



VENTURA BREEZE

Your Hometown Paper

Vol. 17, No. 10 Published Every Other Wednesday Established 2007 February 7 to February 20, 2024



The fair is celebrating 150 years of heritage, history, and community.

Ventura County Fair asks the community to determine this year's fair theme

The Ventura County Fairgrounds is excited to announce the 2024 Ventura County Fair 150th Theme Contest.

The Ventura County Fair is celebrating its 150th anniversary in 2024, including a series of events and contests leading up to the annual Ventura County Fair July 31 through August 11, 2024.

The first in these events is the 150th Theme Contest where the community is asked to submit their theme ideas for this year's Fair. A judging panel will decide the top three themes, with cash prizes for first, second, and third place of \$1,000, \$750, and \$500 respectively. Theme ideas should reference the Fair's 150th anniversary or birthday or the year the Fair began (1874) in some direct or indirect way. Theme submissions should be 8 words or less. The public can submit their ideas online at VenturaCountyFair.com.

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It's the question we get asked almost daily: "Is the X Games coming back?"

by Visit Ventura



X Games returning to Ventura.

Since X Games California 2023, we've been working tirelessly to have an answer to this question. We've had discussions with city, county, and state stakeholders, received feedback from partners and business owners, and imagined what 2024 could look like.

Needless to say, we've been asking ourselves "Is the X Games coming back" as much as you have.

After months of discussions, we're excited to officially announce that the X Games is returning to Ventura this summer. X Games Ventura 2024 is coming this June.

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MVC Adds Three New Members to its Esteemed Board of Directors

The Museum of Ventura County is pleased to announce the appointment of three distinguished individuals to its Board of Directors, each bringing a wealth of experience and expertise to contribute to the cultural enrichment and growth of the Museum and our county.

Dr. Sevet Johnson, the County Executive Officer of Ventura County, brings extensive leadership experience to the Museum's Board. With a background in clinical psychology, Dr. Johnson has overseen various county agencies and departments, managing an operating budget of \$2.7 billion and nearly 10,000 staff members. Committed to diversity, equity, and amplifying the voices of underserved populations, Dr. Johnson's passion for community well-being aligns

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Dr. Sevet Johnson

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Happy February!

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VENTURA BREEZE

Your Hometown Paper

Member, Ventura Chamber of Commerce

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The only thing
that kept me
from going
to college was
high school.
— Edward
Friedman

City News



Stacey has a wealth of knowledge and experience.

Ventura announces Stacey Zarazua as Parks & Recreation Director

The City of Ventura is pleased to announce Stacey Zarazua as Parks & Recreation Director. Zarazua succeeds Nancy O'Connor, who retired in

September 2023 after serving as Parks & Recreation Director since 2016. Zarazua will oversee the department's three divisions: Parks, Recreation, and Community Partnerships.

"Stacey has a wealth of knowledge and experience from her more than 20-year career with Ventura," said City Manager Bill Ayub. "I'm very optimistic about her vision for the department and have no doubt her leadership will elevate our services to new heights."

Zarazua joined the Parks & Recreation Department in 2001 as a Recreation Coordinator in the Youth Sports section and was later promoted to Aquatics Supervisor in 2005. Since then, she has held multiple leadership roles within the department, serving in all three divisions. Zarazua holds a bachelor's degree in liberal studies and a master's degree in public administration from California State University Northridge.

"I am honored to have been selected to serve our community as the City's Parks & Recreation Director. Parks and Recreation is integral to building a healthy and thriving community," said Zarazua. "I'm thrilled to lead our team of dedicated professionals in providing exceptional parks, programs, and services that will continue to make the City of Ventura a better place to live, work, and play!"

She is a member of the California



Parks and Recreation Society and National Recreation and Park Association. She has volunteered in key organizational leadership positions to advance the field.

Zarazua will oversee the operations of over 800 acres of open space, including 46 parks, three community centers, multiple historic sites, a sailing center, an aquatic center, two beaches, and golf services. She will manage current and future park development initiatives and lead 56 full-time and over 200 seasonal part-time employees, who work to produce over 1,000 annual programs for all ages.

California's Low Income Household Water Assistance Program

The City of Ventura encourages low-income customers to apply for the Low Income Household Water Assis-

As I See It by Sheldon Brown



The groundwork has started at the Loose Cannon.

The carousel restaurant space in the Harbor Village will finally have a new tenant with the Loose Cannon restaurant finally breaking ground. There are several vacant restaurant spaces in the Harbor currently, so it's good they will be coming soon.

I have spoken about the dangers of AI previously. Because of the deceptiveness of the technology, it is very important to cross-check articles, statements and photos that don't seem quite right.

Here's a good example. Days before a pivotal election in Slovakia to determine who would lead the country, a damning audio recording spread online in which one of the top candidates seemingly boasted about how he'd rigged the election. If that wasn't bad enough, his voice could be heard on another recording talking about raising the cost of beer.

"I ain't going to vote for someone who would raise beer prices," said Kenneth Bonawitz, described by prosecutors as one of the most violent rioters who stormed the US Capital on January 6. He has been sentenced to five years in prison. He is a member of the far-right extremist group Proud Boys (what exactly are they proud of?). He assaulted at least six police officers.

It's appropriate that after all this time Trump supporters are still being identified and sentenced to prison. I don't

think five years is nearly enough time for Bonawitz who tried to overthrow our democracy and was so violent. Whoever was behind insurrection should also go to prison, in my opinion.

A man from upstate New York was found guilty of second-degree murder for fatally shooting a young woman who was riding in a car that had mistakenly driven up his driveway. On the night of April 15, 2023, the defendant, Kevin Monahan, fired two shots with a 20-gauge shotgun, one of which struck a car carrying Kaylin Gillis, 20, who was hit in the neck and died soon after. Ms. Gillis and a group of six friends had been trying to find a friend's house for a Saturday night party when they drove up Mr. Monahan's driveway.

My opinion (yours is always welcome) that "some" people who own a gun are hoping that they get to shoot a "bad guy" to prove that gun ownership is important for their protection.

An orthodontist's office in North Carolina has stirred up controversy with its new "Grins and Glocks" promotion, a deal offering guns to patients along with certain dental procedures. I thought getting a lollipop was enough. I hope he doesn't give them guns while still sedated. People who are not sedated cause enough trouble with guns.

Global average temperatures reached new highs over the past 10-12 months, breaking records in the steady march of a warming climate, two national groups said. It's been warmer than at any time in recorded history and was likely warmer than any other time in 125,000 years, an analysis by Climate Central concluded. The Copernicus Climate Change group said it's "virtually certain" that 2023 will be the hottest year in recorded history.

I think calling this climate change instead of global warming explains the phenomenon more accurately. Deniers say, "so why is it so cold and so much snow?" The

result of global warming changes our climate in many ways especially by warming our oceans.

Still amazes me that 66% of Trump devotees still think he won the election. This is in spite of the fact that the last election was the most verified and checked in our history. The fact that Trump can claim this, and this many people believe him, is scary because it means they believe anything that he says which is how a dictatorship begins.

A jury ordered Donald Trump to pay \$83.3 million to the writer E. Jean Carroll over defamatory remarks he made about her while he was president in response to her rape accusation. His early defense was "she's not my type."

Trump had used over \$50 million of his donor money to pay for his legal fees. Might he be broke?

Mailbox

Dear Sheldon and Richard

Thank you so much for the coverage of the Skyline entrance wall refurbishment. It was a really great project and I appreciate the recognition. It's always wonderful when neighbors see a problem and work together to fix it.

I would be remiss not to recognize Jim and Kathy Ackerman, and Alison Bryant, all of whom played significant roles in the success of this project.

Jim Ackerman was the project manager. Without his leadership and enthusiasm, this project would never have come to fruition. He cares about our community and has volunteered

Continued on page 5

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



tance Program (LIHWAP) for help in paying for current or past-due water and wastewater bills. Eligible households now have until March 31, 2024, to apply while funds last. Originally slated to conclude in fall 2023, the program has received a federal extension through March 2024.

"I'm pleased to share the announcement for the extension of this assistance program," shared Mayor Joe Schroeder. "This vital program has already provided much-needed relief to many of our residents and helps to ease the burden of water and wastewater costs for low-income families."

Households with an income below 60 percent of the state median income, such as \$103,856 for a family of four, qualify for the program. In addition, households currently participating in programs like CalFresh, CalWORKs, or the Low Income Home Energy Assistance Program (LIHEAP) are eligible for LIHWAP.

Established by Congress in December 2020 during the COVID-19 pandemic, the LIHWAP was enacted to help support financially struggling low-income households to settle outstanding water and wastewater bills. Through LIHWAP, thousands of low-income residents in Ventura have already received substantial financial support, addressing both current and overdue bills.

"With this extension, more low-income households can receive relief in their utility costs," said Ventura Water General Manager Gina Dorrington. "While we are pleased the program has been extended, it's crucial to note that funding is limited, and assistance is granted on a first-come, first-serve basis. We encourage residents and families to apply as soon as possible to take advantage of this opportunity for financial assistance."

The LIHWAP is administered by the California Department of Community Services and Development (CSD). To learn more about the program and apply by March 2024, visit www.csd.ca.gov/WaterBill.



Ventura's 4th of July Street Fair seeking artisan vendors

Vendor applications for the City of Ventura's 4th of July Street Fair are now available online at www.cityofventura.ca.gov/StreetFair. This annual event runs from 10:00 a.m. to 4:00 p.m. on the 4th of July, in Ventura's Downtown District.

Vendor applications will be accepted through Monday, April 1, 2024, before 5:00 p.m. PST. Applications must be submitted online via the City's website. Eligible vendor groups include arts and crafts, nonprofits, and food vendors. Sponsorship opportunities are also available and listed online.

"For almost 50 years, Ventura has cel-

ebrated the 4th of July with our annual Street Fair and Pushem-Pullem Parade," said Parks & Recreation Manager Emily Fox. "Residents look forward to participating in the parade wearing their red, white, and blue, and exploring the unique artists and makers booths at the street fair."

Entertainment is being scheduled by the Downtown Ventura Partners (DVP). If you are a musician or entertainer interested in participating in this year's event, please contact DVP at music@downtownventura.org.

For questions and more information, contact City of Ventura Acting Recreation Supervisor Allyson DesBaillets at 4thofjuly@cityofventura.ca.gov or (805) 654-7749.

Museum of Ventura County announces changes in admission policy

The Museum of Ventura County extends heartfelt gratitude to our vibrant community for its unwavering generosity, allowing us to offer free admission throughout 2023. As we look ahead to the new year, the Museum of Ventura County, Downtown Ventura location, will undergo a transition in its admission policy beginning February 1, 2024. The grant that has sustained free admission will conclude, necessitating a shift to a sustainable funding model.

Starting February 1, 2024, the Museum of Ventura County, Downtown Ventura, will implement the following admission fees: • \$10 for adults • \$5 for students & seniors • Free for individuals under 18 years old This change marks a new chapter for our Downtown Ventura location. We understand the importance of making cultural experiences accessible to all, and to that end, we invite you to consider becoming a member of the Museum of Ventura County. Membership not only grants you free admission to all Museum locations, but also provides exclusive access to a range of programs and events.

"As we transition back to reinstated admission fees, our heartfelt gratitude goes to those who made free admission possible in 2023. We now encourage the community to consider affordable membership options. Your support not only preserves our history, art, and culture but also unlocks exciting new benefits at every membership level." - Elena Brokaw, Barbara Barnard Smith Executive Director

- Museum Membership Benefits:
- Free admission to all MVC locations
 - Entrance to member-only events
 - Exclusive merchandise offerings

Explore the various membership tiers available, each designed to enhance your connection with the Museum and its vibrant cultural offerings. Your support ensures the continued success of Museum of Ventura County and contributes to the preservation and celebration of our shared heritage. To learn more about membership options or to join the Museum of Ventura County community, visit [https://ventura-](https://ventura-museum.org/membership/)

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museum.org/membership/. We are pleased to announce that the Agriculture Museum in Santa Paula will continue to provide free admission. Thank you for your ongoing support, and we look forward to welcoming you to the Museum as we embark on this exciting new chapter together.

X Games returning to Ventura Continued from page 1

Yep, you read that right. X Games Ventura 2024!

Looking back at last year's X Games with over \$58 million in media value, there's a lot to be excited about. Namely, our city's name next to an international brand. You don't see that every day.

And there's also a lot to learn from. We heard community

members' and local business owners' feedback and valued each email and conversation. We are working with the X Games team to make X Games Ventura 2024 even better this year. As partners, we are excited to work closely with you to build on what we accomplished last year.

While we don't have all the details yet (including fun partner activations that you can get involved in), we all get to roll up our sleeves with the XG team after the Winter Games.

We're ready to make this year epic and we look forward to our continued collaboration and driving the economy of our Ventura together.

Stay tuned for a partner kick-off and more communication coming from our team!

We appreciate you — let's do this!

Keeping People Housed: That's Amore

Join Supervisor Matt LaVere for an afternoon at an "Italian Bistro" and help raise rental assistance funds for Ventura Homeless Prevention.

Lasagna, Salad, Bread, Wine; Music, Stories, Auction, & More

Saturday, February 24 - 12:30-2:00

Unitarian Universalist Church of Ventura
5654 Ralston, Ventura 93001

Tickets at: venturahomelessprevention.betterworld.org/events/feb24



Over \$1300 was raised.

Supporting the Ventura Downtown Lions Club

On Friday, February 2, the Ventura Downtown Lions hosted a Friday Night Social at the Portside Ventura Harbor community that realized their vision for an enjoyable evening, evolving into a larger community gathering with a noble cause - supporting the Ventura Downtown Lions Club's Admin Account.

The event featured dance lessons from Jay Bayam, showcasing Swing and Bachata, as well as a Silent Auction with items and services contributed by small businesses like Ambitious Beauty Studio, Art Is Passion, Harbor Mart,

CRAVE Gelato Kofi Bar, Mystic Relics, FOCUS Sup & Boards, Vasquez Float Reiki, Portside Ventura Harbor, Portside Ventura Electric Boat Rental, Neuroboxing, Portside Yoga, Portside Ventura Harbor Marina, Top This Chocolate, VC Balloons, For Your Home Furniture, KO Tacos, and TapTruck 805.

Their combined efforts successfully raised over \$1300, greatly benefiting the Lions Club and embodying the spirit of "When there's a need, there's a Lion" - uniting for community service with the mantra "We Serve."



A colorful mural, just a block south of the old Mission San Buenaventura.

Ventura once had a vibrant Chinese community

by Richard Senate

On February 10, is the Chinese New Year according to the lunar calendar. This year the animal, of the twelve sacred animals, used to define the year is the dragon, a symbol of great change and dramatic events.

Few today know that Ventura once had a vibrant Chinese community called "Chinatown" by the locals and "Sui Mong Gong" by the Chinese. It was named after a village in Canton province. Here they celebrated the New Year in style with fireworks and simple gifts. All debts were paid, the Chinese feasted and if they had money left over, they gambled at fan tan. Special flags were flown at the Chinese Taoist temple, called by locals the "Joss House" after the sticks of incense used to honor the Gods of old China, "Joss" being incense. The Chinese even had a Christian Church operated by the Congregationalists where classes in English language

were offered. It was a whole community of shops, restaurants, laundries, a barber shop, and employment agencies where ranchers could hire labor to plant and harvest crops.

New Years was a time of new bringing and the Chinese went to local business people and offered them good wishes and delectable treats. On the night of New Years a unique game was offered. Money was stuffed into a wooden football, and like a mortar shot into the air. Whoever the lucky man was to catch this prize got to keep the wealth! Maybe they could return to China, with enough money to buy some land and to farm and relax with tales of his adventures in "Gum San" the Land of the Golden Mountain (California). The Chinese community is marked with a colorful mural, just a block south of the old Mission San Buenaventura.

The Bookmark

About Libraries and Friends

by Mary Olson

The Ventura Friends of the Library Bookstore in E.P. Foster Library

2nd Look Books will be open 7 days a week, beginning in February. Monday through Saturday, 11:00 am to 4:00 pm and Sundays, 1:00 to 4:00 pm.

If you are visiting E.P. Foster Library for storytime on Monday mornings (10:30 am), we invite you to drop in to our bookstore on the first floor and browse our collection of gently used children's books. Donations arrive every week and the stock in our store is regularly refreshed.

With our extended hours, we could use more volunteers to staff the store. If you would like to help, please stop by the store and speak to a volunteer or email bookstore@venturafriendsofthelibrary.org.

We also invite you to visit our online bookstore for local sales <https://venturafol-107753.square.site/s/shop> for unique items, including Manga, Vintage, Art and Architecture. Orders are picked up at our bookstore in E.P. Foster Library.

In addition to storytime, E.P. Foster Library offers these activities for children

On Wednesdays, from 3:30 to 5:00 pm, join **Foxy Little Craft Club** for self-guided arts, crafts and coloring. A

special, structured craft will be provided every 4th Wednesday of the month.

On Fridays, from 2:00 to 4:00, drop in for **Lego Play**. Bring your imagination and experiment with creative designs. Children of all ages welcome!

Paws for Reading is another program at E.P. Foster Library. Paws for Reading is designed to help improve a child's reading skills through reading aloud to registered therapy dogs. 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! **Thursdays, 4:00 - 5:30 pm.**

Hill Road Library also offers **Paws for Reading** on Wednesdays, 3:30 to 5:00 pm and Hill Road Library storytime is on Wednesday mornings, 10:30 to 11:30 am.

Hill Road Library **Maker Lab** is open Thursdays, 3:30 to 4:30 pm. On February 15, create a **Chomping Dragon** with just a few strips of cardboard and some brass fasteners to chomp your way into the Lunar New Year! On February 22, learn about engineering, electronics, and circuitry concepts by building **Snap Circuits**. You'll assemble electronic circuits on a simple "rows-and-columns" base grid. The resulting projects function like the printed circuit board found in most electronic products. A wide range of kits, in differing sizes and complexity, will be made available to work with and are perfect for future engineers ages 8+ On February 29, the lab is **open for Lego Play**.

For more adventures in science, on Saturday, February 24, 11:00 am to

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**Sat. 2/10
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Ribbon Cutting Saturday, 2/10 at 11:30

FREE Tacos & Giveaways



noon, Hill Road Library's **Discover Science** team leads an exploration of surface tension and molecular bonds by creating various bubble formulas.

Storytime at Avenue Library is 4:00 to 4:30 pm on Tuesdays. Come enjoy storytelling, nursery rhymes, and finger play presented in English and Spanish, geared for ages 0-5 years. During open branch hours, families are welcome to free coloring pages for all ages. Crayons and colored pencils are provided for in-house use.



Ralph gave generously over the years to countless community organizations and causes.

Local business and philanthropic icon Ralph Harrison has died

Local corporate leader Ralph Harrison was eldest son of pioneering family that first brought trash collection

Business Profile



Joe Parisi, Residential Loan Officer

After more than two decades of commuting from the San Fernando Valley to C Street for surf sessions, Joe Parisi, alongside his wife Tammy of 46 years, decided to permanently relocate to Ventura. Eight years ago, they invested

and recycling to Ventura County.

The longtime president of E.J. Harrison & Sons trash collection company died on Saturday of natural causes, his family announced.

Ralph was born in Ventura on Nov. 14, 1934, to E.J. and Myra Harrison, who founded Harrison Industries nearly 92 years ago, in 1932. Ralph later bought a ranch in Bardsdale, where he last lived.

The eldest of the Harrisons' three sons, Ralph joined the family business in 1963 and watched it grow from a relatively small local company to the major corporation it is today. Working with local community partners at Gold Coast Recycling and Agromin, Harrison Industries currently serves 90,000 residential and commercial customers throughout Ventura County and in Carpinteria, in Santa Barbara County.

As corporate president, Ralph was in charge of Harrison's fleet operations, the maintenance and service departments and inventory controls and he headed up an extensive research and development department. Most of Harrison Industries' innovations are due to Ralph's ingenuity and he held many patents.

Ralph's son Lynn Ralph Harrison, a longtime Harrison employee, took over his father's responsibilities eight months ago and will continue to do so. Ralph's brothers, Jim and Myron, also will continue to run the business.

In addition to his leadership at Harrison Industries, Ralph was well known throughout the Ventura County community. He was longtime president of the Ventura County Waste Disposal Association, which was formed in the early 1970s by his father, and also served on the California Refuse Recycling Council. As a member of these and other professional trash/recycling organizations, Ralph attended many trash industry seminars and conferences throughout the United States and Canada. He was active in other ways in his community, as well. Among his many affiliations, he was a longtime board member of the Ventura County Fair Foundation.

in a weekend home in the Ventura Keys, savoring the local vibe, surf spots, and fulfilling Joe's dream of boat ownership. Almost every weekend, they would make the trek on Friday afternoon, returning to the Valley for Joe's work as a residential home loan officer. When the pandemic struck, Joe, like many, pondered the expense of maintaining two homes and decided to sell both their Valley and Ventura Keys residences. Three years ago, they acquired their current home in the Pierpont Lanes.

With over 36 years in the industry, Joe continues to thrive, passionate about assisting people in achieving homeownership dreams and guiding them toward wealth accumulation. The satisfaction of aiding a first-time homebuyer remains a highlight of his job, along with the challenge of salvaging deals when other lenders stumble.

Joe handles financing on everything from small condominiums to multi-million-dollar homes, and 1-4 unit investment properties. As a mortgage banker and mortgage broker, Joe has access to hundreds of loan products to suit all needs. For more information, please email joe.parisi@rate.om, call (818) 687-6047 or visit <https://www.rate.com/loan-officers/joe-parisi-255572>.

VC Fair asks community for fair theme Continued from page 1

org. The entry period ends on Friday, February 23rd with winners announced late February.

"We're celebrating 150 years of heritage, history, and community. There isn't a better way to kick-off the fair season than with a community contest," said Ventura County Fairgrounds and Event Center CEO Jen McGuire. "We're excited to involve our community with some of the planning and ideas for the 2024 Ventura County Fair."

Following the 150th Theme Contest, the Ventura County Fair will hold its annual Youth Poster Contest, now with no entry fee and expanded to include all grades K-12.

Mailbox

Continued from page 2

much of his time to keeping Ventura safe and beautiful. Alison and Kathy did a great deal of work with fundraising and speaking to our neighbors. Without their help, we wouldn't have received the donations needed to get the project done.

And lastly, I want to thank all of the neighbors who donated to make this happen. It's amazing what we can do together.

Barbara Brown
Chair, College Area Community Council

Hello Sheldon,

Thank you so much for including the post article and pictures in The Breeze. The committee was very excited to see it!

Again, thank you so much.
Debbie Gohlke
Soroptimist International of Oxnard



The Holiday Inn Express flooded during one of the current rains. Photo by Matt Leonard.

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(20240129-2615867)



Pallet Living is committed to working of ending unsheltered homelessness

by Patricia Schallert

On February 25th, The City of Ventura hosted a tour of two pallet shelters. Demonstrating an innovative model with proven results, Elizabeth Rugg stated that “Pallet shelters are cost-effective, rapid to install and have the capacity to serve people displaced by global conflict, disasters or chronic homelessness.”

Stated Patrick Diller “While finding suitable land for shelter villages can seem like a complex and challenging process, it is not impossible. By making a commitment to ending unsheltered homelessness, it is possible to find solutions that benefit unhoused individuals and the community as a whole.”

Pallet living shelters represent more than just a practical solution for housing the unhoused; it embodies a larger vision of community, sustainability, and social responsibility. According to Ted Sweeney, a Pallet representative, “by working together to build and maintain shelters, individuals form supportive networks based on mutual respect and shared experiences. The importance of collaborative efforts within the Ventura community cannot be overstated. It includes volunteers, organizations, and the unhoused themselves. This fosters a sense of collective responsibility and empowerment, where individuals actively participate in creating solutions

to address homelessness.”

The Pallet organization recognizes the inherent dignity and rights of unhoused individuals. By providing safe and secure shelter, it affirms their right to adequate housing and challenges social stigmas associated with homelessness.

Social networks and support systems can easily be created through Pallet living shelters and can offer encouragement, and mutual aid to unhoused individuals. Coordinating efforts with law-enforcement, mental health services, medical services, code enforcement, social workers and sanitation while providing emotional support, practical assistance, and a sense of belonging.

In addition to the basic shelter provided by Pallet living shelters supplementary services can enhance the well-being and sustainability of unhoused communities along with access to healthcare services, including medical clinics, mental health support, and substance abuse treatment.

The Sleeper (70sq ft) and the EnSuite 120sq ft. showed two fully-built shelters with industry-leading design features such as a mono-pitch roof, and a smooth exterior and interior panel. The Sleeper houses one or two, and the EnSuite includes in-unit hygiene facilities. Pallet

shelters were designed by people who had lived experience in homelessness .

Residential energy efficient windows, locking doors and peepholes, smooth interior walls, easily accessed interior lighting, and climate control offer comfort and privacy. Interior storage and space allows residents to keep possessions and pets, while the customiz-

able shelving system and freestanding bed and desk are designed for simple modification – making each shelter a personalized space to recharge.

These pallet shelters can be manufactured inexpensively, deployed and assembled with urgency, and act as a short-term solution for cities like Ventura to aid their unhoused com-



Elizabeth Rugg Pallet Community Development Manager and Ted Sweeney representative for Pallet in front of a Pallet shelter.

PARKS & RECREATION

CITY OF VENTURA
PARKS & RECREATION

GRANT OPPORTUNITIES

Cultural Funding Grant

Awards \$90k to nonprofit arts and cultural organizations supporting Ventura residents.

Community Partnerships Grant

Awards \$140k to nonprofit social and environmental service organizations supporting Ventura residents.



Applications available February 8, 2024.

Applications due February 27, 2024 by 5:00 PM (PST)



www.cityofventura.ca.gov/Grants



munities—all while providing comfort for residents. Units can be easily moved by forklift or disassembled and stored, preventing the possibility of becoming costly, long-term housing that isn't dignified.

There is no one solution to end homelessness. Ventura, like many communities have their own specific needs. While Pallet villages coupled with supportive services are a successful model, there are many other strategies to address the homelessness crisis. Working closely with cities across the country, Pallet realize communities want to find the right solutions and “know our expertise and learnings from deploying over 100 shelter villages could help them drive change.” By connecting village residents to housing navigation, job assistance, and a stable food source right where they live, unhoused individuals can start on the path to permanent housing.

Assemblymember Steve Bennett presents World Wetlands Day resolution with Coastal Keepers

The California State Assembly unanimously passed Assemblymember Steve Bennett's resolution, HR

64 (2023-24), proclaiming February 2nd as World Wetlands Day. The idea was presented to Bennett by Oxnard-based Coastal Keepers, a grassroots organization dedicated to the clean-up and stewardship of Ormond Beach.

“Our partnership with Coastal Keepers has been fruitful and inspiring. These young leaders have demonstrated initiative and passion for keeping our public beaches and waterways clean for all. I'm grateful to have collaborated with them on this resolution that is important to our coastal district,” said Assemblymember Steve Bennett.

“We have witnessed firsthand the environmental injustices affecting South Oxnard and Port Hueneme. We believe the Ormond Beach wetlands to be the hidden hero of our coast! Coastal Keepers commends Assemblymember Bennett's leadership for proclaiming February 2nd as World Wetlands Day. This is a crucial step towards raising awareness, bridging the gap between policymakers and coastal communities, and ensuring the protection of our wetlands for generations to come. We look forward to collaborating with his office to bring much-needed focus and action to this vital ecosystem.”

Coastal Keepers and Assemblymember Bennett have previously co-hosted a cleanup site for 2023 Coastal Cleanup Day. The event brought hundreds of volunteers to the Ormond Beach & Lagoon area and prevented thousands of pounds of trash from entering the ocean.



Julie Tumamait



Sarah McCarthy-Garcia

MVC adds three new members Continued from page 1

seamlessly with the Museum's mission.

Sarah McCarthy-Garcia is a Partner and Chief Creative Officer at McCarthy Companies, a leading Ventura-based residential real estate development and construction company. With over 16 years of industry experience, Sarah leads the company's sales, marketing, and business development strategies. Recognized as one of the Top 50 Women in business by the Pacific Coast Business Times, she currently serves on the boards of the Ventura County Housing Trust Fund and the Ventura Chamber of Commerce. Sarah brings a unique blend of professional acumen and local perspective to the Museum's Board.

Julie Tumamait, deeply rooted in her Chumash heritage, serves as a cultural resource consultant and is renowned for her cultural education programs throughout Ventura County. With ancestral ties to at least 11 Chumash villages, Julie is a respected board member of the Ojai Valley Museum and actively contributes to MVC's accessions committee. Living in

Ojai for most of her life, Julie, along with her husband and three children, is committed to preserving and sharing her cultural heritage. Her invaluable insights will play a crucial role in the Museum's efforts to promote inclusivity and cultural diversity.

The Museum of Ventura County is thrilled to welcome Dr. Sevet Johnson, Sarah McCarthy-Garcia, and Julie Tumamait to its esteemed Board of Directors. Their diverse backgrounds and dedication to the community will undoubtedly enhance the Museum's role as a cultural hub in Ventura County.

The Museum of Ventura County celebrates, preserves and interprets the art, history and culture of Ventura County, the California Channel Islands and the surrounding region through its collections, exhibitions, events, educational programs, publications and its research library, and serves as a gathering place for the community. The Museum has two locations - the main museum is located at 100 East Main Street, Ventura, California (805-653-0323). The Agriculture Museum is located at 926 Railroad Avenue, Santa Paula.



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The national blood supply remains at critically low levels

The American Red Cross continues to experience an emergency blood shortage as severe winter weather has further impacted the ability to rebuild the blood supply. Blood donors are urged to give now to help ensure

lifesaving medical procedures are not delayed.

The national blood supply remains at critically low levels. Blood drives have been canceled in nearly every state where the Red Cross collects blood. As a result, nearly 15,000 blood and platelet donations have gone uncollected this month alone. In addition to dangerous road conditions, many Americans have dealt with flight and shipping delays, and the Red Cross is no different. Snow, ice and extreme temperatures have made it tougher to move vital blood products across the Red Cross network, affecting deliveries to hospitals in some locations.

As much of the country warms up this week, individuals are urged

to make an appointment now to give blood or platelets by using the Red Cross Blood Donor App, visiting RedCrossBlood.org or calling 1-800-RED CROSS (1-800-733-2767). As a thank-you, all those who come to give Feb. 1-29, 2024, will receive a \$20 Amazon.com Gift Card by email. Visit RedCrossBlood.org/Heart for details.

The nation is currently facing the lowest number of people giving blood in 20 years. When fewer people donate blood, any disruption to blood donations – like recent weather systems – can have a huge effect on the availability of blood products and dramatic consequences for those in need of emergency blood transfusion. Generous blood donors are vital to ensuring those in need of transfusions have access to lifesaving care. New Blood Donor Rewards program

Since announcing an emergency blood shortage earlier this month, thousands of donors across the country have answered the call to help. In appreciation for all those who take the time to help save lives, the Red Cross is pleased to launch an all-new Blood Donor Rewards program. This program offers a new way for the Red Cross to say thank-you for the generous donations that are critical to patients counting on lifesaving care. All donors will now earn points for their donations that accumulate each time they roll up a sleeve to give. Donors automatically started earning points on Jan. 1, 2024, and they can redeem points any time of year to receive e-gift cards or save them to redeem and claim an exclusive Red Cross merchandise item in the next calendar year. For more information, visit RedCrossBlood.org/Rewards.

Upcoming blood donation opportunities
Ventura 2/13/2024: 11:30 a.m. - 5:30 p.m., Knights of Columbus, 36 S. Figueroa St.

The American Red Cross shelters, feeds and provides comfort to victims of disasters; supplies about 40% of the nation's blood; teaches skills that save lives; distributes international humanitarian aid; and supports veterans, military members and their families. The Red Cross is a nonprofit organization that depends on volunteers and the generosity of the American public to deliver its mission. For more information, please visit redcross.org or CruzRojaAmericana.org, or follow us on social media.

“Ventura County WORKS” to provide job seekers with training at no cost

With 19,700 unemployed Ventura County workers seeking jobs, this program provides training for careers in many industries, making participants more qualified and attractive candidates.

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 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 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 JobCenter 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>.



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Senior Living



“Are you sure this isn’t Ventura?”

Age-related forgetfulness

by National Institute on Aging

Older adults may worry about their memory and other thinking abilities, such as taking longer to learn something new. These changes are usually signs of mild forgetfulness — or age-related forgetfulness — and are often a normal part of aging.

However, more serious memory problems could be due to mild cognitive impairment, dementia such as Alzheimer’s disease, or other factors beyond normal aging.

As people grow older, changes occur in all parts of the body, including the brain. As a result, some people notice that they don’t remember information as well as they once did and aren’t able to recall it as quickly. They may also occasionally misplace things or forget to pay a bill. These usually are signs of mild forgetfulness, not a serious memory problem.

It’s normal to forget things once in a while at any age, but serious memory problems make it hard to do everyday things such as driving, using the phone, and finding the way home.

Signs that it might be time to talk with a doctor include:

Asking the same questions over and over again

Getting lost in places you used to know well

Having trouble following recipes or directions

Becoming more confused about time, people, and places

Not taking care of yourself — eating poorly, not bathing, or behaving unsafely

Talk with a doctor if you are experiencing noticeable changes in your memory. A doctor can perform tests and assessments to help determine the source of memory problems. Your health

care provider may also recommend that you see a neurologist, a doctor who specializes in treating diseases of the brain and nervous system.

There are a variety of techniques that may help you stay healthy and deal better with changes in memory and mental skills. Here are some tips:

Learn a new skill.

Follow a daily routine.

Plan tasks, make to-do lists, and use memory tools such as calendars and notes.

Put your wallet or purse, keys, phone, and glasses in the same place each day.

Stay involved in activities that can help both the mind and body.

Volunteer in your community, at a school, or at your place of worship.

Spend time with friends and family.

Get enough sleep, generally seven to eight hours each night.

Exercise and eat well.

Prevent or control high blood pressure.

Avoid or limit alcohol.

Get help if you feel depressed for weeks at a time.

Mild cognitive impairment

Forgetfulness can be a normal part of aging. However, dementia is not a normal part of aging. Dementia includes the loss of cognitive functioning — thinking, remembering, learning, and reasoning — and behavioral abilities to the extent that it interferes with a person’s quality of life and activities. Memory loss, though common, is not the only sign of dementia. People with dementia may also have problems with language skills, visual perception, or paying attention. Some people experience personality changes.

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Ross Willaims had a great interview with John Perram.

John Perram: A Ventura Citizen’s Journey

by Ross Williams

Ventura has been home to the dynamic and multifaceted John Perram for the past three years. A man whose life weaves through the realms of sports, family legacies, and the restaurant industry. John’s story is one of passion, resilience, and an unyielding commitment to his pursuits.

School Years

John’s early years were marked by an active engagement in sports, particularly baseball and tennis. As a shortstop for Santa Monica College’s baseball team, his skills on the diamond caught the attention of even professional scouts, leading

him to try out for the Oakland A’s. Although unsuccessful, it showed the depth of his dedication and the extent of his talent. Undeterred by the outcome, John’s resilience became a defining trait.

For John, tennis is a family tradition and was ingrained in his DNA. With both parents sharing a love for the sport and a family history adorned with notable achievements. The Wall of Fame at Libbey Park in Ojai proudly displays the names of four of John’s family members, cementing their legacy in the oldest

Continued on page 11



Senior Living

How to Improve Your Mental and Physical Strength

by Leslie Sokol

Have you ever found yourself admiring people you think of as strong, both physically and mentally? Strong individuals take care of themselves, show confidence and serve as an inspiration to others. Physical and emotional strength are also important components of your overall health and it's critical that you focus on both areas when creating your fitness plan!

It Starts with Mental Strength

Building your emotional wellbeing is fundamental to living your best life. Optimal mental health helps you live a life you love, have meaningful social connections, and can improve self-esteem. It's never too late to maintain your strength or discover new ways to get even stronger. There are numerous studies showing people who are strong emotionally are also physically healthier and have stronger immune systems.

A good way to start building up your mental strength is by creating a daily routine based on brain-boosting habits. Try mindfulness activities, such as meditation, yoga and breathing exercises to help you deal with stress or challenges in your life. Being mentally strong helps you resist both internal and external influences that weaken your self-confidence and well-being.

How Physical Strength Correlates with Mental Strength

Your physical strength goes hand in hand with your mental strength. As I tell my students, "Strong mind, strong body." Regular physical activity will not only help keep your muscles, bones and joints strong, but it will also build up your mental resilience. Regular workouts may actually change the way your brain responds to stress, thereby improving your ability to deal with any stressors that may come your way. Also, when you exercise, your mind produces a variety of "feel good" neurotransmitters and hormones, which delivers a major boost to your mood. Those positive emotions go a long way in improving your mental

health!

Muscle strength and dynamic balance are vital at every age, but in older populations it becomes even more crucial for maintaining independence and quality of life. As we age, we do lose muscle mass and strength. Muscles atrophy and become weak when we do not exercise or keep our bodies strong. "If you do not use it, you lose it" That's why it is so crucial to do strengthening exercises and keep physically active.

Tips for Improving Your Mental Strength

Cultivate a growth mindset.

Develop emotional regulation skills.

Set realistic goals.

Strengthen your support system.

Practice self-compassion and love.

Step out of your comfort zone.

Develop a daily routine.

Keep your connections strong (socialize).

Practice mindfulness and start a meditation practice.

Be a believer.

Tips for Improving Your Physical Strength

Exercise and stay active to prevent muscle and bone loss.

Do activities that are fun, get you in shape, increase your alertness, and feel good to your body and mind.

Do exercises that actually strengthen your muscles, such as:

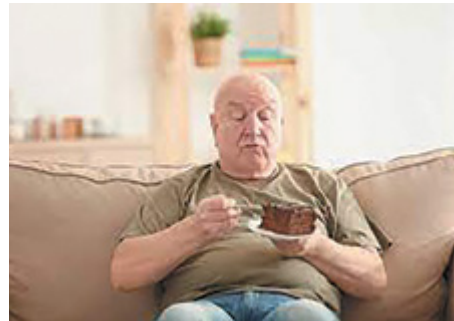
- Lifting weights
- Resistance bands
- Walking
- Hiking
- Dancing
- Push-ups, sit-ups and pull-ups
- Heavy gardening such as digging and shoveling.

I want to share one of my favorite quotes by Tim Grover: "Physical strength measures what you can do, Mental strength measures whether you'll actually do it!" We can all live a productive, healthy, and well-balanced life by focusing on strengthening both our minds and our bodies. By choosing to do things that make you happy and

content, you will see immediate boosts in your attitude, energy, motivation and outlook on life. Stay Strong! Be Happy and Healthy!

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

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



"This is my last piece of cake!"

Cutting calories may slow the pace of aging in healthy adults

by National Institute on Aging

Long-term calorie restriction may slow the pace of biological aging in healthy adults, according to an NIA-funded study. Specifically, cutting caloric intake by 12% for two years in lean or slightly overweight adults slowed the pace of aging by 2-3%. Although the effect is small, it adds up over time; earlier research suggests that a similar slowdown may reduce the risk of dying in 10 to 15 years by 10-15%. The findings, published in *Nature Aging*, provide evidence that age-associated molecular changes can be slowed or reversed to potentially extend lifespan in humans.

Biological age refers to the accumulating damage, physiological changes, and loss of function that occur in a person over time. One method scientists use to measure biological age examines the epigenome, which contains a record of changes to a cell's DNA and DNA-associated proteins. Led by Columbia University scientists, this study used DNA methylation (DNAm) to determine if the long-term calorie reduction changed how fast bodies were aging. The researchers analyzed data collected from a previous trial called the Comprehensive Assessment of Long-term Effects of Reducing Intake of Energy (CALERIE) trial. The CALERIE trial examined the effects of calorie restriction in healthy, lean, or slightly overweight young and middle-aged adults over two years. The scientists wanted to know if the calorie restriction in the CALERIE trial affected molecular processes associated with aging. The goal for participants was to reduce their daily caloric intake by 25%, but the average that the calorie restriction group was able to reach was a 12% reduction.

Compared to the 75 participants who ate normally, the 143 participants who cut their calories slowed their pace of aging by 2-3% over the two-year study using the DunedinPACE measure, a DNAm-based "speedometer" which de-

termines the annual rate of biological aging. In agreement with earlier small studies in animals, the findings suggest that molecular processes of aging can be slowed in humans. Notably the researchers found that "clock" DNAm measures of biological age (rather than rate of aging) were not affected by the calorie reduction intervention.

Notably, the levels of calorie reduction varied among CALERIE trial participants; 75% achieved up to a 20% reduction. Using the information on these participants, the researchers estimated the effects of 20% calorie reduction and found that it resulted in more pronounced drops in their pace of aging compared to the effect in the overall CALERIE population.

The authors note some limitations to their study. First, DNAm is just one marker of aging. Other age-related molecular processes will need to be evaluated to better understand the effects of long-term calorie reduction on disease risk and biological aging. Also, data on the CALERIE trial participants was collected for two years. Larger trials with longer follow-ups are needed to determine if the slowing of the pace of aging with calorie reduction translates to long-term health benefits and longer lifespan.

Despite these limitations, this study is the first to use DNAm to quantify the effects of a lifestyle therapy on aging. Moreover, this study provides evidence that long-term caloric reduction slows changes that occur with aging in humans and suggests that epigenetic aging may be modifiable.

This research was supported in part by NIA grants AG061378, AG028716, AG054840, AG070455, AG071717, AG071549, AG060906, and AG070455.

VCAA seeks applicants for California senior legislature position

The Ventura County Area Agency on Aging, a division of the Human Services Agency, is seeking applicants for an open Senior Assembly Member position on the California Senior Legislature. This person will also serve on the VCAA's Advisory Council.

The California Senior Legislature is a volunteer body whose primary mission is to help preserve and enhance the quality of life for older Californians and their families. The CSL gathers ideas for legislation at the state and federal levels, crafts the ideas into formal proposals, prioritizes the proposals, presents them to members of the Legislature or the Congress, and advocates for laws implementing the ideas.

Each October, the CSL meets in Sacramento to convene a model legislative session in the chambers and hearing rooms of the State Capitol. The CSL members participate in hearing testimony, debating issues, and voting to approve or disapprove legislative proposals.

Forty Senior Senators and 80 Senior Assembly Members are selected in elections supervised by the Advisory Councils of the state's various Area Agencies on Aging.

Candidates must be 55 or older.

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Senior Living

The application deadline is March 29, 2024. The election packet is attached, though it, and more information related to the election process, can be found at www.4csl.org in the Forms section. The completed packet – which must also include a resume that outlines one’s experience at the city and county levels dealing with older adults – should be emailed to roger.horne@ventura.org or mailed to Roger Horne, VCAAA, 646 County Square Drive #100, Ventura, CA, 93003.

After nominations are received, the VCAAA’s Advisory Council will hold an election at its May 8, 2024 meeting. Newly elected members will be sworn in during the October 2024 Annual Legislative Session. The term of this position runs through October 2026.



“Maybe I should hire someone to do my taxes?”

Exposure to stress

Exposure to stress increased biological age in humans and mice, but it decreased after the stress resolved, according to NIA-funded research. Findings from the study were published in Cell Metabolism.

Biological age refers to the accumulating damage, physiological changes, and loss of function that occur in a person’s cells over time. One method scientists use to measure biological age examines the epigenome, which contains a record of changes to a cell’s DNA and DNA-associated proteins.

Led by Harvard University scientists, this study used DNA methylation (DNAm)-based aging clocks to measure changes in biological age in response to diverse forms of stress. The researchers began with a laboratory experiment known to produce aged physiology in young mice or restore youthful physiology to old mice by surgically joining young, 3-month-old mice with older, 20-month-old mice, which allowed them to share their blood. At the molecular level, they found that the biological age of the young mice increased when measured with most aging clocks. Once the young mice were separated from the old mice and therefore were no longer experiencing the older mouse physiology, their biological age returned to youthful levels. This finding suggested that biological age is malleable and potentially reversible, and these changes are reported by DNAm aging clocks.

Next, the researchers examined blood samples from people who had recently experienced stressful situations, including surgery (emergency versus elective), pregnancy, or severe COVID-19. Analysis of blood samples from patients who underwent emergency surgery showed their biological age increased the morning after surgery and returned to pre-surgery levels four to seven days later. Elective surgeries, on the other hand, had less impact on biological age,

which the authors attribute to pre-operative regimens known to aide recovery. Pregnancy in both mice and humans led to increased biological age at delivery, which reverted to lower biological age following delivery and recovery.

The research team found the same reversible biological age in older adults with severe COVID-19, although the change differed by gender and treatment. The scientists also found people in the group who were treated with the immunosuppressive drug tocilizumab, usually prescribed to treat moderate to severe rheumatoid arthritis, showed a greater reversal of their increased biological age related to COVID-19.

The elevation and subsequent return to baseline of biological age found in this study may represent possible targets for geroscience-based interventions to improve health at older ages. Future research may explore how temporary fluctuations of apparent biological age influence aging over a lifetime.

This research was supported in part by NIA grant R21AG065943.



Bill “warming up” with Beth Baumer owner of Neuroboxing.

Bill Kelley, a retired senior is nine years post cancer

by Patricia Schallert

Bill is a retired 67-year-old gentleman, originally from the San Fernando Valley. He used to vacation in Ventura with his sons and fell in love with Ventura and the cool weather. While living in Northridge, he operated a successful food truck called Smokin’ Willies BBQ. He also worked for Warner Bros. for 26 years, real estate for 6 years and Smokin’ Willies BBQ for 6 years. Upon moving to Ventura, Bill worked for the Parks and Recreation program and in a school cafeteria until the Pandemic in 2020.

Bill was diagnosed with cancer after going to the ER for not feeling “right”. He thought he was having a stroke but was diagnosed instead, with cancer and the doctors discovered a lymphoma tumor. Bill had thoracic surgery and the tumor was removed but left him with 13 screws, 2 rods and 73 staples in his back. He continued to receive treatment for his leukemia by having two bone marrow transplants. Currently he is nine years post cancer. When he was released from treatments in 2021, he and his wife of 41 years vacationed in Italy.

Being retired and knowing he will have cancer treatments for the rest of his life, Bill says, retirement means that “Every day is Saturday and it feels like freedom”

Regarding attending Neuroboxing I asked Bill “How long have you been involved with Neuroboxing? “About one-year” he answered.

What do you enjoy most about it? “The good friendships among the members of the group.”

John Perram Continued from page 9

tennis tournament in US history, “The Ojai” Tennis Tournament.

Restaurant Life

Transitioning from the world of sports, John ventured into the realm of culinary delights, becoming a restaurateur. In the 80’s and 90’s the Pelican’s Retreat and Nightclub in Calabasas became synonymous with delicious seafood cuisine, especially renowned for its red snapper adorned with a delectable lemon butter sauce. Over time, the establishment evolved into a vibrant nightclub, attracting both locals and celebrities. However, the shift brought challenges as they navigated finding their identity, experimenting with various foods, and accommodating a changing clientele.

The 94 Earthquake

John and the Pelican’s Retreat stood resilient during the 1994 earthquake. Remarkably, the establishment remained unscathed, with only a lone TV succumbing to the tremors. Ready to open that very night, he wanted to open to help the community in a time of crisis. Recognizing the importance of providing a gathering place for solace and support. The Pelican’s Retreat became a beacon of resilience, offering a comforting refuge for the community to come together and heal in the aftermath of the earthquake.

Retirement and Leisure Activities

John has transitioned into a well-deserved retirement, embracing a life filled with leisure, community engagement, and the joys of travel alongside his best friend and wife, Royce.

Volunteering at Olivas Adobe

A defining aspect of John and Royce’s retired life is their commitment to giving back. Volunteering at Olivas Adobe has become a shared passion for the couple. Royce serves as a docent, sharing the rich history of the site, while John dedicates his time to maintaining the beautiful rose bushes that adorn the grounds. Their joint efforts contribute to preserving Ventura’s cultural heritage and creating a welcoming environment for visitors.

Travel Adventures in Retirement

Venturing into this new chapter of life, John and Royce embarked on a memorable trip down to Key West a year ago. This adventure marked the beginning of their commitment to making travel a priority in the coming years. With a Travel Sprinter RV as their trusty companion, the couple plans to explore new destinations and create lasting memories along the way.

As John transitions into retirement, Ventura remains the backdrop to this chapter, a place where John finds joy, community, and the perfect blend of relaxation and adventure in his well-deserved retirement. His journey continues to be a source of inspiration as he embodies the spirit of embracing life’s diverse experiences. Gazing off into the harbor where sailboats gently rocked against blue gray sky, John expressed a profound sense of gratitude for the life he has built in Ventura. “I feel very blessed and proud to have ended up here! Ventura! I love it!”

Editor’s note: I have played tennis with John but he is too good for me.

Sheldon



Movement



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The Pet Page



Dedicated to Scamp

• A van is needed in order to transport dogs to the vet and for adoption events. Grant writer and retired public defender Jean Farley came to the rescue.

Jean has been a CARL volunteer for over 9 years and helped out wherever she could at the kennels and then transitioned into grant writing for CARL.

Ruben Alarcon, a Biology Professor at Cal State Channel Islands is also a CARL volunteer and prior board member. Ruben communicated to the English Department professor who was giving a grant writing class of a need for CARL to receive a grant.

The proposal was submitted on CARL's behalf to the Ventura County Community Foundation and they received enough to purchase a van.

There are also other ways in which the public can help such as volunteering. CARL is in need of volunteers to do outreach, facilities, dog walking, play groups, transport, adoption

events and at the CARL'S Boutique Thrift Store in Ventura. By donating items or shopping at the thrift store, you are helping dogs at the CARL kennels. Please go to their website at carldogs.org and make a difference in a dog's life.

• Dear Friends:

By Ventura County Animal Services We did it! Thanks to you! 205 dog beds were donated in just 36 HOURS by shelter supporters in the community! The folks at Kuranda said, "We've never seen a donation drive this big go this fast!" They asked how we did it, and we told them we have a close-knit community of animal lovers who know us, trust us, and believe in our lifesaving mission! That's how we did it!

If you missed the opportunity to donate a bed, our Foundation is always looking for general funds to support our animals' daily needs, from toys and enrichment tools, to kitten formula and medical procedures. Thank you for supporting your local animal shelter! [www.vcas.us/donate]



CARL was in need of a new transport van.

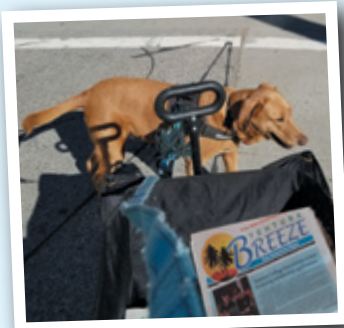
Scamp Club

(Scampclub pets are not for adoption.)

Hi: I'm Missy Baumgardner and adorable Shih Tzu like Scamp. I was adopted as a senior 4 years ago so I'm probably 14 or older. I like treats, naps and walks (in that order).



Lucy is a rescue dog. She is a Goldador Lab/Golden Retriever mix, or Golden Lab. She is 7 years old. She loves delivering the Breeze because she gets lots of praise and petting. She likes blankets, treats and going for rides in a van.



My name is The Dragon, and I am a young, Pato Real drake. I'm quite a personable boy -- as long as you bring me offerings of fresh, ripe fruit! My hobbies include sitting by the door and watching my people in their house, following people around when they're



Join Scamp Club

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

Lost pet? Go to LostCatVenturaCounty.com or LostDogVenturaCounty.com - free websites for finding and posting when you've lost or found a cat or dog.

Forever homes wanted



Hi: we're Bandit and Rascal, sweet 17 year old Jack Russell Terrier X who are in need of a new home. We sadly lost our home due to a fire and our owner had no place to go. Thankfully CARL took us both in and will help us find our forever home. We've lived our entire lives together and want to stay together. If you're interested in

two sweet girls who have passed the crazy puppy stage to complete your family, please fill out an online application to meet us. Canine Adoption and Rescue League C.A.R.L.

Meet 2 year old Chow Kikkoman! Kikkoman is a fun and bouncy guy. He's energetic, affectionate, and so fluffy. Lately Kiko has been enjoying playing with some new rough and tumble shelter dog buddies in playgroup. We are happy to help out with a meet and greet at the shelter if



going home to a doggie sibling! Though he was fearful when he first arrived at the shelter, he's really opened up and shown us what an awesome dog he is. We don't know how he hasn't been scooped up yet! Pet Link: www.vcas.us/viewan-2/?ida=A839855. If you'd like to meet Kikkoman, schedule an appointment at <https://www.vcas.us/adopt> or come down to the shelter during normal Adoption Hours of 1:00pm - 6:00pm Tuesday - Sunday. If you have questions, please contact us at (805) 388-4341 or info@vcas.us.



Police Reports

by Cindy Summers

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

Fatal Traffic Collision with Arrest

On January 3, at approximately 10:00 pm, the Ventura Police Communications Center received a 911 call regarding a vehicle vs pedestrian traffic collision in the 3200 block of Harbor Blvd. A witness that observed the collision reported that the vehicle involved immediately fled the scene, making no attempt to check on the pedestrian that they had struck. Officers responded and located the victim down in the roadway and determined that he was deceased as a result of the collision. Patrol officers checked the surrounding area but were unable to locate the suspect vehicle at the time.

Ventura Police Traffic Division investigators responded to the scene and began to process the crime scene. During an extensive investigation over the next few weeks, investigators were able to identify 32-year-old San Pedro resident Aaron Greene as the driver of the vehicle that evening. On January 3, Aaron

Greene was taken into custody for Felony Hit and Run and Vehicular Manslaughter and was booked at the Ventura County Jail.

The investigation is still ongoing and anyone that has information related to this incident can contact Officer Garcia with the Ventura Police Traffic Division at (805) 339-4326.

Fatal Traffic Collision

On January 30, at approximately 11:30 am, the Ventura Police communications center received a 911 call regarding a motorcyclist down in the 1200 block of Olive St. Officers arrived on scene and located the rider unresponsive and began rendering aid. Ventura City Fire and AMR personnel arrived and attempted lifesaving measures but the victim, a 35-year-old male Ventura resident, had succumb to his injuries. The preliminary investigation determined that the collision appeared to only involve the victim on his scooter with no other vehicles involved.

most of which fled the area upon their arrival.

Sunday 1/28

7:49am, dispatched to a sick person in river bottom area. Officers responded with VFD/AMR and assisted with treatment and transport for withdrawals.

9:37am, receiving multiple reports of Standup Paddlers and small vessels beset by the East Winds gusting. Officers responded in the

Fireboat to assist.

10:51am, dispatched to beach fire at Surfers Knoll. Officers responded and extinguish the fire. It was the bonfire from last night, it reignited in East winds.

Monday 1/29

11:22am, received report of illegal mooring at dock in the keys. Officers responded, investigated, and discovered the vessel had permission to secure.

Harbor Patrol Blotter

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

Wednes 1/17

3:45pm, dispatched to a strong odor of gas at the Portside apartments. Officers responded with Ventura Fire Department to investigate report. Nothing found.

Thursday 1/18

11:20am, observed a dive service boat in violation of speed/wake ordinance near the patrol dock. Officers conducted safety inspection, issued several warnings of deficiencies in equipment and for the large wake produced while speeding.

Friday 1/19

8:35am, received complaint about a transient pit-bull that attacked an individual and their dog near Surfers Knoll yesterday. Officers advised to contact Ventura PD and or animal control when the incident occurs.

Saturday 1/20

2:00pm, dispatched to a medical in the Ventura Marina Community. Officers responded with VFD/AMR to assist an 80 y/o male with low blood pressure.

Sunday 1/21

7:10pm, while on patrol in the Fireboat, observed a motor vessel engaged in fishing without navigation lights. Issued warning, skipper turned on lights.

7:25pm, dispatched to chest pain/overdose in the Harbor Village. Officers responded with VFD/AMR to a male under the influence of meth. Responders were unable to find the patient, until he appeared at the ambulance.

Monday 1/22

4:30pm, while on patrol in the vehicle, monitoring the Santa Clara River breach. The opening is father south than normal and flowing

heavily out to sea.

Tuesday 1/23

3:09am, observed a small vessel fishing at the Harbor Entrance. Officers responded in the Fireboat, contacted three fishermen placing hoop nets across the Harbor Entrance. A thorough education of fishing laws & ordinances given.

8:00am, while on patrol in the truck, officers issued warnings for no parking permit at the launch ramp. The vehicles left, but one required a jumpstart.

12:13pm, dispatched to an emergency in the Ventura Marina Community. Officers responded with AMR/VFD to assist a 98 y/o male who fell.

Wednes 1/24

7:35am, removed a houseless individual who was camping on the dunes across for the Yacht Club. Trash was removed and the individual assisted to new area.

8:05am, removed individual living in vehicle at the launch ramp for no permit.

Thursday 1/25

5:05pm, received report of large clump of seaweed in danger of interfering with a liter removal device. Officers responded in Fireboat and removed hazard.

Saturday 1/27

12:52pm, dispatched to an unknown problem in Portside complex. Officers responded, found patient who refused medical care. Gave directions to hospital.

9:35pm, received report of large bonfire at Surfers Knoll. Officers responded and found a large party South of Surfers Knoll, put the fire out and removed hundreds of kids,



Free Admission on Valentine's day

Embrace the beauty of the outdoors as you and your loved ones wander through lush landscapes and scenic vistas. Be sure to stop by the "Heart of the Garden" sculpture featured in the Chilean Gardens until the end of February. Leashed dogs are welcome.

JOIN US
Wednesday,
February 14

HOURS
9am-5pm

SUPPORT THE VENTURA BOTANICAL GARDENS,
BECOME A MEMBER TODAY!

567 S. Poli St. | 805.232.3113 | VenturaBotanicalGardens.com

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

I can help you with that!

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805.701.7694
TEAMTRAINOR12@GMAIL.COM

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Weekly SUDOKU Answer

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

King Crossword Answers

Solution time: 25 mins.

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



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.

City of Ventura Grant Opportunities.

Applications available starting February 8 and due by February 27. Cultural Funding Grant - Awards \$90,000 in funding to 501(c)(3) nonprofit arts and cultural organizations that support Ventura residents. Community Partnership Grant - Awards \$140,000 in funding to 501(c)(3) nonprofit social and environmental service organizations that support Ventura residents. Learn more and apply at: www.cityofventura.ca.gov/Grants

February 13: Ventura Audubon Society's February Program "The Future of Ormond Beach": Tuesday 7 p.m. at the Poinsettia Pavilion and streaming via Zoom. Pete Dixon speaks about the planned restoration of Ormond Beach will provide updates and status on the restoration plan for the coastal dune, upland ecosystems, and Ormond Lagoon. For more information on this plan, visit www.oxnard.org/ormond-beach-restoration-public-access-plan, and for more information on this program, visit www.venturaudubon.org/speakers.

February 15: 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 Paul Copley from California RCV. The California RCV is a diverse, nonpartisan group advocating to expand Ranked Choice Voting to all Californians to ensure we have a greater voice in our democracy. 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 imple-

menting programs or solutions.

February 17: On Saturday afternoon, 1- 4 p.m., the Ventura County Genealogical Society will present a lecture by Cynthia Keefer Patton: "10 Steps for Organizing for the Busy Genealogist." All VCGS lectures are free and open to members and the public. Non-members may request a Zoom invitation at <https://venturacogensoc.org/request-invitation-to-lecture/>. Please note that VCGS cannot respond to same-day requests. The DNA Special Interest Group meeting will precede the general meeting on Zoom from 10:30 - 11:30 a.m. Contact the webmaster to be added to the invitation list: webmaster@venturacogensoc.org.

February 17: The Museum of Ventura County will show a screening of "Six Generations" from 1- 3 p.m., followed by an insightful Q & A session with Chumash elder Ernestine Ygnacio-De Soto and Professor Kristina Foss. The documentary profoundly explores Chumash's heritage with "6 Generations." Narrated by Ernestine De Soto, a unique link to the past through her female ancestors, the documentary delves into the impact of the Spanish arrival in Santa Barbara. Registration is free for members at the individual/family level and \$10 for non-members. It was made possible, in part, by The Bauer Foundation.

February 18: Anyone interested in timepieces, both antique and modern, can join the Ventura County chapter of the National Association of Watch and Clock Collectors for a watch/clock marketplace, lunch, and a presentation on a horological topic. Bring a watch or clock for a free evaluation. 11am February 18, 2024, Campus Student Center of Ventura College, 4667 Telegraph Road, Ventura. nawcc-ch190.com. For Details contact: Bob McClelland Director, Public Information (818) 225-8212 rjmcclell@pacbell.net

February 22: Chabad of Ventura is thrilled to announce the Mega Challah Bake, a countywide community event

on Thursday at Poinsettia Pavilion, 3451 Foothill Rd. Registration opens at 5:30 p.m., and the event commences at 6 p.m. The Mega Challah Bake is a unique event fostering unity, love, and purpose. Participants knead their way into a more significant cause spreading love and light. Join us to uplift, enrich souls, and illuminate the world with goodness and kindness. For more details and registration, visit www.chabadventura.com/challah

February 24: The Ventura Downtown Lions are hosting Bowl to 2024 Strike Out Cancer at Buena Lanes in Ventura. The proceeds will go to CSCVVS and The Ronald McDonald Family room. Tickets are \$30 each, which includes the 3 rounds of bowling, lunch, and more exciting activities. The event is from 12:00 PM - 3:30 PM. Buena Lanes, 1788 S Mesa Verde Road, Ventura.

March 23: Group: Channel Islands PC User Group (CIPCUG) Online and live at Computers 2175 Goodyear Avenue, Unit 117 Ventura, CA 93003 (805) 289-3960 Discussion, Tutorial, and Q&A sessions centered around Computers, email, the Internet, AI, and social media brokers such as X, Facebook, and Google. Events begin at 9:30AM. All CIPCUG events may be attended online. Due to limited space live attendance is reserved for members. Details for connecting to online events are emailed prior to the event. To receive connection instructions, please sign up on our website at: <http://www.cipcug.org> cipcug club website

May 21: Ventura County Public Works Agency (VCPWA) is delighted to announce our annual Ventura County Public Works Day. It will be held on Tuesday, from 9 - 2 p.m., at the Ventura County Government Center. Our nationally recognized event has lots to see and do, including education for younger students and exciting career opportunities for high school students.

OLIVAS ADOBE
HISTORICAL PARK

4200 Olivas Park Drive

SPRING EVENTS

February 11, 2024

Quilts & Stories From The Past

11am-3pm

Every quilt holds a story in its fabric and stitches. What story will you discover?



Artist Reception: Celebrating Animals Of The Rancho Exhibit

12-1pm

Plein Air Ventura County shines light on the animals who brought fortune to the Rancho.



In addition to FREE monthly special events, the Olivas Adobe Historical Park is open every Sunday, 11 am-3 pm.

www.cityofventura.ca.gov/OlivasAdobe



CITY OF
VENTURA
PARKS & RECREATION

On Vacation - Ventura



Jim, Emily and Janet McLaughlin reading the Breeze at the Pierpont Yacht Club on their visit to Ventura from Anchorage, Alaska.

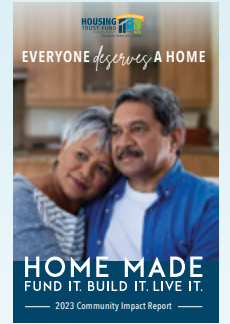


On Sunday evening February 4, during torrential downpour, Project Understanding Pantry Manager Michael Rodrigues and pantry driver Matt Maxfield went out into the community looking for some of our unhoused clients. Michael stated, "we are here to help the underserved and they need us". Michael and Matt loaded up the van with items that were needed, Tarps, rain jackets, warm clothes, socks, blankets, sleeping bags, pet food, pet blankets and some groceries. They were able to hand out these needed items to 18 unhoused individuals and 3 dogs and 2 cats. Project Understanding has served the community since 1977. We are thankful for our staff and their dedication to Ventura County. To find out more about how you can help visit us at www.projectunderstanding.org or call 805-652-1326.



2024 ANNUAL MEETING
 Thursday, February 29th
 8:30 a.m. - 1:00 p.m.
 CSU Channel Islands Grand Salon

We'll present our 2023 Community Impact Report, share current and new affordable housing developer loan programs, and join the important discussion, "A Home for Education," making the case for housing solutions on educational properties.



A Home for Education

Housing solutions on educational properties.



"Affordable Housing Development on School Lands"

Presented by Al Grazioli
 Director of Real Estate and Business Development, Los Angeles Unified School District



Scan for free tickets

"A Home for Education" symposium presented by:



<https://AHomeForEducation.eventbrite.com>



New Year New Opportunities!

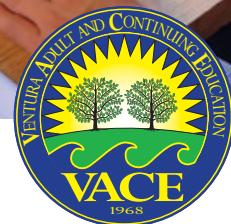
Ventura Adult and Continuing Education Career Technical Education Programs

- Computerized Financial Accounting
- Business Administration and Management
- Administrative Assistant
- Studio Production Technician
- Network Security Technician
- Computer Support Technician
- Graphics for Web and Print
- Front/Back Office Medical Assistant
- Pharmacy Technician
- 3D Modeling and Design Drafter
- Computer-Aided Design Drafter

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February 11, 11:00 am - 3:00 pm free
A quilt display and a new art exhibit at the Olivas Adobe stitch together stories of the Rancho life and how work and play are intertwined.

Featured is wall hanging sized adobe quilt designed by docent Debra Milbourne with an appliqued rendering of the Olivas Adobe at its center with embellishing fabrics used along the border to depict the mission grapes, rose, and herb gardens. The famous great horned owl that nests in the eucalyptus tree near the adobe along with other rancho creatures create a whimsical yard around the adobe. Several other quilts will be on display in the rancho rooms and exhibit spaces featuring different eras and feature different quilting techniques.

Complimenting the quilts and the historic landmark in the small adobe is a new exhibit by the Plein Aire Artists of Ventura County;

Celebrating Animals of the Rancho. An artist reception will be held from 12- 1pm on the 11th, where the public can meet the artists and talk about the inspiration behind the paintings featuring sheep, horses, and cattle. All artwork is for sale and the art exhibit will remain up though the end of May. The Quilt exhibit is one day only. www.cityofventura.ca.gov/OlivasAdobe

Art Studio Live!

Weekly Life Drawing Sessions

BAA is now hosting weekly Life Drawing Sessions with live models on Tuesday mornings and Wednesday evenings starting tomorrow, Tuesday,

January 9th. Each session is \$20 (pre-registered). If you sign up for 5 sessions or more at the same time, the cost of each session drops to \$15 (pre-registered, no refunds, but you may swap session days!) Drop-ins also welcome 30 minutes before the session starts, for \$25.

All sessions are held in our new education studio, #14, at H Gallery & Studios (Midtown Studios), 1793 E Main St, Ventura.

Tuesdays: 9:30am - noon
Wednesdays: 6pm - 8:30pm

Ventura Botanical Gardens is seeking entries for their 2024 Annual Photo Contest

To be eligible, photos must be taken in the Ventura Botanical Gardens and highlight botanical specimens, visitors and activities in the Gardens (animals, insects, people, etc.), or a special place or view in the Gardens. Complete rules and entry requirements can be found on the Ventura Botanical Gardens website: www.VenturaBotanicalGardens.com.

Entries will be accepted from April 1 - 26, 2024. Winning entries will be announced in mid-May 2024. Similar to past contests, the Peoples Choice

winners will be selected by visitors voting on Facebook from May 1 - 10, 2024. A panel of professional photographers will choose the Judge's Choice winners. Last year's judges were Greg Montana - owner of Dexter Camera, Stephanie Hogue - owner of Latitudes Gallery, and Monica Furmanski - assistant professor of photography at VCCC.

We look forward to seeing many seasonal highlights from the Gardens through the lenses of members and visitors of all ages.

Located at Grant Park in the City of Ventura, the Ventura Botanical Gardens' goals include conserving plant species and encouraging visitors to strengthen their connection to nature.

To find out more about this event, contact Nancy Kettner - sqkett@bellsouth.net

To find out more about the Gardens, visit the VenturaBotanicalGardens.com and join us on Facebook.



What's your favorite photo?



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.

President's Day Sale



10-50% OFF!

STOREWIDE Feb 16th thru Feb 26th

- Mission
- Modern
- Home Office
- Murphy Cabinet Beds
- Accents/Art
- 50s Retro
- Sustainable Bamboo
- Eclectic
- Rattan
- Rustic
- Lighting
- Shaker
- Arts & Crafts
- Amish-crafted
- Mid Century Modern
- Sleep Center

All Greenington Bamboo furniture!
Now Take 20% OFF!*
and more!

All Trend Manor solid oak & cherry furniture!
20% OFF!*
and more!

Fresh, unique & original furniture styles, fabrics & designs for 2024
Just in!

"5 Stars! Beautiful store. Quality furniture."
Steve Thomas, CA
"5 Stars! Great store!"
Kathy A., CA
"Best shopping experience ever!"
Blair W., YELP
"Best furniture store around!"
Gordon B., Ventura
"A lot of cool furniture!"
David S., Venice, CA

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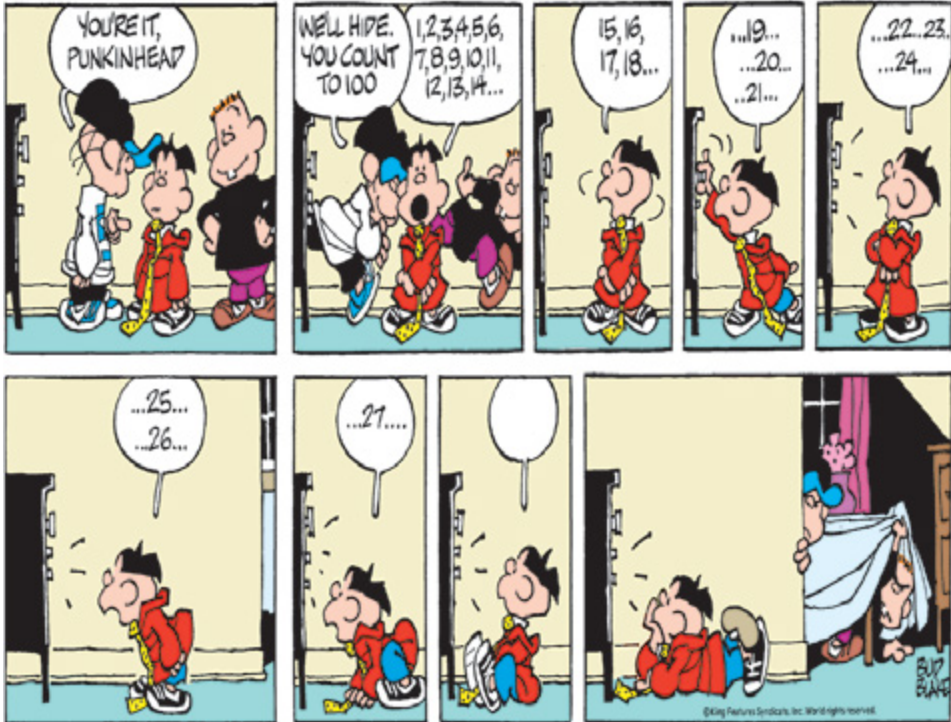
*10-50% off regular prices. Not valid on prior purchases.

We deliver throughout the Central Coast and Southern California



Lighter Breeze

Tiger



The Spats



Out on a Limb



Amber Waves



Play Better Golf with Jack Nicklaus



Solutions on page 13

(For a beginners guide to playing Sudoku go to venturabreeze.com)

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

Weekly SUDOKU

by Linda Thistle

Place a number in the empty boxes in such a way that each row across, each column down, and each small 3x3 box square contains all of the numbers from one to nine.

DIFFICULTY THIS WEEK: ♦♦

♦ Moderate ♦♦ Challenging
♦♦♦ HOO BOY!

Solutions on page 13

King Crossword

ACROSS

- 1 TV schedule abbr.
- 4 Rotate
- 8 Exerciser's target
- 12 Slithery fish
- 13 Layered cookie
- 14 Greek vowel
- 15 Selflessness
- 17 Seize
- 18 Chapeau
- 19 Slogan
- 21 Garden figurines
- 24 Use henna
- 25 Post-op area
- 26 Apply cream
- 28 College study
- 32 Close by
- 34 'Gee, ya think?'
- 36 Golfer's cry
- 37 Campfire leftovers
- 39 Clothing protector
- 41 Sandwich meal
- 42 '- been real'
- 44 By and large
- 46 Opposite of candor
- 50 Fggy quaff
- 51 Bern's river
- 52 Halite
- 56 Egyptian deity
- 57 Shrek, for one
- 58 Half of CIV
- 59 Society newsbies

1	2	3	4	5	6	7	8	9	10	11	
12			13					14			
15			16					17			
		18			19		20				
21	22			23		24					
25				26	27		28		29	30	31
32			33		34	35		36			
37				38		39		40		41	
			42		43		44		45		
46	47	48			49		50				
51					52		53			54	55
56					57				58		
59					60					61	

- 60 French perfume brand
- 61 Prom rental
- 10 - impasse
- 11 Innocent one
- 16 Ewe's mate
- 20 Workout venue
- 21 Actress
- 22 Mark Harmon TV series
- 23 Melancholy
- 27 Fella
- 29 "Atlas Shrugged" hero
- 30 Exam format
- 31 "Ratatouille" rat
- 33 Patty Hearst, for one
- 35 'Toll -' (Streisand/Dion song)
- 38 Fr. holy woman
- 40 Monopoly job selection
- 43 Seafood
- 45 Cyclades island
- 46 Stated
- 47 Lighten
- 48 Baby's bed
- 49 Boo-Boo's buddy
- 53 - -Magnon
- 54 Lucy of 'Elementary'
- 55 Box office buys, slangily

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

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

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

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WE GREATLY APPRECIATE OUR LATEST (OR RETURNING) CONTRIBUTORS **BARRINGER BIOLOGICAL SERVICES (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

A View from House Seats

Meteor Shower Rains Existential Mischief

by Shirley Lorraine

Now in its 85th year of entertaining audiences, the Ojai Art Center Theater presents its 2024 season “Doorways to Dramatic Worlds” which promises to be stirring.

The Ojai Arts Center Theater is currently presenting an unusual, mind-bending piece of theater. Written by the multi-talented Steve Martin, gifted author, writer, actor and musician, the OACT has staged Meteor Shower, an extended one-act play cleverly directed by Brian Robert Harris.

Set in our lovely town of Ojai in 1993, the audience is invited to ponder some rather esoteric musings of a new-age couple who are trying hard to be “hip” yet who are actually wallowing in their own mediocrity. The piece is classic Martin, who is prone to philosophical questions that neither ask for nor require answers and who challenges the audience’s intellect and ideals without apology.

I thoroughly enjoyed the no-holds barred performances of all four actors – Evan Austin, Kimberly Demmary, Anna Kotula and John Medeiros. The cast was primed and ready for the adventure, each playing their characters with abandon. They are captivating to watch as they grapple with the many quirks in the telling of the story.

A charming split set design by Bianca Rice is complete with its own dazzling meteor shower, which, along with the artistic and functional living room, makes one feel comfortable and peaceful right away. The essence of Ojai is palpable in the serene setting. There are also a few surprising and effective special effects.

Myriad opportunities for laughter as well as philosophical references present themselves, along with the couple’s repeated attempts to “be emotionally connected” via affirmations. Ultimately, the play uses the allegory of the meteor shower raining down as insight into the couple’s inner emotional turmoil. However, the story is, in my opinion, bogged down by repetition of absurdities (really funny the first time, less so as the action continues) in a “let’s rewind and try a different outcome” mode which I found challenging to follow.

The extended skit is well acted and staged although the play itself was not satisfying to me. As in many of Martin’s New Yorker essays and other literary works, the premise began to fray with the repetition, settling for an abrupt “aha” revelation in the last moments which I believe was meant to explain the previous work.

The material does cover a wide range of sensitive adult areas which may be uncomfortable for some, including language that seems to be required these days to drive a point home. Be prepared to expand your mind to embrace whatever comes. The piece will certainly be a conversation starter for many.

Parking is limited and the street is quite dark in the evenings so early arrival and flashlights are recommended.

Meteor Shower runs through February 18 with performances Fridays and Saturdays at 7:30 p.m. and Sundays at 2 p.m. www.OjaiArtCenter.org. Not recommended for children.

was being shorted by Wall Street hedge funds to purposefully deflate the price until the company was destroyed. He shared this information on WSB and his Roaring Kitty YouTube channel, where he always wore a cat shirt and frequently a bright red bandana. Word spread about Roaring Kitty and GME, and thousands of everyday people started buying GME.

By September 2020, GME more than doubled to \$10/share and kept rising due to a growing number of retail investors, who were referred to as “Dumb Money” by Wall Street professionals. Then Melvin Capital owner Gabe Plotkin (Seth Rogin) shorted another 600,000 shares in GME, triggering a battle where Roaring Kitty told his followers to hold, saying the situation was bigger than any personal gains - that it was their chance to rise up together and stick it to the Big Man.

WSB and GME hit the headlines, calling WSB a revolution and causing GME stock to rise to \$25/share by December. Much of the trading was processed through the Robinhood app, which offered free trades with no commissions and gained 5 million users during the

rise of GME. Robinhood was run by Co-CEOs Baiju Bhatt (Rushi Kota) and Vlad Tenev (Sebastian Stan) and though not made public information, was owned by Citadel Securities, a division of Citadel Corp owned by Wall Street tycoon and hedge fund mogul Ken Griffin (Ken Offerman).

By January 2021, GME soared to \$100/share and Gabe Plotkin-Melvin Capital was losing billions daily and was actually considered bankrupt. GME rose to \$150/share and after losing \$6.8 billion, Melvin Capital received a \$3 billion dollar bailout primarily from fellow investor Steve Cohen (Vincent D’Onofrio), CEO of hedge fund Point72, with a portion from Ken Griffin of Citadel. Keith Gill (Roaring Kitty) was up \$23 million on GME but still wasn’t selling and told his followers to hold. An estimated eight million small investors all held and GME soared to \$350/share.

Then WSB was shut down by Reddit for what they said was inappropriate content, and Keith Gill got a call from his boss at Mass-

Mutual and was let go from his job as a financial analyst due to all the media attention. When WSB was shut down and the small buyers didn’t have access to the Roaring Kitty balance sheet, many panicked and sold. When the stock got close to over \$500/share a lot of people decided to sell and Robinhood shut down the buy option for stock on their app, though saying it was a technical issue it seemed to be to slow the buying frenzy.

The scare caused the stock to drop, but after WSB was back online and everybody saw that Roaring Kitty still held even though he was down to \$17 billion, many small investors sparked an investment frenzy causing the stocks to go skyrocketing again. That’s when Roaring Kitty, Robinhood and Citadel received Congressional subpoenas regarding their involvement in market volatility which put a national spotlight on the institutional practices by Wall Street firms and demonstrated the enormous potential power of social media in the markets. Runtime: 1h 45m

Streaming Spotlight by Cindy Summers

Dumb Money

- Netflix



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

“Dumb Money” is based on a true story when millions of small investors led by a regular guy named Keith Gill (Paul Dano) took on Wall Street hedge funds by backing GameStop when hedge fund Melvin Capital Management was investing big that it would fail. Keith Gill also went by “Deep F*cking Value” on Reddit in the Wall Street Bets (WSB) forum where he posted his daily balance sheets and also produced videos on YouTube as “Roaring Kitty” explaining his financial strategies.

In July 2020, Keith Gill invested \$53,000 in GME (GameStop) at \$4/share believing that the company

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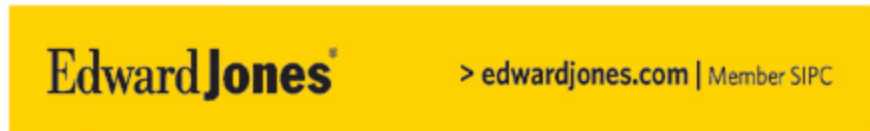
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