There were over 20 homes in the Keys with damage to their docks/ramps. Photos by Patricia Schallert, Russ Jenkins and Sheila Leiman.

Tsunami activity in the Ventura Harbor and Ventura Keys

An undersea volcano erupted in spectacular fashion near the Pacific nation of Tonga, sending large tsunami waves crashing across the globe. Harbor Patrol Rescue Boat 17, docked at the time, was inundated with an outgoing surge, capsized and sunk in the

Happy 5th Birthday KPPQ Radio!

going, to highlight the stories of our local women and all that we are doing right here in our community—the place where change happens!” Kathleen Good, Host of In The Women’s Room

“CAPS Media’s KPPQ-LP is such a great service and resource for our community. Being able to validate and share so much talent by playing music from local artists on my show is such a privilege.” Pam, The Pam Baumgardner Music Hour.

“I was looking for a creative way to connect with my community. KPPQ opened my eyes and my heart to radio and podcasting. I have truly connected with my community through Ventura Vibe!” Nadine Piche, Host of Ventura Vibe!

“I have had a voice in the community — I’m thankful we have such a gem of a resource in our community and cannot wait to see what they do in 2022!” Michelle Hoover, Producer, Fireside Tales for Wolfgang.

“Our work with CAPS Media and specifically what we’ve done in collaboration with KPPQ has been one of our most rewarding partnerships. Youth that have had the opportunity to be interviewed in the studio always walk away from that experience inspired and excited. It’s been a great privilege to partner with them.” Craig Rosen, Host of Teen Centric, Director of the Arts & Youth Justice program.

“Elizabeth Rodeno and the good people at CAPS media helped me learn radio production. With their wonderful facilities and training…I have gone on to create two radio shows and an international podcast. THANK YOU CAPS and Continued on page 16
City News

Share your love for walking, biking, and rolling in Ventura

by Public Works Director Phil Nelson

Wheel you be our valentine?
There’s so much to love about Ventura, especially when it comes to enjoying time outdoors with our remarkable year-round climate! We love seeing the community get moving, whether it’s biking to one of our many bike paths, walking or rolling to the beach, or hopping on local transit to head downtown.

On Thursday, February 17, the City will host a virtual workshop at 6:00 p.m. to gather ideas on improving active transportation opportunities in Ventura. We invite the community to ask questions and share their ideas with us during the public meeting!

Workshop participants will have an opportunity to ask questions, preview current bike and pedestrian networks, and review the City’s Active Transportation Plan. Additionally, participants can share ideas for how the City should prioritize improvements such as building sidewalk connections near schools and parks or enhancing existing sidewalks near popular destinations.

The City’s public works department launched the Active Transportation Plan in summer 2021, thanks to funding provided by Caltrans. This project is important because it creates a roadmap to improve walking, biking, and transit through future projects and programs.

Additionally, the project includes information about safe routes to school, a traffic safety program for K-12 students and families, and a program called complete communities, which outlines standards for transportation infrastructures throughout the City.

In the last several months, we’ve collected thousands of ideas through surveys, visited local schools to learn more about pedestrian safety for students, met with community stakeholder groups, and hosted virtual and pop-up events to gather a diverse mix of feedback.

Everyone’s feedback is important! To register for the virtual workshop, sign up to receive email updates, and review the latest findings from the community, visit www.ActivePlanVentura.com.

The workshop will also be streamed live on YouTube. A recording will also be posted to the project’s website for those who can’t join us.

Emergency action for tsunami damages approved

Ventura Harbor experienced unpredictable currents and damaging surges following a massive underwater volcanic eruption near Tonga on Saturday, January 14, 2022. As a result, the Ventura Port District Board of Commissioners took immediate action at their Board Meeting held January 19, 2022, by approving a State of Emergency resolution to restore District assets in the Ventura Harbor.

Thankfully, no injuries were reported in the Ventura area following the Hunga Tonga Tsunami Advisory. However, the powerful surges led to damage of both public and private property in the Ventura Harbor and the adjoining Ventura Keys. There are at least two dozen damaged docks at multiple marinas and private residences, and two Ventura Harbor Patrol Boats have been rendered out of commission.

“Our Commission’s swift action in adopting an emergency mechanism paves the way for the repair and replacement of Port District assets,” said Brian Pendleton, Ventura Port District General Manager. “It will also help the Port to expedite and restore functionality for our on-water patrol and emergency response capabilities,” Pendleton added.

The Harbor remains open, including the public launch ramp. Recreational activities on the water were temporarily discouraged during the event, however, all activities have since resumed. It is still advisable to proceed with caution as some navigation buoys are absent and residual debris may still be in the water.

Following the tsunami activity, Senior Harbor Patrol Officer, Pat Hummer, conducted a depth sounding to evaluate the conditions of the entrance channel and inner harbor. The sounding showed that sand removed during the surges has increased the water depth, which is one silver lining for the water depth, which is one silver lining for the boat traffic in Ventura Harbor overall.

“The efforts by our Harbor master and Ventura Harbor Patrol officers are commendable, as they offer around the clock support to help safeguard the public and property whenever possible,” said Pendleton. Channel Watcher/Sea Boat US/Vessel Assist Ventura also aided in towing and removal of debris. Both teams partnered for a quick response to those in our coastal community during the surges, around the world,” Pendleton said.

Below, the Ventura Port District shares resources and contacts for assistance to those affected by the tsunami surges in the Ventura Keys and Ventura Harbor. As more information becomes available, updated resources and information will be available on VenturaHarbor.com.

City of Ventura-Contact: Dana C. Sanders, Planning Manager, Community Development Department, City of Ventura, dsanders@cityofventura.ca.gov

California Coastal Commission-Contact: SouthCentralCoast@coastal.ca.gov and visit https://www.coastal.ca.gov/cdp/cdp-forms.html to identify the appropriate applications.

For repair work that involves pile replacement or other disturbance of the seafloor, the US Army Corps of Engineers-Contact: Antal Szijj, Team Lead, Regulatory Division, Ventura Field Office. Antal.Szijj@usace.army.mil

Los Angeles Regional Water Quality Control Board-Contact: Emily Duncan, Ph.D., Senior Environmental Scientist, Regional Programs Section: Emily.Duncan@waterboards.ca.gov

You can also learn more about Ventura Harbor on the City’s public works department’s website at: www.ActivePlanVentura.com

Follow us on social media @cityofventura

Send in your ideas for making walking, biking, and accessing transit better.

Register to attend

www.ActivePlanVentura.com

Follow us on social media @cityofventura

The route between you and me has no detour

The route between you and me has no detour

www.ActivePlanVentura.com

Follow us on social media @cityofventura

The route between you and me has no detour

Arroyo Verde Inclusive Play Area. For more information visit www.cityofventura.ca.gov/APV. Photo by Patricia Schallert.
Ventura BREEZE

January 26 – February 8, 2022

Community Events

Ventura events

The Ventura Investment Group is meeting in the rear room of Denny’s Restaurant at the corner of Telegraph and Ashwood each Monday at 10:30 a.m. All people interested in investment are welcome.

Looking for some outdoor fun? Try Lawn Bowling! It is great fun and terrific low-impact exercise. You get to play on a beautiful green with free club equipment and free lessons. Also included are friendly people and social activities. Located at 350 N. C St. Oxnard 93030. Nine to Noon, Monday, Wednesday, Friday, Saturday, and Sunday. All are welcome.

Jan. 26: The College Area Community Council will be holding a Zoom meeting on Wednesday at 7 p.m. An issue and related to the meeting will be sent to everyone on the CACC mailing list. Council meetings include speakers and discussions on neighborhood and community interest topics, including public safety and economic development. State Assemblymember Steve Bennett will retain some topics that affect Ventura County. Brandon Raysen will explain the new Ventura food waste recycling program. Visit their website @ caccVentura.com to learn more, to be added to the mailing list, and to access a link to the Zoom meeting.

Feb. 5: UCSB Arts & Lectures will present Celebrated Violin Virtuoso Joshua Bell, violin and Peter Dugan, piano on Thursday at 7 p.m. at The Granada Theatre. With a career spanning almost four decades, Grammmy-winning violinist Joshua Bell is one of the most celebrated artists of his era. Named Musical America’s 2010 Instrumentalist of the Year and an Indiana Living Legend, Bell serves as music director of the Academy of St Martin in the Fields. He appears in recital with Peter Dugan, the “fearlessly athletic” (San Francisco Chronicle) pianist and host of NPR’s From the Top.

Feb. 6: Open house tours of the 1892 Dudley Historic House Museum—with COVID protocols—will take place on Sundays from Feb 6 to March 19. Tour group size will be limited. Admission is free. The museum is located at Loma Vista and Ashwood street (197 N. Ashwood). For information, please call 805-384-3345 or visit the website at dudleyhouse.org.

Feb. 19: The Ventura County Genealogical Society presents free Family History presentations online with Zoom on Saturday 10 a.m. 1 p.m. and 2 p.m. Presenter: Drew Smith “AncestryDNA Today” VCGS Generations Online Lecture sponsored by the DNASIG. AncestryDNA continues to add new tools to help match other testers, categorize the matches into groups and discover the right relationships. This presentation focuses on using the latest AncestryDNA tools (ThruLines, groups, etc.) to identify relatives near and distant. (Residents in unincorporated areas will begin in mid 2022.)

Food Waste Recycling Starts in the New Year! All residents of cities served by Harrison Industries. (Residents in unincorporated areas will begin in mid 2022.)

The program is simple: Just place all of your food waste in plastic bags (anything from bread bags to trash bags will do); tie the bags and place them in your yard waste carts, for collection along with your (loose) yard waste on your regular service day.

We will take it from there, to make sure it’s all turned into compost or other products.

Taking effect on Jan. 1, California Senate Bill 1385 requires communities statewide to prohibit organic waste from going to landfills. Food and other organic waste emits destructive methane gas as it decays, damaging the Earth’s atmosphere and causing global warming.

If you’re concerned about changes at the funeral home where you’ve made prearrangements, we have good news...we’ll honor them.

If you would like information regarding transferring your prearrangements to our firm, or any other way we can help, please call us.

If you would like to order a fresh flower arrangement or sympathy bouquet, you may do so by calling the funeral home directly.

Food Waste Recycling

S tarting Jan. 3, food waste recycling services began for all residents of cities served by Harrison Industries. (Residents in unincorporated areas will begin in mid 2022.)

The program is simple: Just place all of your food waste in plastic bags (anything from bread bags to trash bags will do); tie the bags and place them in your yard waste carts, for collection along with your (loose) yard waste on your regular service day.

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* ALL FOOD WASTE is accepted for recycling – including bones, peels, shells and coffee grounds. DO NOT PLACE trash; non-organic recyclables (plastic, metal, glass); pet waste; or Styrofoam in yard waste carts.

PREARRANGEMENTS? If you’re concerned about changes at the funeral home where you’ve made prearrangements, we have good news...we’ll honor them.

If you would like information regarding transferring your prearrangements to our firm, or any other way we can help, please call us.
Opinion/Editorial

Mailbox

Breeze: This Covid sickness is like nothing I have ever had before. Lots of body pains (mostly lower back). Coughing and aches. Hard to sleep. I feel weak as if I am a kitten. Last night was the worst. It keeps changing on you. But, I am going to get some good rest tonight. Right. I hope that states can enforce this. I certainly hope it is not the last anniversary before it is overturned.

During oral arguments for Dobbs v Jackson Women’s Health Organization last year, a majority of the court appeared ready to severely weaken or overturn Roe v Wade.

In my opinion (that’s what my column is always good to hear yours), Saturday marks the 49th anniversary of the supreme court’s Roe v Wade decision, the landmark ruling that guaranteed the right to an abortion. I certainly hope it is not the last anniversary before it is overturned.

Many Democratic-led states will hopefully be good to your right. I hope that states can enforce this. Republicans are all for state rights unless they don’t agree with them. They agreed on the rights of the states do.

Congresswoman Julia Brownley stated, “The threat to the right to choose is in danger as state legislatures throughout Ventura and to many locations in Oxnard. The Island Channel Harbor leads to the Channel Islands.”

Nothing splendid has ever been achieved except by those who dared believe that something inside them was superior to circumstance.

— John Bartón
News & Notes

The Bookmark

About Libraries and Friends
by Jill Forman

What’s going on?

As I write this, the facilities of the City and County of Ventura are closed to the public. Emergency and essential services continue to function.

Having misplaced my crystal ball, the original reopening date for the libraries was January 26 but no updates have been posted. The City has extended its closure until January 31. The libraries are functioning with their normal hours. Readers can reserve their books online and pick them up at the branches. Computer kits are available. Storytimes have been held outdoors at Foster, online at other locations.

The Ukulele Jam took January off. Open Mike continues in a virtual format. Cart of books for patrons to browse and check out are outdoors at Foster, Hill Road has books displayed in their window and another display of “Books About Books.”

The Mobile Library is still making stops; their schedule is available on the library website. Speaking of the website, it is vencolibrary.org.

Book groups (online?):

Hill Road – Tues Feb 22nd at 5 p.m. The Lost Roses by Martha Hall Kelley

Foster – On hiatus until April.

Ventura Friends of the Library News

Our financial reports have come in for the end of the year. Considering that our physical sale venues were closed for half the year, the numbers are impressive. Book sales totaled at $31,000 (all figures rounded off). Foster Bookstore - $10,300 Hill Road shelves - $1100 Amazon sales - $9400 eBay sales - $500 Bulk sales (at warehouse) - $1000 Warehouse sales (to book dealers) - $2700 In-person book sales - $8700 Online Bookstore - $2200 Other income comes from donations, investment, and Memberships. Showing how much the community supports the libraries, donations and grants came in to the tune of $12,000 and memberships totaled $14,200. As a result of hard work, flexibility and perseverance the Friends were able to give the libraries the gift of $53,500 last year!

Book Donations – Donation bins are outdoors during curbside hours at Foster and Hill Road. Please, just one bag of books at a time. The warehouse continues to accept donations on Fridays 9 a.m. to 11 a.m. Due to the huge amounts of donated books we are receiving, we can still use volunteers at the warehouse.

Books, and our libraries, have helped many of us through the last two years. The Ventura Friends of the Library have supported all these efforts with time, money, and a lot of work. So, here’s my blurb of the day: Joan Ventura Friends of the Library. Student: $10; Individual: $25; Family: $35. Download application to become a member, join online, or make a donation: Venturafriends@libri-

by Jill Forman

Black Bear Diner has opened its 2nd Ventura County location at 2401 E. Harbor Blvd in Ventura. The first Black Bear Diner in Ventura County opened in Simi Valley on May 28, 2019.

Founded in 1995, Black Bear Diner is a fast-growing family restaurant with over 110 locations. Breakfast is served all day. Learn more at blackbeardiner.com.

www.venturatreealliance.com

Tree Town

Harmon Canyon is home to many mature Coast Live Oak trees, which were blackened in the Thomas Fire. Some were destroyed, but most are still alive and showing healthy new growth after the recent rains. California native oaks are resilient and can live hundreds of years, providing shade and habitat for wildlife.

The Westpark Community Garden has 22 plots available to rent to community members. Managed by the Parks and Recreation Department, the garden attracts community members who live near Westpark, enjoy cultivating the land, and celebrating their harvest.

Contact Ryan Power Recreation Coordinator rpower@cityofventura.ca.gov 805-648-1895

Photos by Patricia Schallert.
News & Notes

Person To Person
by Amy Brown

Looking Back and Ahead in Ventura

Lawren Agnew:
Preschool teacher/ Varsity cheer coach
What did you see in Ventura in 2021 that was encouraging?
We’re all masked up, but I find it encouraging to hope for a future of not that. It was great being outside more, seeing people’s smiles, it really gave me hope for the future. Everything we’ve been through, just seeing how positive and generous and nice people are, even in a pandemic, whether it’s just to open a door, and be encouraging to each other. I think last year we were able to be more comfortable around people—before that in the pandemic, we were nervous to even talk to a stranger. Last year we had football games, and great to be able to get together again, outside while taking other safety precautions. Spreading their joy with everyone around them really encourages me for the future. I loved getting dressed up again in 2021, it was nice not being in pajamas all the time.
What would you like to see improve in the city in 2022?
Well, of course the pavement and roads need to be improved. I hope one thing they don’t change is downtown, with the ability for folks to be eating outside.
What did you personally learn from last year?
I’ve been a really adaptable person, but this last year especially, with all the ups and downs, not just Covid, but life in general, I learned to be more adaptive and always have a plan. I learned to be more open to other plans—instead of being stubborn with my one plan—and see what can work. Also being more appreciative of the little things, and enjoy people more, and be more outgoing.

Britney Mendoza:
Owner, Candle company
What did you see in Ventura in 2021 that was encouraging?
It was more encouraging that the community was finally coming through outside, and not stuck inside. I’m a vendor, and got to see markets outside, people becoming a unit and taking care of each other in a big community and also in their own small community. For example, I have what are called candle cousins. I’m not the only candle maker in Ventura county—there are at least six others, and now we all get together online, and have meetings, letting each other know, ‘I’ll be at this market,’ so we aren’t in each other’s way. It’s kind of nice, since you’d think they’d just be competitive, but it’s not like that at all—I see that people are very helpful.
What would you like to see improve in 2022?
I would like to see that the testing sites come back, so they’re more accessible and you don’t have to have a doctor’s appointment. I’d like to see the small mom and pop stores get more support—I’m so afraid you hear a lot of stores not making it, we have a lot of small businesses, it’s unfortunate to see them closing because they don’t have the right tools to reach their customers.
What did you personally learn from last year?
I grew as a person to have more patience and tolerant with myself and towards other people as we all navigate through these tricky times.
I also learned patience in starting a new business. Thirty Four Charms, in July, and everything is not going not be happy go lucky the first few months. However, it’s going very well, we just landed a local retail spot. Starting a new business is terrifying, but I’m getting better at it, and we hope to keep growing.

Tommy O’Halloran:
Self-employed
What did you see in Ventura in 2021 that was encouraging?
The most impressive thing I saw was Main Street, with the restaurants outside doing the best they could to keep things alive and kicking. Having that accessibility was amazing. It seems like the city did a good job trying to keep the people that are actually homeless off the streets, either sheltered or directed to help. The city stepped up and offered services, like on the river bottom on Harbor, they went through and so many county services showed up and started helping these people with housing and clothing.
What would you like to see improve in 2022?
I’d like to see them address all the potholes, and for sure make more available test sites.
What did you personally learn from last year?
That wearing a mask is really no big deal, I know some people resist. Think about somebody other than yourself, why not just take the precaution? And of course, patience. Just give it a little more room—there’s no hurry to get to the next red light, and do what you can for others.

We have the tools to fight this COVID-19 surge

Find information on COVID-19 vaccines and testing at www.vcrecovers.org

Get vaccinated and boosted
Stay home when you are sick
Wear a mask
Get tested when you have symptoms or have been exposed
Consider temporarily pausing on attending unnecessary indoor events

Get tested when you have symptoms or have been exposed
Alzheimer’s is just one type of dementia.

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

People often use the term Alzheimer’s disease and dementia interchangeably, but there is a difference. Dementia refers to impaired memory, thinking, reasoning, and behavior, and Alzheimer’s is just one type of dementia. The terms are likely confused because Alzheimer’s is the most common cause of dementia and the most well-known. But there are other types of dementia, too, including Lewy body dementia, frontotemporal dementia, and vascular dementia.

I will develop Alzheimer’s disease if my parent has it

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

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

Only people in their 70s and older get Alzheimer’s disease

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

Many people with Down syndrome, a genetic condition, will also develop Alzheimer’s at an earlier age and may begin to show symptoms in their 40s. Many people become more forgetful as they age, and some forgetfulness, such as losing things from time to time, is normal. However, common signs and symptoms of Alzheimer’s, such as making poor judgments and decisions a lot of the time, having problems recognizing friends and family, or losing track of the date or time of year are not a normal part of aging.

If you are worried about your memory or other possible Alzheimer’s symptoms, talk with your doctor. The doctor may ask questions about your health history, perform assessments of your thinking and memory, and carry out medical tests.
Tooth loss in older adults linked to higher risk of dementia

Older adults with tooth loss have a higher risk of cognitive impairment and dementia, with increasing risk with each missing tooth, according to a new study published in the Journal of the American Medical Directors Association. Problems with oral health, such as poor oral hygiene, tooth cavities, gum disease, and tooth loss, are more common in older adults than in other age groups. Older adults are also more likely to have cognitive impairment or dementia, and recent studies have suggested a link between oral health and cognitive decline. The relationship between tooth loss and cognitive decline was “dose-dependent”: Each lost tooth was associated with a 1.4% increase in the risk of cognitive impairment and a 1.1% increase in the risk of dementia. Participants who had lost all their teeth had a 54% higher risk of cognitive impairment and a 40% higher risk of dementia. Participants who had lost all their teeth had a 54% higher risk of cognitive impairment and a 40% higher risk of dementia. Interestingly, participants who had missing teeth but used dentures did not have a significantly higher risk of dementia than participants without missing teeth.

The researchers note that the reason for this association between tooth loss and the risk of cognitive decline is unclear. Still, tooth loss can result in problems with chewing that might lead to nutritional deficiencies, chemical imbalances, or changes to the brain that affect brain function. Also, poor oral hygiene might lead to increased bacteria in the mouth and to gum disease, which can cause inflammation and raise the risk of beta-amyloid plaques in the brain, leading to dementia. Tooth loss without the use of dentures might also be an indication of lower socioeconomic status and lower education level, both of which are independently linked to an increased risk of dementia. Alternatively, missing teeth might be less likely to keep up with oral hygiene, leading to tooth loss.

The research was limited by the fact that the various publications studied used different methods of data collection and data analysis. However, the results suggest that timely interventions, such as encouraging the use of dentures and other orthodontic treatments and large-scale education programs on the importance of oral hygiene in older adults, might help prevent or slow down cognitive decline linked to tooth loss. This research was funded in part by NIA grant R56AG067619.

Tips for people with dementia

People with dementia experience a range of symptoms related to changes in thinking, remembering, reasoning, and behavior. Living with dementia presents unique challenges, but there are steps you can take to help now and in the future. Alzheimer’s disease and related dementias get worse over time. Even simple everyday activities can become difficult to complete. To help cope with changes in memory and thinking, consider strategies that can make daily tasks easier. Try to adopt them early on so you will have more time to adjust. You can:

- Write down to-do lists, appointments, and events in a notebook or calendar. Set up automated bill payments and consider asking someone you trust to help manage your finances.
- Have your groceries delivered. Manage your medications with a weekly pillbox, a pillbox with reminders (like an alarm), or a medication dispenser. Ask your doctor to provide a care plan and write down care directions (or have a family member or friend take notes during the visit).
- Sleep Tips for People Living With Dementia
- Dementia often changes a person’s sleeping habits. You may sleep a lot, or not enough, and wake up many times during the night. Poor sleep quality can make dementia symptoms worse.
- Tips for better and safer sleep: Follow a regular schedule by going to sleep and getting up at the same time each day, even on weekends or when traveling. Develop a relaxing bedtime routine with lowered lights, cool temperature, and no electronic screens.
- Avoid caffeine and naps late in the day.
- Have a lamp that’s easy to reach and turn on, a nightlight in the hallway or bathroom, and a flashlight nearby. Keep a telephone with emergency numbers by your bed.

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Senior Living

Talk to your doctor if you have problems sleeping.

Healthy and Active Lifestyle Tips for People Living With Dementia

- Participate in many activities for at least 30 minutes most days of the week.
- Exercise to help you feel better, socialize, and maintain a healthy weight.
- Stretch everyday activities like household chores and gardening.

Your diet may need to change as dementia progresses to maintain a healthy weight.

Talk with your doctor about your need for nutritious foods such as fruits and vegetables, grains, lean sources of protein, and dairy products. Avoid added sugars, saturated fats, and sodium.

Stay social by talking on the phone with family and friends, joining an online support group, or going for a walk in your neighborhood.

Finding Care and Support: Tips for People Living With Dementia

- Find people you trust who can help you with your needs like cooking, paying bills, transportation, or shopping.

If you live alone, find people you trust who can help you with your needs like cooking, paying bills, transportation, or shopping.

Consider letting trusted neighbors know of your diagnosis so they can help if needed.

Use social service agencies, local nonprofit organizations, and Area Agencies on Aging to connect with in-home help, transportation, meals, and other services.

Senior meals

Nutritious meals for older adults available.

The Ventura County Area Agency on Aging (VCAA) along with various local partners, provide nutritious meals for older adults within Ventura County through the Senior Nutrition Program (SNP), which includes Congregate and Home Delivered Meal (HDM) services. Our meal programs give seniors access to nutritious meals and contribute to maintaining their health, safety, dignity and quality of life.

VCAA provided a total of 744,115 SNP meals to 5,632 seniors. Nearly 38% (283,114) of Ann Foad’s meals were eaten at 1,730 homebound seniors from 11 meal sites.

Classes begin January 28 and will be held live via Zoom for four consecutive Fridays at noon central time. Attendees can sign up for just $22 by visiting https://oasis.ventura.org, selecting “View Class List,” and entering “bundle” in the search field.

The 2022 Cybersecurity Bundle includes:
- Class 1: Online Safety Overview: Friday, January 28, 2022
- Class 2: What’s the Best Browser for Me?: Friday, February 4, 2022
- Class 3: Choosing Wi-Fi: How to Use Wi-Fi: Friday, February 11, 2022
- Class 4: Phishing and Identity Theft: Friday, February 18, 2022

Classes are also available for individual purchase at full price.

Additionally, Oasis Connections currently offers many free online resources, including the Oasis Connections Guide to Online Safety and the 2022 Oasis Cyber Tip Sheet, available for download.

COVID affecting seniors

by Jim Brace-Thompson

COVID. As I stood at the podium in a gazebo at the Antelope Valley Fairgrounds in Lancaster, facing a masked audience, we all laughed and we all cried—and some who didn’t care about mandates and protocol, were bold enough to hug.

David were there to celebrate his memory. A man who died in a Los Angeles County hospital overcomed that he gasped his last breath on a journey in a hallway after telling his wife via a computer screen not to worry. They didn’t care about us old guys. They’re just treating the young ones.”

COVID. Despite taking all precautions and cocooning himself, David got it from a granddaughter who apparently got it from a grocery clerk where she was a teller. And now, here we were. Bidding David a fond farewell.

Back home, my wife and I returned to my 90-year-old mother who suffered COVID at approximately the same time at the height of the pandemic before such things as vaccines were even on the table. What is now called a “long-hauler,” Mom had to give up her home in Nebraska and she continues to live with the only child who would take her in here in Ventura.

Hard words to say, but perhaps David had it better.

On our way home, Nancy and I passed the County of Ventura Government Center. An unmasked crowd had gathered with Trump flags and banners declaring “Don’t VAX my kids!” Cars honked as they passed. “Me? I gave them my middle finger,” Mom didn’t even seem to notice we had been gone for nearly the whole day.

COVID. Nancy said my wife, removing envelopes and junk-mail papers from the trash bin. “These go into the recycle bin, Roberta.” She had told Mom this some fifty times already. And we would do it some fifty more times. Day in, day out. COVID had stolen Mom’s ability to process short-term memory, and each day was Ground Hog Day. Over and over again.

COVID. If you don’t think you need to get vaccinated; if you think it’s a “deep-state” hoax and Biden conspiracy; if you think vaccines are toxic; if you think they make you sick; if you think vaccines are available for people with Alzheimer’s disease, then you may be interested in knowing that there has been significant progress toward developing better treatments for Alzheimer’s disease. Several medications are available that can help treat people with Alzheimer’s disease. There are also behavioral interventions that can help manage behavioral symptoms.

While there is currently no cure for Alzheimer’s disease, there are scientific advances and promising treatments. In total, NIA is funding more than $650 million in losses per year.

Editor: Is this an opinion? We couldn’t decide whether to times as vaccines were even on the table. What is now called a “long-hauler,” Mom had to give up her home in Nebraska and she continues to live with the only child who would take her in here in Ventura.

Hard words to say, but perhaps David had it better.

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The Pet Page

Dedicated to Scamp

From CARL:

2021 started out just as tough as 2020 ended. With the pandemic continuing into its second year, our rescue saw a continued large increase in owner surrenders and more dogs looking for their second chance at a happy life waiting in high kill shelters. We have seen such tremendous support for the dogs in our rescue thanks to our rescue village. With over 100 finding their forever homes this year, we have a few stories that have touched our hearts, that we wanted to share with you all.

April 2021: Sasha was found as a stray and ended up at the Decore Animal Shelter in San Bernadino County. She was immediately put on the euthanasia list and hidden in their quarantine section due to her behavior. She was labeled as aggressive and her future looked grim. Thankfully we were able to save her and she gained a second chance. Once she arrived we saw a very young girl who was looking for structure and training. We knew it was going to take a special person to be the one to adopt her.

Fast forward to November 2021, and Sasha is now in her forever home. Her new owner loves her just as much as we all did. She likes to spend her time drinking from the water hose and lounging at the picnic table.

Sasha


Hi: My name is Lula. No, I’m not a puppy. I am 16-years-young. I love living in Ventura and running on the beach.

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

Forever homes wanted

Rascal is a 2-year-old Shepherd mix who was rescued from a high-kill shelter. He has been going off site lately and has shown his true love for walks and car rides. He has worked on long leash walks and has done great. Rascal would make a great companion for someone who is willing to take the time to get to know him. If you’re looking for a guy that would make a great walk or hiking buddy, who you can trust the ball around with, Rascal is your guy.

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

Fred is a handsome 8-year-old domestic medium hair neutered male. He has been lucky enough to spend time in a foster home. He loves to be brushed and is mellow gentleman and would love a household that matches his vibe. If you’re interested in meeting Fred, please reach out to our Feline Care Coordinator at Dereka.

Adoption Sign-up and Process: www.vcas.org

Lost or found a cat or dog?

Follow us on Facebook and Instagram

Use the WoofTrax app when you go for a walk or hiking buddy, who you

www.vcas.org

A guide that would make a great walk or hiking buddy, who you can trust the ball around with, Rascal is your guy.

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

The muddy silhouette, perky expression and lively gait of a Pudel (the German word for puddle) made her appealing to Russian elites by the early 1700s. The Pudel, now called the Pudelpointer, is considered to be the ancestor of the modern Pudel. The Pudelpointer was developed from small English terriers that gained the fancy of Queen Victoria and the Russian aristocracy.

The Russian toy developed from small lines of Hungarian sheepdogs before the “u” in “pudding”) descended from long lines of Hungarian sheepdogs before the AKC’s big annual championship and the prestigious Westminster Kennel Club show. The mudders of the American Kennel Club recognize the name like “moody,” although the vowel sound in Hungarian is closer to the “u” in “pudding”) descended from long lines of Hungarian sheepdogs before the museum director took an interest in the breed and gave it a name around 1930. Pudels are medium-sized, playful dogs that are versatile and hardworking. They are good hunters, sniffing out prey and chasing it down. The Russian toy was developed by small English terriers that gained the fancy of Russian elites by the early 1700s. The diminutive dogs -- supposed to weigh no more than 6.5 pounds (2.7 kg) -- have a leggy silhouette, perky expression and lively demeanor, breeders say.

These additions being the number of ACR-recognized breeds to 199.

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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.

Possession of Illegal Narcotics for Sale

On January 12, at 4:00 am, a Ventura Police Patrol officer stopped a vehicle for a traffic violation at Santa Clara St and Hemlock St. The officer located a loaded firearm being illegally carried in the vehicle. During the investigation, officers found a 41-year-old Ventura resident, Brenton Cherrie, in possession of two illegal loaded handguns, a silencer, and two high-capacity magazines. Officers also located large amounts of marijuana, fentanyl, methamphetamine, LSD, and Psilocybin (Mushrooms).

Cherrie was arrested and booked at the Ventura County Jail. The Ventura Police Command Center

On January 7, at approximately 5:00 am, the Ventura Police Command Center

Vehicle of interest in a fatal hit and run collision located

On January 7, at approximately 5:00 am, the Ventura Police Command Center

received a 911 call of a subject down in the roadway on Harbor Bl. between Sanjon Rd. and Vista Del Mar Drive.

Responding officers arrived on scene and found an unresponsive male subject laying in the eastbound lane of Harbor Boulevard. Fire and paramedic personnel rendered immediate medical attention, but the victim succumbed to his injuries as a result of the collision.

Ventura police have located the vehicle believed involved in a fatal hit and run but the driver has yet to be found.

Harbor Patrol Blotter

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

01/04 5:06pm, received report, hazard to navigation in the keys. Officers responded and found a dock box submerged, removed it. Contacted a number inside and the owner advised they hadn’t lived in the keys for years, placed in L&F.

01/07 11:58pm, dispatched to chest pain at the Holiday Inn. Officers responded with AMR and transported the patient but they refused medical aid.

01/08 10:53am, received report of vessel accident at VIM L-dock. Officers responded and investigated. Disabled vessel collided with a catamaran on the endtie. Minor damage was observed and the both parties were advised of the situation.

6:56pm, dispatched to a fall victim at the Greek restaurant. Officers went and found an 80 y/o male with a laceration on his head. Patient transported by AMR.

01/09 5:30am, observed NWS issued a Small Craft Advisory. Officers raised pennants.

10:40am, received report of two overdue Standup paddlers on a long distance trip. Officers investigated, and the two Standup paddlers were found safe.

11:55am, officers en route to the docks in front of the Greek restaurant to lifeguard the swim for the cross event, “the Greek epiphany.”

01/10 2:39am, dispatched to a fall victim at VWM. Officers responded and assisted a 64 y/o male that fell earlier and wanted ride to hospital, AMR transported the patient.

01/11 4:35pm, dispatched to a traffic accident on Spinaker Dr. Officers responded and found a vehicle into a light pole. No injuries, but VPD arrested driver for suspicion of driving under the influence. Edison contacted about light pole.

11:59am, received report of a subject threatening to shoot someone. Officers advised to call police. Explaining to the caller that the Harbor Patrol are “boating” officers focusing on education and are not armed police officers.

10:13pm, dispatched to an ill person with Covid at one of the marinas. Officers responded and assisted AMR with the call. All precautions taken.

01/12 8:49am, dispatched to a missing surfer at the Ventura Pier. Officers responded and found a surfboard broken in half. The surfer was eventually found onshore.

11:50pm, dispatched to a missing 50 y/o female, last scene near Harbor Cove. Officers assisted VPD with the search, the person was located 4 hours later on a commercial fishing vessel with a friend. No injuries or crimes observed.

01/13 10:57am, dispatched to an injured surfer near the Santa Clara Rivermouth. Officers responded with VPD and attended to assist. Patrol transported patient to medics in Surfers Knoll lot. Patient transported for possible collar bone fracture.

01/14 10:00am, Officers assisting VC Sheriff with their helicopter training at the end of Spinnaker Drive. They were conducting hoisting rescue operations.

01/15 5:00am, received report of a tsunami advisory in effect for California from Tonga underwater volcanic eruption. Officers contacting marinas and receiving requests for information. Attempting to call all available officers to work.

10:50am, while searching offshore and from HQ for a missing sailboat, tragically, Rescue Boat 17, docked at the time, was inundated with an outgoing surge, capsized and sank in the Pierpont Basin. Tow Boat US was able to raise the vessel, towed to the boatyard, hauled out where it awaits a survey of damage.
by Pam Baumgardner
VenturaRocks.com

Though the sign wasn’t up the last time I drove past, the construction continues on the Ventura Music Hall (where Discovery was formerly located on Thompson Blvd). More and more shows are being added to their roster, many of which are indie bands, but several are more well known such as The Dirty Lowdown, Polly & Numan, and country/bluegrass legend Marty Stuart. At press time, the first show continues to be G. Love & the Juice on March 22. Keep in the loop and bookmark their website VenturaMusicHall.com.

I had to take a double take at the new festival making the circuit with a date coming up in early spring for Ventura, it’s called the Punk In Drublic Beer & Music Festival landing at the Ventura Fairgrounds on March 27. As the website states, the festival is created from the mind of Punk In Drublic’s founder Jeffador, bringing such talent to Ventura. I’m so proud of the Grape to Face, Lagwagon, Ill Repute, Dr. Know, the Last Gang and more. Get more information and purchase your tickets at PunkInDrublicFest.com.

Music Calendar

For more up-to-date listings go to VenturaRocks.com.

**Boatyard Pub**
Ventura Harbor
Wednesdays: Frank Barajas Thursdays: Jim Friery, then Bluegrass Jam
Fri 2/4: Teresa Russell & Stephen Geyer

**Bony Bar & Grill**
163 S. California St., Ventura
DJs Friday – Sunday
Cantara Cellars
126 N. Wood Road, Camarillo Music 6:30 – 9:30 pm Sat 1/29: Katie Shorey Sat 2/5: The Jukes

**The Cave**
4435 McGrath St., Ventura
Music 5:30 – 8:30 pm Wednesdays & Thursdays; Bobby Apostol Fridays & Saturdays: Warren Takahashi
Chay’s Simi Valley West
1397 E. Los Angeles Ave., Simi Valley Wednesdays: Rockstar Karaoke Sat 1/29: Decadent Decades Copa Cubana
Ventura Harbor Village
Saturdays and Sundays; Kenny DeVoe (11 am)
Sun 1/30: Karen Eden & the Bad Apples (3 pm)

**Four B ris Winery**
2290 Eastman Ave., Ventura
Music Fridays & Saturdays: 1 – 3 pm
Fri 1/28: Whiskey Business Sat 1/29: Brandon Ragan
Fri 2/4: Ignition

**The Garage**
1091 Silla Avenida, Ventura
Wednesdays: Blues Wednesday; Sundays: Soul Sunday w/ DJ Also Sat 1/29: Mark Masson Band GiGi’s Cocktails
2493 Grand Ave., Ventura
Fridays, Saturdays & Sundays: Karaoke
Sat 2/5: Teresa Russell

The Grape
2833 E. Main Street, Ventura
Tuesdays Jazz Jam Saturday afternoons Salinas with

Fausto Cuevas y la Moderna (2 pm)
Wed 1/26: Guild Julio Trio
Thurs 1/27: Brian Charette Trio
Fri 1/28: Welbinney
Sat 1/29: Mitchel Forman 4Tec
Judge Roy Beans
2780 Tape Canyon Road, Simi Valley
Fri 1/28: Fasha & the Flapjacks Sat 1/29: Fasha & the Flapjacks
Keynote Lounge
10245 E Telephone Rd, Ventura
Thursdays: TJ Carlson
Fri 1/29: Vinyl Gypsies Sat 1/30: Joe

Leashless Brewing
585 E. Thompson Blvd., Ventura
Music 6:30 – 8:30 pm Sundays 3-5
Thurs 1/27: Lacie Mae
Fri 1/28: TC King
Sat 1/29: Singular Nature
Sun 1/30: Christopher Hawley
Lookout & Grill
2800 S. Harbor Blvd., Oxnard
Wednesdays: Tommy Feyote’s Variety Show
Thursdays: Acoustic Open Mic
Larsen Sellers Wine
330 Zachary Street, Moorpark Music 6-9 pm Sat 1/29: Bill Rotella Sat 2/5: Singular Nature
Made West Brewing
1744 Donlon Street, Ventura
Sun 1/30: Gianna Bella Sat 2/5: Jerr Bush

**Majestic Ventura Theater**
26 S. Chestnut Street, Ventura
Thurs 1/27: Subtronics Fri 1/28: Smith/Korfeet, Raised on Vinyl, Black Dragon
Manhattan Restaurant
5800 Santa Rosa Road, Camarillo Music 6-9 pm Fri 1/28: Pam and Hollywood Sat 1/29: Jeanne Tatum
Mrs. Olson’s
2800 Harbor Blvd., Channel Islands Harbor
Music at Noon Sat 1/29: CBV
Sun 1/30: Teresa Russell w/ Stephen Geyer

Namba Art
47 S. Oak Street, Ventura
Sun 1/30: Sunday Morning Praise Band (3 pm)
Sat 2/5: SideMen
Ojai Underground Exchange
616 Pearl Street, Ojai Fri 2/4: James Lee Stanley & Dan Navarro
Sat 2/5: Molly Miller, Mark Goldenberg, Adam Levy
Oxnard Performing Art Center
Canyon at Oxnard PACC
Fri 2/4: Sly Slick & Wicked, Aalon, Mirah Avilah Sat 2/5: Michael Feinstein
Paddy’s Cocktails
Sat 1/30: Sami Eden & the Bad Apples

Oxnard Performing Art Center
2 W. Main Street
Wednesdays: Karaoke
Paddles & Pint
156 W. Hillcrest Drive, Thousand Oaks

Thursdays: Open Mic Sat 1/29: Karen Eden & the Bad Apples
Sun 1/30: Keyth Garcia
Thurs 2/3: Will Brennan
Fri 2/4: Musi Bix & the Nervous Ticks Sun 2/5: Karen Eden & the Bad Apples
5777 Olivas Park Dr., Ventura
Fri 1/28: Vanise Terry Band
Prime Restaurant
209 E. Thompson Blvd., Ventura
Tuesdays: Danny D
The Raven Tavern
1651 Victoria Ave., Oxnard
Music at 7-10 pm
Fri 1/28: The Remedies Sat 1/29: Vinyl Gypsies

The Restaurant
2500 Las Posas Road, Camarillo
Tuesdays: Support with Kurt Goff, Rob DeLellis
Rock & Roll Pizza
5255 Cochran Street, Simi Valley
Tuesdays: Rockstar Karaoke
Fri 1/28: Mighty Cash Cats, Route 62 Sun 1/30: Bom Roots Project Fri 2/4: The Dirty Lowdown Sat 2/5: Sound of the Ghosts; don’tRIOs

The Shores
1031 Harbor Blvd., Oxnard
Fri 2/4: Tommylee & Friends
The Six Chow House
419 E Main Street, Ventura
Fri 1/28: Ben Vaux Thu 1/27: Power Syndicate
Sun 1/29: Whiskey Business
Fri 2/4: ADO
Sat 2/5: TV Broken, Katie Slone, Brion Shearer’s Rehearsal Villains
Sunland Vintage Winery
1371 S. Thousand Oaks Blvd., Thousand Oaks
Fri 2/4: Espresso
Sat 2/5: Chez Danielle
The Shoebox
341 Ojai Ave., Ojai
Fri 1/28: Sam Kulchin
Topa Topping
Fri 2/4: Alex Smith
Thursdays: Dave & Kevin Taqueria Jalisco Restaurant
4275 Tierra Rejada Rd., Moorpark
Music 5-8 pm Thursdays: Jim Friery
Topa Topping
Sun 1/30: Christopher Hawley
VenturaRocks.com.

632 E. Main St., Ventura
Music Thurs 5:30; Fri 7 pm, Sun 3 pm
Thurs 1/27: Milo Cunningham
Fri 1/28: Steve and Sally Williams
Sun 1/30: Keyth Garcia
Thurs 2/3: Will Brennan
Fri 2/4: Musi Bix & the Nervous Ticks
Sun 2/5: Karen Eden & the Bad Apples
1901 Speakeasy
740 S. East Street, Oxnard
Music 4-9 pm Fri 1/28: Teresa Russell w/ Stephen Geyer & Mama Pat
Sat 1/29: Corey Hhighberg

VenturaRocks.com
“Open Air Pottery Market – Valentine Celebration”
February 12 & 13, 11 AM to 6 PM both days
Ventura Pottery Gallery
1567 Spinnaker Drive Suite 105

Valentine’s Day – say it with flowers, say it with candy – but also say it permanently with clay. We have heart mugs and dragon mugs, yarn bowls, rice bowls, heart dishes, ceramic jewelry, sea creatures, flame-ware pottery for cooking, surfers riding waves, candle holders and juicers for your main squeeze.

We invite you to stop by and explore the well-priced creations from over 40 local potters who exhibit at the gallery.

The Ventura County Potters’ Guild, a non-profit founded in 1957, continues its mission of promoting ceramic arts through the Gallery, workshops, and monthly meetings. The monthly meetings are open to the public and feature ceramic demonstrations or presentations. More information can be found at www.venturapottersguild.org. Can’t make it to the gallery? Please visit our Online Store at www.venturapotteryonline.com.

Introducing The Art & Science of Drawing: Learn to Observe, Analyze, and Draw Any Subject by Brent Eviston, a new guidebook that will teach you the fundamentals of good drawing. Based on his more than twenty years of teaching, The Art & Science of Drawing shares author and drawing instructor Brent Eviston’s secrets that provide the most accessible, streamlined, and effective methods for learning to draw.

“It begins with the most basic skills like how to hold the pencil and how to draw basic shapes before moving on to more complex subjects like three-dimensional drawing, contour drawing, measuring, and shading,” Eviston said. “By working through this book, you will learn the skills and processes necessary for good drawing.” The Art & Science of Drawing is a project-based book, meaning each chapter contains a series of lessons and each lesson ends with a project.

Designed for the absolute beginner as well as more experienced artists looking to improve their skills and master the fundamentals, The Art & Science of Drawing will serve as a foundation upon which you can build new skills to suit your creative ambitions.

“Every day I work with people who learn to draw. These are ordinary people without special skills or advantages,” he said. “With good instruction and dedicated practice, you can, and will, learn to draw.”
ARIES (March 21 to April 19) You’re eager to take on that new opportunity opening up as January gives way to February. Now all you need to do is resist quitting too early. Do your best to stay with it.

TAURUS (April 20 to May 20) Doff a bit of that careful, conservative outlook and let your brave Bovine self take a chance on meeting that new challenge. You could be surprised at how well you do.

GEMINI (May 21 to June 20) You might not want to return to the more serious tasks facing you. But you know it’s what you must do. Cheer up. Something more pleasant will soon occupy your time.

CANCER (June 21 to July 22) As you dutifully tidy your end-of-the-month tasks, your fun self emerges to urge you to do something special: A trip (or a cruise, maybe?) could be just what you need.

LEO (July 23 to August 22) Your achievements are admirable as you close out the month with a roar. Now you can treat yourself to some well-earned time off for fun with family or friends. (Or both!)

VIRGO (August 23 to September 22) Be sure you know the facts before you assume someone is holding back on your project. Try to open your mind before you give someone a piece of it.

LIBRA (September 23 to October 22) You might feel comfortable in your familiar surroundings, but it might be time to venture into something new. There’s a challenge out there that’s just right for you.

SCORPIO (October 23 to November 21) Your love of things that are new gets a big boost as you encounter a situation that opens up new and exciting vistas. How far you go with it depends on you.

SAGITTARIUS (November 22 to December 21) That recent workplace shift might not seem to be paying off as you expected. But be patient. There are changes coming that could make a big difference.

CAPRICORN (December 22 to January 19) While few can match the Goat’s fiscal wizardry, you still need to be wary in your dealings. There might be a problem you should know about sooner rather than later.

AQUARIUS (January 20 to February 18) Easy does it when it comes to love and all the other good things in life. Don’t try to force them to develop on your schedule. Best to let it happen naturally.

PISCES (February 19 to March 20) A surprise decision by someone you trust causes some stormy moments. But a frank discussion explains everything, and helps save a cherished relationship.
The crash happening in 1996, and picks a spoiler as it is actually the opening scene in Streaming Spotlight by Cindy Summers

Streaming Spotlight by Cindy Summers

A View from House Seats

The American Red Cross is facing a nationwide blood crisis – its worst blood shortage in over a decade, posing a concern to the nation's blood supply, has had to limit blood platelets during this blood crisis, the Red Cross has scheduled 40% of the nation's blood supply, has had to limit blood platelet donations. Students and organizations across the country are experiencing pandemic challenges, the Red Cross is no different. We are all learning how to live in this new environment, how we spend our time, where we work, how we give back, how we make a difference in the lives of others – donating blood must continue to be part of it.

The Red Cross, which supplies 40% of the nation’s blood supply, has had to limit blood product distributions to hospitals as a result of the shortage. In fact, some hospitals may not receive 1 in 4 blood products they need. Blood cannot be manufactured or stockpiled and can only be made available through the kindness of volunteer donors.

Worst blood shortages in over a decade

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Additional factors like a surge of COVID-19 cases and an active flu season may compound the already bad situation. At a time when many businesses and organizations across the country are experiencing pandemic challenges, the Red Cross is no different. We are all learning how to live in this new environment, how we spend our time, where we work, how we give back, how we make a difference in the lives of others – donating blood must continue to be part of it.

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When the two siblings’ completely relatable relationship of I-love-you, I-hate-you resonates loudly as the play rises to a predictable life? Suddenly your world is predictably irrevocable. Isn’t it frustrating when something predictable life? Suddenly your world is predictably irrevocable. Isn’t it frustrating when something

Vanya and Sonja’s world is filled but reluctant to leave the comfort of their routines. The two siblings’ completely relatable relationship of I-love-you, I-hate-you resonates loudly as the play rises to a predictable life? Suddenly your world is predictably irrevocable. Isn’t it frustrating when something

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For our most recent sightings of Pacific Gray Whales, visit www.islandpackers.com or call 805-642-1393. The Ventura Unified School District has all day trips with landings and sightseeing. For kids and families, consider the Half Day Winter Whale Watch. For adults, consider the Full Day Winter Whale Watch. Visit www.islandpackers.com or call 805-642-1393 for more information.

What makes whale watching a great activity? Island Packers, the official boat concessionaire to the Channel Islands National Park, has daily departures to the Channel Islands National Park from Ventura Harbor Village and is now offering Winter Whale Watching excursions. Book your spot today to view these magnificent mammals at www.islandpackers.com.

A winter whale watch is a perfect way to gather with family and friends to view Pacific Gray whales migrating through the Santa Barbara Channel from their feeding grounds in Alaska to their breeding grounds in Baja. Pacific Gray whales are normally sighted in the National Marine Sanctuary near Anacapa and Santa Cruz Island until April 23, 2022. This mammal migration of over 20,000 whales and 6,000 miles twice a year remains a major attraction in Southern California.

Sightings of the southern migration began in December for Pacific Gray Whales, and we also saw Humpback Whales, Fin whales, and occasionally Orcas. Common Dolphins are often seen, as are schools of pelagic birds, such as albatrosses as they frolic with the boat, and ride the bow and stern waves. For our most recent sightings visit www.islandpackers.com or find us on Twitter. The half-day Winter Whale Watch cruise provides stunning views of the Ventura coastline or the Channel Islands, depending on where the whales may be sighted. Winter Whale Watch excursions are available now thru mid-April from Ventura and/or Channel Islands Harbor departing at 9:30 a.m. and/or 1:30 p.m. Rates for half-day trips are $42 for adults, $38 for seniors, and $30 for children 3-12. Children 2 years old and younger ride free. All-day trips with landings and camping trips to Anacapa and Santa Cruz Island are also available year-round. On Santa Cruz, both Scorpion Anchorage and Prisoner's Harbor are now open. All-day trips run from $ 63.00 to $ 120.00 per adult.

What makes whale watching a great activity? Affordable family fun – half day excursions start at $42 for adults; $30 for kids

Flexible – winter trips depart twice a day, almost daily (weather permitting) until mid-April

Educational – crew aboard the whale watching cruise has many years of experience sighting whales on the waters of the Santa Barbara Channel and will narrate and inform guests about all the varieties or marine mammals seen on your cruise

Get in touch with nature – it is not just whales that make the area so special; you may also see sea birds, sea lions, and the coastline of the offshore islands while onboard.

Safety protocols keeping visitors to the Channel Islands safe and comfortable include:

Ventura High is one of Ventura’s 26 elementary, middle, and high schools. Photo by Patricia Schallert.

Ventura Unified School District salutes its Board of Education

The Ventura Unified School District (VUSD) is proud to join more than 1,000 local educational agencies in the state to recognize board members’ contributions during School Board Recognition Month. In this time of unprecedented challenges in nearly every sector of life, board members have worked tirelessly to support student learning and social-emotional health in our District.

"Board members are our elected representatives and a vital link between the school district and the community," said VUSD Superintendent Dr. Roger Rice. "The board sets the foundation and vision for the District, directs resources where they are most needed, and ensures accountability to the community by monitoring progress toward goals.

Their end goal, of course, is to support and elevate student achievement." During this challenging year, the VUSD Board of Education has worked with our staff to:

Close the digital divide by providing every student with a device, direct resources to students most in need, provide healthy and safe learning environments for all students and staff, provide compelling educational programs for all our students and so much more.

The Ventura Unified School District Board of Education Trustees are Matt Almaraz, Sabrena Rodriguez, Velma Lomax, Jerry Dannenberg, and Amy Callahan.

“I hope you will join me in saluting our hard-working board members for their support of our students through effective policies and their continued advocacy for more resources at the state level," said Superintendent Rice.

The district is made up of an early childhood education program, 26 elementary, middle, and high schools, with more than 20,000 school-age students, an adult education center, 2,000 staff, and a wealth of parents and community members who all strive to help our children find their passion—academically and personal- ly. For more information, visit www.venturausd.org or call 805-641-5800.

Ventura BREEZE www.venturabreeze.com

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