



## “The British are coming! The British are coming!”

That was the warning the brave and legendary Paul Revere announced as he galloped through the streets of Concord over three hundred years ago warning the populace about the threat of a British invasion.

Now the Brits have had their sweet revenge. Sixty years ago an unlikely quartet from England—Liverpool to be precise—invaded America—and conquered the nation in what turned out to be a bloodless revolution.

We are talking, of course, about 1964, the historic year that John Paul George and Ringo showed up in America—and without spilling a drop of blood were triumphant as they re-wrote rock and roll history. And in doing so, thousands of young women—from sea to shining sea—fell at their feet as the Beatles offered to

Continued on page 5

## Huge waves crashed in Ventura



Locals were being warned about a massive swell pounding the Ventura coastline. Photo by Patricia Schallert.

### From the Ventura Fire Department

“On the above date and time (December 28, 10:50am), fire units were dispatched to a reported ocean rescue with multiple victims in the water. Firefighters arrived and located two surfers in distress with State Lifeguards initiating a rescue.”

“While on scene a large wave approached the brick wall at the end of Seaward Avenue, overtopping the wall and injuring multiple people on scene.”

“Firefighters quickly conducted an assessment and found nine victims needing treatment and transportation to the emergency room. Due to the number of injured individuals, a Mass Casualty Incident (MCI) was declared. While responding to the MCI, a state lifeguard went missing with a victim in

Continued on page 8

## A new partnership will help curb bullying and threats of violence

The Ventura Unified School District (VUSD) announced an impactful collaboration with the school safety technology company Gaggle. This partnership aims to launch a SpeakUp for Safety tipline, enabling students to report threats of violence, instances of bullying, peers in crisis, and other imminent concerns affecting students' well-being and security in a simple and confidential manner.

Gaggle's team of safety professionals will diligently monitor the SpeakUp for Safety tipline 24/7 during the regular school year and summer school sessions. Non-life-threatening tips will be swiftly directed to designated school or district staff members. In more severe situations, district-appointed contacts will be promptly notified to take necessary

Continued on page 14



Gaggle creates a safer school environment.

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PUBLISHER-EDITOR  
Sheldon Brown  
publisher@venturabreeze.com

PUBLISHER EMERITUS  
Staci Brown  
Assistant to the PUBLISHER  
Ana Baker

Student Intern  
Juliette Nasarenko

CONTRIBUTING WRITERS  
Shirley Lorraine · Richard Lieberman  
Sheli Ellsworth · Carol Leish  
Cindy Summers · Pam Baumgardner  
Elizabeth Rodeno · Mira Reverente  
Amy Brown · Richard Senate  
Patricia Schallert · Ross Williams  
Mary Olson · Leslie Sokol  
Joseph Seemayer · Hadie Tobar

CONTRIBUTING PHOTOGRAPHERS  
Richard Lieberman · Michael Gordon  
Patricia Schallert · Yana Khyod  
Joseph Seemayer

In Memoriam Breezy Gledhill

ADVERTISING ACCOUNT EXECUTIVE  
Janie Tran  
janie@venturabreeze.com

DISTRIBUTION  
Mary Thompson · Alfred J. Lewis  
John Murchison ·

WEB/ONLINE ADVISOR  
Cindy Summers

EXHIBITION COORDINATOR  
Jaime Baker

PRINTING  
CA Web Print, Inc. (626)281-8989

CONTACT US:

EVENTS & HAPPENINGS  
events@venturabreeze.com

OPINIONS  
opinions@venturabreeze.com

ARTICLES AND PHOTOS  
editor@venturabreeze.com

THE PET PAGE  
scampclub@venturabreeze.com

ADVERTISING  
advertising@venturabreeze.com

Ventura Breeze

PO Box 832, Ventura, CA 93002  
Phone 805.653.0791



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City News



“Financial transparency is the cornerstone of our work.”

City of Ventura’s Finance Department earns excellence in financial reporting award

The Government Finance Officers Association of the United States and Canada (GFOA) has awarded the Certificate of Achievement for Excellence in Financial Reporting to the City of Ventura Finance Department for its annual comprehensive financial report for the fiscal year 2022.

“Financial transparency is the cornerstone of our work, and we’re thrilled to receive recognition from the GFOA for our commitment,” said Chief Financial Officer Greg Morley. “This award reflects the dedication of our year-round team, ensuring efficient operations to

serve our residents.”

An impartial panel judged the report to meet the program’s high standards, demonstrating a “spirit of full disclosure” to effectively communicate the city’s financial story and engage readers.

The Certificate of Achievement, the pinnacle of recognition in governmental accounting and financial reporting, signifies a significant achievement by the city and its management.

Led by Accounting Manager Jason Williams, Treasury Manager Jennifer Rowe, and Senior General Ledger Accountant James Lewis, the project received special acknowledgment for the contributions of General Ledger Accountants Jodi Pinyo, Brenda Taylor, and Erwin Kosasih, and Senior Accountant Mary Hilke.

Register for the Spring 2024 Corporate Games!

Registration is open for the Spring 2024 Corporate Games. This annual program features business-to-business competitions over several weeks to help organizations build camaraderie amongst coworkers. All local businesses are welcome to register through March 2, 2024.

Last year’s Corporate Games hosted 72 companies with thousands of participants. The County of Ventura, Oxnard Unified High School District, Newport Healthcare, and Calavo Growers were the overall



champions among their divisions.

“We are excited for the Games to return to their original springtime schedule,” said Recreation Supervisor Tyler Nelson. “The spring allows for more opportunities and events between daylight hours and family plans.”

This year’s diverse line-up of competitive activities will take place March 23 – May 4, 2024, providing opportunities for all players to showcase their strengths. All competitions and events are held on weekends or weeknights after regular business hours. Divisions and fees are determined by company size.

- 5K Run (In-person & Virtual)
- Basketball
- Billiards
- Cornhole
- Dodgeball
- Flag Football
- Golf
- Kickball
- Pickleball
- Six-A-Side Soccer
- Softball
- Tug-O-War
- Volleyball (Beach & Indoor)
- Bowling
- Darts
- Table Games and more!

Each group is also eligible to compete for the Team Spirit Award, which includes a team T-shirt Design Contest, Sandcastle Building Contest, Photo Contest, and Community Service Project.

The Corporate Games began in 1989 and is designed to build camaraderie and team spirit amongst professional work groups in a unique and friendly atmosphere. Find all details and registration forms at [www.city-ofventura.ca.gov/CorporateGames](http://www.city-ofventura.ca.gov/CorporateGames).

As I See It by Sheldon Brown

In our last issue, I wrote that Churchill signed a peace treaty with Hitler. I was slightly wrong, but the results were the same. From reader Robert Lombardi, “Happy New Year. I think it was Nevill Chamberlain (Prime Minister) who visited Hitler, and brought message of peace.” Same results of course.

The Ventura Pier has taken another pounding from the latest wave surge and will remain closed for quite a while. The restaurants remain open.

The Ventura City Council meetings are now on Tuesday nights instead of Mondays and meetings will start at 5pm.

The change allows council members the chance to ask questions and get more information on a Monday. The new schedule also gives them an extra day to read agendas and prepare for the meetings. Starting an hour earlier should also give council members more time to discuss lengthy agendas which carry meetings as late as 11pm, and sometimes later.

Now the signs at some city hall spaces that say “Reserved for City Council Members on Monday nights” will need to be changed to Tuesdays.

It’s nice that Ventura’s Art City Studios is starting over. Since the early 1980s, the outdoor space has been filled with stone and wood

sculptures. It is located at 197 Dubbers St. off of Ventura Ave. It has reopened in a smaller space next door at 175 Dubbers. The new space is about half the size of the previous one. Ventura is a great art city, so this is good news.

Hard to believe we need more laws, but every year California adds hundreds more.

These are two of my favorites:

We now have an official state bat - the Pallid bat - and an official state mushroom - the Golden Chanterelle. So, reassuring that we have these. Makes me proud to be a Californian.

Your boss can’t ask you whether you’ve used weed. I assume they can ask if you have used heroin.

Kids will have to learn cursive in school. While I understand this is very important, it seems to me that is a decision that should be made by educators not politicians.

I think LeBron James is the GOAT, Greatest of All Tantrums.

Earth has just ended its warmest year since people began keeping records, and scientists say it may have been the warmest in 125,000 years. I won’t call this global warming but climate change to not upset some of our readers.

Is this the beginning of robots taking over the world? Especially if they

have AI installed and start thinking on their own and have feelings?

A software engineer reportedly suffered serious injuries when he was attacked by a malfunctioning robot designed to move aluminum car parts at Tesla’s Giga Texas factory in Austin, Texas. The robot reportedly pinned the engineer and inflicted wounds on his back and arm by sinking its claws, leaving a trail of blood on the factory floor. The engineer was programming software for robots tasked with cutting car parts from freshly cast aluminum. Two robots were disabled for maintenance but a third was inadvertently left active, leading to the attack.

In the 1973 film Westworld, there is a futuristic Wild West theme park where paying guests can pretend to be gunslingers in an artificial world populated by androids. When the system goes haywire a guest is killed in a duel with a robotic gunslinger.

What will happen one day when we tell our robot to go get us a beer and it says, “Get it yourself, I’m offline.”

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

People have one thing in common, they are all different.  
– Robert Zend

# Our Ventura TV announces 2024 special series on “Optimal Aging”

“It’s paradoxical that the idea of living a long life appeals to everyone, but the idea of getting old doesn’t appeal to anyone.” - Andy Rooney

For 2024, Our Ventura TV will be featuring a special series of interviews highlighting Optimal Aging and exploring the art of overcoming challenges while embracing a vibrant and fulfilling life. Or in simpler terms “living a long life,” as well as “getting old.”

## Engaging Interviews

Viewers can expect engaging interviews and informative segments featuring experts, community leaders, local government representatives, non-profit organizations, and individuals with insights about living a long life and aging well. Topics covered will include:

- \* Health and wellness
- \* Nutrition
- \* Lifestyle choices
- \* Community engagement
- \* Caregiving
- \* Financial matters
- \* Personal assistance
- \* Challenges and stories of resilience and achievement

## Dawn Of A New Age

This special series complements the established theme of Our Ventura TV, “People doing good things in Ventura County.” Show Director, Michelle Hoover, emphasizes a goal for this Optimal Aging series: “Celebrating the dawn of a new age for older adults by overcoming challenges and embracing a vibrant life.”

## Community Focus

In addition to ongoing interviews about those helping others, Our Ventura TV has produced earlier special series on topics such as homelessness, faith-based organizations, and first responders. Host Sandra Siepak adds Our Ventura TV’s commitment to showcasing the positive aspects of the community and the excitement of introducing the Optimal Aging series. “We have so much we can learn from each other.”

Since 2008, Our Ventura TV has featured:

- \* Nonprofits
- \* Community advocates
- \* Leaders
- \* Artists

\* Organizations contributing to Ventura County

Business representatives with non-commercial messages are also welcome. Host Rev. Bonnie Rose explains, “This Optimal Aging series focuses on living life to the fullest.”

## Challenges And Support

This special series allows for a robust exploration of the ideas of “living a long life,” as well as “getting old” from various individual and organizational perspectives. Host MB Hanrahan acknowledges the challenges of aging but emphasizes the community’s support network. “We are blessed with a wealth of individuals who strive to help each other.”

County Resources  
Host Monique Nowlin highlights the resources available in Ventura County: “There are a multitude of resources available in Ventura County to help the elderly and this series aims to raise more awareness about how to access them.”

## Share Your Story

Our Ventura TV founder and producer, George Alger, encourages participation: “This is an opportunity to share your story on local TV.”

## About Our Ventura Tv

Our Ventura TV is an award-winning weekly talk-show television series broadcast on Ventura cable channel 6 TV and also published on ourventura.com as well as on social media networks. Participate

Visit the website and click “Contact” to get scheduled as a guest.

Together, let’s explore Optimal Aging in Ventura County!

# 8th Annual Women’s Rally & March

Justice For All Ventura County and Planned Parenthood Central Coast Action Fund are presenting the 8th annual Woman’s Rally & March at Plaza Park, Ventura, Saturday Jan. 20 10am-2pm.

“The state of women’s rights and reproductive rights may seem secure in California, but with national politics and politicians making decisions across the country looming, we can’t be content with the status quo. Our progressive beliefs may mean nothing without the right people in office. Please join Justice For All Ventura County to encourage activism and action

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towards the values we hold dear at the first large community event of 2024, getting support and a sense of community along the way”, said Shane Meserve, President of Justice for All Ventura County.

Local dignitaries will speak, live music and many organizations will be tabling at the event in an effort to help attendees learn more about how they can participate in ongoing efforts to help our community.

2024 will be a watershed year in the United States where voters will make decisions on critical issues such as which political party will lead us into the future, access to healthcare, social justice, restoring the strength of our democracy and healing the soul of our divided nation. Democracy is based on the active participation of its citizens to

educate themselves on the issues and voting for representatives that work towards solutions for all.

For all Ventura County is a local non-profit dedicated to is to motivate, educate, connect, and mobilize people to actively engage in their government and future in support of social justice. [www.JusticeForAllVC.org](http://www.JusticeForAllVC.org)

Planned Parenthood Central Coast Action Fund is the advocacy and political arm of Planned Parenthood California Central Coast. Our mission is to expand access to quality reproductive health care for all, including safe and legal abortion, through community education, public policy initiatives, and support for candidates committed to this work. <https://www.plannedparenthoodaction.org/>

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# Air Pollution Control District awarding residents up to \$5,000

As winter approaches, the Ventura County Air Pollution Control District is awarding residents up to \$5,000 to replace wood-burning fireplaces and stoves that are a primary source of heat with cleaner-burning and more effective devices.

Smoke from burning wood contains major air pollutants including carbon monoxide and nitrogen oxides, polycyclic aromatic hydrocarbons, fine particles and volatile organic compounds such as benzene and formaldehyde. These pollutants have the potential for serious adverse health effects, most commonly related to the respiratory system. Additionally, volatile organic compounds react with oxides in nitrogen in the presence of sunlight to form ozone, which injures lungs and makes breathing difficult.

Burning wood also is an inefficient way to produce heat. Most of the heat energy is used to dry wood before it burns, and fireplaces send much of the hot air up the chimney.

To reduce emissions and the negative impact on people’s health, the district is partnering with the California Air Resources Board (CARB) Woodsmoke Reduction Program to award a total of \$95,000 in vouchers through May.

Residents who live in Ventura County communities designated as dis-

advantaged or low-income by CARB or who meet other income requirements are eligible for enhanced vouchers of \$5,000, which can cover a substantial portion of the cost of purchase, installation and permits. Standard vouchers provide \$1,000.

The vouchers can be used for installation of natural gas or propane fireplace inserts or stoves; electric stoves, fireplace inserts or ductless mini-split heat pumps; or wood or pellet stoves or inserts that meet EPA requirements. They must replace open-hearth fireplaces or free-standing wood stoves or wood stove inserts that are not EPA certified. District retail partner Chimney Savers Inc. must install devices.

The vouchers will be awarded on a first-come, first-served basis.

The program is part of California Climate Investments, which puts billions of cap-and-trade dollars to work reducing greenhouse gas emissions, strengthening the economy and improving public health and the environment – particularly in disadvantaged communities.

The county district protects public health and agriculture from air pollution by identifying problems and developing plans to achieve state and federal standards.

To apply or get more details, visit

[vcapcd.org/woodsmoke.htm](http://vcapcd.org/woodsmoke.htm) or contact air quality specialist Stephanie Lapeyre-Montrose at [stephanie@vcapcd.org](mailto:stephanie@vcapcd.org) or 805-303-3665.



He greeted all with the phrase “How can I help You?”

## Saintly Padre once served at Mission San Buenaventura

by Richard Senate

New England writer Helen Hunt Jackson visited this area in the late 19th century collecting information for her classic romance Ramona. In her travels she met a Franciscan Padre who was seen by all as a living saint for his pious ways and kindness to all. His name was Fr. Francisco de Jesus Sanchez, attached then to the Mission Santa Barbara but he had served

at Mission San Buenaventura as the priest for a year. He was always willing to listen to anyone and greeted all with the phrase “How can I help You?” He gave away all he owned, even his clothing, leaving only one habit to cover him. He was known to spend whole nights in prayer, and do extra work at the orphanage helping the children in their education and vocational skills. All who met him were impressed with his dedication to his faith. When Helen Hunt Jackson was introduced to him she wrote that he was the “Most Christ-like man she ever met.”

When he took sick and collapsed in church, his fellow monks took him to his room, only to discover he had given away his bed and had been sleeping on the floor. He passed away in 1884. Jackson used the good padre as the model for the beloved character Fr. Salvierderra in her popular novel Ramona. He rests with his fellow monks at a special tomb at Mission Santa Barbara. After his death, many stories were told of his saintly nature, revealing the impact he had upon the community. One tale has all the earmarks of folklore.

In the early years of the Twentieth Century, a flood damaged the Mission Santa Barbara. Workmen had to access the damage to the walls of the old church. To do so they had to break into the old padre’s tomb, also flooded. The workmen found bones, fragments of coffins, but, to their amazement, they reported the body of Fr. Sanchez, floating, unchanged over the decades after his death, his hands still folded, clutching his cross and a smile on his face. This shocked the workers and they were told never to speak of it again! Incorruptibility is an accepted sign of sainthood. In the year he served at our Mission I am sure he left a lasting impact on early Ventura.



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## Business Profile



## Strategic Path Financial Group

Tom A. Tyo, MBA, expertly intertwines his lifelong passion for sports, notably soccer, with a distinguished role as an advanced referee with the United States Soccer Federation.

Beyond his professional pursuits, Tom is committed to instilling the vital importance of financial planning within his family. Navigating the complexities of financial management, he underscores the necessity for a robust retirement plan to achieve long-term goals, particularly as his two college age children are currently pursuing academic and professional success. Amidst his professional commitments, Tom finds solace and rejuvenation in outdoor pursuits, including hiking, beach outings, motorcycle rides, and playing golf. Tom's passion for exploration extends to travel, where he, accompanied by his better half named Wendy, eagerly explores new destinations, adding a touch of cultural enrichment to their lives.

Tom's transition to a seasoned retirement planner is anchored in real-life experiences, having borne witness to the financial tribulations faced by his affluent uncle. A construction executive by profession, his untimely demise in a nursing home serves as a poignant cautionary tale.

Tom's forthcoming book, "Rich Uncle Mistakes: A Retirement Planning Guide to Help You Avoid the Mistakes That Saw My Millionaire Uncle Die Penniless," is a testament to his commitment to disseminating sound retirement planning practices and financial literacy. Tom earned an undergraduate degree from San Diego State University, and later achieved a Master of Business Administration degree, further enriching his financial acumen. With over a decade of experience in the financial services industry, including noteworthy roles with a fortune 100

company, Tom founded Strategic Path Financial Group, LLC in April 2019. In his current role as Managing Director, Tom remains dedicated to providing unparalleled financial guidance and personalized advice.

As a retirement planner, Tom offers financial advice and personalized guidance. He takes a comprehensive approach to understand each client's unique needs. With an impassioned commitment to assisting individuals and families in achieving financial security and success, Tom stands as a trusted advisor to clients across Ventura County, California, Washington, and Nevada, embodying both local credibility and professional reliability. Go online to <https://tyo.essentialreportsgroup.com> or call our office (805) 392-3205 to request your FREE essential reports today!

**"The British are coming!"**  
**Continued from page 1**  
hold their hand!

Ventura "historian" and author Ivor Davis had an exclusive front row seat as this Invasion exploded. Embedded with the raiders, he will reveal behind the scenes details of this astonishing coup at the Museum of Ventura County, on Thursday Jan 25 at 6 pm.

Davis will introduce his new 60th anniversary "Beatles and Me On Tour" book—and promises to reveal all—despite the consequences. The true story behind the story.

How the USA surrendered to these four lads from Britain, without a single shot being fired!

For full details go to the Museum of Ventura County website

Flak jackets will not be required at the Museum.

For more museum events go to <https://venturamuseum.org>.



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## On Vacation – Hawaii



Breeze journalist Sheli Ellsworth even reads the Breeze at the Thurston lava tube Kilauea, Hawaii in the rain.





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TIME	SPEAKERS
1 PM Check In	<b>Dr. Anthony Walls</b> <i>Medical Director, Healthcare for Justice</i>
1:30 PM Walk	<b>Alia Azariah</b> <i>Survivor. Safe House Project</i>
2:30 PM Speakers' Panel	<b>Det. Kellyn King</b> <i>Simi Valley PD, Major Crimes Department</i>
	<b>Sandy Esparza</b> <i>Survivor, Zoe International</i>


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The Bookmark

# About Libraries and Friends

by Mary Olson

## It's time for another Ventura Friends of the Library Book Sale

Saturday, January 27 , 10:00 am to 3:00 pm at the Vons at Telegraph & Victoria Fiction, Non-fiction, Children's, Manga, Comic Books, Graphic Novels Puzzles, Audiobooks, DVDs & CDs

## Local Authors visit Ojai Library (111 East Ojai Avenue, Ojai)

**Therese Marie Duncan** will visit the Ojai Library at 2 pm on Saturday, January 20, to talk about her new book, *Lion Tamer Memoir: How It All Turned Out*.

*Lion Tamer Memoir* is the author's story of healing her relationship with her father after abuse. This debut work is a fast-paced, first-person, deep dive that reads like a novel. Readers have called it a manual for living that changed how they handle their relationships. Following a brief reading, Therese will answer any questions about her life and writing experiences. She will also give away a handout, "First Person, Themes, and Plot," which outlines simple techniques for creating a memoir that reads like fiction. Therese Marie Duncan worked for seventeen years as an addictions counselor and now writes full time in Oak View.

**Joseph M. Puglia** will visit the Ojai Library at 2 pm on Saturday, January 27, to talk about his books *Girl with the Purple Ribbon*, *Always Return*, *Redemption*, and *Campfires* with Dr. Joe. His talk will focus on the evolution of the novel as it relates to characterization, themes, scenes, and plots. Puglia will reference the classics as his characters explore the proverbial question: "What makes life significant?" Joseph Puglia has worked the docks of NYC, counseled street gangs, boxed, hustled beer at Yankee Stadium, been a newspaper

columnist, spent 10 years in the Marines as an officer and taught college. His undergraduate studies were in classics, his masters in counseling psychology, and his doctorate in sports psychology.

Author events are free and open to the public. For additional information, contact Ron Solórzano, Regional Librarian, at (805) 218-9146 or [ron.solorzano@ventura.org](mailto:ron.solorzano@ventura.org).

## Career Coaching to be Offered at Ojai and Piru Libraries

Ventura County Library, in partnership with the Workforce Development Board of Ventura County (WDBVC), announces an upcoming series for job seekers. Ventura County WORKS will offer free one-on-one career coaching at the Ojai and Piru Libraries. Coaching is free, registration is not required, and drop-ins are welcome. Workshops will be offered at Ojai Library every other Thursday from 2 to 4 p.m., beginning Jan. 11 and at Piru Library (3811 Center Street, Piru), every other Tuesday from 2 to 4 p.m., beginning Jan. 9.

For more information about this program, see the [vencolibrary.org](http://vencolibrary.org) website or contact Ventura County Library Education, Literacy, and Outreach Manager Antonio Apodaca at [Antonio.Apodaca@ventura.org](mailto:Antonio.Apodaca@ventura.org) or (805) 677-7159.

**The Hill Road Library Book Club** returns Tuesday, January 30 at a new time: 4 to 5 pm to discuss **Remarkably Bright Creatures** by Shelby Van Pelt. Pick up the latest Book Club selection at Hill Road Library. To join the mailing list, please email [Linda.Cherry@Ventura.org](mailto:Linda.Cherry@Ventura.org)

**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. Our store offerings 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://venturafol-107753.square.site/s/shop> for more unique items. Orders are picked up at our bookstore in E.P. Foster Library.



On January 4, fire units were dispatched to a reported structure fire at 6427 Ventura Blvd. Firefighters arrived within 9 minutes of dispatch and found a produce delivery truck, that had been converted into a living space, on fire extending into the produce store. Due to an aggressive attack, firefighters were able to limit the fire spread to the exterior of the store. The fire was knocked down within 14 minutes of arrival. Ventura County Public Health was called and ensured any produce exposed to smoke was disposed of.

## Business Profile

# Workforce Development Board of Ventura County (WDBVC) launches “Ventura County WORKS”

The WDBVC has rebranded its existing workforce development program to “Ventura County WORKS.” The program helps job seekers in the county upgrade their skills and receive training in a variety of career fields at no cost. By visiting [VenturaCountyWORKS.net](http://VenturaCountyWORKS.net) or calling 805-648-WORK, interested community members will learn more about available career services and training that can grow their skillsets for careers including (but not limited to): Advanced Manufacturing, Information Technology (IT), Healthcare, Customer Service

“We’re incredibly excited to offer this program to Ventura County community members and help all of our job seekers unleash their career potential,” said Rebecca Evans, Workforce Development Board Ventura County Executive Director. “We also can provide resume assistance, interview preparation, career exploration, and so much more, all at no cost. We are thrilled to have locations throughout the county, including Oxnard, Simi Valley, Ventura, Ojai, Moorpark, Thousand Oaks, Camarillo,

Santa Paula, Fillmore, and Piru. Whether you need a fresh start or help with the next steps, WDBVC is here to help.”

Interested parties should visit [VenturaCountyWORKS.net](http://VenturaCountyWORKS.net) or call 805-648-WORK to learn more about locations, eligibility requirements, and how to take advantage of this opportunity.

The Workforce Development Board of Ventura County administers federal funds to support America’s Job Center of California locations and other free job seekers, youth, and employer programs and services in Ventura County. The Workforce Development Board of Ventura County is a proud partner of America’s Job Center of California network. Equal opportunity employer/program. Auxiliary aids and services are available upon request to individuals with disabilities. If you have limitations in hearing or speaking, dial 711 to reach the California Relay Service (CRS). For more information, call 805-477-5306 or visit <http://workforceventuracounty.org>.

For Federal Funding Disclosure visit <https://workforceventuracounty.org/about-us/funding/>

# Serve on the Grand Jury

The Ventura County Grand Jury will be holding information sessions for members of the public interested in becoming Grand Jurors. This is an opportunity to tour the Grand Jury Chambers, meet current Grand Jurors and get deeper insight into what it means to serve.

Two information sessions will take place on:  
Thursday, January 18, 2024 from 7:00pm to 8:00pm  
Saturday, January 20, 2024 from 11:00am to 12:00pm

at the Grand Jury Chambers located at 646 County Square Drive, Ventura.

Please RSVP for one of the above dates to Claudia D. Gomez at: [GrandJuryRSVP@ventura.org](mailto:GrandJuryRSVP@ventura.org)

If you are interested in applying for the Grand Jury or want more information, please visit the Grand Jury website at: <https://www.ventura.org/grand-jury/>

The grand jury is a civil investigatory panel of 19 citizens created to serve as a voice of the people and a conscience of the community. Jurors are not appointed by politicians; they are volunteers who act as independent eyes and ears of Ventura County residents.



10 year old Lila Lindgren- Busch and Daisey Willis are reading the Breeze at the Harbor Cove Cafe while drinking some hot chocolate.  
Photo by Patricia Schallert



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January 3, 2024 at NOON

CITY OF VENTURA



Photos by Patricia Schallert, Yana Khyod, Michael Gordon, John Perram and some others.

**Huge waves crashed in Ventura**  
**Continued from page 1**

the water, and a “mayday” was declared to rescue the swimmer and victim.”

“As firefighters were handling the rescue, they also received a report of smoke from a commercial building on Seaward. Other units on scene worked to address that incident simultaneously. that was also handled with units on scene.”

“The Ventura Fire Department urges the public to head warnings from public safety officials, obey posted signage, and stay out of coastal areas if possible.”

The incident happened as locals

were being warned about a massive swell pounding the Southern California coastline.

The rogue waves submerged bystanders at Pierpont Beach on Seaward Ave. That area has been hit the hardest with what the National Weather Service called “tremendous wave energy.”

Beachgoers were seen frantically running for their lives. The raging waters destroyed the windows of nearby beachfront buildings and hotels on its destructive path.

Nine people were rescued by San Pedro St. and Seaward Ave . with no life-threatening injuries reported.

The injured were taken to hospitals in Ventura and Santa Barbara.

Pylons were knocked loose from under the pier. The pier has been closed for nearly a year from damage sustained in storms but had been to set to reopen as early as March, The city will now have to survey damage done by the high surf and reassess the timetable.

Waves crashed in Ventura at heights between 9 and 15 feet with sets up to 18 feet, said Carol Smith, a meteorologist with the National Weather Service in Oxnard. ‘There’s pretty big surf coming through the (Santa Barbara) channel,’ she said.

“The swells are churning up because of a storm system over the Pacific.”

Lifeguards had been on rescues much of the day and that work continued Thursday afternoon, she said. The agency had made a decision to close some of its beachside campgrounds ahead of the storm surge.

Despite the warnings, visitors kept hanging out at the beach and entering the ocean, authorities said. When emergency personnel weren’t dealing with people on land, they were rescuing surfers and swimmers who had unsuccessfully tried to challenge the dangerous waves.

# Senior Living



Sonia S., Sharon L., Debbie and Pat M meeting for lunch.

## CAREGIVERS Volunteers

My name is Debbie Lasley, the new Volunteer Engagement Coordinator for CAREGIVERS Volunteers Assisting the Elderly. After 15 years in management with the volunteer department at St. John’s Hospital in Camarillo, I took a career leap last September and joined the volunteer caregiving movement here in Ventura County. I joined Caregivers in September 2023.

My new role here is a dream come true and I’m making every effort to reach out share all the new and exciting ways to volunteer. Maintaining relationships are at the heart and soul of my commitment to coaching, training, interviewing and scheduling new and returning volunteers. I look forward to creating a fun and exciting environment working with people who are as committed as I am to serve our aging population. You may feel like I do that I get as much or more than I give from these experiences.

The benefits of volunteering help us age better ourselves. Giving to others can help you to find friends, connect with the community, learn new skills, and bring meaning and purpose to your life. It can also help protect your mental and physical health, reduce stress, combat depression, keep you mentally stimulated, and provide a

sense of purpose.

With our Careworks Online system, volunteering is only a click away. Requests from seniors are added on a daily basis. You choose the date and time you are available to lend a hand with Transportation, Shop & Drop, Household Chores, Honey Do’s (small tasks), Organizing etc. (All the services we provide are non medical). It’s easier than ever, and I am happy to assist with an in person training to guide you through the process.

CAREGIVERS is celebrating its 40th anniversary this year, and it’s up to us to determine what the next 40 years looks like. We’re off to a good start going into 2024 and it should come as no surprise that the needs of these vulnerable populations we serve will require more commitment, more support. Please join us in inviting your friends and family to champion this important mission. We’ll be joining a national campaign, inviting donors to support us and encouraging new volunteers to give 40 hours over 40 weeks. Neighbors helping Neighbors is a simple idea that can change someone’s life, maybe even yours!

Please give me call at (805) 658-8530 or email [debbie@vccaregivers.org](mailto:debbie@vccaregivers.org).

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Are you in love with your automobile?

## Osher Lifelong Learning Institute 2024 Classes Beginning

Experience the fun of learning this Spring! Osher Lifelong Learning Institute, OLLI, at California State University Channel Islands announces new classes beginning January 22, 2024. Registration opens January 8, 2024.

The courses will explore American Power and the Legacy of the Greatest Generation along with an opportunity to take a look into the American Civics 101: A Crash Course.

Are you in love with your automobile-car? Explore the history of the single most important object in American life: the automobile. And, if there is a song in your heart, explore the songs and times of the great songwriters of stage and screen.

Yarning to travel? Be an armchair traveler to see the beauty and fascinating culture of the Baltic Countries of

Lithuania, Latvia and Estonia. Then sharpen your memory and reasoning skills for years to come. Participate in the “Brain Training” class.

The six-week courses start January 22nd. Registration opens January 8th.

Learn more and see the entire catalogue of classes at: [go.csuci.edu/olli](http://go.csuci.edu/olli) or call 805-437-2748 for more class information.

Experience the joy of learning with OLLI. Curiosity never retires.

## Myths About Alzheimer’s Disease

by National Institute on Aging

Alzheimer’s disease affects millions of Americans and is a leading cause of death in the United States. It’s important to distinguish the facts from the myths about Alzheimer’s, especially when it comes to finding information online. Read on to learn about common myths surrounding this disease.

Myth 1: Alzheimer’s disease and dementia are the same thing.

Understanding Different Types of Dementia infographic. Click to open webpage

Share this infographic and help spread the word about understanding different types of dementia.

People often use the terms Alzheimer’s and dementia interchangeably, but there is a difference. Dementia refers generally to conditions that lead to impaired memory, thinking, reasoning, and behavior, and Alzheimer’s is just one

**Continued on page 10**

Senior Living



More than 50 businesses, nonprofit agencies, and public service organizations will be represented.

VCAAA Workforce Committee holding Job Fair

Older adults seeking employment can make plans to attend a Job Fair that will be held in tandem with the 2024 Wellness Fest that will take place at the Goebel Adult Community Center in Thousand Oaks on Wednesday, January 17.

The Workforce Committee of the Ventura County Area Agency on Aging's Advisory Council is putting on the Job Fair, which will run from 9 a.m. to 1 p.m. that day.

Employers who are confirmed to be at the event include:

- America's Job Center of California
- Boys & Girls Club
- City of Thousand Oaks
- Conejo Valley Unified School District
- County of Ventura

• Villa Esperanza  
"We're excited to offer this opportunity to our older-adult residents in Ventura County, and we're thankful for the employers who will be partnering with us for this first-time event," said William Nelson, chair of the VCAAA's Workforce Committee. "It should be a day of meaningful connections and opportunities. We have a goal of helping employers create a thriving and inclusive workforce for all ages, and we think that there's a real benefit when they hire an older adult who brings wisdom and experience to the job."

The Wellness Fest is being put on by the Conejo Senior Volunteer Program, and more than 50 businesses, nonprofit agencies, and public service organizations will be represented, including the VCAAA.

For more information about the Job Fair or VCAAA programs, call (805) 477-7300, or visit [vcaaa.org](http://vcaaa.org).

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

Does workplace flexibility reduce risk factors for heart disease or diabetes?

by National Institute of Health

While a workplace intervention designed to reduce health risks did not help everyone in a randomized controlled trial, older adults and those already at risk did experience benefits. The findings were consistent among participants in two different industries: information technology and long-term care. The NIH-funded study tested whether increased workplace flexibility and supervisor support would reduce risk factors for heart disease or diabetes. The results were published in the American Journal of Public Health.

People spend a large fraction of their lives in the workplace, yet there have been relatively few studies examining the influence of changes in workplace practices on health. With the prevalence of family-friendly policies increasing in U.S. workplaces, NIH and the Centers for Disease Control and Prevention convened an interdisciplinary team of researchers to form the Work, Family & Health Network. To better understand how workplace practices and policies affect work, family life, and health outcomes, the team conducted the Work, Family & Health Study, a multisite, randomized controlled trial.

The study intervention lasted 12 weeks and included supervisor training focused on increasing supportive work-family behaviors and ways to modify practices and interactions between employees and their supervisors. It also included employee and manager training to identify new work practices to increase employees' control over work time and to help reduce low-value tasks. Trainings were based on STAR (Support. Transform. Achieve. Results.) toolkits, which include face-to-face and role-playing session guidance as well as materials

and scripts for activities to reinforce the sessions.

The intervention did not have a significant effect on either of the two industry groups as a whole. However, the researchers also looked at subgroups of workers in the study. Those results showed that participants with higher baseline risk, particularly older workers, experienced significant risk reductions. Risk was calculated by looking at biomarkers such as blood pressure, body mass index, tobacco use, and cholesterol. The study found consistent results across two very different types of workplaces and the intervention appeared easy to implement.



Playing tennis is a great exercise.

Learn about the four types of exercises and how they can benefit you.

Most people tend to focus on one type of exercise or activity and think they're doing enough. Research has shown that it's important to get all four types of exercise: endurance, strength, balance, and flexibility. Each one has different benefits. Doing one kind also can improve your ability to do the others, and variety helps reduce boredom and risk of injury. No matter your age, you can find activities that meet your fitness level and needs!

Endurance activities, often referred to as aerobic, increase your breathing and heart rates. These activities help keep you healthy, improve your fitness, and help you perform the tasks you need to do every day. Endurance exercises improve the health of your heart, lungs, and circulatory system. They also can delay or prevent many



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diseases that are common in older adults such as diabetes, colon and breast cancers, heart disease, and others. Physical activities that build endurance include:

- Brisk walking or jogging
- Yard work (mowing, raking)
- Dancing
- Swimming
- Biking
- Climbing stairs or hills
- Playing tennis or basketball

Increase your endurance or “staying power” to help keep up with your grandchildren during a trip to the park, dance to your favorite songs at a family wedding, and rake the yard and bag up leaves. Build up to at least 150 minutes of activity a week that makes you breathe hard. Try to be active throughout your day to reach this goal and avoid sitting for long periods of time.

Your muscular strength can make a big difference. Strong muscles help you stay independent and make everyday activities feel easier, like getting up from a chair, climbing stairs, and carrying groceries. Keeping your muscles strong can help with your balance and prevent falls and fall-related injuries. You are less likely to fall when your leg and hip muscles are strong. Some people call using weight to improve your muscle strength “strength training” or “resistance training.”

Some people choose to use weights to help improve their strength. If you do, start by using light weights at first, then gradually add more. Other people use resistance bands, stretchy elastic bands that come in varying strengths. If you are a beginner, try exercising without the band or use a light band until you are comfortable. Add a band or move on to a stronger band (or more weight) when you can do two sets of 10 to 15 repetitions easily. Try to do strength exercises for all of your major muscle groups at least 2 days per week, but don’t exercise the same muscle group on any 2 days in a row. Below are a few examples of strength exercises:

- Lifting weights
- Carrying groceries
- Gripping a tennis ball
- Overhead arm curl
- Arm curls
- Wall push-ups
- Lifting your body weight
- Using a resistance band

## Frequently asked questions about caregiving

Caregiving can be overwhelming, especially when you’re starting out. Take a deep breath! Then tackle one task at a time.

First, assess your loved one’s needs. What types of help are needed? Ask family members and friends to share tasks. Look for resources in your community, such as home health care or adult day care centers. The Eldercare Locator can help you find in-home help; transportation; resources to install ramps, grab bars, or other home modifications; and other resources in your area. It can also help you learn about options for paying for care.

My mother was recently diagnosed with Alzheimer’s. Her doctor recommended we make plans now for her future while she is still well enough to tell us what she prefers. My sister and I agree, but how do we start?

It can be helpful to know where your loved one’s important papers are stored so you can find them when you need them. Getting Your Affairs in Order has a list of legal, financial, and personal records you’ll want to locate and organize.

Another tip: Get formal permission from your loved one to talk with his or her lawyer, bank, and healthcare providers in advance. Many of these institutions have their own forms that must be signed with your loved one’s consent.

How can I help my older parents from afar?

If you live an hour or more away from a person who needs care, you are a long-distance caregiver. There are a number of jobs you can take on even if you live far away. You can arrange and coordinate care in the person’s home or long-term care facility, help with finances, organize legal and financial paperwork, or help make the home safer. You can also research local resources and learn how to make the most of your limited time when you visit an older relative far away.

## Helping family and friends on their ACP journey

If you have an advance care plan in place, you may find yourself wondering whether your loved ones also have a plan. Knowing what matters most to them can help you honor their wishes, more easily navigate future medical decisions, and give you peace of mind. Here are some ways you might start the conversation:

“I love you and wouldn’t want to do anything you didn’t agree with. It would make me feel better, though, if I knew what was important to you. Will you tell me what matters most to you if you were ever too sick to speak for yourself?”

After a movie or news story that touches on end-of-life issues: “What would you want us to do if you were in this situation?”

Remind them of an experience with someone at the end of life: “Remember when Grandma died?” Ask how they felt about it and what they would want for themselves.

Try to avoid talking about specific medical treatments or decisions, which may be scary and overwhelming. Instead, ask about concerns they have and if there is someone they trust to make decisions for them.

How to serve as a health care proxy:

If you have agreed to be someone’s health care proxy, consider these tips:

Ask about their current and future health concerns

Have conversations about ACP every year and as major life changes happen

Get a copy of their advance directive forms and other important information, like contacts for doctors and family members

Remember, you do not need to be a health care proxy to support a person as they make advance care plans. Any family-member or friend can help their loved one think through their health care decisions and advocate for their wishes. For recommendations, explore Advance Care Planning Tips for Caregivers and Families.

### Myths About Alzheimer’s Continued from page 9

type of dementia. The terms are likely confused because Alzheimer’s is the most common cause of dementia and the most well-known. Other types of dementia include Lewy body dementia, frontotemporal dementia, and vascular dementia.

Learn more about Alzheimer’s and related dementias.

Myth 2: I will develop Alzheimer’s disease if my parent has it.

If a parent or close relative has Alzheimer’s, you may be worried about developing it as you get older. A person’s chance of developing Alzheimer’s is higher if they have certain genetic variants that can be passed down from a parent. However, in most cases, just because a biological parent has Alzheimer’s does not mean their children will develop it.

Alzheimer’s is complex, and scientists don’t yet fully understand what causes it in most people. Research suggests that in most individuals, a host of factors beyond genetics play a role in the development and course of the disease. Environmental and lifestyle factors such as exercise, diet, exposure to pollutants, and smoking may also affect a person’s risk for Alzheimer’s. Although we don’t yet know how to prevent the disease, it’s important to practice healthy behaviors throughout your lifetime, such as exercising regularly and eating a balanced diet.

Myth 3: Only people in their 70s and older develop Alzheimer’s disease.

While the greatest known risk

factor for Alzheimer’s is age, this does not mean that only older adults develop it. For most people with Alzheimer’s, it’s true that symptoms first appear in their mid-60s or beyond. However, some people experience symptoms earlier, even as young as in their 30s. When a person develops Alzheimer’s between their 30s and mid-60s, it’s called early-onset Alzheimer’s. Early-onset Alzheimer’s is rare — representing less than 10% of people with the disease. Developing Alzheimer’s earlier in life can present specific challenges. People diagnosed at younger ages are more likely to be raising children or working outside the home, or both.

Many people living with Down syndrome, a genetic condition, will also develop Alzheimer’s at an earlier age and may begin to show symptoms in their 40s. Myth 4: Alzheimer’s disease symptoms are normal as we get older.

Many people become more forgetful as they age, and some forgetfulness, such as losing things from time to time, is normal. However, common signs and symptoms of Alzheimer’s, such as making poor judgments and decisions a lot of the time, having problems recognizing friends and family, or losing track of the date or time of year are not a normal part of aging.

If you are worried about your memory or other possible Alzheimer’s symptoms, talk with your doctor. The doctor may ask questions about your health history, perform assessments of your thinking and memory, and conduct medical tests to determine your diagnosis.

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# The Pet Page



Dedicated to Scamp

The Parks & Recreation Activity Guide has Leash Manners for Dogs- Learn techniques and tools to help you and your canine reduce leash pulling and Puppy Basic Training- Owner's learn how to teach their puppy basic commands. Register at [www.cityofventura.ca.gov/register](http://www.cityofventura.ca.gov/register).

If you think of a game of fetch, you might picture a dog running back and forth, eagerly retrieving a ball. But a new, first-of-its-kind study in the journal Scientific Reports shows that they're not the only pets that like the game: Cats play fetch, too, just on their own unique terms.

Academics at the University of Sussex and Northumbria University in Great Britain surveyed almost 1,000 owners of 1,154 cats to find out if - and why - they fetch, which was defined as an animal retrieving an object that's thrown.

According to their findings, nearly 95% of the cat owners reported that their cats fetched items instinctively, in the absence of overt training. One survey respondent said their cat returned the toy completely unprovoked.

Fetching was mainly first noticed when cats were under 1 year old.

What's more, "cats who fetch largely determine when they engage in fetching sessions and actively influence the play behavior of their owners," according to the study. In other words, unsurprisingly to cat owners, they liked to be in control.

"So it can say a bit about cats being in control of their interactions and being in control of their environments, [or] being in control of us, you might even go so far to say," says Jemma Forman, a doctoral researcher at the University of Sussex and co-author of the study.

But the motivation for cats to fetch objects seems to be different from that for dogs. Cats are more inclined to play on their own with objects that resemble prey. For dogs, play is more social, involving either another dog or human.

In general, play has major advantages for both the pet and the owner, as it not only helps to prevent aggression towards the owner, but also models the act of preying on real animals, an important kind of play behavior.

"So even if your cat doesn't play fetch, obviously it's a really good idea to try and engage them in any sort of play. Play does have a lot of benefits," says Forman. It's about owner receptiveness to your fur baby, she says.

**Diets limiting ingredients, not allergens, improve dog GI issues by Olivia Hall College of Veterinary Medicine**

Restricting the number of ingredients in the diet lessens signs of disease in dogs with persistent gastrointestinal diseases, a study by researchers in the Department of Clinical Sciences in the College of Veterinary Medicine has found.

Dogs with chronic enteropathy (CE), an umbrella term describing gastrointestinal diseases lasting for three weeks or longer, responded equally well to both the trial and control diets.

"Our findings question assump-

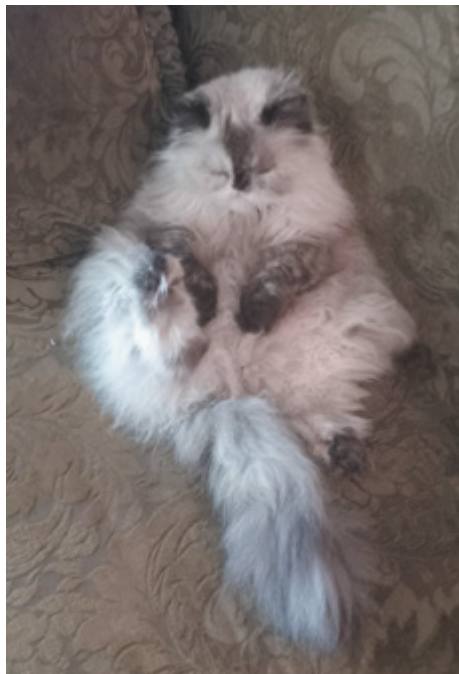
tions that have been made about the cause of food intolerance in dogs with CE, which was largely considered an adverse immune response to dietary antigens," said Kenneth Simpson, professor of small animal medicine and co-author of the study, published Sept. 7 in the Journal of Veterinary Internal Medicine.

Many dogs with signs of CE - such as diarrhea, vomiting and weight loss - and without evidence of other diseases, often respond well to a change in food type. "But we really don't know why they're responding," Simpson said.

To home in on what may cause the disease, Simpson and his colleagues designed the first randomized, controlled study on this topic, supported by funding from Farmina Pet Foods. Dogs with CE were randomly assigned one of three diets with similar calorie and macro-nutrient profiles: two "hypoallergenic" diets and one with fewer ingredients compared to most commercial pet foods. Neither pet owners nor investigators were aware of which diet each dog was receiving.

The hypoallergenic diets contained fish that had been hydrolyzed, a process that breaks up molecules that might otherwise cause an allergic reaction. "Hydrolyzed diets are thought to be beneficial in reducing immune hypersensitivities that are related to food," Simpson said.

The third group was fed the



"I'll fetch when I feel like it."

diet with fewer ingredients, but contained nonhydrolyzed proteins and other ingredients thought to trigger an immune response, such as those from corn, chicken and fish.

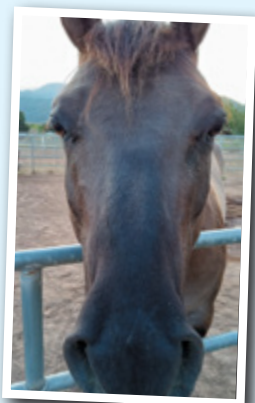
To the researchers' surprise, all dogs did better on their new diets - regardless of whether they were in the trial or control groups. Of the 23 enrolled dogs, 19 responded positively to the food they were initially assigned, with reduced disease activity and improved stool consistency. The four nonresponsive dogs were crossed over to a different diet and also improved, staying on for the duration of the study.

Eight other dogs with a more severe form of CE (protein-losing enteropathy, or PLE) got the hydrolyzed diets. While PLE has usually been treated with drugs to suppress the immune response, seven of the dogs saw an increase in body weight and

## Scamp Club

(Scampclub pets are not for adoption.)

Arlo is a quarter horse. He is a Reiner. He is 5 years old and loves people and carrots. Reining is an equine performance event that requires a horse and rider to effectively work together to complete an individual pattern. Reining evolved from the ranch horse, one who is quick on their feet and is guided using a light rein.



## 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.

sustained remission of GI symptoms on the new diet; for two of them, diet alone caused clinical remission.

These results challenge the belief that CE is driven by adverse reactions to certain common dietary antigens to which dogs have been previously exposed, but it's unclear what other ingredients, or combinations of ingredients, caused problems in the past.

The researchers are also puzzled

by the fact that participants went into remission during this study after failing previous dietary trials. They suspect that owner compliance, not sticking to the prescribed diet or giving different food for snacks, may have played a role in the poor response. Other discrepancies between ingredients and labeling in commercial pet foods may have also contributed.

## Forever homes wanted



Hi, I'm Teddy, a 2-year-old (I'll be 3 in April) handsome Chow X who was rescued in bad shape from a shelter. The person who rescued me, nursed me back to health, but isn't able to keep me. I'm not good with cats, she has five. I'm very loving and sweet once I'm comfortable with you. I love giving my paw and holding your hand. I also love treats,

toys and being outside. The best home for me would be with a backyard and with an active family. I don't enjoy being left alone all day. I take time to warm up to other dogs, but once I do I like to play. If you're interested in meeting me, please fill out an online application.

Canine Adoption and Rescue League C.A.R.L.

Meet our Senior Pet of the Week Selkie! She's looking for a soft spot to live out her golden years. This sweet pittie is low energy and loves humans of all shapes and sizes, but would prefer to be the only animal in the home. Selkie is looking for someone with a heart for animals with medical needs who just need love. adopt Selkie, reach out to her foster for more information! Pet Link: [VCAS https://www.vcas.us/viewan-2/?ida=A822850](https://www.vcas.us/viewan-2/?ida=A822850)



# Harbor Patrol Blotter

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

Tuesday 12/19  
10:40pm, dispatched to a choking victim in the Ventura Marina Community. Officers responded with AMR/VFD to assist with assessment and treatment.

Wednes 12/20  
8:40am, observed heavy debris coming down and out the barranca in the keys. Officers did not start rescue boats due to the debris in the water.

11:46am, dispatched to an Ocean Rescue at VWM for a male who fell into the water and cannot get out. The male victim was eventually pulled from the water and was treated for hypothermia by AMR medics.

Thursday 12/21  
1:55am, officers mitigating flooding from an extreme storm cell around the harbor. Navigator was flooded, and signs were placed in the low-lying area near the Holiday Inn express parking lot, water was up to vehicles windows.

Friday 12/22  
12:45pm, observed then removed a large tree limb and various other flotsam in the Pierpont Basin that came down the barranca at the entrance to the keys.

Saturday 12/23  
12:23pm, officers cleaning and drying out cabinets and equipment on the patrol vehicles that were inundated with water from the recent storms.

Sunday 12/24  
11:07pm, dispatched to a male with an injured finger at Surfers Knoll. Officers responded with AMR/VFD to assist with locating, assessment and treatment.

11:55pm, contacting two VPD units near VHV G-dock. They were investigating two fishermen fighting over who caught more squid that evening.

Monday 12/25  
6:43pm, dispatched to fire alarm at 4points Sheraton, cancelled en route.

Tuesday 12/26  
1:07pm, dispatched to surfer in distress off Emma Wood. Officers Responded in Fireboat to the call, found one surfer at

outside reef, not in distress.

Wednes 12/27  
2:19pm, dispatched to a missing surfer at Surfers Point, a surfboard washed up on the beach. Officers responded in the Fireboat and Rescue watercraft, the missing person was found in the parking lot at C-street, no injuries.

Thursday 12/28  
6:51am, dispatched to vessels adrift near VWM H-dock. Officers responded in the Fireboat, found damaged docks and vessels lines parted from the strong surge created by the massive swell. TowBoat US assisted with towing vessels.

9:30am, issuing warnings to seek higher ground to beach patrons watching the large surf. Surges of white water are rushing up the beach and inundating the parking lots with debris and water. Beach is impassable from flooding/debris.

9:50am, dispatched to Ocean Rescue at Seward, 8 victims. Officers responded in the Fireboat and Rescue watercraft to the call. The patients were actually on the street knocked down by the surge from a rogue wave that also flooded street.

10am-1pm, dispatched to multiple Ocean Rescues at Rincon, Mondos, Ventura Pier, San Pedro, Ayala, Surfers Knoll Jetty and more. Marine Safety Officer Nick Givens on the RWC pulled multiple victims from dangerous situations.

Friday 12/29  
2:08am, received a landline from a captain of commercial fishing vessel at Santa Cruz Island wondering when they can return to the harbor. Officers advised that the United States Coast Guard “captain of the port” has ordered the harbor closed, that the entrance would be reevaluated at daybreak.

6:50am, officers standing by in the Fireboat at the harbor entrance while ten commercial fishing vessels attempt returning to port. Extreme conditions



On January 2, at 9am, fire units were dispatched to a reported structure fire in the 2500 block of Pierpont Blvd. Ventura Firefighters arrived within 4 minutes of dispatch and found a detached garage with smoke and fire showing.

The fire was immediately threatening multiple homes including the primary residence of the garage.

Firefighters made an aggressive attack to extinguish the fire and stop the spread to nearby homes. Firefighters extinguished the fire with a coordinated effort of vertical and horizontal ventilation to keep the fire from spreading throughout the structure. The fire was controlled 8 minutes after units arrived on scene and the garage was confirmed to have no victims inside. Ventura City Fire units were assisted by Ventura Police Department as well as Oxnard City Fire Department.



The Ventura County Long Term Care Ombudsman Program is seeking a few good people who want to make a difference in the lives of the elderly in long term care facilities, 60% of whom in nursing homes have no family or friends who ever visit. You can contribute significantly to their lives and to yours.

If you'd like to be that voice for an older or dependent adult, we'd love to hear from you.

Please call **805-656-1986**

for more information...or visit our website at **www.Ombudsmanventura.org** to fill out an application.

Our upcoming training is scheduled for February 2024 and we're accepting applications now. Space is limited.

exist with waves periodically closing out the entrance. Thankfully, all the vessels made it back to port with some real “white knuckler” passes into the harbor.

2-6pm, officers conducting multiple ocean rescues on the RWC along Pierpont.

8:49pm, dispatched to a traffic accident at 1567 Spinnaker dr. The call turned out to be a 59 y/o male suffering a medical condition and drove on the promenade through the Harbor Village, ending up at the fish offloading pier. The patient was treated then transported to local hospital for further evaluation.

Saturday 12/30  
9:00am, issuing warnings to beach patrons observing the huge waves at harbor beaches, advising to move to safe distances from surges that are constantly inundating the beaches and parking lots that are closed.

9:28am, dispatched to Ocean Rescue, surfer in distress at the Ventura Point. Officers responded on RWC's to assist. The surfer was able to return to shore.

2:10pm, observed a commercial fishing vessel in violation of speed and USCG closure outbound of harbor. Officers futilely attempted to contact/stop vessel.

**Moving In?  
Moving Up?  
Moving Out?**

I can help you with that!

BERKSHIRE HATHAWAY | California Properties HomeServices

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**ADELA TRAINOR**  
**DRE 01985025**  
**805.701.7694**  
**TEAMTRAINOR12@GMAIL.COM**

Weekly SUDOKU

Answer

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

King Crossword

Answers

Solution time: 21 mins.

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



# Ventura events

by Ana Baker

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

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

**Paws for Reading brings together young readers and affectionate canine listeners to help boost the confidence of beginning readers.** Hill Road Library, Wednesdays, 3:30 - 5 p.m. and 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 16: The Ventura Senior Men's Group Men over 50 are welcome to visit this group from 11:30 - 1:30 p.m. on the first and third Tuesdays of each month at the beautiful Poinsettia Pavilion, 3451 Foothill Rd.** Enjoy a buffet lunch followed by an engaging speaker (your first lunch is Free). We talk about anything except religion and politics. Our speaker will be U.S. Navy Commander (Retired) and pilot Ken Webster. For additional information, please call Tom at 805-657-1071 or visit [VSMG.net](http://VSMG.net).

**January 18: The East Ventura Community Council (EVCC) will meet virtually at 7 p.m. Visit the EVCC website at <https://eastventura.org/> for the Zoom meeting link.** The agenda includes the East Ventura police report and a presentation from Stephanie Caldwell from the Ventura Chamber of Commerce. The Ventura Chamber of Commerce works year-round to support

a strong local economy through its stewardship of city policy and business development. The purpose of the EVCC is to encourage residents to understand East Ventura's problems, needs, and expectations and to recommend, initiate, and participate in developing and implementing programs or solutions. The EVCC facilitates communications between the community and government or other service agencies.

**January 20: The Ventura County Genealogical Society will present a second speaker on Saturday from 1 - 4 p.m.** In addition to professional genealogist Thomas MacEntee Family History Success," Alexander Tolksdorf will provide an overview of historical German handwriting, "Exploring German Handwriting." All VCGS workshops are free and open to members and the public. Non-members may request a Zoom invitation at <https://venturacogensoc.org/request-invitation-to-lecture/>. VCGS is an all-volunteer, public-benefit non-profit corporation [501(c)(3)]. Donations are greatly appreciated. For more information about the society, visit <https://www.venturacogensoc.org>.

**January 20: Saturday from 3 - 6 p.m., The Museum of Ventura County documentary premiere of The Legends of Hobson Heights: The Untold Tales of 100 Years of Architecture, Triumph, and Tragedy.** This film includes over 20 gorgeous Hobson Heights properties and their fascinating stories of Hollywood movie stars, secret speakeasies, Olympic gold athletes, ghosts, ground-breaking firsts, and the heartbreaking story of the fire that almost destroyed it all. Step into the 1920s and join us for a free premiere showcasing a century of captivating stories. Sip on drinks for a cause. All proceeds will support the Museum of Ventura County. Dress to impress in your best 1920s attire. Registration and information at <https://venturamuseum.org/events/>

**January 24: The College Area Community Council in Ventura will hold a Zoom meeting on Wednesday at 7 p.m.** Council meetings are held on the fourth Wednesday of each month and include speakers and discussion on neighborhood and community interest topics, including public safety and economic development. An invitation and link to the meeting will be sent to everyone on the CACC mailing list. Visit the College Area Community Council website @ <https://caccventura.com> to learn more, to be added to the mailing list, or to access a link to the Zoom meeting."

**January 24: Sunday 1:00 PM to**

**3:30 PM. Swing Shift 17 piece Big Band featuring Jan Nelson on vocals will delight your happy feet and will play to your dancing pleasure.** Donations: Members \$10.00 Non-Members \$15.00 Location: 3007 Bunsen Ave., Ventura Website: <https://channelcitiesjazzclub.com/>

**January 27: Ventura Friends of the Library will hold a book sale from 10 to 3 p.m. at the Vons at Telegraph and Victoria (6040 Telegraph Rd.).** Fiction, Non-fiction, Children's Books, Manga, Comic Books, Graphic Novels, Puzzles, Audiobooks, CDs, and DVDs. Contact: Mary Olson (805) 223-1187.

## Ojai news and events

**Local Ojai author Joseph M. Puglia will visit the Ojai Library at 2pm on Saturday, January 27, 2 to talk about his books Girl with the Purple Ribbon, Always Return, Redemption, and Campfires with Dr. Joe.**

In his novels, Puglia's characters find the things that matter, hold on to them, fight for them, and refuse to let them go. Writing a novel is a love affair, the process of which can be magical—though frankly, it's putting one word after the other. The focus of this talk will be the evolution of the novel as it relates to characterization, themes, scenes, and plots. Puglia will reference the classics as his characters attempt to find the answers to the proverbial question: "What makes life significant?"

Joseph Puglia has worked the docks of NYC, counseled street gangs, boxed, hustled beer at Yankee Stadium, been a newspaper columnist, fought a war, fallen in love, taught college, been a dad, failed, been a friend, a sinner, and a senseless romantic, hopped an eastbound freight, and raised some holy hell. He didn't just fall off the vegetable truck—his undergraduate studies were in classics, his masters in counseling psychology, and his doctorate in sports psychology. However, his most prolific accomplishment is graduating from the University of Hard Knocks. Puglia spent 10 years in the Marines as an officer, taught college, and currently is a starving writer chasing immortality.

This event is free and open to the public. For additional information, contact Ron Solórzano, Regional Librarian, at (805) 218-9146 or [ron.solorzano@ventura.org](mailto:ron.solorzano@ventura.org).

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

**Meteor Shower By Steve Martin Directed by Brian Robert Harris**

**Weekends, January 26th - February 18th Ojai Valley, 1993- Corky and Norm eagerly anticipate hosting Gerald and Laura at their charming home in a serene valley just outside Los Angeles.** Their plan? To witness a meteor shower that promises to be a once-in-a-lifetime spectacle. However, as the night unfolds beneath the twinkling sky, a starlit dinner party transforms into a whirlwind of flirtation, lunacy, and laughter. With his characteristic absurd humor, Steve Martin skillfully distorts the boundaries of time and reality, weaving together a play that is as surprising as it is hilariously unforgettable.

**Partnership will help curb bullying Continued from page 1**

action. In cases of immediate danger to a student when Gaggle cannot reach a district-appointed contact, law enforcement will be alerted for immediate intervention.

"Our district chose to implement Gaggle SpeakUp as part of our commitment to fostering a safe and supportive environment for our students. By partnering with Gaggle, we aim to enhance and cultivate a culture where students feel empowered to speak up and feel heard, supported, and protected within our school community," stated Maria Elizarraras, Director of Student Support Services.

For further information about VUSD's Gaggle implementation, please contact Marieanne Quiroz, Public Information Officer at VUSD, via email at [marieanne.quiroz@venturausd.org](mailto:marieanne.quiroz@venturausd.org).

Since 1999, Gaggle has been the leader in helping K-12 districts manage student safety on school-provided technology. Using an effective combination of artificial intelligence and trained safety experts, the solution proactively assists districts 24/7/365 in the prevention of student suicide, bullying, inappropriate behaviors, school violence, and other harmful situations. Most importantly, Gaggle continues to help hundreds of districts across the country avoid tragedies and save lives, while also protecting their liability. For more information, visit [www.gaggle.net](http://www.gaggle.net) and follow Gaggle on Twitter at @Gaggle\_K12.

The District is made up of an early childhood education program, 26 elementary, middle, and high schools, with more than 16,000 school-age students, an adult education center, 2,000 staff, and a wealth of parents and community members who all strive to help our children find their passion—academically and personally.

For more information, visit [www.venturausd.org](http://www.venturausd.org) or call 805-641-5000.

# 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

**COUNTY of VENTURA**

 @JoinVCFD

 @JoinVCFD

 @JoinVCFD

# Ventura County joins exciting new pre-apprenticeship Tri-County Program for construction and trades careers

Residents of Ventura, Santa Barbara, and San Luis Obispo Counties can register at no cost for the High Roads Construction Careers program, put forth by Workforce Development Board of three counties.

Enrollment is now open for the WDBVC's Construction and Trades training program, designed to help residents of the Tri-Counties become competitive applicants as they take the next steps in their careers in the construction industry. Throughout the 12-week program, participants will learn skills such as blueprint reading, construction math, financial literacy, how to handle tools and materials, and many other valuable competencies, all at no cost to them.

Additionally, participants will be able to form important connections with Trades industry leaders who can help them navigate the application process and connect them with available stipends so that they can learn, grow, and earn at the same time.

"This program is an amazing opportunity to get a great jump on your construction or trades training!" said

Andrea Sanchez, Senior Administrative Manager for WDBVC. "For the first time we are providing a stipend during training, so we're strongly encouraging Ventura County residents to take advantage of this opportunity and make themselves competitive applicants!"

To learn more about this program and access the application, interested Tri-County residents can visit [tricountyhrcc.org](http://tricountyhrcc.org).

The Workforce Development Board of Ventura County administers federal funds to support America's Job Center of California locations and other free job seekers, youth, and employer programs and services in Ventura County. The Workforce Development Board of Ventura County is a proud partner of America's Job Center of California network. Equal opportunity employer/program. Auxiliary aids and services are available upon request to individuals with disabilities. If you have limitations in hearing or speaking, dial 711 to reach the California Relay Service (CRS). For more information, call 805-477-5306 or visit <http://workforceventura.org>.

# Results of online Public Health survey

The Independent Living Resource Center (ILRC), a disability services and advocacy nonprofit organization in California, is excited to announce the results of our online Public Health survey today. ILRC's Public Health Advocate, Emily Bridges, created the anonymous questionnaire in January 2023 to discuss access issues people with disabilities and older adults encounter throughout Santa Barbara, San Luis Obispo, and Ventura Counties. Participants shared their responses through the deadline of November 17, 2023. Topics addressed feelings on interactions with healthcare providers, insurance and other benefits, access to local resources, and general thoughts.

A total of 86 people participated in the online survey. When asked to rank their satisfaction on a scale of 1 to 5, most respondents selected 3, 4, or 5. These choices indicate most of the people who answered feel their needs are generally being met. However, in the comments sections, feedback brought up various issues in ILRC's service area. Such concerns include:

Being overlooked by professionals for their needs (i.e., physicians, insurance providers, resource staff). Enrolling and scheduling appointments are also complex and time-consuming processes. Unaffordable, scarce, or inaccessible services, especially in rural areas (i.e., caregiving, housing, and transportation). Also, few options extend beyond county boundaries. Services typically do not consider whole-person care and social determinants of health, like safety, education, and social support.

The findings show a need for more awareness, training, and policies focused on improving access to healthcare and other resources. Similar instances of healthcare inequity for people with disabilities occur across the United States, which has prompted federal government agencies like the National Institutes of Health (NIH) and the Department of Health and Human Services (HHS) to center more research and initiatives on addressing this widespread concern.

On a local level, different but connected improvement suggestions apply to the affected individual, providers, and policymakers. Patients could use advocacy strategies when speaking with professionals, such as highlighting the main reasons for their visit and asking clarifying questions. Service professionals could further their knowledge in disability competency and allow for more creative supports tailored to meet the needs of the person (i.e., care navigators, telehealth, and mobile/at-home support). Finally, legislators could host town halls to share updates and feedback from their constituents. The comments could serve as the blueprints for new laws and programs to improve equity and access.

The Independent Living Resource Center was founded in October 1976. We have offices serving Santa Barbara, San Luis Obispo, and Ventura Counties. Our mission is to promote independent living and full access for individuals with disabilities through advocacy, education, and action in our communities.

If you have any questions, ILRC staff will be happy to talk more about the survey results and how to improve access within the community. For further information, please visit [www.ilrc-trico.org](http://www.ilrc-trico.org).

# In January we celebrate the life of Martin Luther King, Jr.

Martin Luther King, Jr. was one of the main leaders of the American civil rights movement. A Baptist minister by training, King became a civil rights activist early in his career, leading the Montgomery Bus Boycott. His efforts led to the 1963 March on Washington, where King delivered his "I Have a Dream" speech, raising public consciousness of the civil rights movement and establishing King as one of the greatest orators in American history.

In 1964, he became the youngest person to receive the Nobel Peace Prize for his efforts to end segregation and racial discrimination through civil disobedience and other non-violent means.

Martin Luther King, Jr. Day is a United States federal holiday marking the birthday of Martin Luther King, Jr. It is observed on the third Monday of January each year, which is around the time of King's birthday, January 15.

King was assassinated on April 4, 1968, in Memphis, Tennessee. He was posthumously awarded the Presidential Medal of Freedom by President Jimmy Carter in 1977. Martin Luther King Day was established as a national holiday in the United States in 1986. In 2004, King was posthumously awarded a Congressional Gold Medal.

# Kids & Family Together

## The Power of Love

An 80's themed FUN-raising dance supporting Kids & Families Together.

We are thrilled to invite you to join us for our fifth annual fundraising event for Kids & Families Together! This year's event, The Power of Love ~ an 80's themed FUN-raising dance, will carry you back-in-time to the decade of the boom box, the mix-tape, the Walkman, and totally awesome dance music!

Who we are and what we do...

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

K&FT provides families with much needed mental health counseling, support, and education that brings direct and meaningful results right into the home. Here is what one kinship caregiver said about their experience working with K&FT.

"I can't tell you how much I appreciate..."

Continued on page 19



# TASTE WEEKLY

## CRUMBL — VENTURA

1708-C S Victoria Ave  
Ventura, CA 93003

 **crumbl**  
cookies



by Pam Baumgardner  
VenturaRocks.com

Happy New Year! Just like every year before, my hope for our community is that more people get out and take in live music here Ventura while supporting our local venues. My personal New Year resolution on the other hand, is to enjoy and support even more singer/songwriters.

After the closing of Copa Cubana last month in the Ventura Harbor Village, Jerry McWorter has relocated his popular Tuesday Blues Day to a new location, this time downtown Ventura at the Twist on Main; hours remain the same 7-9 pm.

Thursday, January 11, The White House will feature a special night of live music featuring Rick Marcel who has worked with Kool & the Gang, The Isley Brothers, Stephanie Mills and more. Marcel brings a full band playing all your favorite boogie, disco and dance favorites. Call to RSVP tickets (with or without dinner) to (805) 320-8655.

Another Concert for Causes show will be held at the Ventura Theater on Saturday January 13 to benefit Autism Speaks which is a non-profit autism awareness organization and the largest autism research organization in the United States. It sponsors autism research and conducts awareness and outreach activities aimed at families, governments, and the public. This special event will feature local bands such as The Guitar & Whiskey Club, Raised on Vinyl, Fallen Saints and the Allegations.

It's been a while since Cadillac Zack has brought one of his shows to Cantara, so I'm pleased as punch that he brings legendary blues and rock band, Canned Heat, to Cantara Cellars for a show on Thursday, January 18. There will be an opening set by Eugene Hideaway Bridges. I assume I don't need to tell you how inspiring it is to be in the presence of a band who played Woodstock. Secure your tickets on EventBrite.com.

Tickets are on sale now for Kenny Wayne Shepherd Band (Dirt on my Diamonds Tour) at the Oxnard Performing Arts Center for Friday, April 19; and Save Ferris for March 16 at Ventura Music Hall.

Quick Notes: don't forget Bombay Bar and Grill has moved their Blues Night to Thursdays starting at 7 pm; catch Black Flag at the Ventura Music Hall on Sunday, January 14; Barrelhouse Wailers return to the Ojai Underground for a show on Saturday, January 13; Nashville-based singer/songwriter Halley Neal plays Namba on Saturday, January 20; Agent Orange plays Gigi's on Saturday, January 20; enjoy classical music with violinist Phillip Levy at Beatric Wood Center for the Arts on Sunday, January 21 (program includes Beethoven, Tchaikovsky and more); get your dancing shoes on for this month's Sunday afternoon of swing dancing at House of Dance featuring Swing Shift on Sunday, January 21; and Café Fiore has an open mic and

jam on Tuesday, January 23. 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 1/13: Shay Moulder
- Aqua Beachfront Bar (Crowne Plaza)**  
**450 E. Harbor Blvd., Ventura**  
Wed 1/10: Déjà vu Too  
Wed 1/17: Jerry Breiner Solo
- Beatrice Wood Center for the Arts**  
**8585 N. Ojai Rd., Ojai**  
Sun 1/21: Phillip Levy, Tae Yeon Lim
- Bellringer Brewing Co.**  
**472 E. Main St., Ventura**  
Fri 1/12: Katie Leigh
- Boatyard Pub**  
**1583 Spinnaker Dr., Ventura**  
Music 6-9; except Thurs 4-9  
Tuesdays: Noah Thoresen  
Wednesdays: Frank Barajas  
Thursdays: Jim Friery (4 pm ); Bluegrass Jam (6:30 pm)  
Fri 1/12: Karen Eden & the Bad Apples  
Sat 1/13: Bill Macpherson & Jen Staves  
Fri 1/19: Teresa Russell & Stephen Geyer
- Bombay Bar and Grill**  
**143 S. California St., Ventura**  
Thurs 1/11: Blues Night w/ Red Headed Stephchild  
Fri 1/19: Romper, Expect the Worst, Ugly, RedSuperGiant, Destiny Inn  
Sat 1/20: Plan Your Escape, Two Brothers, Pretty Well, In the Grey
- Café Fiore**  
**66 S. California St., Ventura**  
Tues 1/16: Eden & the Bad Apples  
Tues 1/23: Open Mic and Jam
- Cantara Cellars**  
**126 N. Wood Rd., Camarillo**  
Fri 1/12: :Colette Lovejoy Band  
Sat 1/13: Heart and Soul  
Thurs 1/18: Canned Heat  
Fri 1/19: Johnny and the Love Handles  
Sat 1/20: Bad Habit
- The Cave**  
**4435 McGrath St., Ventura**  
Wed & Thurs: Bobby Apostol  
Fri & Sat: Warren Takahashi
- Copper Blues**  
**591 Collection Blvd., Oxnard**  
Fri 1/12: Mix 3  
Sat 1/13: Mirage  
Fri 1/19: Caliente 805  
Sat 1/20: Siempre Selena
- Deer Lodge**  
**2261 Maricopa Hwy., Ojai**  
Fri 1/12: Mia Dyson, Scott Hirsch  
Fri 1/19: Cinder Well
- Four Brix**

- 2290 Eastman Ave., Ventura**  
Sun 1/14: Clear Sky Trio  
Fri 1/19: Caught Red Handed  
Sun 1/21: Mack and D
- Garage**  
**1091 Scandia Ave., Ventura**  
Fri 1/12: Breaking Bored  
Sat 1/13: Steph's Rockin' Road Show  
Fri 1/19: Duncan and the Dragon-slayers  
Sat 1/20: What the Funk
- Gigi's Cocktails**  
**2493 Grand Ave., Ventura**  
Fri 1/12: Freddy & Friends  
Sat 1/20: Agent Orange, The Drowns
- The Grape**  
**2733 E. Main St., Ventura**  
Tues: The Gratitude Jazz Jam  
Wed 1/10: Blanco Diablo  
Thurs 1/11: Judy Wexler Band  
Fri 1/12: The Ed Smith Group  
Sat 1/13: Richiman and Groove  
Nice feat Joey Delgado (2 pm); Nick Mancini (8 pm)  
Wed 1/17: Doug MacDonald Group  
Thurs 1/18: Will Brahm Quartet  
Fri 1/19: Derek Frank  
Sat 1/20: Lewis Porter (2 pm); Jennifer Leitham Trio (8 pm)
- House of Dance**  
**3007 Bunsen Ave., Ventura**  
Sun 1/21: Swing Shift
- Keynote Lounge**  
**10245 Telephone Rd., Ventura**  
Thursdays: Open Mic  
Fri 1/12: No Biggee  
Fri 1/19: Vinyl Gypsies  
Sat 1/20: Toxic Sushi
- Leashless Brewing**  
**585 E. Thompson Blvd., Ventura**  
Sat 1/13: Mark Masson JamGrass  
Sun 1/14: Shay Moulder  
Fri 1/19: JB & Wise Owl  
Sun 1/21: Kris Simeon
- Majestic Ventura Theater**  
**26 S. Chestnut St., Ventura**  
Sat 1/13: The Guitar & Whiskey Club, Raised on Vinyl, Fallen Saints, The Allegations
- Manhattan**  
**5800 Santa Rosa Rd., Camarillo**  
Wednesdays: Robert Van  
Thursdays: Tom McMorran  
Fridays: Tour Support  
Saturdays: Jeanne Tatum Trio
- Moofish Café (inside Crowne Plaza)**  
**450 E. Harbor Blvd., Ventura**  
Thurs 1/11: Seth Andre Oster & Michael Velasquez
- Mrs. Olson's**  
**2800 Harbor Blvd., Oxnard**  
Sun 1/14: Teresa Russell
- Namba Arts**  
**47 S. Oak St., Ventura**  
Sat 1/13: Baila Nova  
Sun 1/14: The Listening Room  
Sat 1/20: Halley Neal & Caleb Bigler
- Ojai Underground Exchange**  
**616 Pearl St., Ojai**  
Sat 1/13: Barrelhouse Wailers
- Onyx Bistro**  
**2390 Las Posas Rd., Camarillo**  
Fri 1/12: Smokey & Friends  
Fri 1/19: Jack Keough  
Sat 1/20: George Krikes
- Orozoco's de Ventura**  
**839 E. Front St., Ventura**  
Fridays: Soul 4 II
- Oxnard Performing Arts Center**  
**800 Hobson Way, Oxnard**

- Sat 1/13: Dreaming of You
- Prime Steakhouse & Wine Bar**  
**2209 E. Thompson Blvd., Ventura**  
Tuesdays: Danny D
- The Raven Tavern**  
**1651 S. Victoria Ave., Oxnard**  
Fri & Sat 7 pm  
Fri 1/12: Delta by the Beach  
Sat 1/13: Undercover Super Group  
Fri 1/19: Brandon Ragan Project  
Sat 1/20: Duke Fame Band
- San Souci**  
**21 S. Chestnut St., Ventura**  
Wed 1/10: Centershift, Macro Mal  
Wed 1/17: Slow Decay, Die Healing, Loc Dawgs  
Sat 1/20: Local Bylaws, Defeating the Purpose, Spider Baby
- The Shores**  
**1031 Harbor Blvd., Oxnard**  
Fri 1/12: CRV  
Sat 1/13: We Are the 80s  
Fri 1/19: Little Bit of Everything  
Sat 1/20: Sin Chonies
- The Six**  
**419 E. Main St., Ventura**  
Sat 1/13: LakeDub  
Fri 1/19: Medicine Hat  
Sat 1/20: SGV Vibes, Bombafiya
- Strey Cellars**  
**951 N. Rice Ave., Oxnard**  
Sun 1/21: Brandon Ragan Project
- Taqueria Jalisco**  
**4275 Tierra Rejada Rd., Moorpark**  
Tuesdays & Fridays: Jim Friery
- The Twist on Main**  
**454 E. Main St., Ventura**  
Tuesdays: Tuesday Blues Day  
Sat 1/13: Frank Barajas (1pm: Hillary Watson (4 pm); King Bee (8 pm)  
Sun 1/14: Hot Roux  
Sat 1/20: Joe Delia (1 pm); Austin & Sage (4 pm); Cyamik Ashtiani (8 pm)  
Sun 1/21: Steve and Sally Williams
- Vaquero y Mar**  
**435 E. Thompson Blvd., Ventura**  
Sundays: Mariachi  
Tuesdays: The Sea Hunter, Lowered Expectations  
Wednesdays: The Jelly Jam Band  
Sat 1/13: Spider Baby, Strychnine Ninety Nine, Hong Kong Frenzy
- Ventura Harbor Village**  
**1559 Spinnaker Dr., Ventura**  
Music: Noon  
Sat 1/13: Elektric Love In  
Sun 1/14: the Cocoknotts
- Ventura Music Hall**  
**1888 E. Thompson Blvd., Ventura**  
Sun 1/14: Black Flag  
Tues 1/16: Mayer Hawthorne  
Thurs 1/18: Daniel Donato  
Fri 1/19: The Alligators, Shaky Feelin'  
Sat 10/20: Zoso
- The White House**  
**281 W. Main St., Ventura**  
Thurs 1/11: Boogie Nights
- Winchesters**  
**632 E. Main St., Ventura**  
Music Thurs 5:30; Fri 7 pm; Sat 3 pm; Sun 3 pm  
Thurs 1/11: Brandon Ragan  
Fri 1/12: Steve and Sally Williams  
Sat 1/13: Heft & Wilson  
Sun 1/14: Led Tasso  
Thurs 1/18: Joel Martin's Grateful Zone  
Fri 1/19: Adam & Sam  
Sat 1/20: Déjà vu Too feat. Colette Lovejoy  
Sun 1/21: Medicine Hat





Theo E



Mia C



Dylan C

Autism Society Ventura County in association with Buenaventura Art Association  
Present Celebrating the Autistic Mind  
An Art Show featuring the works of 43 neurodiverse artists of all ages!  
You are invited to the first Celebrating the Autistic Mind Art Show by Autism Society Ventura County. Art will be displayed at the Museum of Ventura County, 100 E Main St. January 11-14, 11AM to 5 PM. Admission to the art show, exhibiting in the museum’s pavilion, is free.  
In these works, I see inventiveness and a noticeable lack of traditional convention. What a precious gift it is to see art from those who (clinically) may think a different way. Like a trip to another culture, these works open us up to experience the vast array of human expression. As an artist, I can assure you that here you’ll enjoy some of the most liberated, imaginative art in Ventura County.  
May this show broaden your own horizons to appreciate a different kind of thinking.  
Artist Ed Terpening (Edterpening.com)

Focus on the Masters Arts Archive & Library’s kicks off its 30th Anniversary year with an Artist Spotlight interview featuring Carmen Abelleira on Sunday, January 21, 3 to 4:30 p.m.  
At Namba Performing Art Center - 47 S. Oak Street, Ventura.  
Abelleira immigrated from Cuba with her family when she was nine years old. Carmen grew up in Los Angeles and after working as a bilingual teacher, moved to Ojai in 1989.  
FREE to FOTM members, \$20 for public; \$15 for seniors.  
Reservations required. To RSVP visit [www.FocusOnTheMasters.com](http://www.FocusOnTheMasters.com) or call 805.653.2501.  
AfterGlow Fundraising Event: The public is welcome to join the artist for a celebratory fundraising dinner at the home of Dennis Mitchell and Richard Sanders located in Ventura. Paid reservations are required prior to January 17. We expect this AfterGlow to sell out.  
AfterGLOW: \$30 FOTM members, \$40 Non-members.



## Upcoming exhibition featuring artist Chris Gocong

Chris was an NFL football player before retiring in an effort to preserve his health from the long term effects of the CTE associated with the sport.  
**Christopher Gocong** (1983), emerges as a captivating individual, seamlessly blending his illustrious past as an NFL linebacker with a burgeoning career as a visual artist. Renowned for his impactful contributions to the Philadelphia Eagles and Cleveland Browns, Gocong has embarked on a remarkable journey, gracefully transitioning from the adrenaline-fueled gridiron to the nuanced canvas of contemporary art.  
While his inherent talent shines through in his adept portraiture, Gocong’s artistic repertoire stretches beyond, exploring realms from dreamy abstractions to lively pop art, showcasing a versatility that defies categorization. As an accomplished



The stark contrast in genres reflects Gocong’s multifaceted identity.  
painter, his work has garnered significant recognition, earning him a place at the forefront of the contemporary art scene.  
Dama Gallery is pleased to premier our first exhibition of 2024 with a solo immersion into the zenith of Chris Gocong’s multidimensional artistry. A luminary straddling the worlds of contemporary art and elite athleticism, Gocong’s artistic

opus navigates the complex interplay between his illustrious career as a professional athlete and the nuanced depths of his burgeoning identity as an artist. In a symphony of mediums ranging from dramatic wearable art, evocative and familiar figurative pieces to his most recent abstract paintings that brilliantly showcase his talent for controlled chaos on canvas; Gocong elegantly unravels the dichotomies that have sculpted his remarkable journey.  
This collection serves as a visual testament to his optimistic magnanimity as an artist, interwoven with the intricate tension stemming from his formidable achievements in the NFL. The stark contrast in genres and mediums reflects Gocong’s multifaceted identity – a life lived on the field intricately entwined with the profound fulfillment found within the sanctuary of the studio.  
Exhibition Dates: January 27 - April 30, 2024  
Opening Reception: Saturday, January 27th, Time: 6 to 8p  
Location: Dama Gallery, 1793 E Main St. Ventura  
Curated by Gallerist Yessica Torres

Ventura Art Scene

Lighter Breeze

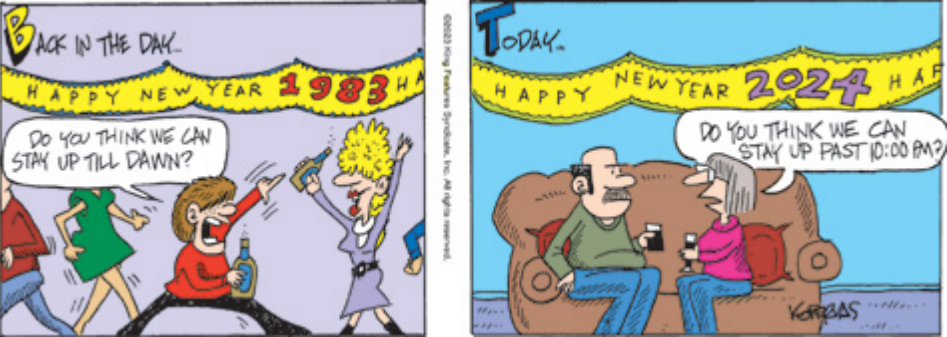
Tiger



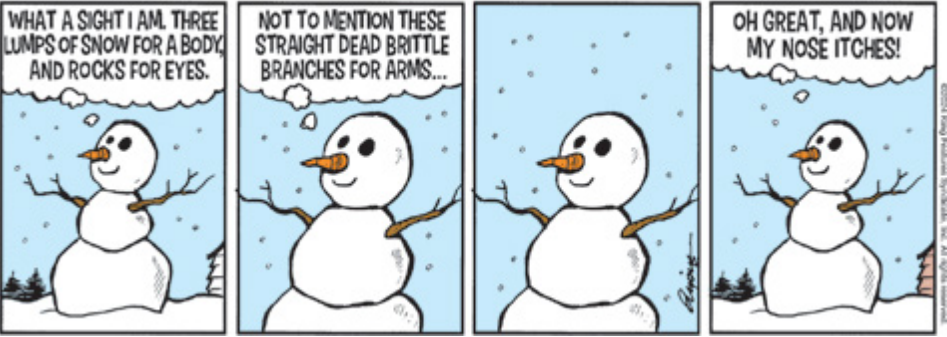
The Spats



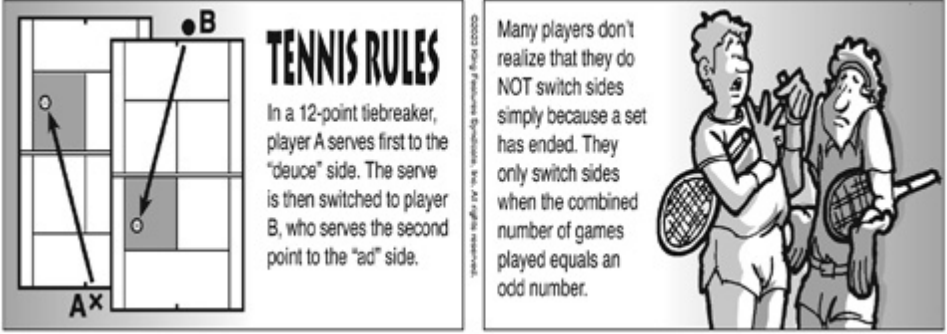
Out on a Limb



Amber Waves



Stan Smith's Tennis Class



Solutions on page 13

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

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

Weekly SUDOKU

by Linda Thisle

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

DIFFICULTY THIS WEEK: ♦

♦ Moderate ♦♦ Challenging  
♦♦♦ HOO BOY!

Solutions on page 13

King Crossword

ACROSS

1 Melville cap-  
lain  
5 Male swans  
9 Luau dish  
12 Humorist  
Barry  
13 Med. plan  
options  
14 PC program  
15 Barrel bottom  
bit  
16 Concerning  
17 Old Olds  
18 Voice in an  
iPhone  
19 Half of XIV  
20 Rooters  
21 Formerly  
called  
23 'Morning  
Edition' ailer  
25 Humidor con-  
tents  
28 Salad base  
32 Maxim  
33 Sean of  
'Rudy'  
34 Bequest  
36 Surround with  
light  
37 Judge Lance  
38 Approves  
39 Iowa crop  
42 WWII service  
member  
44 'See ya!'  
46 Some  
49 'Legally  
Blonde' role

50 Branches  
51 Wish other-  
wise  
52 Intend  
53 Harvest  
54 Curvy letter  
55 'Garfield' dog  
56 Catches  
some rays

DOWN

1 Totals  
2 Mata —  
3 Say it's so  
4 2013 Keira  
Knightley film  
5 Sour cream  
tidbits

6 Hotel chain  
7 Ho-hum  
8 Away from  
NNW  
9 Brazilian rub-  
ber  
10 Frank  
11 Wall St.  
debuts  
20 Clean slate  
22 Upright  
24 Bit of mischief  
25 Baseball's  
Ripken  
26 Chemical suf-  
fix  
27 Joke  
29 JFK info

30 Goose egg  
31 — -conc  
35 Cried in pain  
36 Tertiary Period  
epoch  
39 Give a darn  
40 Burden  
41 Deli loaves  
43 Jai —  
45 Bailiwick  
46 Eliot Ness,  
e.g.  
47 Nile vipers  
49 Punk rock off-  
shoot

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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/>

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

AMOUNT \_\_\_\_\_

WE GREATLY APPRECIATE OUR LATEST (OR RETURNING) CONTRIBUTORS **TIMOTHY WAWRZENIAK (ONE MORE TIME), STEVE NOLL (ONE MORE TIME)** AND THOSE WHO CHOOSE TO REMAIN ANONYMOUS.

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

THANK YOU FOR SUPPORTING THE VENTURA BREEZE!

# Show Time

Streaming Spotlight by Cindy Summers

## Equalizer 3

- Netflix



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

“Equalizer 3” is the final installment of The Equalizer trilogy where vigilante action hero Robert McCall (Denzel Washington) travels to a secluded winery in Sicily to recover a stolen pension and finds other criminal activities happening, ultimately ending up shot in the back. Robert fled but was weak and ended up being found by an off duty policeman named Gio Bonucci (Eugenio Mastrandrea) on the side of the road outside a small town in southern Italy. Gio took him to the town doctor Enzo Arisio (Remo Girone) who fixed Robert’s

gunshot wound and encouraged him to stay to recover, telling him they would just tell others he fell. As Robert gained his strength, he ventured out into the town where he began to befriend shop owners and cafe workers. Robert decided to call a secure CIA number to report the questionable criminal activities he discovered at the winery and suggested they check out what was happening at the scene. Due to the fact that Robert was able to provide key code words on the call, the analyst, Emma Collins (Dakota Fanning) sent a team to investigate that found large amount of money and bags of fenethyl-line tablets hidden in wine bottles. Robert liked the small town he had landed in and was becoming fond of the people who liked him as well and began to treat him like one of their own. He also witnessed a gang of thugs led by Marco Quaranta (Andrea Doderio) who appeared to be harassing a number of business owners in the small coastal community, but tried his best to not get involved and continued to just view from afar. Marco’s brother Vincent Quaranta (Andrea Scarduzio) was part

of the Camorra (one of the oldest and largest criminal organizations in Italy) and Vincent was working to oust local business owners from the coastal town by any means to convert it to high priced resorts and casinos. Aminah (Faia Scodellaro), who worked at the cafe, took Robert under her wing and encouraged him to get out and enjoy the many local activities. While having coffee he saw Emma Collins at a neighboring table and they had a conversation regarding what was discovered at the winery, which included multiple dead bodies. When questioning Robert if he killed them, he laughed it off and though Emma thought she would be controlling things, Robert was unphased. Marco gladly did Vincent’s dirty work, setting shops on fire and beating Gio the police officer that dared to investigate, threatening to kill his wife and daughter if he got involved. When Marco decided to harass Gio in a cafe in front of Robert, Robert could not look away, catching Marco’s attention. Marco came over to threaten him, but Robert remained calm explaining to Marco that

he liked the town and it’s people and politely asked Marco to do his business elsewhere. Marco smirked, so in the blink of an eye, Robert had Marco in an extremely painful hold telling him to tell his partners to leave and give up his gun, then pointed to the door for Marco to leave. Robert knew that would enrage Marco, who was set out to murder him, so Robert decided to protect himself and kill Marco and his men. Gio found the same drugs in the back of the van that were at the winery and shared that with Robert, who tried to warn Emma when a car bomb exploded throwing her across the courtyard and ending up in the hospital. Vincent wanted revenge for Marco’s death and headed to the town square threatening to kill Gio and shooting him in the ear. Robert gave himself up asking to be taken away but Vincent refused, then Enzo showed up with a gun and the town filmed Vincent for all to see. Vincent left vowing to kill Robert, but Robert again had no intention of waiting for them to come after him tipping the scales in true Equalizer fashion. Runtime: 1h 49m

## Call for Artists: Ventura River Trail Improvement Project Public Art Mural

The City of Ventura seeks California-based artists or artist teams to submit proposals to create and install a mural at the Ventura River Floodwall along the Ventura River Trail. Applications are due online by February 8, 2024, at [www.cityofventura.ca.gov/PublicArtOpportunities](http://www.cityofventura.ca.gov/PublicArtOpportunities). A public art mural will be featured on a levee floodwall just before the trail leaves the City of Ventura limits. The mural is to feature art that highlights the location as an entry into the City of Ventura while representing the cultural significance of Ventura’s Westside, the Ventura River, and the culture of the larger city. “The mural will cover approximately 320 square feet of surface area on the floodwall,” said Recreation Manager Emily Fox. “We look forward to seeing the creative ways artists propose to showcase the beauty and cultural significance of the area.” This public art mural is part of the Ventura River Trail Improvements Project, funded by a nearly \$5 million grant from the California Department of Transportation through the Clean California Local Grant Program and administered by the City of Ventura. The Ventura River Trail travels along State Route 33 and the east bank of the Ventura River, forming the western boundary of Ventura’s Westside neighborhood. Along the trail’s 1.8-mile City of Ventura stretch is a mix of residential, industrial, educational, and parkland uses. Several community meetings and surveys allowed the public to help determine the project vision

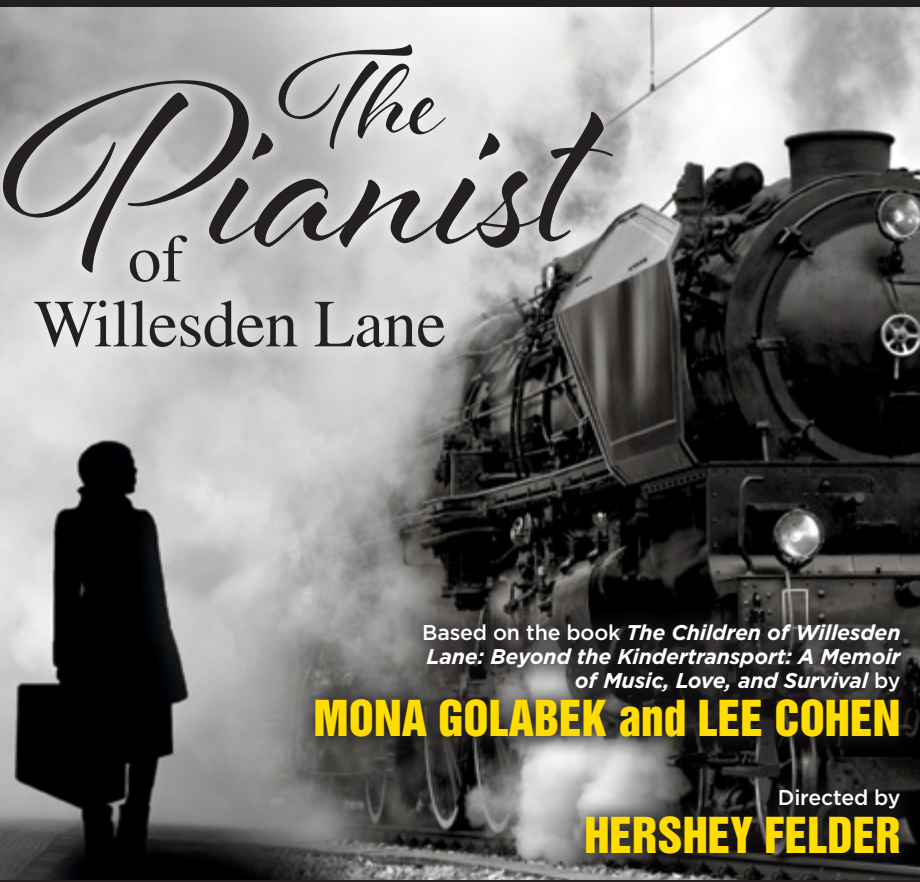
and identify trail improvements, beyond repaving the bike trail, adding solar lighting, and removing and replacing trail fencing. These additional improvements include updated accessibility to the trail, trail monuments, environmental and ‘no litter’ signage, native and drought-tolerant shrub and tree planting, trash cans, wayfinding to the trail, and other amenities. Learn more about the Ventura River Trail Improvements Project at [www.cityofventura.ca.gov/VenturaRiverTrail](http://www.cityofventura.ca.gov/VenturaRiverTrail).

**The Power of Love**  
**Continued from page 15**  
ciate working with Kids & Families Together. My therapist helped me explain the current situation more fully and thoughtfully to my 7-year old grandson. This has completely altered the dynamics within our home and my relationship with my grandson. Thank You!” We need you to join us, so we can continue to offer these types of one-on-one connections, supporting children and their families who often find themselves in crisis situations. You will be an integral part of our annual celebration supporting Ventura County foster/resource, kinship and adoptive families. You’ll enjoy a fun-filled evening including food, drinks, silent auction, 80’s trivia and game zones and a LIVE BAND! You will be dancing the night away to your favorite 80’s hits! Date/Time: Saturday, February 10th, 2024, 6:00pm-10:00pm Location: Poinsettia Pavilion, 3451 Foothill Rd., Ventura, CA Live music at the event will be provided by We Are The 80’s Band, Los Angeles’ PREMIER 80’s music cover band! They have performed locally at, The Garage Bar in Ventura, Pocock Brewing Company in Santa Clarita, Margarita Villa in Ventura Harbor, and The Shores Restaurant in Oxnard. “WE ARE THE 80s is honored to perform at the 2023 Kids & Families Together charity event. This year’s theme, The Power of Love, resonates deeply with our music as we perform

many of the greatest hit songs from the 1980’s decade. We support the fantastic work that this organization provides to the families in Ventura County, and the critical services that they offer to abused and neglected children. It’s always a privilege for us to contribute our talents to a worthwhile cause.” - Steve Roth Founder/C.E.O. (Chief Entertainment Officer)/Drummer 80’s inspired sponsorship oppor-

tunities are available. If you have any questions please feel free to contact K&FT Outreach and Development Manager, Amy Huot at (818)306-6614 or [ahuot@kidsandfamilies.org](mailto:ahuot@kidsandfamilies.org). To learn more about K&FT visit ... <https://www.kidsandfamilies.org/> Kids & Families Together is a California nonprofit organization, tax exempt under IRS section 501(c)(3); tax ID # 31-1678238.

ON STAGE **FEBRUARY 1-18**




# The Pianist of Willesden Lane

Based on the book *The Children of Willesden Lane: Beyond the Kindertransport: A Memoir of Music, Love, and Survival* by **MONA GOLABEK and LEE COHEN**

Directed by **HERSHEY FELDER**

“A stirring case of art preserving life... Golabek sitting down at the Steinway piano is enough to make your mouth fall open with a certain wonder at the way of the world.”  
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# Ventura County Community Colleges to host Cash 4 College Workshops

Moorpark College, Oxnard College, Ventura College and Ventura College East Campus are holding free Cash 4 College workshops to help students apply for funds to help with college costs. Funds can be used for tuition, books, housing, transportation, childcare, computers and more.

In-person workshops are scheduled for February and March. The workshops are free and open to the community; anyone may attend a workshop at any location and can drop in at any time during the events.

Bilingual financial aid staff will assist students in completing applications for the 2024-2025 school-year Free Application for Federal Student Aid (FAFSA) or the California Dream Act Application (CADAA). Students can also access information about basic needs support (food, clothing and housing assistance), tutoring, academic counseling, mental health services and other student services.

AB 469 requires school districts to confirm seniors have completed the FAFSA or California Dream Act Application before graduating in 2024. Cash for College events can help students get ahead.

For more information, visit [vccd.edu/cash4college](http://vccd.edu/cash4college).  
Ventura College  
Feb. 10, Mar. 9  
9 a.m.-12 p.m.  
Ventura College Learning Resource Center

4667 Telegraph Road, Ventura  
Ventura College East Campus  
Feb. 24, Mar. 23  
9 a.m.-12 p.m.  
957 Faulkner Road, Unit 106, Santa Paula

For info: Contact the Ventura College Financial Aid Office at (805) 289-6369 or [vcfinancialaid@vccd.edu](mailto:vcfinancialaid@vccd.edu).

The Ventura County Community College District is a member of the 116-campus California Community College system and serves approximately 30,000 students annually. The District's three colleges – Moorpark, Oxnard and Ventura – offer programs in general education for degrees and certificates, transfer to four-year colleges and universities, career technical education and provide opportunities to engage in co-curricular campus activities. For more information, visit [www.vccd.edu](http://www.vccd.edu).

# Ventura County Leadership Academy announces 2024 honorees

Ventura County Leadership Academy (VCLA) is pleased to announce the 2024 Journey to Leadership Awards honorees, recognizing five outstanding community leaders for their contributions to Ventura

County. Save the date - Thursday, April 25th the community will join together to honor these local leaders at the Serra Center in Camarillo.

Business of the Year – Amgen

- Non-Profit Leader of the Year – David Maron, Vice-Chair, Ventura County Civic Alliance
- Public Sector Leader of the Year – Tracy McAulay (VCLA Cohort XXVI), Management Analyst, County of Ventura
- Alumna of the Year – Linda Rossi (VCLA Cohort XX), President & CEO, Ventura County Credit Union
- Founder's Award – Bill Kearney

On behalf of the VCLA Board of Directors, it gives me great pleasure to announce the 2024 Journey to Leadership Award recipients," said Bob Harrell, VCLA Board President. "The honorees embody the spirit of collaboration, community engagement, and service that VCLA strives to instill in each graduate. These honorees are dedicated to Ventura County, living VCLA's mission to connect and strengthen our county."

Information on sponsorship opportunities or congratulatory ads to support VCLA's honorees can be found at [www.vcleadership.org](http://www.vcleadership.org) or by contacting VCLA Executive Director Pattie Braga at [PBraga@vcleadership.org](mailto:PBraga@vcleadership.org).

The Ventura County Leadership Academy connects and cultivates a diverse network of passionate, capable leaders through an immersion in both critical issues shaping Ventura County and opportunities for personal and professional growth. VCLA's comprehensive program ignites awareness and inspiration, helping cohort members discover their individual pathway toward impacting our region.

# Free tutor training for adults (18 and over)

Tutoring adults who want to learn or improve their English and learn about American culture.  
Saturday, January 27, 2024 from 8:30 am to 3:30 pm.  
1500 Palma Drive, Ventura.

Make a difference in one person's life. Become a tutor. Laubach Literacy of Ventura County provides free tutoring and tutor training to adults for English as a second language. No prior teaching experience is required. You don't have to speak a foreign language to be a tutor. We provide all materials for free to both the tutor and the adult learners. We will train you on cultural awareness and tutoring techniques for all levels of ability. Our adult learners want to speak, understand, read, and write English and learn American culture. Laubach Literacy has been teaching English for free for over 40 years in Ventura County. Registration is required for the training.  
Price: Free

For More Information: Contact Laubach Literacy of Ventura County. Phone: (805) 385-9584, please leave a message and we will call you back. Website: [www.laubachventura@gmail.com](mailto:www.laubachventura@gmail.com).

# On Vacation – Los Angeles



She wouldn't exactly call this a vacation but for a minimally invasive Achilles tendon repair, Dulce Setterfield went to LA County, and brought the Breeze with her to read while she was waiting to see the doctor.

No Delay in Trash, Recycling and Yard/Organic Waste  
Pick Up Due to the MLK Jr. Day Holiday

E.J. Harrison & Sons will maintain its regular trash, recycling and yard/organic waste collection schedule in Ventura County during the week of Martin Luther King Jr. Day, Jan. 14-20, 2024.

Thank you and Happy Holiday  
E. J. Harrison & Sons

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