding areas. The fire department's goal is to respond to fires within 5-minutes.

Council members were told that 2 mitigation fee funds of \$5.5 million could cover the costs of the interim station.

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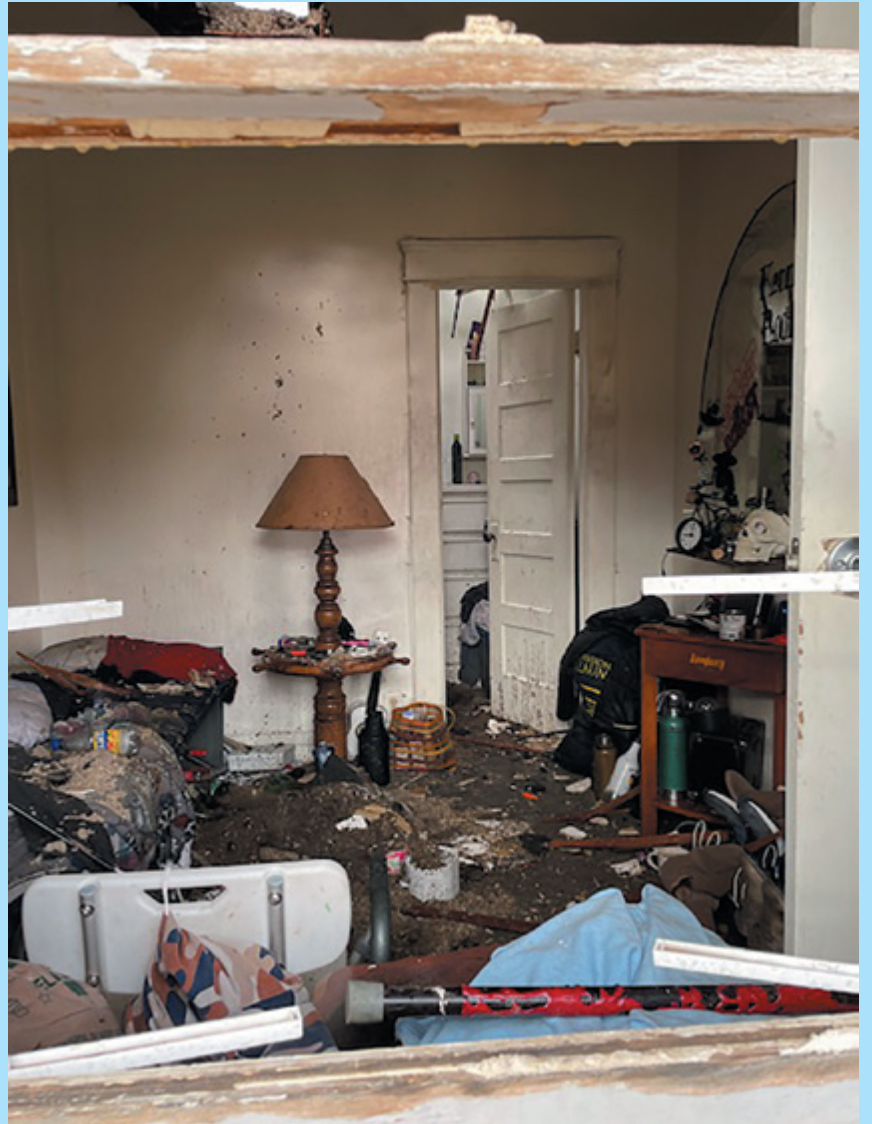
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On Dec. 22, fire units were dispatched to a reported structure fire. Firefighters arrived within 3 mins of dispatch and found a single story/single family home in the 200 block of Ramona St. with heavy fire and smoke showing. Firefighters were challenged with live powerlines down to the rear of the structure. Firefighters made entry to make an aggressive attack through a long back alley to extinguish the fire. Firefighters extinguished the fire with a coordinated effort of vertical and horizontal ventilation to keep the fire from spreading throughout the structure and nearby structures. The fire was controlled 10 minutes after units arrived on scene.





Approximately 500 children attended with their families.

## The Rotary Club of Ventura fourth annual holiday event

The Rotary Club of Ventura co-hosted its fourth annual Holiday Event for Ventura Westside Families on Saturday, December 16, 2023. Approximately 500 children attended with their families and received free coats, toys, earrings for mom, a food box, a hot lunch, and a photo opportunity with Santa and his Elf. The event was held at Arise Ventura, 831 N. Olive Street, Ventura.

Hosting the event were Arise Ventura, Boys & Girls Club of Greater Ventura, CHP, Children's Hunger Fund, Coats for Kids, The Gideons International, Interact, Rotary Club of Ventura, Spark of Love (fire departments), and a generous donation of coats from SoCalGas.

Mr. Neal Lassila, President of the Rotary Club of Ventura, said, "Our Rotary Club is proud to partner with SoCalGas and all the charitable teams and organizations who make this event happen. The Westside Holiday Event has become our way of helping our neighbors who need our collective support to experience the spirit of the holiday season. We help to provide coats, earrings for Mom, toys, food and of course a visit with our very own Rotary Santa! We look

forward to continuing this tradition for many years to come."

Ms. Maria Ventura, Senior Public Affairs Manager of SoCalGas, said, "SoCalGas is proud to support the Rotary Club of Ventura's 'Coats for Kids' program which distributed hundreds of coats to children at this year's holiday event. The work Rotary does to serve our neighbors in need is truly inspiring and we are proud to support their efforts. SoCalGas is committed to supporting local organizations that are working to bring holiday cheer."

The Rotary Club of Ventura celebrated its 100th anniversary in 2019. Its members include business leaders, nonprofit leaders and civic professionals who meet regularly and perform charity and community service in Ventura and throughout the world. It is part of Rotary International, which has more than 1.4 million members in 46,000 clubs in 168 countries. People join the club for fellowship, friendship and to give back to our local community and the beyond. The Rotary Club is actively seeking new members. To learn more, visit [moorparkmorningrotary.com] venturarotary.org [venturarotary.org].

## Housing Trust Fund Ventura County awarded \$5 million

Housing Trust Fund Ventura County (Housing Trust Fund VC) has been awarded \$5,000,000 from the Southern California Association of Governments' (SCAG) as part of the Regional Early Action Planning (REAP) 2.0 Lasting Affordability program. The funding will support the creation of the Housing Trust Fund Ventura County's Revolving Long-Term Loan Program for Infill Affordable Housing Developments Project. This project will establish a long-term loan program and will increase the lending capacities of Housing Trust Fund VC. In addition, this grant will provide resources to Housing Land Trust Ventura County (Housing Land Trust VC) to create policies and procedures

which will advance Housing Land Trust VC to attract additional capital and land donations. The anticipated outcomes from the new fund include 656 affordable housing units in Ventura County by 2031.

Housing Trust Fund Ventura County's Revolving Long-Term Loan Program for Infill Affordable Housing Developments Project is a new effort by Housing Trust Fund VC to specifically target infill properties in Ventura County on which affordable housing would be developed. Targeted infill properties will be in urban and transit supportive areas and consist of unused and underutilized land with accessibility to daily services, ideally suited to foster new and growing communities. A portion of the grant will support Housing Land Trust VC in establishing policies and procedures which will create a framework for growth, community outreach, and evaluation of land donation.

"The impact of an award like this is immediate and lasting. We are honored to be considered among programs that will bring affordable living and lasting change to Southern California, including our wonderful Ventura County," said Linda Braunschweiger, CEO of Housing Trust Fund VC and Housing Land Trust VC. "Affordable housing is a community effort and SCAG reminds us just how

important our community truly is."

This award is one of fourteen allocated by SCAG in support of innovative housing finance projects across Southern California. Selected awardees are set to receive a combined \$45 million from the Lasting Affordability program. The Lasting Affordability program is funded by the Programs to Accelerate Transformative Housing (PATH) Program under REAP 2.0 and is meant to accelerate progress toward housing goals and climate commitments by strengthening the partnership between the state, its regions, and local entities with support for program-level investments in housing trust funds and community land trusts.

"We congratulate these 14 awardees for the innovative approaches they're taking in addressing Southern California's housing crisis and look forward to the positive impact they will have on their communities and the region," said SCAG Executive Director Kome Ajise.

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



Event held for Susan Scott Continued from page 1

New West Symphony, Camarata Pacifica, the Rubicon theater, and more. She recounted the successes and learning curves of the Concerts in Cars at the Fairgrounds, among other efforts. All of these, Scott said, required creative thinking, which Scott embraced. "They kept us a family through troubling times" she recounted.

As she introduced and passed the baton to the newly selected Executive Director, LaLe Welsh, (pronounced La Lay) she praised the search process which began with 40 applicants from throughout the United States. From the final two, Welsh, a native of Ojai, was chosen. In addition to her considerable experience with non-profit organizations, Welsh has the advantage of familiarity with the Ventura County musical community.

The Music Festival has moved to new offices in the Executive Suites at 701 E. Santa Clara Street, across the street from the downtown Post Office. Keep an eye on the website at VenturaMusicFestival.org for updates and upcoming concerts. Providing gentle background music on guitar was Blake Kasting, 2016 winner of the VMF student jazz competition, accompanied by Olivia Rodriguez on vocals.

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- Move it to your new employer's plan
- Roll it over to an Individual Retirement Account (IRA)
- Cash out the account subject to early withdrawal penalties

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**Carbajal-Bice Bill calls for military**  
**Continued from page 1**

Eric Nasarenko, Ventura County District Attorney and Santa Barbara District Attorney John Savrnich, along with Ventura County Sheriff James Fryhoff, Santa Barbara County Sheriff Bill Brown, and Ventura County CEO Dr. Sevet Johnson joined forces to address the epidemic and slow down the flow of fentanyl from Mexico to the U.S. The bill is currently awaiting signature from President Joe Biden and is titled the "Disrupt Fentanyl Trafficking Act" the legislation leverages the tools of the Department of Defense and involves Mexico as an active partner in disrupting drug cartel and trafficking activities. Top law enforcement officials of Santa Barbara and Ventura counties emphasized the impact that fentanyl has had on the central coast. "This fentanyl scourge that we are facing requires a full court press," said Ventura County Sheriff James Fryhoff. The bipartisan measure, co authored by Congressman Salud Carbajal D-Santa Barbara is part of a \$886 billion defense policy plan that has been approved by the House and Senate and is waiting to

be signed by President Joe Biden. The bill emphasizes the fentanyl crisis as a national security threat and calls on the U.S Department of Defense to produce strategies to target and disrupt trafficking of synthetic opioids. "The details of the plan are not formulated, and there will be limits," Carbajal said. The first draft of the bill concentrated on surveillance and efforts to interrupt the flow of fentanyl from Mexico to the U.S. The bill in its final form calls for more coordination and cooperation between the U.S. military and Mexico in disrupting criminal organizations involved in the illicit import of the opioid into the United States.

"The Central Coast of California has been devastated by the scourge of Fentanyl on our streets, with some areas seeing a 700% spike in overdose deaths in recent years". Said Carbajal. Fentanyl is the leading cause of death for Americans Aged 18-45 and an estimated 196 Americans are dying every day due to the opioid. This new act will strengthen efforts by law enforcement to combat the problem. Specifically, the act will declare fentanyl trafficking a national security threat stemming from cartels and smugglers, directing the pentagon to

develop a fentanyl specific counter-drug strategy, requiring the secretary of defense to increase security cooperation with the Mexican military and address coordination efforts between the military and federal law enforcement agencies.

In a press briefing with Carbajal on Wednesday December 20th law enforcement leaders from Ventura and Santa Barbara counties conveyed hope for the plan to slow down the flow of the drug from China and Mexico into the central coast.

Ventura County District Attorney Erik Nasarenko stated, "More than three individuals die each and every week in Ventura County." He added Fentanyl crime has exploded too with 676 filings by prosecutors this year." He also noted that in 2019 there were eighteen incidents involving fentanyl."

The press briefing also stressed that dosage levels vary dramatically from pill

to pill in the same supply becoming a lethal dose quickly. Other drugs are frequently spiked with fentanyl, and drug users often are unaware that their drug of choice has been spiked with fentanyl and could be lethal.

"The days when people could convince themselves that a recreational drug is safe are long gone," said Fryhoff. Anything can contain fentanyl, he added "One pill can kill."

**Happy Holidays Ventura!**

**Continued from page 1**

development of programs and services aimed at addressing homelessness and affordable housing, promoting increased environmental sustainability, bolstering economic vitality, enhancing community resilience, and spearheading initiatives for active transportation and future development.

Additionally, the City increased funding allocated for roadway improvements and public infrastructure projects while achieving its lowest overall crime rate in over three decades. This collaborative approach underscores our unwavering commitment to addressing diverse aspects of community well-being and strengthening Ventura's future with a unified vision.

As we approach the New Year, I am deeply moved by your kindness, dedication, and engagement. Your voices remain essential in guiding decisions, shaping goals, and charting the course for Ventura.

Thank you once again, and I eagerly anticipate the continued collaboration that will further enhance the vibrancy of our city in the coming year.

Wishing you and your loved ones a joyous and festive holiday season!



**JOIN US SATURDAY, JANUARY 13, 2024**

For a Live Event, Walk and Speakers' Panel

Columbus Hall, 36 S. Figueroa St. Mall, Ventura 93001 by Mission Park

**TIME**

1 PM Check In

1:30 PM Walk

2:30 PM

Speakers' Panel

**SPEAKERS**

*Dr. Anthony Walls*

*Medical Director, Healthcare for Justice*

*Alia Azariah*

*Survivor. Safe House Project*

*Det. Kellyn King*

*Simi Valley PD, Major Crimes Department*

*Sandy Esparza*

*Survivor, Zoe International*



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# Senior Living



“Are you sure this isn’t nutritious?”

## Older adults’ unique nutrition needs

Simple adjustments can go a long way toward building a healthier eating pattern. Follow these tips to get the most out of foods and beverages while meeting your nutrient needs and reducing the risk of disease:

Enjoy a variety of foods from each food group to help reduce the risk of developing diseases such as high blood pressure, diabetes, and heart disease. Choose foods with little to no added sugar, saturated fats, and sodium.

To get enough protein throughout the day and maintain muscle, try adding seafood, dairy, or fortified soy products along with beans, peas, and lentils to your meals. Learn more about protein and other important nutrients.

Add sliced or chopped fruits and vegetables to meals and snacks. Look for pre-cut varieties if slicing and chopping are a challenge for you.

Try foods fortified with vitamin B12, such as some cereals, or talk to your doctor about taking a B12 supplement. Learn more about key vitamins and minerals.

Reduce sodium intake by seasoning foods with herbs and citrus such as lemon juice.

Drink plenty of water throughout the day to help stay hydrated and aid in the digestion of food and absorption of nutrients. Avoid sugary drinks.

It can be hard for some people to follow through on smart food choices. Read about common roadblocks and how to overcome them and check out the USDA’s tips for older adults.

Eating habits can change as we grow older. The USDA has developed Food Patterns to help people understand

different ways they can eat healthy. The food patterns include:

**Healthy U.S.-Style Eating Pattern:** This is based on the types of foods Americans typically consume. The main types of food in this eating pattern include a variety of vegetables, fruits, whole grains, fat-free or low-fat dairy, seafood, poultry, and meat, as well as eggs, nuts, seeds, and soy products. Check out this sample menu to get started.

**Healthy Mediterranean-Style Eating Pattern:** This one contains more fruits and seafood and less dairy than the Healthy U.S.-Style Eating Pattern.

**Healthy Vegetarian Eating Pattern:** This pattern contains no meat, poultry, or seafood, but does contain fat-free or low-fat dairy. Compared with the Healthy U.S.-Style Eating Pattern, it contains more soy products, eggs, beans and peas, nuts and seeds, and whole grains.

## What are board and care homes, etc.?

by National Institute on Aging

These small private facilities, also called residential care facilities or group homes, usually have 20 or fewer residents. Rooms may be private or shared. Residents receive personal care and meals, and staff are available around the clock. Nursing and medical care usually are not provided at the home.

In most cases, you must pay the

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costs of living at a board and care home. Medicare does not cover these costs. Medicaid may provide partial coverage, depending on the state and whether the person is eligible. If the older person has long-term care insurance, check their plan to see if it includes coverage for this type of facility.

Nursing homes, also called skilled nursing facilities, provide a wide range of health and personal care services. Their services focus more on medical care than most assisted living facilities or board and care homes. Services offered in a nursing home typically include nursing care, 24-hour supervision, three meals a day, and assistance with everyday activities. Rehabilitation services, such as physical, occupational, and speech therapy, are also available.

In many cases, people must pay for nursing home care themselves. Medicare generally doesn’t cover long-term stays in a nursing home, but it may pay for some related costs, such as doctor services and medical supplies. Medicaid may also cover some of the costs of nursing homes for people who are eligible based on income and personal resources. If the older person has long-term care insurance, the policy may include some coverage for nursing home care. Check with the insurance company for details.

Assisted living is for people who need help with daily care, but not as much help as a nursing home provides. Assisted living facilities range in size from as few as 25 residents to 100 or more. Typically, a few levels of care are offered, and residents pay more if they need extra services or special care.

Assisted living residents usually live in their own apartments or rooms and share common areas. They have access to many services, including up to three

meals a day; assistance with personal care; help with medications, housekeeping, and laundry; 24-hour supervision, security, and on-site staff; and social and recreational activities. Some assisted living facilities are part of a larger organization that also offers other levels of care. For example, continuing care retirement communities may also offer independent living and skilled nursing care. Exact arrangements vary by facility and by state.

Most people pay the full costs of assisted living themselves. This option tends to be more expensive than living independently but less expensive than a nursing home. Medicare does not pay for assisted living. Medicaid may provide coverage for some aspects of assisted living, depending on the state and whether the person is eligible. This care option is partially covered by some long-term care insurance policies.

## Is it flu?

by the National Institute on Aging

Each year, millions of people suffer from seasonal influenza, which is often called the flu. Flu is a respiratory illness caused by viruses that infect the nose, throat, and sometimes the lungs.

Flu is a mild illness for some people. But for others, including older adults and those with chronic (long-lasting) health conditions, the flu can be very serious and even life-threatening. Getting a flu vaccine every year can help prevent the flu. The vaccine is safe, effective, and available for little to no cost to you.

Most people who get the flu feel better after a few days to two weeks. However, the flu can make you seriously

**Continued on page 13**



## Senior Living



You can ask a doctor to help you think through health care choices.

### Prepare to talk with a health care provider about your advance care plan

by National Institute on Aging

You can ask a doctor to help you think through health care choices that may be covered in your living will, like life-sustaining care and other treatment decisions, before you put them in writing. For example, you might ask about the decisions you or your family may face if your high blood pressure leads to a stroke.

You can also ask a doctor about other medical orders you may need in an emergency situation or at the end of life. Common orders include:

Do not resuscitate (DNR) order. A DNR becomes part of your medical chart to tell medical staff that you don't want CPR or other life-support measures to restore your heartbeat and breathing.

Do not intubate (DNI) order. A similar document, a DNI tells medical staff that you don't want to be put on a ventilator.

Out-of-hospital DNR order. An out-of-hospital DNR alerts emergency medical staff to your wishes to restore your heartbeat or breathing if you aren't in a hospital.

Physician orders for life-sus-

taining treatment (POLST) and medical orders for life-sustaining treatment (MOLST) forms. These forms provide guidance about your medical care that medical staff can act on immediately in an emergency. Typically, you create a POLST or MOLST when you're near the end of life or critically ill and know the specific decisions that might need to be made on your behalf.

Prepare for your appointment by:

Asking your health care proxy to come with you if that makes you more comfortable.

Writing down some of your current health issues and your questions about future health care and end-of-life care.

Completing the Tips for talking with your doctor about advance care plan worksheet.

You may find it difficult to ask your doctor directly about your current prognosis or about end-of-life care. Remember, the goal is simply to start the conversation. You do not have to make specific decisions about your medical care until you feel ready.



Leslie and her motivated students at Aegis Living Ventura are ready to get moving in the New Year!

### 24 tips for a healthy and fit New Year

by Leslie Sokol

It's a New Year and a new beginning to a year filled with hope, happiness and great health. For some, this means eating nutritious meals and starting an exercise routine. However, more often than not, the resolutions we make are highly restrictive and unsustainable, leading most of us to fall back into our old ways within a few weeks. This is why many people make the same resolutions year after year.

Let's make 2024 different and start off on the right foot by focusing on our goals one step at a time. No matter what age you are, whether you've been active or not, it's time to get moving and jump start your fitness routine. Committing to becoming more physically fit takes discipline but is well worth it in the long run!

Healthy and Fit Tips

- 1) Design and organize a well-rounded fitness program suited to your needs and abilities.
- 2) Move, move, move! Staying active and moving around burns calories, strengthens muscles, tones your body, improves your immune system and boosts energy.
- 3) Be thoughtful and careful in setting your fitness goals.
- 4) Create a balanced routine, from head to toe.
- 5) Start slow and pace yourself according to your capabilities and level of fitness.
- 6) Build physical activities into your daily schedule.
- 7) Be consistent and keep to a schedule.
- 8) Get plenty of sleep and make time for recovery and relaxation.
- 9) Meditate and be mindful. Try and focus on positive thoughts.
- 10) Plan a variety of exercises and different activities to include in your workouts.
- 11) Be sure to include all of the three components of fitness into your routines: stretching, strengthening, and aerobic exercise.
- 12) Eat a well-balanced diet. Try to include all of the important food groups and nutrients.
- 13) Drink plenty of water and stay hydrated.
- 14) Have an attitude of gratitude. Always be thankful and appreciate the small things in your life.
- 15) Choose an activity that you enjoy. The best exercise is the one that you will do the most.
- 16) Commit to being more physically fit. Take pride in yourself.
- 17) Take more "me time" and practice self-care.
- 18) Spend more time outdoors exercising. Take a moment to take a deep breath of fresh air and appreciate the beauty of nature around you.

- 19) Spend time with positive people.
- 20) Be more present. Live day to day, in the moment.
- 21) Try a new hobby, or join a group activity and socialize.
- 22) Stop negative body talk and improve your confidence.
- 23) Schedule regular health checkups with your healthcare provider.
- 24) Be sure to have a support team, such as a friend or family member, to support you and encourage you to be your best.

There is so much for all of us to be excited about this New Year. Let's be active, have fun and celebrate our life! Have a Happy and Healthy New Year!

Leslie Sokol is the creator and founder of the adult dance and fitness program For the Young at Heart.

### Finding someone you trust to make medical decisions on your behalf

You can choose a person to make medical decisions for you if you are unable to communicate them yourself, whether it's due to a serious illness, injury, or other reason. This person is called a health care proxy. Having a health care proxy can help you plan for unexpected situations that may not be covered in your living will.

Some important things to know:

Your proxy can only make decisions if you are too sick to make them yourself. In addition, you can specify how much say your proxy has over your care.

Your proxy will work with your health care team to ensure your care and treatment preferences are followed.

You can change your health care proxy at any time. Simply fill out a new proxy form and let your family and health care team know about the change.

You may name an alternate proxy if your proxy is unavailable.

It's important to find someone who you trust to honor your wishes and who is comfortable speaking up on your behalf with loved ones and health care providers. You may want to talk to more than one person about your wishes before deciding who is the right proxy for you.

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# Senior Living

## Work complexity linked to better cognitive aging

### Behavioral & Social Research

Higher occupational work complexity is associated with better cognition later in life, according to two recent NIA-funded studies published in *Alzheimer's & Dementia*.

Previous research has indicated that people with complex jobs have better cognitive function as they age and a lower risk of dementia. Both of the two new studies built on these findings by exploring multiple forms of occupational complexity and cognitive outcomes. Occupational complexity with "data, people, and things" was classified using the Dictionary of Occupational Titles, which catalogs the type of work activities involved in different occupations. Examples of jobs with high complexity in each of these areas include a data analyst, a social worker, and a watch repairman, respectively. Education, self-reported as the highest level of education completed, was statistically accounted for as it could indicate prior cognitive abilities before entering the workforce.

In the first study, researchers from Indiana University and collaborating institutions analyzed data from 355 older adults enrolled in the Social Networks in Alzheimer's Disease study. The scientists examined participants' neuropsychological test results, neuroimaging data, employment history, and mild cognitive impairment (MCI) or dementia diagnoses. Most participants, age 70 on average, were retired and no longer working in

their longest-held job. The researchers found complex work with people was associated with better memory, a decreased risk of MCI or dementia, and greater brain reserve — the gap between brain atrophy and poor cognitive function. After accounting for education, complexity with data or things was not associated with any cognitive outcome. These findings suggest that exposure to cognitive enrichment at work, especially via social interaction, may improve cognitive outcomes and increase cognitive resilience to neuropathology. However, a limitation of the study is that the participants were not a diverse sample.

In the other study, researchers from Kaiser Permanente Northern California; University of California, San Francisco; and collaborative institutions also looked at occupational complexity and cognition, specifically in a racially and ethnically diverse sample. Researchers interviewed 1,536 participants, average age of 76 years, in the Kaiser Healthy Aging and Diverse Life Experiences study, which consists of approximately equal numbers of Asian, Black, Latino, and White older adults. Three interview cycles were completed over an average of about two and a half years to measure initial cognition and change over time.

In line with the first study, higher occupational complexity with people was associated with better performance on cognitive measures. However, contrary to that study, higher occupational complexity with data was also found to be associated with better cognitive outcomes and a slower annual rate of cognitive decline. Differences in the methodologies between the two studies may contribute to this inconsistency, but further research is needed. Of note, a greater proportion of Black and Latino participants were categorized in jobs with lowest complexity for

working with data and people.

These two studies add to an increasing body of research demonstrating that intellectually stimulating activities during midlife, such as complex work environments, may be associated with better cognitive outcomes among older adults. It's important to note that the Dictionary of Occupational Titles assigns scores according to job titles and does not capture individual variability within the same title. Further research to better understand the pathways through which different types of occupational complexity affect cognition in later life could help to create work environments that promote cognitive health and health equity.

This research was supported in part by NIA grants.

Why is the flu more dangerous for older adults?

The flu is more dangerous for older adults for a few reasons. One reason is that the immune system — which helps your body fight infections — weakens as you age. For example, because your body is busy fighting off the flu, you might pick up a secondary infection such as pneumonia. A second reason is that older adults are also more likely to have other health conditions, like diabetes, that increase their risk for complications from the flu.

The good news is the flu vaccine reduces your risk of getting the flu and of getting seriously ill if you do get sick with the flu. Flu vaccination is especially helpful for people with chronic health conditions. For example, it has been linked to lower rates of heart problems (cardiac events) among people with heart disease and fewer hospitalizations among people who have chronic lung disease or diabetes. Learn more about the benefits of flu vaccination.

How does the flu spread?

The flu is contagious, which means it spreads from person to person. It mostly spreads through droplets in the air when people with flu cough, sneeze, or talk. It can spread from up to six feet away. Although it isn't as common, the flu can also spread from surfaces — for example, if you touch something the virus is on and then touch your nose, mouth, or eyes.

It's possible to spread the flu before you feel sick and when you have symptoms. Typically, people with the flu can spread it a day before, and up to a week after feeling sick. Young children and people with weakened immune systems may be able to spread the flu for even longer. If you or someone you know is sick with the flu, take steps to help prevent spreading the disease.



On Dec 21, fire units were dispatched to a person yelling for help in the Ventura River Bottom off of Main Street. Firefighters arrived within 5 minutes of dispatch to find a person trapped on an island with water rising rapidly on both sides. Firefighters rapidly deployed the aerial ladder truck to perform a rescue of the victim with rising water on both sides. A swift water team was deployed down river for potential of the victim being swept away prior to rescue. The victim was safely rescued with the 100' aerial ladder truck and denied any injuries or further medical assessment.

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## The Pet Page



### Dedicated to Scamp

Urgent From PETA: Flood Survival Tips for Animals

Since your area is (was) under a flood warning and evacuation orders and warnings are in effect for parts of Ventura County— will you include in your coverage a reminder that people should never leave dogs tethered or penned outside and always take their animal companions with them if they have to evacuate their homes?

Every time there's a natural disaster, many dogs and other companion animals are left outside to fend for themselves and even left behind when humans evacuate. Dogs kept tethered will swim to exhaustion and drown—and there are tethered dogs everywhere. PETA's Animal Rescue Team has witnessed firsthand the trauma that animals endure when left behind to face floodwaters and flying debris. During previous storms, we have found dogs dead. We have also found them up to their necks in water, unable to sit or lie down, and in almost-submerged crates inside houses and seen animals who have been flung around by high winds. Animals are terrified in weather conditions such as these.

Will you please share this lifesaving information with your audience?

Keep all animals indoors with you if you choose not to evacuate. Never leave them tethered, penned, or crated.

If you evacuate, plan your destination in advance and don't leave animals behind or unsupervised in a car.

Be prepared: Use secure carriers, leashes, and harnesses. Bring along water and food bowls, a favorite toy, a blanket, a towel, and enough food for a week. Have your animals microchipped and attach legible ID tags securely to their collars.

Watch for other animals in trouble. If you see any animals in distress but can't help, note their location and call the authorities immediately.

As the days inch further and further into winter and frigid temperatures, Dr. Pavlovsky, director of the University of Illinois Veterinary Medicine South Clinic, has important winter safety tips for those caring for pets.

#### Cold Winter Temperatures

Just like humans, our pets can develop hypothermia, or a drop in their body temperature, after being outside in cold temperatures for too long. Hypothermia becomes even more likely for dogs that are housed outdoors.

"There is no straightforward answer to how cold is too cold and how long is too long to remain outside, because there are so many variables," Dr. Pavlovsky says. "For most dogs, it is probably safe to be outside for a very short period—just enough time to eliminate—even in extreme cold. However, to be safe, it's probably best to discuss this with your veterinarian, because there may be individual recommendations fitting one pet but not another."

Likewise, how long dogs can be outside in relatively cold temperatures depends on the individual pet. However, Dr. Pavlovsky points out, "It is reasonable to assume that prolonged direct contact with snow and ice is more likely to result in frostbite."

Owners should consider size and length of their pet's fur coat when gauging how long an animal can remain

outside. Shorter fur offers less protection against chilly temperatures, so those pets may benefit from some extra help.

"If your dog tolerates clothing and footwear, it's probably best to put those on," says Dr. Pavlovsky, "especially for short-haired and small breeds. These protections can help minimize heat loss and exposure. For example, good-quality footwear that does not cause discomfort can allow a dog to spend more time outdoors without getting frostbite on the feet."

It is common for us all to indulge in some high-calorie foods during the holidays, but what about our pets? Can they join the feast? Oklahoma State University assistant professor of behavior science Dr. Leticia Fanucchi advises against it and offered five tips to consider when it comes to food and pets this holiday season:

The No. 1 culprit is my favorite item ... chocolate.

Chocolate contains methylxanthines like theobromine and caffeine. These two are the reason why we love it so much, as these substances have a stimulant and calming effect all at the same time. However, chocolate is not well metabolized by pets, accumulating in the body and making them sick. Chocolate intoxication can be very serious and cause tremors, vomiting, diarrhea, agitation, increased heart rate and even seizures. Keep those chocolatey treats away from dogs and cats.

2. Grapes mean good luck for the new year in some cultures, but they're bad luck for pets.

Both fresh grapes or raisins, very common items in holiday dishes, can cause kidney disease in pets due to the tartaric acid present in them. The most common signs you will see are vomiting, diarrhea and increased water intake. Acute kidney disease is a serious medical emergency and time is crucial to start treatment with IV fluids if you want to save your pet's life. Keep the grapes in the fridge, and do not leave them spread around coffee tables or food trays. They are sweet and pets are attracted to sweet stuff.

3. Fatty foods

Are you a fan of roast turkey with gravy? So are pets! However, the fat contained in gravy and turkey skin ... not to mention bacon and butter, can cause a condition called pancreatitis. This acute disease can affect other organ systems such as the liver and kidneys, leading to more serious consequences such as blood clotting. Vomiting and diarrhea are the first signs, so do not ignore these signs especially if you know your pet stole that turkey leg or went to town in the gravy boat. Emergency help is paramount as pets can perish quickly from an acute pancreatitis crisis.

4. Who knew garlic and onions could be bad? But wait, bread rolls too?

Yes, garlic, onions and chives are healthy for people, but really bad for pets. Allium species are toxic and can cause hemolytic anemia, which means decreased red blood cells. Signs normally appear after a few days of ingestion and include vomiting, diarrhea, jaundice and lethargy. Yeast-risen foods are delicious, but also bad for pets. The yeast can ferment in the stomach and produce toxic levels of ethanol ... yes, alcohol! Ethanol toxicity leads to metabolic acidosis which makes the blood glucose drop significantly causing seizures, respi-

## Scamp Club

(Scampclub pets are not for adoption.)

Introducing Sir Beauregard, AKA Beau! This Golden Doodle knows how to make waves... He enjoys long walks on the beach and trying to eat the waves. So, if you ever spot Beau strolling along the sandy shores or dragging owner Shelly to an epic adventure, be sure to give him a wave, and maybe even a French fry.



## 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.**

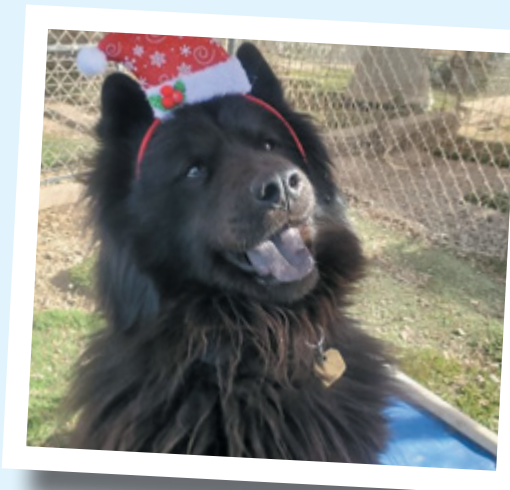
**Lost pet? Go to [LostCatVenturaCounty.com](http://LostCatVenturaCounty.com) or [LostDogVenturaCounty.com](http://LostDogVenturaCounty.com) - free websites for finding and posting when you've lost or found a cat or dog.**

ratory depression and even cardiac arrest, so keep the bread in the pantry.

5. Last but certainly not least, sugar-free treats. Pets cannot metabolize xylitol, the artificial sweetener in most sugar free foods, causing low blood sugar, which leads to ataxia (incoordination), seizures and even death from hypoglycemia. No sugar-free treats for pets this season ... or ever.

Several foods we love can be very harmful for our beloved pets, so let's get some special cat and dog treats for them this year and keep human food away from their reach. If you notice vomiting and diarrhea after the holiday, it is a sign your pet may have gotten into something it shouldn't have, so do not think twice, take them to the vet. Time is crucial for preventing long-term damage or death.

## Forever homes wanted



Smokey. This handsome chow landed a spot on the nice list this year thanks to his excellent control of his basic training he has. Smokey gives the best "paw" around town and when he looks this cute doing it...it's a wonder he hasn't landed a home yet! Smokey is looking for a foster or forever home. CA

Meet 8 year old German Shepherd, Spock! Spock is a well mannered lover of tennis balls and toys. He walks well on leash and comes equipped with commands sit and down. We think he'd love a home with anyone who will throw his ball - but would prefer no small animals in the house. Visit him at our Camarillo shelter.

If you'd like to meet Spock, schedule an appointment at <https://www.vcas.us/adopt> or come down to the shelter during normal Adoption Hours of 1:00pm - 6:00pm Tuesday - Sunday. If you have questions, please contact us at (805) 388-4341 or [info@vcas.us](mailto:info@vcas.us).





# 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.

## Attempt murder and assault with a deadly weapon

On Dec.16, at about 0006 hours, the Ventura Police Department Communications Center received several 911 calls from the area of 1300 Saratoga Ave about an unknown altercation. While speaking with Dispatchers, callers said they heard gunfire. Patrol officers arrived on scene within two minutes of the call. Officers were able to locate the victim and begin life-saving measures. Additional officers found the suspect and took him into custody without further incident. Ventura Police Crime Scene Investigators and Detectives are continuing the investigation. The victim is currently in stable condition. The suspect was identified as Stephen Wilkie 64-year-old Ventura resident and was arrested for Attempt Murder and Assault with a Deadly Weapon.

## Deceased female victim

On December 17, the Ventura Police Command Center received a 911 call reference a female subject disturbing in the 200 block of Ute Ln. Upon arrival, patrol officers contacted the suspect Megan Frisbie 38-years-old. Frisbie lived nearby and made statements that led officers to believe a crime occurred inside of her residence. Officers entered Frisbie's residence and discovered a deceased female victim. Frisbie was transported to the police

station for questioning. Police detectives began investigating and later arrested Frisbie for 187 PC - Murder. Frisbie was transported and booked at the Ventura County Jail.

Frisbie has been charged with murder in the death of her mother. She has also been charged with felony elder or dependent adult abuse in connection with the death of Ann Bauman, 74 on Dec.11.. She remains in custody with bail set at \$1 million.

## Stabbing arrest

On December 24, at 5am, the Ventura Police Command Center received a call of subjects fighting on California St. just south of Main St. Upon arrival, officers located a male adult who had just been the victim of a stabbing. Ventura Fire and AMR treated the victim's injuries on scene then transported him to a local hospital.

During their investigation officers learned that a group of subjects were involved in a fight, which ended when the suspect stabbed the victim with a knife. The suspect, identified as Jeremy Delgado (37 Years old / Ventura Resident) was still nearby and was arrested without incident.

Major Crime Detectives responded to assist with the investigation. Delgado was later booked at Ventura County Jail for 245(a)(1) PC- Assault with a Deadly Weapon. The victim is expected to recover from his injuries.

# Harbor Patrol Blotter

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

Wednes 12/6

9:29am, dispatched to an Ocean Rescue at the Ventura Pier for swimmer in distress. Officers responded in the Fireboat and Rescue watercraft. The distressed swimmer was assisted to shore without injuries or issues.

Thursday 12/7

12:05pm, dispatched to Schooner/Harbor for a technical rescue, person stuck 30ft up in a bucket utility truck. Officers responded and assisted VFD/VPD with the rescue of the tree trimmer. No injuries were sustained by the victim.

Friday 12/8

9:26am, dispatched to an unconscious person at Olivas/Harbor. Officers responded with VFD/AMR and assisted with the patient treatment.

12:40pm, observed a 25ft motor vessel in violation of speed ordinance, officers were able to make contact and issue warnings for the violation.

7:50pm, while on patrol in Rescue B19, officers removed several fishermen hoop netting in prohibited areas around the Breakwall. Warnings issued.

Saturday 12/9

10:58am, officers aboard the Fireboat assisting Standup paddlers who were attempting to attend the cancelled "Santa Paddle" in the harbor. Unfortunately, due to the Gale conditions the event was cancelled.

4:55pm, received report of injured seabird near Portside. Officers found the bird with a hook/fishing line but were unable to catch as it was able to fly away.

Sunday 12/10

4:15pm, observed a small vessel excessively speeding through the harbor. Officers launched a vessel to pursue and were able to catch the vessel near the launch ramp. The skipper had also illegally placed and left hoop nets. Very stern written warnings issued and education of ordinances relayed to skipper.

Monday 12/11

11:54am, officers removed a large Hazard to Navigation, a tree near the entrance. The hazard was towed downcoast near the Santa Clara

River.

Tuesday 12/12

6:05pm, received report of a transient locked in the restrooms in the village. Officers responded, convinced individual to move along after a prolonged period

Wednes 12/13

10:45am, while on patrol in Fireboat, officers removed a hazard-to-navigation, a large tree adrift in the main channel. It was towed to the launch ramp.

5:05pm, observed illegally placed hoop nets near the breakwall. Officers contacted the fishermen, issued warnings, and moved nets to legal area.

Thursday 12/14

7:43pm, dispatched to a medical at Ventura Marina Community club house. Officers responded with AMR/VFD and assessed a patient for nausea.

8:29pm, dispatched to a medical at a harbor hotel. Officers responded with AMR/Fire to assist with assessment of unconscious person.

Friday 12/15

.10:41am, dispatched to an Ocean Rescue, wind surfer in distress in the east winds off Marina Park. Officers responded in the Fireboat, searching for the victim. The reporting party mistakenly thought buoys were a person in distress.

Saturday 12/16

6:15pm, received report of parking lot flooding at 1691 Spinnaker dr. A vehicle collided with pipes and cause the flood. Water for the area was secured.

Sunday 12/17

9:37am, dispatched to an overdose on a vessel in the commercial slips. Officers responded with AMR/VFD found a person unresponsive, unable to resuscitate.

2:00pm, officers in Fireboat escorting the "Santa Paddle" from the South Harbor to Pierpont basin. Participants dressed up in various Christmas costumes, even a sailboat from last night's parade, still decorated, joined the event.



At the end of the event, each child left with every item gift-wrapped for them.

# Ventura Police spread holiday cheer with "Shop with a Cop" event

The Ventura Police Department partnered with the Housing Authority of the City of San Buenaventura and the Teddy Bear Cancer Foundation to host its annual Shop with a Cop event on Tuesday, December 12, 2023, at Walmart in Ventura. Thirty local children from low-income families and those fighting childhood cancer connected with Ventura Police officers and received \$150.00 to shop for gifts for their families.

"Shop with a Cop is not just about shopping; it's about making an impact, building connections, and creating positive memories between our officers and the youngest members of our community," said Police Chief Darin Schindler. "It's heartening to see the smiles on the faces of officers and children as they share this special experience and leave with gifts they might not have received otherwise."

Thanks to donations from the Ventura

Police Community Foundation, Walmart, Ventura Downtown Lions Club, Ventura Police Officers' Association, Starbucks, and Costco, the Ventura Police Department was also able to provide each child with a pizza dinner, hot cocoa, festive desserts, an event t-shirt, custom tree ornament, and a \$50 grocery store gift card.

At the end of the event, each child left with every item gift-wrapped for them to enjoy opening with their families.

"The holiday season can be a trying time for many families, and the need for assistance is greater than ever," said Maria Martinez, Community Services Manager for the Housing Authority of the City of San Buenaventura. "We are so thankful for our strong partnership with Ventura PD and the opportunity for the families we serve to maintain autonomy and choose specific items they may need or want, which means a lot to them."

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**Weekly SUDOKU**

Answer

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

**King Crossword**

Answers

Solution time: 22 mins.

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



## Ventura events

by Ana Baker

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

**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 buckley-rose357@gmail.com. All Welcome.

**The Ventura County Philatelic Society's meetings are held every first and third Monday of the month at the Church of the Foothills, Ventura.** Meetings start at 7:30 p.m. More information can be found on the website <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 Surftrider. 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.

**Hill Road Library, Wednesdays, 3:30 - 5 p.m., E.P. Foster Library, Thursdays, 4 - 5:30 p.m. Join PAWS dogs for one-on-one reading sessions.** Arrive at the library early to choose a book and get in line to read to a special pooch. Children of all ages are welcome!

**January 3: Wednesday, the first BCNN Beach Cities Newcomers and Neighbors meeting in 2024 is at the PCYC Pacific Corinthian Yacht Club.** 2600 Harbor Blvd Oxnard 93035. The first meeting of the year is when all the leaders of the various groups will be speaking and giving insight into the activities being offered. The board of directors will be introduced. It will be an exciting meeting, the first of the new year. Beach Cities Newcomers and Neighbors, BCNN is a group for women from Ventura, Oxnard, and Port Hueneme. It has dozens of small group offshoots, including sports activities, bridge, book groups, and movie groups. ([www.bcnnwomensgroup.org](http://www.bcnnwomensgroup.org))

**January 3: Free genealogy workshop.**

**Help is offered with family history and genealogy questions. Wednesday, 10:30 - 11:30 a.m. at the Community Room, Camarillo Public Library, 4101 Las Posas Road.** Suitable for all levels, including beginners. Get help or offer help to others. No registration is needed. Free and open to the public. General questions and topics for discussion are always welcome. For more information about the society: <https://www.venturacogensoc.org> VCGS is an all-volunteer, public benefit non-profit corporation [501(c)(3)]. Donations are greatly appreciated.

**January 4: Sespe Fly Fishers of Ventura will conduct our monthly "First Saturday" introductory Fly Rod Casting and Intro to Fly Fishing clinic.** There is no charge, and all are welcome. Whether you are an experienced fly fisher or a complete novice, we want to help you improve your casting and learn to enjoy this great sport. If you don't yet have a fly rod, don't worry, just come and use one of ours. Please join us at Chumash Park, Petit, and Waco, 9- 11 a.m., off Telephone Rd. For everyone's safety, we ask all attending to please comply with any current recommendations by the Ventura County Health Department. For more information, Casting Program Coordinator Thomas Hall at [thomasfoleyhall@gmail.com](mailto:thomasfoleyhall@gmail.com) (805) 377-5249 [www.sespeflyfishers.org](http://www.sespeflyfishers.org)

**January 7: Open house tours of the 1892 Dudley Historic House Museum will take place on Sunday from 1 - 4 p.m., including a special visit by "Mrs. Dudley".** Admission is free. The museum is at the corner of Loma Vista and Ashwood Streets (197 N. Ashwood) in Ventura. For information, please call (805)642-3345 or visit the website at [dudleyhouse.org](http://dudleyhouse.org).

**January 9: Ventura Audubon Society's January Program "California Condors in the Los Padres National Forest: A Brief History and Current Trends".** Tuesday 7 p.m. at the Poinsettia Pavilion and streaming via Zoom: Learn about how the Los Padres National Forest has played an outsized role in the natural history and ongoing recovery of the famous California condor. This presentation will cover some of the region's fascinating and lesser-known history of condors. Bryant Baker is the Director of Conservation and Research at Los Padres Forest Watch; he also provides educational information about native plants and ecosystems of California on Instagram as [@bryant.the.shrublander](https://www.instagram.com/bryant.the.shrublander). This is a presentation you'll not want to miss! For more information, visit [www.venturaudubon.org/speakers](http://www.venturaudubon.org/speakers).



Ballplayer Charlie Hall is buried at Ivy Lawn.

## Some remarkable people rest at Ventura's Ivy Lawn

by Richard Senate

A visit to the Ivy Lawn Cemetery is a journey back to the very roots of our history because many unique and special people rest here. As the fall season is here cemeteries and graveyards are highlighted in advertisements and media at this time of year so a look at who rests at our 1917 era cemetery. The list is long and includes some amazing people. I will start with the most famous of the lot, once the richest man in Ventura County and a true mover and shaker from the world of politics.

US Senator Thomas R. Bard (1841-1915) The senator built Port Hueneme and sponsored a young George Patton for West Point.

Congressman General William Vandever (1811- 1845) Union General who served under General Sherman in the Civil War

and was part of the capture of Atlanta. Congressman Marion Cannon (1834-1920) Reformer, served in the 53rd Congress as a member of the now defunct Populist Party.

State Assemblyman Charles R. "Chuck" Imbrect, (1949-2000) Two term State Assemblyman and lawyer attended Ventura High School (a classmate of mine). He ran for State Senator but lost. Actress Ethel Clayton (1882-1966) She began her film career in 1909 with the movie Justified. A very beautiful starlet she aged well and made the transition into talkies playing wealthy, snobbish matrons in such films as Alan Ladd's The Blue Dahlia

Actress Bessie Eyton (1890-1965) She became a star on the New York stage before making the transition into silent films.

Actor John "Johnny" Leal (1905-1980) A little person, he was blessed by a great singing voice that helped him find jobs on the circus and vaudeville stage.

Voice Actor Knox Manning (1905-1996) Voice Actor for many radio shows such as "Congo Bill", "The Desi Arnez Show," "The Phantom," "Batman" and "The New Adventures of Sherlock Holmes".

Ballplayer Charlie Hall (1887-1943) Born in Ventura he started playing local baseball making it into the big leagues as a pitcher at the age of 21. When he retired from baseball he joined the Ventura Police Department.

Ballplayer Fred Snodgrass (1887-1979) A noted outfielder he played for the New York Giants

Football player Eric Turner (1968-2000) Defensive linebacker he played for the Cleveland Browns and The Oakland Raiders.

Alexander Sarantos Tremolis (1914-1991) Car designer worked for Cord Automotive, Duesenberg, Ford as well as took part in the design of the innovative Tucker Automobile.

The Mass grave of the victims of the Saint Francis dam failure and flood on March 13, 1928. Over 500 people lost their lives that terrible night. Many of the bodies, battered beyond recognition, were recovered at the Santa Clara delta, they were buried at Ivy Lawn. Only a few were identified.



On Dec.22, fire units were dispatched to a traffic collision with extrication on Poli. Firefighters arrived within 5 minutes of dispatch to find a vehicle 100' over the side with 5 patients. Two engines and ladder truck worked together to safely rescue all 5 patients and safely get them back up on to the pavement. The local hospital was immediately notified to ensure we did not overwhelm any trauma centers. All patients were transported rapidly with fire personnel assisting assessment and treatment en route to ER.

Happy Holidays

### Trash, Recyclables and Yard/Organic Waste Pick Up Information for the Christmas & New Year's Holidays

Since both Christmas and New Year's Day fall on Monday this holiday season, there will be a one day delay in the pick up of trash, recyclables and yard/organic waste the weeks of Dec. 25-30 and Jan. 1-6 in Ventura, Ojai and the surrounding areas.

For two weeks after Christmas, from Tuesday, Dec. 26, through Saturday, Jan. 6, residents may put out extra holiday waste curbside on collection day - up to two 50-gallon bags - free of charge. Customers in the unincorporated areas of Ventura County will have extra trash pickup through Saturday, Jan. 13.

Also, remember to recycle your Christmas tree by removing the ornaments, hooks, lights, tinsel, bows, nails and tree stand. Cut the tree into sections no more than 4 feet long and place in your yard/organics waste cart on your scheduled pickup day. Or, place the whole Christmas tree at the curb on collection day. Flocked trees can be recycled too!



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Thank you and Happy Holidays

Connect with us! @ejharrisoninc







Our teens gave back to their community by volunteering.

## A Message from Boys & Girls Club of Greater Ventura CEO, Patti Birmingham: The holiday season brings thoughts of loved ones and those who mean the most to us

At the Boys & Girls Club of Greater Ventura, this includes all the incredible community supporters that help make dreams for our kids come true! For those of you who have shared your time, talents, and treasure with us in 2023 we thank you, on behalf of our kids and staff. I can tell each of you, with full purpose of heart, that YOUR support has contributed to a life-long impact in the lives of our community's youth. Ventura County is a great place to work and live. About Boys & Girls Club of Greater Ventura:

We provide very affordable, out of school time programs in East and West Ventura, Saticoy, and Oak View. Our goal is to meet youth "where they stand" in their academic, social, and emotional development. Each child is unique and our staff who mentor and encourage our kids welcome all who come through our doors, regardless of circumstances. We are also meeting the needs of our families – providing free Club membership and transportation (from school to the Club) for middle school and high school members, with need-based Club membership scholarships for elementary youth as well.

Our programs are centered around building academic success, emphasizing social and emotional development; and partnering with other groups and organizations to provide a wide range of interesting, engaging offerings to our kids – such as STEM, arts, physical fitness, specialty clubs, and leadership & community service opportunities. Our programs are designed to establish character, confidence, leadership and

build the steps toward a life of health and wellness. Our days are filled with fun in a welcoming setting where "kids can be kids".

### Holiday Season Fun:

Aera Energy and Realty One Group Summit provided gifts and some clothes to some of our Club members throughout Ventura, Oak View and Saticoy. Members were able to receive shoes, clothes, and other items. They were so grateful that most were wearing their new clothes the next day.

The Oak View teens volunteered to hand out Turkeys to families for Thanksgiving and baked cookies for their schoolteachers for Christmas. They were also very excited to participate in a Secret Santa exchange and White Elephant game.

Our Westview teens gave back to their community by volunteering at the West End Holiday event with Arise Ventura, Rotary Club of Ventura, Coats for Kids, SoCalGas, Interact, Children's Hunger Fund, CHP and Spark of Love, where over 500 youth and their families received coats, toys and food. At the Westview Clubhouse, our kids made snow globe souvenirs for their loved ones and baked some homemade chocolate chip cookies.

Our Saticoy teens co-hosted the annual "Share-iff's Toy Drive", an annual event with Ventura Sheriff's Department, which was a huge success. The event provided toys for community youth and our Club kids. There were horses, Santa, snow cones, and lots of Holiday fun!

Learn More – Building a Great Future for Our Community:

For those who are interested in learning more about our four Boys & Girls Clubhouses serving kids 6-18 years of age with very affordable, out of school time programs in Ventura, Saticoy, and Oak view, please reach out to us for more information. Join us as families utilizing our services, or as caring community members able to support, either financially or as volunteers – or all the above! We would love to hear from you!

For more information: Website: [www.bgclubventura.org](http://www.bgclubventura.org)  
Phone: 805-641-5585 – [info@bgclubventura.org](mailto:info@bgclubventura.org)

Happy Holidays to you and yours! May your coming year be filled with great joy and fulfillment!

## Fundraising efforts underway to ensure a festive holiday meal for VUSD students in need

Ventura Cheers for Children, a venerable non-profit organization is dedicated to assisting Ventura Unified families facing adversity is in the final stretch of its annual holiday meal campaign, a tradition spanning over 70 years. This heartwarming initiative not only brightens the festive season for those in need but also provides ongoing support to families grappling with challenges throughout the year, offering assistance with medical bills,



During the Santa Paddle Breeze staff members Patricia Schallert and Yana Khyiod were invited on this private boat to be part of the fun.

supplemental food, and more.

With an ambitious goal of \$25,000 for this year's fundraiser the community has already rallied, contributing a remarkable \$14,000. Dr. Antonio Castro, a dedicated Board Member of Ventura Cheers for Children, expressed gratitude stating, "Our families deeply appreciate this assistance during the holidays. It exemplifies the caring, supportive, and nurturing spirit of our Ventura Unified community. We extend our sincere thanks to everyone contributing to this crucial cause this year."

The Ventura Cheers for Children initiative began in 1952 when compassionate educators identified a student and family in need of a holiday meal. Over the decades the campaign has evolved, but its core mission remains unchanged: ensuring that all students

experience the warmth of a holiday meal. The generosity of donors has enabled Ventura Cheers for Children to expand its support, reaching beyond the holiday season to aid VUSD families in crisis throughout the year.

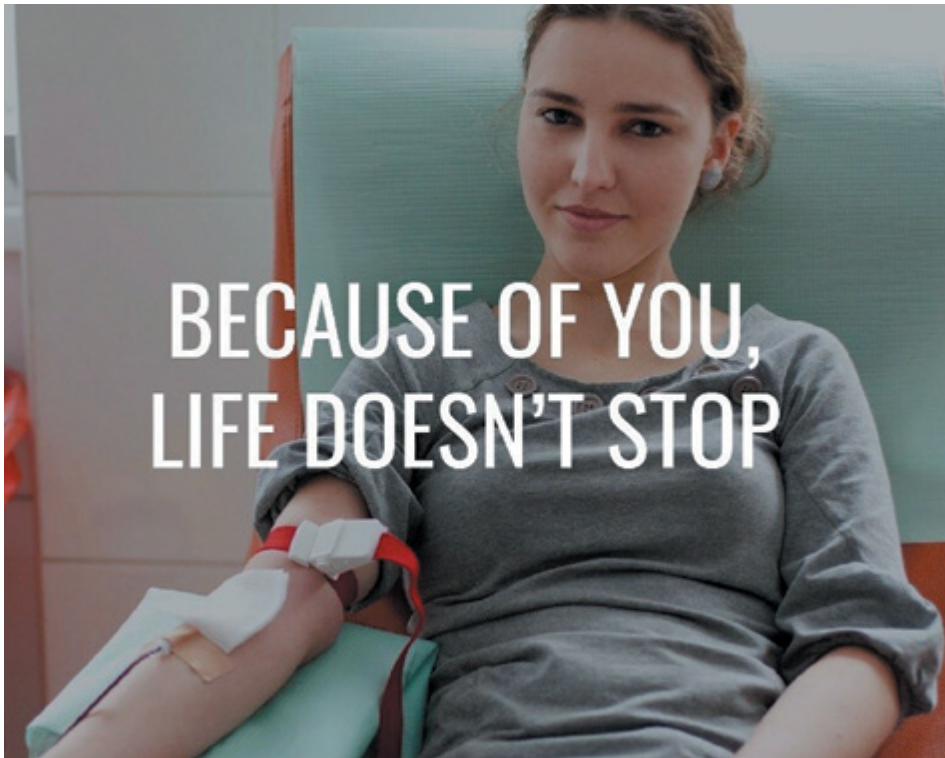
If you wish to contribute, electronic donations can be made through Venmo @VenturaCheersForChildren (The last 4 digits of the phone number for confirmation is "6371"). Checks are also accepted and should be made out to Ventura Cheers for Children and mailed directly to VUSD c/o Ventura Cheers for Children. A thank you note including our tax ID # will be promptly sent to all contributors.

For inquiries about this year's Ventura Cheers for Children campaign, please contact Rose Ramirez at 641-5000 x 1009 or Amy Dahm at x 1014, or e-mail [vtac4c@gmail.com](mailto:vtac4c@gmail.com)



The Ventura Chamber of Commerce hosted the Poinsettia Awards on Thursday, December 14, at the Marriot hotel.

This exciting event comes together to celebrate the best in our community, the best in business, the best in education, the best in public service, and the best community leaders. The Poinsettia Awards provides the Chamber with the opportunity to recognize the hard work and contributions that make Ventura a truly special place to live and work.



## Donate blood to help people in need during National Blood Donor Month

by Carol Leish, MA

Did you know that a single car accident victim can require as many as 100 units of blood? Did you know that just one donation of blood could save 3 lives?

"Blood donations are especially needed in January to help after the drop in the blood supply over the holidays," according to, Natalie Uribe, Hospice Liasson at Assisted Home Health, and Hospice in Ventura. "One donation can help up to 3 patients. 1 in 7 patients entering the hospital will need a blood transfusion.

"Blood donors are urgently needed all month long to ensure blood is available when needed. On average, blood donors give blood less than twice a year. More people are needed to donate regularly up to six times per year for whole blood-to ensure an adequate supply is always available to help patients."

On January 11th Assisted Home Health & Hospice will be holding a community blood drive at Aegis Living from 12:00-4:00pm. Aegis' address is: 4020 Loma Vista Rd. Ventura. Assisted Home Health & Hospice will be partnering with Aegis and Ventura Post Acute (Skilled Nursing and Rehab. Center) and

Vitalant (Blood Donation Center).

Uribe said, "We are pleased to also be involved with Trader Joes, who donates fresh floral bouquets once a month that we bring to the various senior communities in Ventura. We are also looking forward to doing another annual Valentines event with local schools, that we started doing in 2023."

Vitalant (2223 Eastman Ave., Ste. A Ventura), said, "Because of blood donors, life does not stop. Patients are given a second chance thanks in part to blood donors. A 60-year-old man undergoing a triple coronary bypass needed two red cell units, two platelet units, and two plasma units. Acute myeloid Leukemia was the reason a 66-year-old woman needed one lifesaving red cell unit."

"There will be a raffle for prizes for people who donate on January 11th. Those who donate will also be getting a snack and something to drink," according to Uribe. Make a difference to help those in need of blood in the community.

To get involved on January 11th, please call Uribe at Assisted Home Health and Hospice to register at: 805-677-7400. Or, call Vitalant, in Ventura, at: 877-258-4825.



Last year's student leaders.

## Applications now open for 2024 Bank of America Student Leader Program

Community-minded high school juniors and seniors looking for summer internships are encouraged now to prepare and submit their applications for the 2024 Student Leaders program offered by Bank of America. The deadline to apply for this prestigious community-oriented leadership program is Jan. 17, 2024.

The program provides work experience and training through an 8-week paid internship with local nonprofits. Last year's students worked with the Girl Scouts of California's Central Coast.

The program also includes an all-expense-paid Student Leadership Summit in Washington, D.C. from July 22-27, 2024. Every year, about 300 community-minded students are selected for the Student Leader Program.

Since 2004, Student Leaders® has been part of our ongoing commitment to youth employment and economic mobility. We're helping prepare a diverse pipeline of community-minded young students to be successful in the workforce through leadership training and work experience.

By driving responsible growth, we deliver for clients and address pressing societal issues, including advancing employment opportunities for youth

and young adults. Through our Student Leaders® program, we annually connect more than 300 community-minded high school juniors and seniors from over 100 communities to employment, skills development and service.

The students hail from many diverse backgrounds, but are united by their drive and commitment. Through paid internships with local nonprofits and participation in a national leadership summit, they gain practical work and life experience.

Students in good standing at their school and interested in the program can apply at: <https://about.bankofamerica.com/en/making-an-impact/student-leaders>.

## Soroptimist 17th Annual STOP Human Trafficking

Soroptimist International will sponsor the 17th Annual STOP Human Trafficking Community Walk and Speaker Panel on Saturday, January 13, 2024 at Columbus Hall, 36 Figueroa Street, in downtown Ventura.

The event starts with an awareness walk down Main Street and follows with a speaker panel – Dr. Anthony Walls, co-founder of Healthcare for All; Alia Azariah, Survivor/Advocate from Safe House Project; Detective Kellyn King, Simi Valley PD, Major Crimes Department; and Sandy Esparza, Survivor/Advocate from Zoe International.

Social service agencies will be on site with additional information. The Event is from 1:00 p.m. - 4:00p.m. and free to the public.

The four Ventura County Soroptimist International clubs—SI Oxnard, SI Ventura, SI Camarillo, and SI Channel Islands continue a "Dream Big" community awareness campaign with digital signage on the 101 Freeway for January: National Human Trafficking Awareness and Prevention Month. The goal is to raise a new and/or renewed awareness about the heinous crime of sex and labor trafficking that happens throughout Ventura County.

For more information go to [www.stoptraffickingventuracounty.org](http://www.stoptraffickingventuracounty.org)

### HIRING SOON!

Recruitment Opens Jan 22<sup>nd</sup> through Jan 29<sup>th</sup>

Candidate Requirements

- Valid California driver's license
- Must be 21 years of age
- High School Diploma or equivalent
- We are looking for diverse candidates
- Bilingual applicants are highly desired



Join our team today!

Apply and find candidate resources at [vcfd.org](http://vcfd.org)





This Could Be You

BECOME A FIREFIGHTER TRAINEE



 @JoinVCFD
  @JoinVCFD
  @JoinVCFD



Volunteers gathered to help decorate, sort toys and be personal shoppers.

## Christmas Came Early!

Christmas came a little early this holiday season as Mission Church partnered with James Storehouse, an organization that supports children in foster care from the crib to college, to host a free holiday shopping experience for families who have been assigned a social worker and are a part of Children and Family Services in the County.

Volunteers gathered to help decorate, sort toys and be personal shoppers for families who came through the shop on December 15 and

16, and the Holiday Toy Store allowed over 300 caregivers to shop for the Christmas wishes of the children in their care in a fun and dignified way. "We can't always do everything, but we can do something," said Jen Oakes, associate pastor of Mission Church, "Partnering with James Storehouse is such a privilege for us. We believe in their mission and love supporting families who are caring for foster youth in our community. This is what Christmas is all about!"

## On Vacation – Cancun



While vacationing in Cancun John and Bebe caught up with the Ventura news.



## TASTE WEEKLY

CRUMBL — VENTURA

1708-C S Victoria Ave  
Ventura, CA 93003



Voted by Readers  
#1 BIKE SHOP  
Ventura County

Thank You!



### Accessories Make Great Holiday Gifts!

As the holidays are approaching, now is a good time to start thinking about stocking up on accessories. We've added a few new accessories to our collection over the last several months, which make great gifts and add-ons to those bike purchases.



Holiday Gifting:  
ACCESSORIES

Your Bike Shop for all Repair, Rentals, Assembly  
NEW BIKES SALES - electric assist and pedal powered.

(805) 652-1114 OPEN 9-5 7 DAYS/WEEK



239 W. Main St.  
Ventura



[www.instagram.com/venturabikedepot](http://www.instagram.com/venturabikedepot)

[www.facebook.com/VenturaBikeDepot/](http://www.facebook.com/VenturaBikeDepot/)



by Pam Baumgardner  
VenturaRocks.com

Well, we're at the close of another year and looking forward to the new one. I'm typically not one for looking back, but rather one who anticipates all the good things to come. That being said, now is as good of time as any to reminisce, just a bit. It's been almost fifteen years since I decided to get involved with Ventura's music scene hoping to inspire people to get out and enjoy live music while supporting our local venues and artists by launching VenturaRocks.com. It was ten years ago that Sheldon Brown, publisher of the Ventura Breeze, invited me to write this music scene column. Since I got involved keeping my finger on the pulse of our music community, the most important thing I've learned is that the music scene is a living entity. You have to nurture it. The venues (God love them) need to promote, the artists need to captivate and entertain, and just as importantly, us music loving fans need to support by not only showing up, but show up with our wallets opened. Several venues provide no cover charge, so they especially need your patronage; buy a beverage, order up some food, tell others about the great time you had, and please don't forget about the artists, especially our beloved singer/songwriters; buy their swag, order their music, leave a tip. I've said it before and I'll say it again, it takes three elements to make a music scene, the venues, the artists, and us music fans, together, we make Ventura Rock!

Now on to bringing in the New Year. Most venues will have a special celebration on Sunday, December 31, but not all at midnight. Some pub/wine houses are celebrating the "UK" New Year at 4 pm, others at 9 pm aligning with the New York dropping of the ball in Time Square, but most will ring in 2024 at midnight our time with entertainment and party favors. My column (as well as VenturaRocks.com) only lists live music, so if you don't see a venue here (Bombay's, the Six and others), it doesn't mean they'll be closed, they'll most likely rock in the year with a DJ. No matter your preference, I recommend you take a look and see what's available, call the venue to secure reservations and find out if they'll have a cover charge so you'll be prepared. And speaking of being prepared, if you're planning to tie one on, I highly recommend you either have a designated driver, the phone number of a taxi service or have a rideshare app on your phone (Uber, Lyft).

Quick Notes: Copa Cubana has permanently closed their doors their final show was December 19; Nick Waterhouse plays the Deer Lodge on Thursday, December 28; Rincon Brewery continues with live music

on Friday, December 29, with Milo Sledge Trio; and Namba hosts All Ears described as a musical alchemy on Saturday, January 6.

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

### Anna's Cider

**801 E. Main St., Santa Paula**

Sat 12/30: Shay Moulder

### Aqua Beachfront Bar (Crown Plaza)

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

Wednesdays: Déjà vu Too

### Boatyard Pub

**1583 Spinnaker Dr., Ventura**

Music 6-9; except Sundays 4-7

Tuesdays: Noah Thoresen

Wednesdays: Frank Barajas

Thursdays: Jim Friery (4 pm);

Bluegrass Jam (6:30 pm)

Fri 12/29: Epitome of Dreams

Sat 12/30: Two's Company

Fri 1/5: Teresa Russell & Stephen Geyer

### Bombay Bar and Grill

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

Thurs 12/28: Blues Night w/ Milo Sledge

### Bright Spark Brewing

**4561 Market St., Ventura**

Fri 12/15: Katie Leigh & Friends

### Café Fiore

**66 S. California St., Ventura**

Tues 1/9: Open Mic and Jam

### Cantara Cellars

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

Sat 12/30: Caliente 805

Fri 1/5: What the Funk

Sat 1/6: Ignition

### The Cave

**4435 McGrath St., Ventura**

Wed & Thurs: Bobby Apostol

Fri & Sat: Warren Takahashi

### Copper Blues

**591 Collection Blvd., Oxnard**

Fri 12/29: Caliente 805

Sat 12/30: NDR CVR SPR GRP

### Crowne Plaza

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

Sun 12/31: NYE Party w/ Colette

Lovejoy Band

Sun 12/31: NYE Party w/ Morie & the Heavy Hitters

### Deer Lodge

**2261 Maricopa Hwy., Ojai**

Thurs 12/28: Nick Waterhouse

Fri 12/29: Beau Red & the Tailer

Maide

Sat 12/30: Rick Kaylor

Sun 12/31: NYE Party w/ New

Pleasures, Evan Blix, Lando

Sat 1/6: Dan Greer

### Garage

**1091 Scandia Ave., Ventura**

Fri 12/29: Operation 90s

Sat 12/30: Buena Onda

Sun 12/31: NYE Party w/ The Renegades

Fri 1/5: Brittney & the B-Sides

Sat 1/6: Honey Owl

### The Grape

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

Tues: The Gratitude Jazz Jam

Thurs 12/28: Angela O'Neill & the Outrageous 8

Fri 12/29: Phoenix Big Band

Sat 12/30: The Lao Tizer Band

Sun 12/31: NYE Party w/ D.on Darox & the Melody Joy Bakers (7-10 pm)

Wed 1/3: RJ Mischo Blues Showcase

Thurs 1/4: Chris Golden Electric Jazz Quartet

Fri 1/5: Jumaane Smith

Sat 1/6: Debbie Davies (2 pm);

Dimitris Mahlis Trio (8 pm)

### The Greek Restaurant

**1583 Spinnaker Dr., Ventura**

Sun 12/31: NYE Party w/ Crosscut

Band 805

### Keynote Lounge

**10245 Telephone Rd., Ventura**

Thursdays: Open Mic

Fri 12/29: Vinyl Gypsies

Sat 12/30: Whiskey Stone

### Leashless Brewing

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

Thurs 12/28: Charlie & the Chieftan

Fri 12/29: Jacob Marquez & the

Good Vibes

Sat 12/30: Irie Smiles (2 pm); Los &

Stefano (7 pm)

Sun 12/31: NYE Party w/ One People

(6 - 9 pm)

Fri 1/5: MoonDawgs

### Majestic Ventura Theater

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

Fri 1/5: Kyle Smith, iDecline, One

People, more...

### Manhattan

**5800 Santa Rosa Rd., Camarillo**

Wed 12/27: Warren Takahashi

Thurs 12/28: Tom McMorrان

Fri 12/29: Lisa Ritner Duo

Sat 12/30: Pam and Hollywood

Sun 12/31: NYE Party w/ Jeanne

Tatum

Wed 1/3: Robert Van

Thurs 1/4: Tom McMorrان

Fri 1/5: Michael Falcone Trio

Sat 1/6: Jeanne Tatum Trio

### Moofish Café (inside Crown Plaza)

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

Sat 12/30: Dueling Pianos

### Mrs. Olson's

**2800 Harbor Blvd., Oxnard**

Sun 12/31: NYE Party w/ Bloodshot

### Namba Arts

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

Sat 1/6: All Ears

### The Ojai Pub

**914 E. Ojai Ave., Ojai**

Sat 12/30: Katie Leigh Band

### Ojai Underground Exchange

**616 Pearl St., Ojai**

Sat 1/6: Alice Howe & Freebo

### Onyx Bistro

**2390 Las Posas Rd., Camarillo**

Fri 12/29: Nate Latta

Sat 12/30: Jack Keough

Sun 12/31: NYE Party w/ Ray

Jaurique Trio (6-9 pm)

### Orozoco's de Ventura

**839 E. Front St., Ventura**

Fridays: Soul 4 II

### Poseidon Brewing Co.

**5777 Olivas Park Dr., Ventura**

Fri 12/29: Vinny Berry

Sun 12/31: NYE Party w/ Vanie Terry Band (6-9 pm)

### Prime Steakhouse & Wine Bar

**2209 E. Thompson Blvd., Ventura**

Tuesdays: Danny D

### The Raven Tavern

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

Fri & Sat 7 pm; Sunday 2 pm

Fri 12/29: Bob Bishop Band

Sat 12/30: Sonic Boomers

Sun 12/31: NYE Party w/ Vinyl Gypsies

Fri 1/5: Unkle Monkey

Sat 1/6: Heathers on Fire

### Rincon Brewery

**4100 Telegraph Rd., Ventura**

Fri 12/29: Milo Sledge Trio

### The Shores

**1031 Harbor Blvd., Oxnard**

Fri 12/29: Elektric Love-in

Sat 12/30: Doc Rogers Band

Sun 12/31: NYE Party w/ Tommy

Foytek Band

### The Six

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

Sat 12/30: Rising Son

### Taqueria Jalisco

**4275 Tierra Rejada Rd.,**

### Moorpark

Tuesdays & Fridays: Jim Friery

### Topa Topa Brewing

**4880 Colt St., Ventura**

Sun 12/31: The Trivle Omdobble

### The Twist on Main

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

Wed 12/27: Battle of the Bands

Sat 12/30: Brandywine Buskers

(noon); Dave Blanchard & Barry

Moffett (4 pm); Live Band Karaoke

(8 pm)

Sun 12/31: NYE Party w/ Shaky

Feelin'

### Twisted Oak Tavern

**2433 Ventura Blvd., Camarillo**

Sun 12/31: NYE Party w/ the 90's Babiez

### Vaquero y Mar

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

Sundays: Mariachi

Tuesdays: The Sea Hunter, Lowered

Expectations

Wednesdays: The Jelly Jam Band

Sat 12/30: CRV

Sun 12/31: NYE Party w/ Los Amigos

### Ventura Moose Lodge

**10269 Telephone Rd., Ventura**

Sun 12/31: NYE Party w/ Heart and

Soul

### Ventura Music Hall

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

Sun 12/31: NYE Party w/ The

English Beat, Ska Daddyz

Sat 1/6: The Petty Breakers

### Winchesters

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

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

pm; Sun 3 pm

Thurs 12/28: Dave Parsonage

Fri 12/29: Van Allen Twins

Sat 12/30: Doc Ventura

Sun 12/31: Doc Rogers Band

### 1901 Speakeasy

**740 S. B Street, Oxnard**

Fri 12/26: Teresa Russell & Stephen

Geyer

# Ventura Music Scene



Dear Buenaventura Art Enthusiasts,

You, yes, you, are an important part of our art association jamboree! Our members are the life of our party, creating beautiful art for the world to enjoy, but we can't do what we do without you, the belle of the ball, and your dazzling support.

Are we taking the party metaphor too far?

Well, we do feel like celebrating! That's because, as 2023 wraps up, your donations are helping to launch us into a new year of artistic revelry.

Did you know that 2024 will mark Buenaventura Art Association's 70th anniversary?

And, 2024 will also mark the return of BAA's Annual Open Competition, not held since February 2020, right before the world shut down. It will be our 35th prestige exhibition.

Please join the jubilee and consider a tax-deductible donation to BAA, or include BAA in your Charitable Trust planning.

Here's a few reasons your generosity will steal the soiree:

**Workshops:** We have just launched "Art Studio Live" for artists to hone their skills in Life Drawing and the public to participate in all kinds of artsy endeavors from Paint 'N Sip to medium-specific workshops. Look for class line-ups in early 2024!

**Nonprofit Partnerships:** BAA will continue to welcome partnerships and render assistance to other worthy causes where art is an important element in their practice, like the upcoming

Autistic Minds art show with the Autism Society or the recent Nature Journaling class we held with Channel Islands National Park Service.

Ready to be the belle of the ball? Visit [BuenaventuraArtAssociation.org](http://BuenaventuraArtAssociation.org) and click "Donate Now" to join the art party!



## Ventura Art Scene



Gold Coast Transit District's popular holiday bus returns with a cheerful new design.

## Popular holiday bus will be dashing through the streets all season long

Gold Coast Transit District (GCTD) is excited to announce the eighth annual appearance of its popular holiday bus, which will be dashing through the streets all season long until January 7, 2024. All rides on board this special bus are free.

This year's "Sea-Sun Greetings" holiday bus from Gold Coast Transit is a festive tribute to the beautiful coastline of Ventura County. The bus's exterior is covered in colorful images of palm trees, waves, and adorable creatures,

creating a cheerful atmosphere perfect for the holiday season. The bus's interior is adorned with lights and ornaments, adding to the festive ambiance. The Sea-sun Greetings bus not only provides a fun and cheerful way to travel but also serves as a reminder of the natural beauty of Ventura County's coastline.

"We are thrilled to bring back our popular holiday bus for another year," said Vanessa Rauschenberger, General Manager of Gold Coast Transit District. "The holiday bus is a wonderful way

to spread holiday cheer throughout Ventura County, and we hope our passengers enjoy the festive atmosphere as they travel. We encourage everyone to take a selfie with the bus and share it on social media for a chance to win a 15-ride Bus Pass. Happy holidays from Gold Coast Transit!"

The bus made its first major appearance at the Oxnard Christmas Parade on Saturday, December 2nd and was welcomed by crowd cheers, smiles, and photos. GCTD's parade entry also included its six-foot "Minibus" and a GO ACCESS van adorned with decorative wreaths and ornaments.

Passengers are again encouraged to take selfies with the holiday bus and post them on social media. Sightings of this year's holiday bus can be tracked by tagging GCTD on Facebook and Instagram. There will also be a contest to win a 15-Ride Bus Pass by sharing a photo of the Holiday Bus and tagging GCTD on social media with the hashtag #SeaSunGreetings.

About the District: Gold Coast Transit District provides safe, responsive, convenient, efficient, and environmentally responsible fixed-route bus and paratransit public transportation that serves the diverse needs of the cities of Ojai, Oxnard, Port Hueneme, and Ventura, and in the unincorporated County areas between the cities. Utilizing a fleet of 61 clean natural gas-fueled buses, and 26 paratransit buses and vans, GCTD carries 3 million passengers annually on its 20 bus routes. GCTD is the largest provider of public transit in Ventura County and is governed by a Board of Directors made up of an elected official from each member jurisdiction. For more information or to plan your trip, visit [www.gctd.org](http://www.gctd.org).

## City of Ventura survey invites community members and businesses to share insights on homelessness

In a proactive move to address homelessness and enhance public involvement, the City of Ventura has initiated two public surveys. These surveys aim to gather insights from residents and local businesses to shape the city's plan to effectively combat homelessness.

"Together with the local government, businesses, community members, and nonprofit organizations, we can address and combat homelessness," stated Leona Rollins, Ventura Housing Services Manager. "This survey allows the community to provide feedback and recommendations on future initiatives and programs to improve the lives of our most vulnerable community members."

The surveys aim to gather input, experiences, and potential solutions for housing and homelessness challenges in Ventura from community members and local businesses. Topics range from homelessness initiatives, funding priorities, and views on existing housing and homelessness programs.

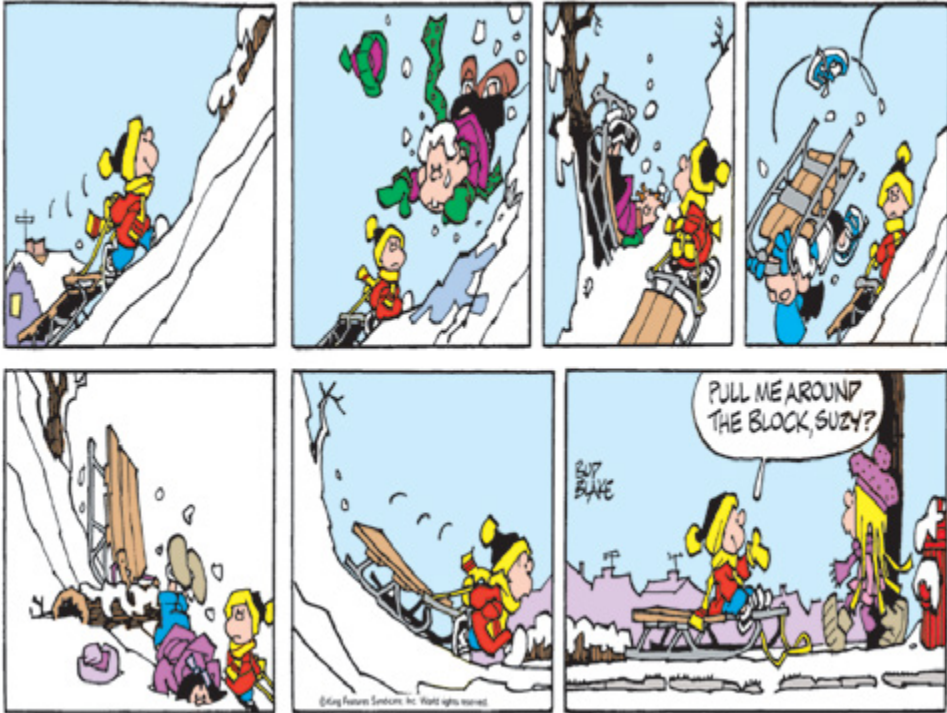
Additionally, the business engagement survey focuses on understand

**Continued on page 24**

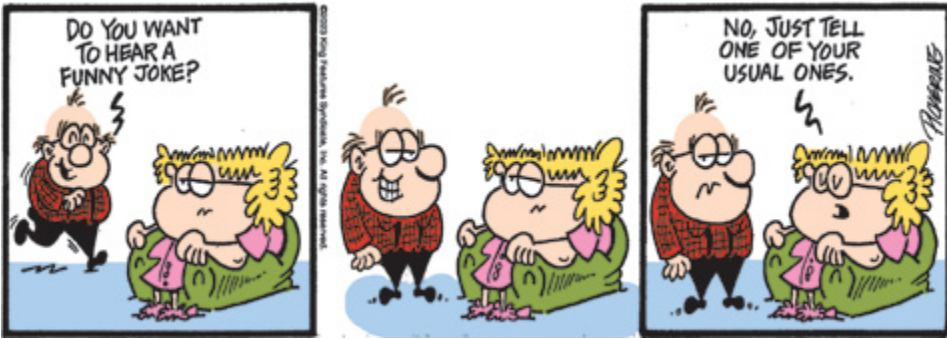


# Lighter Breeze

Tiger



The Spats



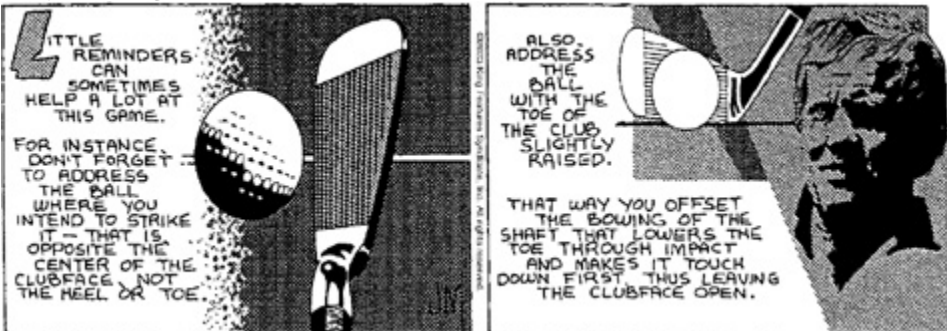
Out on a Limb



Amber Waves



Play better golf with Jack Nicklaus



Solutions on page 15

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

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

## Weekly SUDOKU

by Linda Thistle

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

DIFFICULTY THIS WEEK: ◆

◆ Moderate ◆◆ Challenging  
◆◆◆ HOO BOY!

Solutions on page 15

## King Crossword

ACROSS

- 1 Tivo precursor
- 4 Wide
- 9 America's uncle
- 12 Consume
- 13 Heart line
- 14 La-la lead-in
- 15 Gym machine
- 17 And so on (Abbr.)
- 18 Nabokov novel
- 19 Bowling lanes
- 21 Packs lightly
- 24 Go yachting
- 25 Yale grad
- 26 Author Umberto
- 28 Aegean island
- 31 Building wings
- 33 Farm female
- 35 Steakhouse order
- 36 Rice recipe
- 38 PC key
- 40 Chaney of horror films
- 41 First lady of scal
- 43 Bistro furniture
- 45 Telepathic
- 47 Sushi choice
- 48 Hostel
- 49 Heavy burden
- 54 Memo letters
- 55 Deadly virus

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

- 56 Schlep
- 57 Air safety org.
- 58 Philly hoopster
- 59 Director Lee
- 10 Bohemian
- 11 Apple computers
- 16 Small batteries
- 20 Tale teller
- 21 Army transport
- 22 "That's — need to know"
- 23 1,000-year spans
- 27 Have debts
- 29 Bassoon's kin
- 30 Taxpayer IDs
- 32 Pretzel topper
- 34 Getty of "The Golden Girls"
- 37 Fireplace flickerers
- 39 Salad type
- 42 Suspect's excuse
- 44 Crunchy sandwich
- 45 Peeve
- 46 "May It Be" singer
- 50 Bagel topper
- 51 Slangy suffix
- 52 Sister
- 53 Silly Putty container

DOWN

- 1 Animal doc
- 2 Train unit
- 3 Hwy.
- 4 Villain
- 5 Woo
- 6 "... — quit!"
- 7 World record?
- 8 Texas city
- 9 Sheet metal producer

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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

CREDIT CARD INFORMATION

NAME \_\_\_\_\_

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

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

# Show Time

A View from House Seats

## Usher the New Year with Laughs

by Shirley Lorraine

In what has become a New Year's Eve tradition, the Ventura Improv Company will be presenting a fun-filled, audience participation evening at the Rubicon Theatre. Designed to be family friendly, the event will begin with doors opening at 7 p.m. and 8 p.m. performance, and end by 10:30 so families can get home and put the kids to bed, or festivities can continue at your leisure. Ringing in the new year will occur at 9 p.m., (midnight, EST). Imagine – you can toast the New Year twice!

This year's extravaganza is dedicated to long-time improviser and well-known actor/musician Gary Best, who passed away earlier this year. Best was a staple player and instructor at the Improv for many years. He was a songwriter and guitarist, often seen in Ventura area venues.

The Ventura Improv Company has been making people laugh and enhancing the talents of local performers since 1989. Under the guiding hands of Tom Mueller, Best and others, the company has gained recognition for ongoing excellence not only in Ventura, but on a widespread basis. These days,

the award-winning company performs at NAMBA theater space, the second Friday of each month.

The evening will feature short scenes, theater games and music and an evening of spontaneous hilarity. If you have not experienced these improvised evenings yet, this New Year's will be an enjoyable time to start.

The company also provides opportunities for learning through classes and introductions to expanding your mind and talents through improvisation techniques. These skills are useful not only on the stage, but in day-to-day situations. Quick thinking and engaging improvisation are true art forms. This company of players make it look so easy. You will be amazed at the performers' abilities to make up scenes, sometimes even operas, on the fly. Even the musicians are improvising.

Hurry though - tickets are going fast - contact the Rubicon for availability. (805) 667-2900, [www.rubicontheater.org](http://www.rubicontheater.org).

May your new year be filled with love, laughter and theater.

Streaming Spotlight by Cindy Summers

## Barbie

- Max and Amazon Theater



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

All the Barbies and Kens lived together in Barbieland where everyday was perfect and every version of Barbie ever created lived, though the story centers around the first one in created 1959, known as "Stereotypical Barbie" (Margo Robbie). Other Barbies included were Lawyer Barbie, Dr. Barbie, Physicist Barbie, President Barbie and more representing all the Barbies throughout the years and the occupations and ethnicities of women around the world. The Kens also came in many variations, but Beach Ken (Ryan Gosling) was the one vying for Barbie's love and attention.

While enjoying a dance party with all the other Barbies and Kens, Barbie asked the crowd saying outloud "Do you ever think about dying?", a thought completely foreign to everyone living in Barbieland as everyday was perfect. They all froze in confusion so she blew it off with saying she was just dying to dance, but the next morning work up to a not perfect world where her shower was cold, her feet were flat and instead of floating off her roof to her car she fell to the ground.

The outcast discontinued dolls lived in Weird Barbie's (Kate McKinnon) house including: Earing Magic Ken with bleach blond hair, a see-through purple mesh top, a lavender pleather vest, an unusual necklace, and a single earring; Palm Beach Sugar Daddy Ken dressed in a lime green damask blazer

and crisp white pants, and he came with a dog named Sugar; Growing Up Kipper whose breasts enlarged when you rotated her arm and Video Girl Barbie that featured a tiny front camera capable of recording up to 30 minutes of video and a small video screen on her back.

Whenever any Barbie malfunctioned, she would have to go visit Weird Barbie, who was known to previously had been the most beautiful Barbie of all but someone played with her too hard in the real world cutting and burning her hair, coloring her face and dress and in Barbieland continued to fall into disrepair while helping other Barbie's after malfunctioning. Weird Barbie explained that Barbie would have to go to the real world to find the human that was causing the disruption in Barbieland, otherwise Barbieland would continue to breakdown into nothingness.

Barbie set off for the real world in her little pink corvette, only to discover Ken had stow away in the back wanting to help Barbie on her mission to save Barbieland. The real world was very confusing for them, and Barbie and Ken were arrested several times for random things. Eventually, Barbie was able to find what was creating the problem which was a woman named Gloria (America Ferrera) who was worked at Matel that was feeling depressed and was using her daughter Sasha's (Arianna Greenblatt) Barbie to shift her sad feelings away from the real world.

In Barbieland Ken was merely an accessory, but learned about patriarchy in the real world and decided to bring the concept back to Barbieland, getting back before Barbie and changing it to Kendom covering everything with leather, books, pictures of horses and convincing all the other Ken's to join him on his patriarchal quest to change Barbieland into a man's world. Now it would be up to Barbie and her new friends Gloria and Sasha from the real world

to save Barbieland.

Margo Robbie bought the rights to make a Barbie movie and had Gretta Gerwig and her husband Noah Baumbach write the movie. Gretta wrote the part of Ken for Ryan Gosling and directed the film as well. "Barbie" earned more than \$1.38 billion worldwide to become the highest grossing film in Warner Bros. 100-year history; the highest grossing film ever from a female filmmaker at the domestic box office; and is the largest worldwide film release of 2023. Runtime: 1h 54m

## Museum relaunches its 100% tax deductible membership program

The Museum of Ventura County (MVC) is thrilled to announce the relaunch of its Membership Program. MVC's updated Membership Program features accessible payment options, two new membership levels, and an expanded selection of member events and benefits. As admission fees are reinstated at MVC's Downtown Ventura campus in 2024, the relaunched Membership Program affords visitors a completely tax-deductible alternative and maintains the Museum's dedication to accessibility.

The first significant update to MVC's Membership Program is the introduction of a monthly payment option for most levels, starting at just \$6.25 per month. All membership dues—regardless of payment schedule or amount—are 100% tax deductible, amplifying the impact of members' generosity while saving money on their year-end taxes. Expanding on its current membership tiers, the Museum of Ventura County is introducing two additional levels:

Neighbor (\$25 annually): Geared towards families, this membership level grants a year of free admission for two adults and unlimited children at all three MVC campuses and spacious gardens. Building on the Museum's mission of inclusivity, this membership level ensures that returning visitors can enjoy MVC at the lowest price possible.

Lifetime Member (\$10,000, or \$833.33 per month for a year): For those seeking an enduring connection to MVC, this level offers a lifetime of all member benefits. Lifetime Members also receive a commemorative tile in the MVC plaza, annual recognition in the Year-In-Reviews, and the opportunity to shape the future of the Institution with their impactful giving.

New Member Newsletter: Members (Student/Senior level and up) now have access to exclusive content in this members-only newsletter. This is a conduit to members' benefits, including invitations to member events, advanced notice of upcoming programs, accessing member merchandise, and more.

Annual Member Events: Recipients of MVC's member newsletter will be invited to special events including the Museum's Annual Holiday Reception,

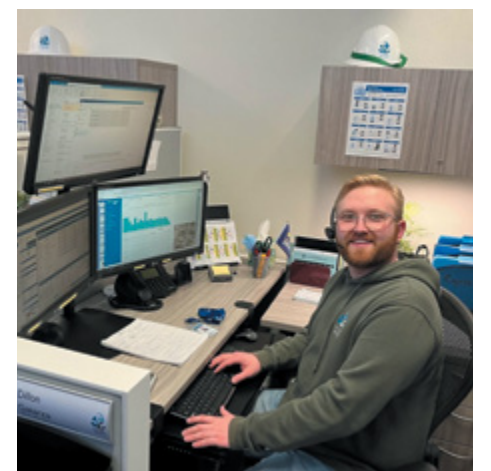
which offers a boutique shopping and networking experience with champagne and holiday music, and a spring emerging artists fête on May 18, 2024, showcasing up-and-coming artists and celebrating the new Bonita McFarland Scholarship award winners.

Exclusive Member Merchandise: MVC members will have access to unique Museum merchandise available only to them. These items range from exclusive 1/1 art prints by emerging local artists to limited edition holiday ornaments and more.

Free Admission to 1,300+ Museums: At the Adventurer level (previously Associate) and above, MVC members are granted free admission to over 1,300 participating NARM museums—beginning at a price of just \$12.50 a month. The North American Reciprocal Museum (NARM) Association is an extensive network of cultural institutions across the continent, of which MVC is a part.

The Museum of Ventura County is a member-supported institution, and community is the driving force that pushes us all to explore, share, and flourish. Whether members are an Adventurer, Trailblazer, Trendsetter, or Champion, their membership fuels MVC's educational initiatives, outreach efforts, dynamic art and history exhibitions, and the preservation of our County's rich culture. Beyond the wealth of exclusive benefits, MVC members are empowered to influence the future of Ventura County—one compelling story at a time.

For more information and to become a member, please visit <https://venturamuseum.org/membership/> the main museum is located at 100 East Main Street, Ventura, (805-653-0323). The Agriculture Museum is located at 926 Railroad Avenue, Santa Paula, (805-525-3100). Both museums are open Thursdays through Sundays, 11:00 a.m. to 5:00 p.m. - [venturamuseum.org](http://venturamuseum.org).



Utility Billing Representative Dillon Galarza.

## Ventura Water - In Focus

Ventura Water's fundamental connection to its customers is the Utility Billing Team since they are typically the first line of contact for over 32,000 account holders.

There are four utility billing representatives who answer nearly all the phone calls coming into the water department, averaging about 600 calls every week. A robust customer support system is used to manage one or many communication channels, including phone, email, and self-service. Utility billing representatives answer questions about billing, changes in water usage, and leaks. They also help customers start

**Continued on page 24**



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## Ventura awarded grant for bicycle and pedestrian safety program

The City of Ventura has secured nearly \$98,000 in grant funding from the California Office of Traffic Safety (OTS) to enhance its Bicycle and Pedestrian Safety Program. Funding will support promoting safe practices for pedestrians and bicyclists and educational programs emphasizing the importance of sharing the road.

"We appreciate the ongoing commitment of the Office of Traffic Safety to support bicycle and pedestrian safety in Ventura," shared Public Works Director Phil Nelson. "We look forward to using this grant to strengthen our education initiatives for both our youth groups and community members."

The grant program will run through September 2024 and support a variety of activities focused on bicycle and pedestrian safety:

- Bicycle training courses that educate youth on safe riding behaviors.
- Helmet fitting inspections and distribution of helmets to those in need.
- Community and school education presentations.
- Community bike rides that encourage and teach riders safe riding skills.
- Pop-up events that promote the importance of visibility on roads with safety equipment such as reflective armbands/leg bands and bicycle headlights/taillights.

"Everyone deserves a safe environ-

ment to travel, regardless of how people get to places," OTS Director Barbara Rooney said. "The safety of people walking and biking on our roads is a high priority. Education is pivotal in creating a strong road safety culture that prioritizes traffic safety, especially for our most vulnerable road users."

The City of Ventura remains committed to prioritizing and encouraging healthy modes of transportation, such as biking and walking. The recent approval of the City's Active Transportation Plan by the City Council on Monday, December 4, aligns to provide improved mobility choices for community members. This grant funding serves to support and enhance these efforts.

The City Council recently approved adopting Ventura's new Active Transportation Plan (ATP), a long-term roadmap designed to provide more transportation options to everyone, especially those in underserved communities. It's part of the City's commitment to promote healthy ways of getting around, such as biking and walking. The plan includes important projects that blend with the Safe Routes to School Plan and the Complete Streets Technical Memo.

"By adopting the ATP, we're working towards our goal of creating safe, comfortable, connected, and easy-to-use walking and biking paths. This grant funding will help us put elements of the plan into action, making progress toward a more sustainable and accessible city over the next several years," stated Jeff Hereford, Principal Civil Engineer in Public Works.

Funding for this program was provided by a grant from the California Office of Traffic Safety, through the National Highway Traffic Safety Administration.

### Ventura Water – In Focus Continued from page 23

and end water and wastewater service. As needed, they field calls that can range from a severed fire hydrant to a report of water waste.

The Utility Billing Team also includes three utility service representatives and a utility service lead. With the citywide installation of smart meters, it is no longer necessary to read each meter for each billing cycle, so this group is focused on helping customers with any water related issue. They perform the field work required to maintain meters and troubleshoot the hardware and software to ensure data from the smart meters is successfully transmitted. A utility billing supervisor oversees billing operations including rate changes and audits and coordinates new service. Finally, the Utility Billing Team is led by a utility billing manager, who assures that Ventura Water adheres to all state and federal laws and regulations related to providing water and wastewater service, and guides implementation of programs to help the team increase efficiency and improve customer relations.

Utility Billing Representative, Dillon Galarza joined Ventura Water two years ago, with seven years' previous experience in customer service. What Dillon most appreciates about his job is that everyone on the team truly wants to help the community and that he can rely on any one of them to support their common goal of providing excellent customer service. The most challenging part of his job is the emotional component of utility service billing, for example, having to give delinquent customers the news about late fees or shut offs. Dillon possesses an easy-going attitude which aids his capacity to change a potentially stressful problem into a solution. Fortunately, the

average number of shut offs per week is about 20 and service is typically restored within a day. Dillon mentions that dealing with software issues that come up when utilizing multiple programs can be tricky but invariably this cohesive team works through it.

### City of Ventura invites community Continued from page 21

ing the impact on local companies. It explores difficulties faced and solutions considered from the perspective of business owners. Topics include difficulties faced, solutions considered, and opinions on who should be responsible for addressing homelessness from a business perspective.

"This is an important milestone in our ongoing commitment to a collaborative housing and homelessness solution," said Ventura Mayor Joe Schroeder. "We encourage everyone to participate so that diverse perspectives are included in our efforts to develop an inclusive and impactful Homelessness Plan."

Ventura acknowledges homelessness as a multifaceted issue affecting individuals, families, and the business community. Feedback from the surveys will be instrumental in crafting an effective strategy to address homelessness, aligning with the City Council's 2023-2024 goals of establishing a comprehensive City-wide homelessness plan. Residents and businesses are urged to participate actively, contributing valuable insights to inform policies, programs, and initiatives targeting the underlying causes of homelessness.

The surveys are available online through January 19, 2024. To participate, visit the City's website at [www.Cityofventura.ca.gov/HousingServices](http://www.Cityofventura.ca.gov/HousingServices).