

Stay Safe and Healthy Ventura!

VENTURA BREEZE

Your Hometown Paper

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Festival committee members, representatives of Link, Incorporated and Vision 2020 promote awareness of the women's suffrage movement in history.

VC Women's Day Festival

by Amy Brown

The recent VC Women's Day Festival, held on International Women's Day, was a celebration of women's social, political and economic contributions in Ventura County and the world, according to Junemarie Justus, founder of The Acorn Project, a local organization working to effect social change. "Hopefully this event will continue to foster dialogue between generations, and help shape the future that we all envision," said Justus. The festival drew a huge crowd, and was held at the Museum of Ventura County and Mission Park, and featured speakers, a VC Women in Business and Leadership Showcase, film, art, musical performances, food and local brews, and yoga—all set against the beautiful backdrop of downtown.

Some of the festival's speakers were presented in breakout Power Sessions, scheduled throughout the day, on topics ranging from "Speaking Up for Change" "Breaking Barriers" and "Leading While Female". Dr. Trudy Tuttle Arriaga presented on the latter, which is also the title of her latest book, to a large audience. Arriaga was Ventura Unified School District's first female school superintendent, a role in which she served for 14 years, and currently is an Associate Dean at California Lutheran University. Arriaga spoke about her 40 years as an educator, and the inequities faced during her career, from being evaluated on the

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Police Officers are prepared to respond as needed.

City of Ventura declares local health emergency in response to COVID-19 (Coronavirus)

It is with careful thought and planning that the City has declared a local Health Emergency in response to COVID-19 (Coronavirus). The declaration allows critical services and opera-

tions to continue while reinforcing best practices identified by the CDC and County Health Officials.

This declaration does not relate to

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Jordan Whitfield, Haas Automation, Kurt Zierhut, Haas Automation, Peter Zierhut, Haas Automation, John Clark, Ventura College lead faculty, Manufacturing Technology, Dr. Kim Hoffmans, Ventura College president and Anne Paul King, Ventura College Foundation executive director at the check donation.

Gene Haas Foundation donates \$250,000

The Gene Haas Foundation has made a \$250,000 grant award to the Ventura College Foundation to support the Advanced Manufacturing program at

Ventura College. These funds will be used to relocate the current manufacturing lab to the college's Applied Science Center

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Joining Sheldon Brown, Publisher of The Ventura Breeze (holding the first and latest Ventura Breeze), on the set with the show's production team Juan Macera, Robin Sanford, Michelle Hoover, Christine Mary Bellestero and Host Sandra Siepak.

Become a guest on Our Ventura TV

Our Ventura TV is an award-winning weekly talk show series broadcast on Ventura cable channel 6 TV and also published on the OurVentura.com website and social media networks. The series has been on the air for over a decade and as of last December over 1000 productions have been created, all available on OurVentura.com.

Anyone who contributes to the theme of "People doing good things in Ventura County" and the surrounding area is eligible to be on the show.

There are no fees for nonprofit or noncommercial messages. However, for commercial messages, there are standard production fees. Visit SkyworksMarketing.com (sponsor of Our Ventura TV) for more information.

Our Ventura TV programs are broadcast on Ventura cable channel 6 on Sundays at 2:00 pm, Tuesdays at 9:00 pm and Saturdays at noon, as well as additional floating times. Every week there is a new show and each program is broadcast at least three times per week (often 5 times per week).

George Alger, producer of Our Ventura TV states: "We welcome anyone who is contributing to the community to become a guest and tell part of their story."

Here are a few of the upcoming shows that will be broadcast on Ventura Channel 6 in the coming weeks (as well as

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City News

A Message from City of Ventura's Economic Development Manager regarding Coronavirus

The recent developments regarding the Coronavirus (COVID-19) are rapidly evolving. While county, state, and federal agencies take the lead to address the public health-related concerns connected to the virus, our office is also working closely with the County, Ventura Chamber of Commerce, and other key partners to assist our local businesses through the developing economic impacts.

On March 17, the County of Ventura issued a Public Health Order outlining new requirements including all permanent food facilities, along with bars and nightclubs that offer food. The Public Health Order also requires closure of the following types of businesses in Ventura County, which includes the City of Ventura:

- Bars and nightclubs that do not serve food
- Movie theaters, live performance venues, bowling alleys, and arcades
- Gyms, fitness centers, and aquatic centers
- Wineries, breweries, and taprooms that provide tastings.

The economic health of our businesses is a key priority. We understand that during these times, our local employees and employers are going to be affected by the impacts of COVID-19. We are here with you and want to be your partner through these uncertain times.

While recognizing social distanc-

ing is essential during this time, we do not want to overlook the importance of investing in our local economy. We encourage our residents to continue supporting our local businesses through pick up or delivery services. At last night's City Council meeting, City Council Leadership set the directive to allow for easier access to businesses offering pick up services. Effective immediately, all parking meters downtown will not be enforced. Free parking will be available through April 12, 2020.

If you are an employee or employer affected by COVID-19, please visit the Economic Development Collaborative website for a resource guide on information on economic recovery efforts. As new resources become available, this guide will be updated as needed.

Lastly, please be considerate of others and help to slow the spread of this virus. Review the CDC's guidance for more information on how you can do your part.

City of Ventura declares local emergency

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any illness within City limits, it is simply a tool to enable the City to coordinate an effective response and allow for access to state and federal funds.

Based on recent recommendations from the State and local health officials, we want to provide you with the following

updates connected with City services.

Emergency Services

Police and Fire services continue uninterrupted. Police Officers and Fire Fighters are prepared to respond as needed.

Food Services

· Ventura Unified School District (VUSD) is providing drive-up and walk-up meal service for children ages 1-18 at six locations throughout the District. More information can be found on VUSD's website at: www.venturausd.org.

· Congregate and home delivered meal services offered through the Ventura Avenue Adult Center will be modified to ensure social distancing practices are followed. More information regarding these modifications will be provided early next week.

· The City will also be engaging with our local community partners on how to address the needs of those most vulnerable in our community.

Business Interruptions

· The U.S. Small Business Administration has provided information for employers and businesses on how to plan and respond to the coronavirus. This information, as well as details on the Economic Injury Disaster Loan Program, can be found at: <https://www.sba.gov/page/guidance-businesses-employers-plan-respond-coronavirus-disease-2019-covid-19>.

· The City's Economic Development Office will also be working closely with regional and community partners on resources for our local businesses and employers.

Regarding the current guidance from Governor Newsom and the CDC, Mayor Matt LaVere said, "The severity of the impacts to our everyday lives due to the coronavirus is felt by all. These measures reduce potential spreading and help protect our City's most vulnerable residents. We will be working with all of our community partners to figure out how to best provide the services our residents depend on."

Social distancing practices are being implemented at City facilities that remain open. Community members seeking City services are encouraged to use email, online, or telephone methods to communicate their need for services.

For the latest updates on impacts to City of Ventura services and facilities, please visit: www.cityofventura.ca.gov.

For the latest updates on the situation in Ventura County, please visit www.vcemergency.com.

VC Women's Day Festival

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way she dressed to being told to 'act more like a man' in order to succeed.

2020 is the 100th anniversary of women's right to vote in the U.S., and the event featured exhibits sharing the diversity in the trajectory of women's suffrage movement. VC Women's Day Festival committee member Shanté Morgan and a team of representatives from the Channels Island Chapter of The Links, Incorporated had an exhibit table with literature about the history of African American suffragists and their important contributions and challenges in working to get women the right to vote. "What I hope came out of the festival was a sense of pride in what we have achieved and purpose in what we need to do next," said Morgan. "I also hope we were able to exchange information and recognize the diversity of the women in the movement—when it started and today."

Many of the presentations were interactive, including one put on by Girls On Board, a community of women empowering women of all ages through skateboarding. Mel McElhose shared that the organization tries to create a welcome space for girls and women in the mostly male dominated local skateboarding community. "If you are a beginner or a woman, it's almost like you have two things working against you at the skate parks," said McElhose. Members of Girls On Board gave a hands-on demonstration of skateboarding techniques, including an interactive class on the lawn so participants could try it themselves, on skateboard decks with no wheels.

Deya Terrafranca, Research Library & Archives Director at the museum also expressed appreciation for the inclusiveness and success of the event. "The most meaningful thing for me was the diversity of the crowd. It wasn't just women, it was everyone," said Terrafranca. "I was truly touched by a grandfather touring the galleries with his teenage granddaughter. Imagine that—a teenager going to a women's day event with her grandpa on a Saturday. Everyone was there to celebrate the achievements and value of women in our society."



On Feb.27, the Ventura City Fire Department responded to a report of smoke inside a classroom at Ventura High School. When Firefighters arrived on scene, they discovered a smoldering fire on top of a teacher's desk. The fire appeared to have burned itself out after burning through the desk and consuming most of the materials on top. The fire did not extend past the desk; however, there was significant smoke damage to the involved classroom and minor smoke damage to a couple of adjoining classrooms. After firefighters ventilated the remaining smoke from the room, the building was turned back over to Ventura Unified School officials for repair.



Lynn's Consignments - Fun Home Furnishings celebrated their two-year anniversary on March 1st. They served delicious hors d'oeuvres catered by Santa Cruz Market, wine, coffee and desserts.

March 1st is significant to Lynn and her family because it is her late father's birthday.

Helping Lynn celebrate were Sheldon and Breezy.

Photo by Jaclyn Szabo.

For store information visit www.LynnsConsignments.com

1975 E Main St, Ventura (805) 628-3289



Community Events

ATTENTION RESTAURANT OWNERS

IF YOU ARE PROVIDING CURB SIDE SERVICE LET US KNOW AND WE WILL INCLUDE A LIST IN OUR NEXT ISSUE AS A SERVICE TO VENTURA-EDITOR@VENTURABREEZE.COM

Ventura events

by Ana Baker

NOTE: You must verify if any of these are being held. Do not just show up, just assume they are all cancelled.

Free Adult Grief & Bereavement Support Groups

Every Wednesday, from 6:30 – 8 p.m. Free for anyone who has lost a loved one.

Receive emotional and educational support. Held at Livingston Memorial Visiting Nurse Association & Hospice, 1996 Eastman Ave., Ste. 109. Call (805) 642-0239 for more information.

Living with Type 2 and Pre-Diabetes Classes

1st Tuesday of the Month (April 7), from 1 – 2:30 p.m. Free informational class that teaches you how to manage your life with diabetes. Held at Livingston Memorial Visiting Nurse Association & Hospice, 1996 Eastman Ave., Ste. 109. Call (805) 642-0239 for more information.

The Compassionate Friends of West Ventura County is a support group for those who have experienced the loss of a child. Parents, grandparents, and siblings (over age 14) are all welcome. The group meets the first and third Wednesday of each month at 7 p.m. at the Poinsettia Pavilion, Canada Larga room, 3451 Foothill Road. For more information, contact Laura Lindsay at (805) 836-9100.

Ventura Poinsettia Dance Club meets first 2 Monday nights of the month 7:30 p.m. Poinsettia Pavilion 3451 Foothill. Swing, line dance, waltz, Latin and more. First dance lessons are free 6:40 p.m. Call Rick (805) 415-8842 and www.poinsettiadancers.org for more information.

Ventura's ACBL Duplicate Bridge Club offers games for all levels of play. Learn the game, play with your peers, and earn master points while you are having fun. There is a game every day of the week. Check out their website at www.vcbridge.org

Country Western Line Dancing every Tuesday 7 - 9 p.m. Instruction every night. Located at the Moose lodge, 10269 Telephone Road. More information at countrylovers.com.

Cross Town Hikers join in on Wednesday nights for a moderate-paced hike that includes views of Ventura from the cross, a walk out to the end of the pier, and a stroll along the Promenade back to the Museum. Four miles with an 800-foot elevation gain. Meet at 7 p.m. sharp at the fountain across the street from the Mission. Join Facebook page for more information: <https://www.facebook.com/groups/800215670039426/>

The members of the Ventura Investment Group meet on Mondays for an informal discussion of recent economic events. Topics cover current events that affect stocks, funds, real estate, and interest-bearing investments. The meeting is from 10 - 11:30 a.m. at the Coffee Bean & Tea Leaf at Telephone Road and Main Street. Visitors and potential members are welcomed. There are no dues or requirements to participate, and all levels of experience are welcomed.

Brain Injury Center of Ventura County. www.BrainInjuryCenter.org

Support Groups for brain injury/ stroke survivors and their family/caregivers

Learn more about brain injury/stroke and available services. Meet others who are facing or have faced similar challenges. Meet new friends and connections, give and receive support. Encounter Church 6950 Ralston St., Bldg. #300 (805) 482-1312 2nd and 4th Wednesday of every month, 4-5:30 p.m.

Men are you retired and routine-tired? Ventura Retired Men suggest you visit a Social Lunch Meeting on the first or third Tuesday each month at the Poinsettia Pavilion. Stop in, say hello, have a sip at the bar if you like, they will buy you lunch, and you can sample the hospitality as they go through activities and hear the speaker of the day. Bob Likins can tell you more at 805-587-1233.

Are you a stamp collector? The Ventura County Philatelic Society meet on the first and third Mondays each month at 7:30 p.m. at the Church of the Foothills, 6279 Foothill Rd. Admission and parking are free. Come for a great evening. Contact: Bill Garner (805) 320-1601 or sockonthenose@gmail.com

The Channel Islands Bicycle Club (CIBike) is a non-profit recreational organization. The club's purpose is to promote bicycling for recreation, health, sport and transportation. The meetings are held on the second Wednesday of March, April, May, September, October and November. Museum of Ventura County, Doors open at 6:30 p.m. for a refreshment social and the presentation begins at 7 p.m. The March meeting will feature an informative heart health presentation by a professional from Community Memorial Hospital. For more information, please visit www.cibike.org or contact publicrelationscibike@gmail.com.

Ojai news and events

Ojai residents,

As members of the Ojai community, we are all understandably concerned about the spread of the Novel Coronavirus (COVID-19). As Mayor of the City of Ojai, I would like to share actions taken by the City of Ojai, but also share actions that residents can and should take to keep each other, and our community, safe.

This situation is unprecedented, we must be calm and reasonable. This is a public health crisis, and the lead agency for our area is the Ventura County Public Health Department. The Ventura County Public Health Department is the best, most authoritative source for information about this issue. The City has been in regular contact with the Ventura County Public Health Department, and many other partners, to help coordinate as needed.

On Friday, March 13, the City Council declared a local emergency, to provide more flexibility and allow the City to react quickly to needs. The City has postponed or cancelled several community events, and in line with the latest guidelines, discourage people from attending public meetings or gatherings of more than 10 people. The City is taking steps to help residents participate in public meetings by allowing email comments to our City Clerk's Office.

The City has also begun to reach out to our business community, looking for ways to help enable curbside pickup and delivery, and providing additional hand washing stations throughout the City. The City is also keeping public restrooms open 24 hours a day, 7 days a week, to help ensure our vulnerable populations are able to wash their hands as needed. Our goal is to

“flatten the curve” by reducing social interactions and reducing the opportunities for community transmission of the virus. The City may continue to implement measures, such as closing City Hall, to reduce the possibility of community transmission of the virus. We will provide electronic or other means to obtain services if we do so.

Most importantly, I'm asking you all to remain calm, support each other, and encourage best practices. Your personal behavior matters, and you can help reduce the spread of this disease by following county, state and federal advice about increased personal hygiene and reduced in-person contact. Work from home if you can. Practice social distancing by avoiding large groups and staying 6 feet away from others. Please share this information with your friends and family to help them stay safe and healthy.

In order to avoid misinformation, please refer to official sites for accurate information:

City of Ojai www.ojaicity.org
Ventura County www.vcemergency.com
California Department of Public Health cdph.ca.gov/covid19
United States Centers for Disease Control www.cdc.gov/coronavirus/2019-nCoV/index.html

Lastly, to receive the latest notices from the City of Ojai, please sign up for the City's email list. Please click on the COVID-19 Information Signup button on the City's webpage, under quick links.

Mayor John F. Johnston
City of Ojai

Become a guest on Our Ventura TV

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posted on the OurVentura.com website).

• MB Hanrahan will interview Rachael Watkins about the Ventura County Family

Justice Center.

• Monique Nowlin will speak with Kiran Sahota and Peter Schreiner about the Ventura County Behavioral Health Department.

• Sandra Siepak will talk with Sheldon Brown, founder and publisher-editor of the Ventura Breeze.

• Monique Nowlin will speak with Toni Olson about the Advisory Council of the Ventura County Area Agency on Aging.

• Sandra Siepak will interview Amy Towner about the Health Care Foundation of Ventura County.

• Multi-Talented Poet, LaVette Cherie, will join us in the studio for a performance of some of her work, accompanied by Grammy-winning guitarist, Bob Tucker.

Much of the Our Ventura TV series is recorded at CAPS Media Center, right next to Ventura College. However, for more information about the Our Ventura TV programs, visit OurVentura.com, since Our Ventura TV is a wholly independent TV series produced for the Ventura County community at the CAPS Media Center facility and CAPS Media staff are not our employees.

The show's director, Michelle Hoover, notes that “Our friendly production team will help you enjoy your visit.” Assistant Director, Robin Sanford, will often greet you first, before returning to the control room to help Michelle manage the cameras and audio. Floor Manager, Christine Mary Ballestero, will help to get the microphones placed on your clothing and get you seated properly at the table. Juan Mancera will position each of the cameras and refine the lighting to present you well.

To be scheduled as a guest on Our Ventura TV for a 15-minute segment, visit OurVentura.com and click “Contact.” Keep in mind that we are often scheduled many weeks in advance.



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VENTURA BREEZE

Your Hometown Paper

Member, Ventura Chamber of Commerce

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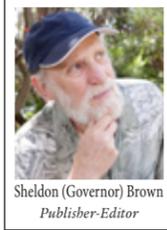
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of action,
and not for
moping and
groaning in.
– Charles
Dickens

Opinion/Editorial



Sheldon (Governor) Brown
Publisher-Editor

■ Cancel, cancel, cancel. Stay at home. Don't hug when we need them most. What awful tough times for us all.

■ This is a very different issue of the Breeze than usual. Almost no events (including art) as Ventura shuts down. Several Coronavirus articles as well - not our usual Ventura news, but important for our readers.

If you are reading this, you were obviously able to find a copy of the Breeze. Many of the businesses that carry the Breeze are closed.

First, I want to thank and compliment the amazing **Ventura Breeze staff** for getting this issue out and still managing to get it into racks and businesses that are still open.

I hear so much about government taking care of hourly workers that need financial help, but it goes way beyond hourly workers. There are so many small businesses that were just managing to stay open as it is, especially mom and pop restaurants, that will probably never open again. And they employ people.

Even the Ventura Breeze is struggling. This issue has a very small amount of ads. Many of our advertisers are holding off right now until they can evaluate what the future holds for their businesses, or they are closed right now. If they are open, and you can afford to do so, please continue to buy from them.

Many newspapers, large and small, are struggling and suspending their print editions. The economic forecast for local papers was not very strong even before this pandemic so it has just been exacerbated by this. Even a London-based newspaper is shutting down its print edition.

Many small local papers have asked their readers for **donations** to keep printing (kind of like art patrons). So, let me ask you, our readers, would you be willing to contribute financially to the Ventura Breeze in order for us to keep printing? Let me know your thoughts and suggestions at publisher@venturabreeze.com.

Mailbox

Dear Editor:

The national news on TV is, finally, presenting a picture of Trump, that I have been grousing about for months. Of course, who he is, what he is, has been evident to everyone, ever since he took office. He is not a me-too. He is a me-only.

The worst person in the world to have charge of a country. A country, especially, a Democracy where, everyone, feels somewhat responsible for everyone else.

With the most, disinterested, and, disgusting, president at the helm.

I know a lot more people actually voted for that person, than are willing to admit at this time. Shame on all of them. His character was no secret. Not at any time.

Can't wait for this term ending, and the people, once again, have a chance to right a terrible wrong.

Sincerely,
E. Cole, Ventura

Dear Community Caregivers - what I call the other front line responders

The public recognizes the sacrifices made by doctors, nurses, EMTs, firefighters and other emergency

During these stressful times we all need to take care of our mental health also. We all have feelings of depression and anxiety. Some finding working at home, and the feeling of isolation, very alarming. So, take some very deep breaths and try to relax. Maybe it's time to take care of all the little jobs that need doing around the house. Marking off your "to do" list can be very satisfying.

■ The **LA Times** coverage is 95% about Coronavirus. I wonder what happens to all of the other events making news that we know nothing about except, perhaps, online?

■ While a national emergency like this brings out the best in people who are doing wonderful things for each other, it also brings out the very worse in some. The most terrible being scammers taking advantage of seniors. Even a leading **TV televangelist** recently promoted his "Silver Solution" suggesting the formula could boost the immune system and kill the virus withing 12 hours. Thankfully the government shut that down.

Phony products are being sold on Facebook and Craigslist. There is no pill, or supplement that can prevent or cure the virus.

■ **The Ventura Unified School District** closed all schools on Monday, March 16 through Friday, April 10 due to coronavirus concerns. There is the strong possibility that schools will not open again until after summer. So tough on families that need to go to work while their kids are in school.

■ My condolences, pain and thoughts go out to the family, friends and school mates of 16-year-old **Austin Gambill** who died from injuries he suffered after he was hit by a truck along Seaward Avenue last



week. Gambill was a sophomore at Ventura High School where he was a member of the school's cross-country team. The driver of the truck remained on the scene and cooper-

ated with the police. Apparently, drugs and alcohol were not a factor in the crash just one of those awful things that can happen in life. I also feel for the truck driver who will live with that image for the rest of his life.

■ And **Mother's Day** is not that far away. It will be a lonesome one for most people being isolated from each other.

■ Really odd to me we are told to keep social distancing and at the White House Coronavirus Task Force meeting speakers stand shoulder to shoulder.

■ Some desperate people have resorted to using other papers and cloth in the absence of **toilet paper** which is resulting in the stoppage of sewer lines. So, please don't use the Ventura Breeze as toilet paper. Besides being too rough, we don't want to be the cause of clogging up your sewer lines.

■ It is beyond my belief but there are still some Americans that believe that the virus is the Democrat's way of **getting rid of Trump**. Italians ignored all the recommendations to prevent the virus spread and their death toll is more than the Chinese, over 4,000. We must do what we are being told to stop this awful virus from spreading. The number of deaths caused by the coronavirus worldwide has reached at least 13,000, including almost 400 in the U.S.

■ Ralph Charette, 71, said he bought a **rifle and ammunition** on Saturday to protect himself and his family as a wave of coronavirus panic sweeps across the country. Charette, a military veteran, spent \$1,500 at a gun shop in Germantown, Wisconsin, after encountering aggressive shoppers and empty shelves at local grocery stores. Now, if looters come knocking, he'll be ready, he said.

As hysteria surrounding the illness drives some to stockpile groceries and toilet paper it's also causing many to worry about a shortage of gun supplies, which is driving up demand and leading to long lines. I find this to be very disturbing. Especially in times like this when people are anxious and very up tight. Some are even suicidal. Some of these guns will be used for that purpose.

For instance, seven members of the same family were fatally shot recently in North Carolina. The suspect is among the dead. The incident is a suspected murder-suicide.

Take care of each other, and be kind.

response personnel across the country for which we are all grateful and owe a huge debt of gratitude, however there are millions of Americans risking their lives in grocery stores, gas stations, post offices, banks, laundromats and the like (most without proper protection) who we need to send out our biggest heartfelt gratitude as they are risking their lives every single day for the basic needs of every American. Please be sure to thank them for their sacrifice! #ThankYouCommunityCaregivers
Cindy Summers

Dear America,

It is time for you to stop and take a breath. No matter who you are, where you are, or what situation you are in, it is time to stop for a moment to look around you then ask yourself: Is this my country? Is this how I want it to be? Is this how we proud Americans were raised?

You see people fighting over toilet paper in the grocery store, not helping those in need, distrusting everyone because they "might" have COVID-19. Now ask yourself again: Is this my country?

My presumption is that the vast

majority of us would say no, this is not my country. They would go on to say they are ashamed of America at this moment. It is this vast majority that needs to step up now and show our children and our world what kind of people we really are.

No doubt, COVID-19 is scary but that is only because of all the unknowns that surround it. Where did it come from, how is it circulated, will I survive this pandemic? Right now there are no answers to any of these questions but I have faith in our scientists, our doctors, and the rest of our dedicated health professionals. I know they will find an answer and when they do all of these fears will disappear.

But what will be left is the question.

The answer to that depends on how we act now. If we continue as is, America will be changed for the worst but if we act like kind, rational, caring individuals, we

Continued on page 8

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



News & Notes



Ventura Mayor Matt LaVere and Ventura Deputy Mayor Sofia Rubalcava recording messages in the CAPS studio.

CAPS Media Center responding to community needs

Due to the Coronavirus (COVID-19) crisis the CAPS Media Center is closed to Members and the public until further notice. CAPS Member/Producers can submit programming via the online portal at capsmedia.org for broadcast and streaming on CAPS public access television Channel 6 and on CAPS Radio KPPQ 104.1FM.

Even though the CAPS Media Center is closed, CAPS crews have been covering public health news events with officials from the City of Ventura, Ventura County Health, Ventura County Fire and other agencies producing advisories and other updates for the community. CAPS Video productions have been produced at the

County government center, the Ventura County Medical Center, fire stations and headquarters and in the CAPS Media Center Studio.

We encourage everyone to review and follow the advisories on the Ventura County Public Health website at vcemergency.com. The information is updated on an ongoing basis. In addition to being posted on the county website and on social media, the information airs and streams on CAPS Media Channel 6 and Channel 15.

All of us at CAPS Media: Staff and crews members, Member/Producers and Board Members, hope everyone stays safe and healthy during this challenging time.

PRSA Gold Coast Chapter offers scholarships for local students

The California Gold Coast chapter of the Public Relations Society of America is offering two scholarships to recognize outstanding individual

college students who are committed to studying communication or public relations in the Tri-Counties area. The group will award two \$500 scholarships in mid 2020.

"We believe that academic endeavors are essential for individuals to reach their full potential. For that reason, our chapter is encouraging students to attend a four-year institution and reach higher educational achievement," said PRSA California Gold Coast Chapter Scholarship Committee Chair Nancy Mayerson.

The chapter raised funds for the scholarships through program meeting fees and sponsorships and hopes to grow the scholarship fund as the chapter grows.

"We believe that the heart of a successful PR career is service to one's community, so we're seeking students who have both high academic achievement and a solid commitment to community service. So many worthy organizations rely on public relations and community outreach to fulfill their mission, and we want to see our young professionals helping to make a difference," Mayerson said.

VENTURA TOWNEHOUSE

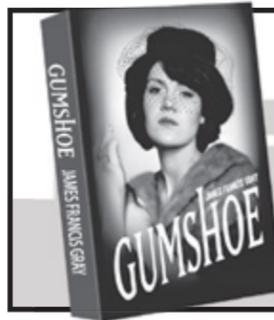
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Books make great gifts!

Applications are being accepted through April 30, 2020. Winners will be announced in July of 2020. To be eligible for the scholarships, students must:

Be a student currently enrolled in a four-year institution of higher education accredited by the Western Association of Schools and Colleges (WASC) located in Santa Barbara, San Luis Obispo or Ventura county.

Have a 3.0 GPA minimum.

Have a declared major in public relations or communication.

Be in good academic standing with his or her educational institution.

Have not received a PRSA scholarship in the past.

Find more information and an application online at www.prsagoldcoast.org, on the menu bar. Contact Nancy Mayerson, scholarship committee chair at nancy@mayer-sonmarketing.com with additional questions.

PRSA is a nonprofit organization chartered in 1947 and the world's largest organization of public relations professionals with more than 21,000 public relations and communications professionals across the United States. The California Gold Coast Chapter was founded in 2014 and serves Ventura, Santa Barbara and San Luis Obispo counties. For more information, visit www.prsa-goldcoast.org.

Channel Islands National Park is modifying operations to implement latest health guidance

Channel Islands National Park is announcing modifications in operations to implement the latest guidance from the White House, Centers for Disease Control & Prevention (CDC),

and local and state authorities to promote social distancing.

As of March 16, 2020, the park's mainland visitor center in the Ventura Harbor is closed until further notice. The five remote islands that comprise Channel Islands National Park remain open to public visitation. However, current access will only be via private vessel.

The park's boat transportation concessioner Island Packers announced a two-week halt to their public transportation services as a result of the COVID-19 outbreak. The cancellation in boat services includes all landing and non-landing trips.

Virtual visits to the park and are popular via webcam at Channel Islands Live where you can experience the kelp forest, one of the richest marine environments in the world. These and many more wildlife webcams are provided by our partner explore.org.

The health and safety of our visitors, employees, volunteers, and partners at Channel Islands National Park is our number one priority. The National Park Service (NPS) is working with the federal, state, and local authorities to closely monitor the novel coronavirus (COVID-19) situation. We will notify the public when we resume full operations and provide updates on our website and social media channels.

The NPS urges visitors to do their part when visiting a park and to follow CDC guidance to prevent the spread of infectious diseases by maintaining a safe distance between yourself and other groups; washing your hands often with soap and water for at least 20 seconds; avoiding touching your eyes, nose, and mouth; covering your mouth and nose when you cough or sneeze; and most importantly, staying home if you feel sick.

Updates about NPS operations will be posted on www.nps.gov/coronavirus. Please check with individual parks for specific details about park operations. Campers can contact recreation.gov to request refunds for any trips affected by the boat concession cancellations.

Oops...

In our last issue there was a wrong date for the Botanical Gardens photography tours. The correct dates are Saturday mornings, March 28 and April 11.



News & Notes



Creating posters that show, yet again, how strong and special Ventura is

With the threat of COVID-19, Ventura faces hard, uncertain times. In the face of all the dark news, the Ventura Visitors and Convention Bureau (Visit Ventura) is doing a simple thing to bring a little light. They are asking all Venturans to speak their minds and hearts, creating posters that show, yet again, how strong and special Ventura is.

When the Thomas Fire came to Ventura in December 2017, signs appeared everywhere. Sheets draped from walls, cardboard signs stapled to phone poles, signs staked in front yards, signs

taped to storefront windows. Words written by children in big, colorful loops. Words printed tidily on mass-produced signs.

Visit Ventura is asking Ventura to do it again. Take up your magic marker, your paper, your cardboard, your whatever-you-have-handy, and put your thoughts on a sign (Visit Ventura also has templates on their website; visitventura.com/stayventurastrong). Because your thoughts matter. And you never know how much they can mean to someone who really needs them.

“They’re not just a sign,” said Marlyss Auster, VVCB President & CEO. “We Venturans already know this. These signs, they’re reminders. Of spirit. Of caring and community. Of how good things always outlast the dark.”

Coalition For Family Harmony modifies services due to Coronavirus

The Coalition for Family Harmony, which provides victims of family violence in Ventura County with the means to help escape from abuse, will continue to offer services to the community using modified communication and counseling techniques during the coronavirus crisis.

“We our following the guidelines outlined by Ventura County Public Health and the CDC,” says Dr. Caroline Prijatel-Sutton, Coalition For Family Harmony executive director. “For individual and most group counseling sessions, we will be using HIPAA-compliant web-based models and tele-counseling. If clients don’t have Internet or telephone access, we’ll work with them directly to meet their needs. It will be on a case-by-case basis.”

The Coalition runs the only Rape Crisis Center and 24-hour rape crisis hotline in Ventura County. The hotline will remain open with trained bilingual operators. The Rape Crisis Center will conduct emergency response through tele-counseling or in person. Emergency shelter services for survivors of domestic violence are available with consideration to room space availability. Transitional housing services remain fully operational.

The new communication procedures went into effect March 17 and will remain in place until further notice. “We want the public to know that we are still here in times of family crisis,” says Prijatel-Sutton. “Through these new procedures, our goal is to continue to provide services without compromising the health and safety of our staff and clients.”

The bilingual hotline number is 800-300-2181 and available for domestic violence and rape crisis advocacy and support. Coalition For Family Harmony business hours remain the same, 8:00 a.m. to 5:00 p.m. Call 805-983-6014 for questions regarding services or visit www.TheCoalition.org.

Red Cross blood drives have been canceled across the country due to coronavirus concerns, resulting in some 86,000 fewer blood donations. Volunteer donors are the only source of blood for those in need, and more than 80% of the blood the Red Cross collects comes from drives held at workplaces, college campuses and school locations.

Here in the Southern California Region, more than 160 blood drives have been canceled, resulting in 5,500 fewer blood donations. The Red Cross is adding appointment slots at donation centers and expanding capacity at many community blood drives across the country over the next few weeks to ensure ample opportunities for donors to give.

The Red Cross expects the number of cancellations to continue to increase, which is causing heightened concern for blood collection organizations and hospitals across the country. This blood shortage could impact patients who need surgery, victims of car accidents and other emergencies, or patients suffering from cancer.

“I am looking at the refrigerator that contains only one day’s supply of blood for the hospital,” said Dr. Robertson Davenport, director of transfusion medicine at Michigan Medicine in Ann Arbor. “The hospital is full. There are patients who need blood and cannot wait.”

“In our experience, the American public comes together to support those in need during times of shortage and that support is needed now more than ever during this unprecedented public health crisis,” said Chris Hrouda, president, Red Cross Biomedical Services. “Unfortunately, when people stop donating blood, it forces doctors to make hard choices about patient care, which is why we need those who are healthy and well to roll up a sleeve and give the gift of life. Volunteer donors are the unsung heroes for patients in need of life-saving blood transfusions. If you are healthy, feeling well and eligible to give, please schedule an appointment to give now,” added Hrouda.

To donate blood, individuals need to bring a blood donor card or driver’s license or two other forms of identification that are required at check-in. Individuals who are 17 years of age in most states (16 with parental consent where allowed by state law), weigh at least 110 pounds and are in generally good health may be eligible to donate blood. High school students and other donors 18 years of age and younger also must meet certain height and weight requirements.

Appointments can be scheduled by visiting RedCrossBlood.org, using the Red Cross Blood Donor App, calling 1-800-RED-CROSS or enabling the Blood Donor Skill on any Alexa Echo device. Donors can also save up to 15 minutes at the blood drive by completing a RapidPass®. With RapidPass®, donors complete the pre-donation reading and health history questionnaire online, on the day of donation, from a mobile device or computer. To complete a RapidPass®, follow the instructions at RedCrossBlood.org/RapidPass or use the Red Cross Blood Donor App.

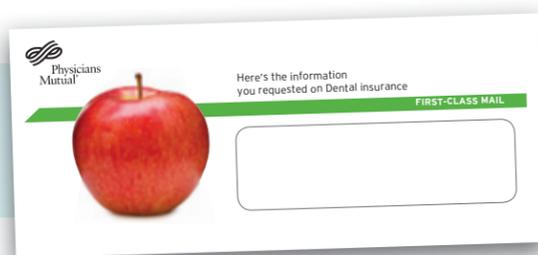
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American Red Cross experiencing severe blood shortage

The American Red Cross faces a severe blood shortage as the coronavirus outbreak threatens availability of the nation’s supply. Nearly 2,700

Product not available in all states. Includes the Participating Providers and Preventive Benefits Rider. Acceptance guaranteed for one insurance policy/certificate of this type. Contact us for complete details about this insurance solicitation. This specific offer is not available in CO, NY; call 1-888-799-4433 or respond for similar offer. Certificate C250A (ID: C250E; PA: C250Q); Insurance Policy P150 (GA: P150GA; NY: P150NY; OK: P150OK; TN: P150TN). Rider kinds B438/B439. 6154-0120



News & Notes



The six Excellence in Agriculture honorees. Photo courtesy of Totally Local VC and Viktor Budnik Food Photography.

Fourth Annual Ventura County Ag Week honored the importance of farmers and ranchers

From March 9th through March 15th Totally Local VC Agricultural Foundation presented its fourth annual Ventura County Ag Week, a celebration of all that our county's local farmers and ranchers do. Despite the challenges facing the world, many of the weeklong celebrations continued as scheduled.

The week kicked off with a resolution from the Ventura County Board of Supervisors proclaiming March 9th – March 15th as Agriculture Week in Ventura County. On Tuesday the sold out "Excellence in Agriculture Awards Luncheon" honored agricultural leaders from field to fork, including Rancher of the Year Bud Sloan, Farmer of the Year Helen McGrath and Chef of the Year Kelly Brigilio of Paradise Pantry. Other honorees included Educator of the Year UC Cooperative Extension Hansen Agricultural Research Center, and Sustainability Award winner Scott Deardorff of Deardorff Family Farms.

A special Agricultural Hero Award was presented to Phil McGrath of McGrath Family Farms. "This award is so significant and special to me," commented McGrath. "Being called an 'Ag Hero' in Ventura County validates everything I've strived for as a farmer; to work with the soil and its own biology, to work with my team and reward them to my best ability, and to educate the community about real food from the Oxnard plains."

Another highlight of VC Ag Week was Wednesday's Ventura Chef Association Tasting Event with abundant appetizers made from locally grown food prepared by Westmont College, Fresh & Fabulous, La Dolce Vita, Naval Base Ventura County, Ventura County Rescue Mission, and Four Brix Winery. Also, during the week, an intimate "Meet the Farmer and Rancher Mixer" and the popular Historic Oxnard Farm Park BBQ and Tour were held. Meanwhile, local restaurants, wineries,

brewers and purveyors featured locally grown and raised menu specials throughout the week in support of "Eat Local ~ Hug a Farmer."

While many VC Ag Week activities continued, due to COVID-19 the student tours and Exploration of Agriculture Careers event were cancelled for the health and safety of all students.

"We had over 275 attendees join us across all events throughout Ventura County Ag Week this year," commented Kat Merrick, Founder and President of Totally Local VC Agricultural Foundation. "It's an honor to celebrate the true stewards of our local land – farmers and ranchers, who are raising and growing more on fewer acres and protecting our county's precious soil and water resources." Ventura County Ag Week's goal is to highlight and honor the important role that agriculture plays in our lives. Many of Ventura County's founding agriculture families remain today with the next generation carrying on the family farming and ranching legacy.

Ventura County Ag Week is generously supported by many wonderful sponsors and businesses. Please take a moment to get to know them - <https://www.totallylocalvc.com/ventura-county-ag-week-2020/>

Totally Local VC is a collaborative initiative focused on promoting the importance and success of our local agriculture and business community. We are dedicated to educating our youth and community members on the important role business and agriculture plays, not only in our county but in the world, and the many links each of us has to small business and agriculture. Simply put Totally Local VC educates, advocates and celebrates local agriculture to bring stronger awareness for and collaboration with our local farmers, ranchers, purveyors and businesses. www.totallylocalvc.com – 805-222-6542

PRIMROSE EXCURSIONS

Our office will be closed until bans are lifted, but we are making plans for a great comeback!

We can't wait to see you again!

Please continue to check our website for updates.

805.535.5170 primroseexcursions.com

Let's go in 2020 to...

Alberta, Canada: Chateau Isabella - July
Lake Tahoe & Apple Hill - Sept.
Albuquerque Balloon Festival - Oct.
Mackinac Island - Oct.
Pala & Welk Resort - Nov.
Cambria Holiday Getaway - Dec.
San Diego New Year's



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"Stay Well at Home" emergency order

To further combat the spread of COVID-19, Ventura County Public Health Officer Doctor Robert Levin, has issued a "Stay Well at Home" emergency order – ordering all residents of the County of Ventura to stay inside their residences, and immediately limit all movement outside of their homes beyond what is absolutely necessary to take care of essential needs. The order was effective March 20, 2020 through April 20, 2020, 11:59 pm

Community members are encouraged to learn more about the Order and read frequently asked questions at the following website: www.vcemergency.com/staywellvc.

"We are at a pivotal moment in this public health threat. We are on the verge of seeing the number of COVID cases spiking, we have to take powerful, decisive actions in order to defeat this threat and save lives," said County of Ventura CEO, Mike Powers. "In listening to our Public Health Leadership, we believe it is essential for us to act swiftly to prevent the spike in cases we have seen in other countries. We felt it was important to tailor the Order to our local community."

The Order attempts to strike the right balance. While prioritizing the health of the community, it also recognizes the importance of essential services such as health care, safety, social services, education, food services, grocery stores, agriculture, community organizations, the press, construction, hotels and motels and business that support these essential businesses, banks and plumbers and sanitation workers and restaurants which provided take out and delivered meals.

During this time various businesses will still be open. You will still be able to go to grocery stores. You will still be able to go to your local coffee shop to take your coffee to go, there will be no gathering at coffee shops. You will still be able to go to farmers markets where you will find that they have implemented social distancing. You will also be able to go to restaurants, wine shops and breweries where you can pick up items to go.

You will be able to leave your home to exercise. This includes running, walking, biking and hiking by yourself or with members of your household. You will be able to go to and from your doctor's office. You will be able to work and garden around the house

and leave the house to pick up products for your pets. Essential businesses will remain open. Those businesses will be asked to have their employees work from home as much as possible. Working from home distances a person from others and creates more space for social distancing at the workplace. Workplaces will be maintaining 6 feet between employees and will encourage frequent hand washing. Discourage shaking hands. All aspects of agricultural production will remain open as well. If you are sick do not go to work in those essential jobs. If you encounter someone when running an errand to the grocery store or other location maintain a six-foot distance from that person especially distance yourself from those that appear to be ill.

Residents of the County of Ventura are required to stay inside their homes unless they are engaged in certain "essential activities." These activities include:

Engaging in essential activities such as grocery shopping, obtaining medical care, walking, running, bicycling or gardening.

Providing or obtaining essential governmental functions or services.

Operating or working at essential businesses such as healthcare operations and essential infrastructure, grocery stores, pet supply stores, agricultural production and processing operations, and gas stations.

All travel is prohibited, except essential travel such as travel for work authorized under this order; to engage in essential activities; to care for elderly persons, minors, dependents, persons with disabilities or other vulnerable persons; and to return to a place of residence from outside Ventura County.

When outside their places of residence, all persons must maintain, as reasonably possible, a physical distance of at least six feet from any other person and comply with all other Social Distancing Requirements.

"There are people around you who are in greater need than you. Be generous with those things you have that you can share and can drop off at their place. We will all come through this together. Ventura County is a County that cares," said Doctor Levin.

Moving forward daily positive cases, the age range of the patient and their locations will be reported on www.vcemergency.com. The new order requires all private labs to report the number of tests they have completed each day. The total number of private and public tests will also be reported on the website.



News & Notes

Why do the virus and the disease have different names?

Viruses, and the diseases they cause, often have different names. For example, HIV is the virus that causes AIDS. People often know the name of a disease, such as measles, but not the name of the virus that causes it (rubeola).

There are different processes, and purposes, for naming viruses and diseases.

Viruses are named based on their genetic structure to facilitate the development of diagnostic tests, vaccines and medicines. Virologists and the wider scientific community do this work, so viruses are named by the International Committee on Taxonomy of Viruses (ICTV).

Diseases are named to enable discussion on disease prevention, spread, transmissibility, severity and treatment. Human disease preparedness and response is WHO's role, so diseases are officially named by WHO in the International Classification of Diseases (ICD).

ICTV announced "severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2)" as the name of the new virus on 11 February

2020. This name was chosen because the virus is genetically related to the coronavirus responsible for the SARS outbreak of 2003. While related, the two viruses are different.

WHO announced "COVID-19" as the name of this new disease on 11 February 2020, following guidelines previously developed with the World Organisation for Animal Health (OIE) and the Food and Agriculture Organization of the United Nations (FAO).

Farmers' Markets to remain open

The Ventura County Certified Farmers' Market Association (VCCFMA) is committed to maintaining its four farmers markets as a vital food facility and local food source during this time of uncer-

tainty with the spread of COVID-19. As a result, the VCCFMA announces that all four markets will remain open for the foreseeable future in Midtown Ventura, Downtown Ventura, Thousand Oaks and Santa Clarita.

In order to provide the safest operations possible, the VCCFMA is modifying its systems by implementing more stringent cleaning and disinfecting protocols at the markets, which include increased sanitization of the equipment and frequently touched areas. Additional hand wash stations and sanitizing products are also available at the markets' Information Booths. All sampling practices are being discontinued as well as the elimination of cooked foods.

The move of the Thousand Oaks Market scheduled for March 26 to the Front Northwest Outdoor Lot at the Oaks Shopping Center has been postponed during this chaotic time. The market will remain at the East End Parking Lot on Wilbur Road and Thousand Oaks Boulevard until the market operations become stabilized. A new move date, projected for May, will be announced once the site has been approved. Shoppers can assist with safety by utilizing the hand washing stations, washing hands with soap and warm water for at least 20 seconds before eating or drinking and washing again thoroughly after using the restroom. Products will be limited, and shoppers are asked to observe social distancing as well. All food products need to be thoroughly washed when taken home. It is also advisable not to touch one's face, hair, body or clothes. Keeping these tips in mind will help ensure everyone's safety at the markets.

Current updates will be available on VCCFMA social media channels – Facebook, Instagram, and Twitter. For more information, call 805-529-6266, or visit the website at www.vccfm.org.

The Ventura County Certified Farmers' Market Association is a non-profit farmers' cooperative that has been in existence since 1986 and serves the communities of Ventura, Thousand Oaks and Santa Clarita with their four weekly certified farmers' markets.

Gene Haas Foundation donates

Continued from page 1

and renovate the new location into a modern manufacturing facility designed to promote manufacturing occupations and enhance student workforce manufacturing skills.

Once renovations are completed, the lab will be renamed the Gene Haas Advanced Manufacturing Lab. Ventura College plans to offer manufacturing courses in the lab's new home starting in fall 2020.

In addition, Oxnard-based Haas Automation Inc., one of the world's largest machine tool builders, will entrust the manufacturing program with a Haas ST-10 Series lathe. "The Manufacturing Technology Department offers the opportunity for students to excel by providing training in both lecture and laboratory settings. With the addition of the Haas lathe, students will now increase their hands-on experience with industry quality machinery, greatly improving their readiness for the workforce," says John Clark, lead faculty with Ventura College's Manufacturing Technology Department.

"Haas Automation and the Gene Haas Foundation are happy to help technical education excel throughout Ventura County," says Kurt Zierhut, Gene Haas Foundation executive manager.

An undergraduate curriculum is available for students interested in working toward the completion of proficiency awards in CNC Operation and Manufacturing Applications.

Students can also take transferable classes for university credit and general interest courses for returning students looking for skills improvement.

"Industry-education partnerships such as Haas Automation and Ventura College are critically important. There are over 800 manufacturers in Ventura County. Many have unfilled positions because of the difficulty in finding skilled workers," says Rob van Nieuwburg, Ventura College Foundation board chair. "Ventura College's expanded program will help close the skills gap by providing local manufacturers with workers who have the capability to do what's needed on day one of a new job. The program will attract more students who seek a career in a stimulating high-tech environment while earning a very good living wage."

For information about the program, go to www.venturacollege.edu. For more on the Ventura College Foundation, go to www.VenturaCollegeFoundation.org or call 805-289-6461.

Mailbox

Continued from page 4

will come out of this better and stronger than ever before.

Pray for this if you will and work for it no matter what. Remember, you are America, you can be the greatest country on Earth once more and the time to start earning that designation again is today. Tomorrow may be too late.

Regards,
John Darling

Breeze:

Like most Venturans I am totally amazed at the panic buying I see taking place, particularly toilet paper. As an English person born at the end of WW 2 I was used to privations, ration cards and many realistic aspects of post war Europe, As a child I played on bomb sites and was warned "not to touch or pick up anything metal or round" - my toilet was an outside privy with torn up strips of newspaper for toilet paper.

As the pandemic gets more serious I imagine I may have to tear up my latest edition of the Breeze and use it for toilet paper. With that in mind I have a request for you - could you please print future editions of the Breeze on softer more gentle paper please.

Sincerely yours
Paul Whitehead

Paul:

Our current paper is the softest that we can print on. Sorry if it scratches you.

St. Patrick's Day Parade Canceled

It was with great disappointment that we had to cancel the Ventura Elks Club's 32nd County Ventura St. Patrick's Day, planned for Saturday, March 14, due to concerns surrounding the coronavirus.

We are truly sorry to have disappointed all the young families and the young at heart who come out every year, for the past 32 years, to cheer on and take part in this big, iconic holiday parade on Main Street in downtown Ventura.

We are deeply thankful for every one of the parade sponsors and participants who were ready to go on, right up till the last minute; they make this remarkable community event possible every year.

To those who paid to take part in this year's parade, know that while we will not be returning funds this year, you are prepaid for next year. We will see you all then!!

Thank you as always for your wonderful ongoing support. Visit venturastpatricksdays.com for additional parade information. Nan Drake, Jim Monahan and Brian Brennan *Co-chairs, County Ventura St. Patrick's Day Parade Committee*

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*The leading consumer reporting agency conducted a 16 month outdoor test of gutter guards in 2010 and recognized LeafFilter as the "#1 rated professionally installed gutter guard system in America." CSLB# 1035795 DOPL #10783658-5501 License# 7656 License# 50145 License# 41354 License# 99338 License# 128344 License# 218294 License# 603 233 977 License# 2102212986 License# 2106212946 License# 2705132153A License# LEAFFNW822JZ License# WV056912 License# WC-29998-H17 Nassau HIC License# H01067000 Registration# 176447 Registration# HIC.0649905 Registration# C127229 Registration# C127230 Registration# 366920918 Registration# PC6475 Registration# IR731804 Registration# 13VH09953900 Registration# PA069383 Suffolk HIC License# 52229-H

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REPORT #19-91293



News & Notes



Ten years ago, Mountains 2 Beach was just a 1,000-person race showcasing great places to run in and around Ventura and West Ventura County.

Local eco-friendly race turns 10

by Mira Reverente

A decade ago, local runner Ben DeWitt envisioned creating a 1,000-person race that showcased his favorite places to run in and around Ventura and West Ventura County, while being eco-friendly.

For this year, that small race has grown to 5,000 registered participants. DeWitt is proud of the eco-friendly practices he and his team have been tirelessly putting in place. “Not only are we working to completely eliminate all single-use plastic bottles, we are also working towards eliminating water cups this year,” he said of this new development.

The transition may not be complete come race day on May 24th, but even half the event going cupless will have a huge environmental impact, according to DeWitt.

Back in 2011, when he first heard about Mountains 2 Beach (called Ojai 2 Ocean then), Ventura resident Joe Buccino was immediately drawn to it. “The idea of running another half-marathon in my own town and finishing on the beach seemed like a fun and challenging opportunity,” he said, not realizing he would earn legacy status after running it 10 years in a row including this year.

Three Mountains 2 Beach half-marathons later, Buccino eventually took on his first marathon at the 2014 Mountains 2 Beach, with his daughter by his side. It turned out to be an unforgettable and momentous attempt because he qualified for the Boston Marathon for the very first time that year.

Retired from his city job, Buccino now has more time to train with his club, Inside Track Running and his running buddy, Camille Sommers. “We’ve been each other’s accountability partners through various Boston, LA and NY Marathons over the years, which is helpful to stay on track with a training regimen,” said the 66-year-old.

Also recently retired from his civilian job at the Navy base, Rafael Ojeda signed up in 2011, having known DeWitt previously. “It was my home turf so I knew a lot of the local runners, volunteers and spectators,” he said.

Ojeda continued signing up year after year, even in 2018 when he got sidelined due to an injury. He still showed up, volunteered and cheered for friends at the finish line.

The sense of community and enduring friendships keep drawing Ojeda in. The continued challenges - faster

personal bests and natural transition to other events like trail races and triathlons, keep his motivation up.

Both Buccino and Ojeda actively participate in other local races, but nothing compared to the consistency they’ve shown Mountains 2 Beach since the beginning. Both attribute it to the great-almost-predictable Ventura weather, good timing in May, gentle downhill course and the unparalleled community support. Ojeda said, “I see people I know at every street corner.” Buccino whose daughter ran cross country and attended local schools has the same feel-good experience too.

They invariably run into the same local folks year after year - from their running club, their former jobs, volunteer involvement and just being long-time Ventura County residents.

DeWitt’s focus on bringing funding to the local school district through the race was a major consideration for Buccino to continue running it year after year. DeWitt’s love for Ventura from his cross-country days running at Buena High School to coaching at Ventura College manifests in a well-put together event.

He said, “The community gets all the economic benefits of an established event of this size. Our non-profit partners include local schools, youth sports, at-risk youth and city-based programs and even conservation efforts. There’s something for all members of the community to benefit from.” It’s a win-win for all.

Students will receive a wide range of services free of charge

The Ventura County Community College District has received a \$500,000 State Chancellor’s Office Mental Health Grant to help close the gap in mental health services for its approximately 32,000 students. VCCCD is one of 16 Districts in the state to be awarded the grant, which begins May 2020. The 20-month program will provide services at Moorpark, Oxnard and Ventura colleges.

“This grant will help promote access, services and educational support for students who are struggling with mental health challenges,” said Dr. Cynthia

Herrera, Dean of Strategic Partnerships and Planning. “The funding will help students successfully complete their degrees, certificates and transfer requirements. We find that students who face mental health issues often postpone or delay their educational aspirations in order to seek assistance and this program can help remove barriers for students.”

VCCCD sought funding after Ventura County experienced major tragedies and a California Health Interview Survey (Dec. 2018) found that 60 percent of the county’s adults need behavioral/mental healthcare services, with the highest need in the 18- to 24-year-old range.

A major emphasis of this grant will be to enhance collaborations and build stronger partnerships with county behavioral health departments and community-based organizations to support and provide direct mental health services to students. Students will be able to receive services related to intervention and suicide prevention. There will also be stigma reduction training activities for faculty, staff and students. The program will aim to reduce racial disparities in accessing mental health services and ensure that underserved and vulnerable student populations receive culturally competent mental health and referral services.

“We appreciate the work being done at the colleges to support students in these critical areas. The grant will allow us to expand our services and support students who may be facing challenges and struggles,” commented Board Chair Bernardo M. Perez.

The Ventura County Community College District is a member of the 115-campus California Community College system, and serves more than 32,000 students annually. The District’s three colleges--Moorpark, Oxnard, and Ventura--offer programs in general education for degrees and certificates, transfer to four-year colleges and universities, career technical education, and provide opportunities to engage in co-curricular campus activities. For more information, please visit vccd.edu.

What can I do?

by Jill Forman

Most of us want to help. Heck, most of us just want to do something. If you’re like me, retired and in “that” age group, you’re not even supposed to leave the house.

Everyone I know is busy. They work, they do volunteer stuff, they take care of grandchildren and help out at gardens, theaters, schools, etc. Suddenly it all comes to a screeching halt for a lot of us.

It takes some deep thinking to figure out what you can do to help your family, neighborhood, or town.

I am lucky; I love to read and I work with the Ventura Friends of the Library. We have a warehouse of donated books which we sell to fund library materials and programs. My car is often full of books, going to and from used book shelves, the libraries, book sales, the warehouse....

Put that carful of books together with the fact that our neighborhood has 13 Little Free Libraries, hey, there’s something I can do! This morning I drove around to all of the Libraries, stocked them full, and emptied out the boxes of books in my car. Unfortunately, I didn’t have any kids’ books but will pick some up soon. All gifts from the Ventura Friends of the Library for folks who love books.

So that’s my small contribution. Let’s hear from the Breeze readers with your ideas.

Library Foundation receives grant and new board members

The Ventura County Library Foundation has received a \$3,000 grant from the California Library Association in support of this year’s Lunch at the Library program at the Avenue Library in Ventura. The Avenue Library, one of the twelve library branches of Ventura County Library, began offering the program in summer 2019 in partnership with Ventura Unified School District and Ventura County Public Health Agency.

The program provides free lunches to children and teens on the west side during summer when school is not in session, and helps ensure no child or teen in the west side of Ventura goes hungry during their summer school break. The program is open to all children and teens up to 18 years of age. There is no sign-up or income verification necessary. Children and teens are offered a healthy lunch along with Summer Reading programs and activities.

“The Ventura County Library Foundation is proud to support this impactful program that feeds bodies and minds. Many children and teens do not have access to nutritious lunches over the summer months, and coming to the library for a nutritious meal also encourages them to keep reading so literacy skills don’t slide over the summer. It really is a win-win,” says Kathy Long, Chair of the Ventura County Library Foundation.

The Lunch at the Library program is sponsored by a grant from the California Library Association and in partnership with Ventura Unified School District and the Ventura County Public Health Nutrition Education and Obesity Prevention Program.

For more information about the Library Foundation visit www.vclibrary-foundation.org.

Retired Ventura County Supervisor Kathy Long will lead the Ventura County Library Foundation board into 2020 as the newly installed Chair, replacing Sandy Berg who served for two years.

At its January 8th meeting, five new board members joined the Foundation.

Somis School District Superintendent Dr. Colleen Robertson and retired LAUSD Associate Superintendent, Special Education, Beth Kauffman bring decades of experience in literacy to the foundation. Kate Larsen, a retired middle school teacher and part-time substitute, was appointed by the Board of Supervisors to join the Foundation.

Also joining the board is Diana Cervantes. She is Vice President at Premier America Credit Union, which was a strong financial supporter for the purchase of the Mobile Library for the County. Local business owner, former Peace Corps volunteer and physical therapist Susan Hanson will also bring business experience to the Foundation.

The highest priority in 2020 will be to fund STEAM (science, technology, engineering, arts and math) programs and equipment across the library system to help prepare the workforce for more highly skilled jobs, and introduce youth to 21st century careers and workplace skills.



Senior Living

Pull Out Section

Five things people can do to help seniors cope with Coronavirus quarantines

by **Melissa Negrin-Wiener**
Partner at Genser Cona Elder Law

The CDC recommends that high-risk individuals avoid crowds and social gatherings and that they should stay home as much as possible. While there is no question that this is of the utmost importance, when dealing with our senior population, there

is so much more that must be taken into consideration. In the wake of COVID-19, we are seeing closures of senior centers as well as cancellations of social groups, book clubs, bingo games, etc.

In addition, it is recommended that

Senior Living



No more visiting with family for a while.

seniors do not visit with family and friends as people could be infected with COVID-19 and not even know, while still spreading the virus to others. This has hit the elderly hard and exacerbated feelings of loneliness, detachment, sadness and depression.

Technology is going to be key in protecting the mental health of our seniors. Family members and friends need to make it their business to engage in texting, FaceTime, Skype, video conferencing and even just basic telephone calls. Letters and cards from loved ones will also serve to help deal with feelings of loneliness.

We should also make sure that our aging loved ones have things to keep their brains working. Perhaps they enjoy reading, words games or puzzles, or books on tape. We need to ensure that they have what they need to keep their minds active.

They also need exercise. Almost every gym has created online workouts including

chair yoga and chair exercises for seniors. There are also e-books, television subscriptions and online virtual museum tours. Another suggestion is to install cameras so that we can keep a closer eye on our seniors who are alone. It is more important than ever to put these things in place. Facebook groups have been amazing.

Younger individuals have offered to go food shopping for seniors and bring them other things they may need. However, we still need to practice social distancing and either leave things by the front door or remain far away from the person we are delivering to.

As for me, I stood on my parents driveway and tossed the supermarket items to them at the front door. We have to do what we have to do to keep our aging loved ones safe and happy even if that includes postponing gatherings and family events and parties. It is safer for all involved.



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Washing your hands often is very important.

A 5-Step Coronavirus Survival Plan for Seniors

by **Chris Orestis**
President of LifeCare Xchange

As the Coronavirus continues to spread across the globe, and now is becoming more widespread by the day in the United States, it is critical that the most vulnerable population being impacted understands how to be better prepared.

Seniors have been the hardest hit by the Coronavirus with the tragic death of 8 residents in a nursing home in Washington State, and a much higher mortality rate among seniors registered so far globally. In fact, the CDC now confirms a 14.8% mortality rate for people 80 and older, but only 1.3% for people in their 50's, 0.4% for people in their 40's, and 0.2% for people in their 30's and younger.

As of Sunday, March 8, 2020, the U.S. had recorded 527 cases across 33 states with 21 fatalities. Globally, as of the same date, 109,837 cases have been recorded

with 3,805 fatalities and 60,963 full recoveries. These numbers will change daily, and here are two good resources to track how the virus is progressing in the U.S. and Globally.

Mortality with Coronavirus is linked to the strength of a person's respiratory system. Seniors are particularly vulnerable to respiratory conditions. In the case of Coronavirus, the air sacs of the lung will fill up with fluids cutting off vital oxygen to the organs which can induce failure and possible death. Adding to the danger facing seniors, is the contagious nature of the virus and the threat of it spreading in a confined population such as in a nursing home or senior living community.

Fortunately, the Senior Care industry has taken action to combat these dangers and is working closely with the CDC, the World Health Organization, and CMS to receive daily information updates, coordinate best practices to safeguard residents (and staff), and monitor for any new outbreaks.

Seniors and their families should stay in close contact as this virus progresses, and here are 5 tips to better handle the Coronavirus situation:

5 Step Retirement Genius Coronavirus Survival Plan

Make every attempt to cough or sneeze into a tissue, and then securely dispose of the tissue. If a tissue is not available, use your inner sleeve of your elbow.

Continuously wash your hands with warm water and soap, or alcohol-based cleansers. Avoid touching your face and in particular your eyes, nose and mouth unless you have washed your hands and not come into contact with any possible contamination.

Clean and disinfect surfaces such as electronic devices (cell phone, TV remote), and items that receive regular contact from hands such as doorknobs and handles.

The CDC has specifically warned



Senior Living

that seniors (age 60 and above) and/or those with underlying health conditions should avoid travel and gathering in areas with crowds and communal activity such as eating or higher probability of person-to-person contact where any reported cases of Coronavirus have been found. Avoiding activities such as “traveling by airplane, going to movie theaters, attending family events, shopping at crowded malls, and going to religious services”, as well as avoiding cruise ships at this time is prudent.

If you are exhibiting flu like symptoms or any respiratory difficulties, you should stay at home and avoid coming into contact with others. It is best to consult your doctor, and a Telemedicine consultation from home is an option that many patients can use to seek care and get prescriptions.

People should also be very careful about overreacting and from where they get information. The best source for information is medical professionals such as your doctor, and organizations like the Centers for Disease Control, the World Health Organization, and the Centers for Medicare and Medicaid Services.

People should be especially careful of fake news that is spreading across social media platforms, misinformation from political figures, possible scammers looking to prey on frightened seniors, and dismiss foolish rumors such as people should be avoiding Chinese food and restaurants or you can become infected by Corona beer (completely false!).

Smart hygiene, managing social interaction, keep open lines of communication among family members, being well informed, avoiding unnecessary travel or crowds, and not being duped by bad actors are all smart strategies to get through the Coronavirus Pandemic.

National Council on Aging

It is clear that older adults are at the highest risk for complications and death from COVID-19. Community-based organizations and charitable nonprofit organizations that offer vital services to older adults are struggling under increased demand and changes to their work environments forced by the outbreak.

Congress can save lives by acting quickly on legislation already under

consideration.

Tell Congress this national emergency demands more support and protections for older adults and the organizations that support them.

Contact your Representatives and Senators today and tell them to add these four things to any COVID-19 relief bills:

Give additional resources to Older Americans Act programs and the Supplemental Nutrition Assistance Program so more older adults have food, in-home services, and caregiver support.

Make it easier to use Medicaid Home and Community-Based Services so vulnerable older adults can get the care they need at home.

Make essential health care and prescription drugs more affordable for low-income Medicare beneficiaries by increasing premium assistance and cost sharing.

Help nonprofit charitable organizations maintain operations by providing additional support.



AARP Tax Aide Services suspended at VCAAAA

The AARP Foundation announced that they will be suspending tax preparation services at the Ventura County Area Agency on Aging (VCAAAA) effective March 16 due to the threat of COVID-19 (coronavirus) in Ventura County.

AARP Foundation Tax Aide volunteers began the annual partnership with the VCAAAA on February 3, offering free tax preparation services to anyone of low to moderate income, with services especially suited to those 50 and older. Thursday's health emergency declaration in Ventura County prompted several businesses and organizations to stop or limit services in an effort to combat the spread of COVID-19.

The VCAAAA office, however, and

all VCAAAA services continue to operate as usual, with the exception of Senior Nutrition Program classes and in-person counseling. Clients who visit the office will be asked to keep a six-foot distance between themselves and others, but the VCAAAA wants to emphasize that assistance is available for Ventura County residents in need of services and resources.

The VCAAAA office is located at 646 County Square Drive in Ventura. For more information, call (805) 477-7300 or visit www.vcaaaa.org.

The AARP Foundation operates the AARP Tax-Aide program under a cooperative agreement with the IRS. To help you complete your tax forms, AARP's trained and IRS-certified volunteers will see personal information that you give them about you and your finances. This information is strictly confidential. We will not share your information with anyone except as necessary to accurately

file your tax returns or as otherwise required by law. AARP Foundation Tax-Aide has more than 5,000 locations in neighborhood libraries, malls, banks, community centers and senior centers. There's no fee and no sales pitch for other services and AARP membership is not required.

The Ventura County Area Agency on Aging, an agency of the County of Ventura, is the principal agency in Ventura County charged with the responsibility to promote the development and implementation of a comprehensive coordinated system of care that enables older individuals, people with disabilities, and their caregivers to live in a community-based setting and to advocate for the needs of those 60 years of age and older in the county, providing leadership and promoting citizen involvement in the planning process as well as in the delivery of services.



All you need is a chair.

Stand on one-foot exercise

You can do this exercise while watching TV. For an added challenge, you can modify the exercise to improve your balance.

Stand on one foot behind a sturdy chair, holding on for balance.

Hold position for up to 10 seconds.

Repeat 10-15 times.

Repeat 10-15 times with other leg.

Repeat 10-15 more times with each leg.

As you progress in your exercise routine, try adding the following challenges to help your balance even more:

Start by holding on to a sturdy chair with both hands for support.

When you are able, try holding on to the chair with only one hand.

With time, hold on with only one finger, then with no hands at all.

If you are really steady on your feet, try doing the balance exercises with your eyes closed.

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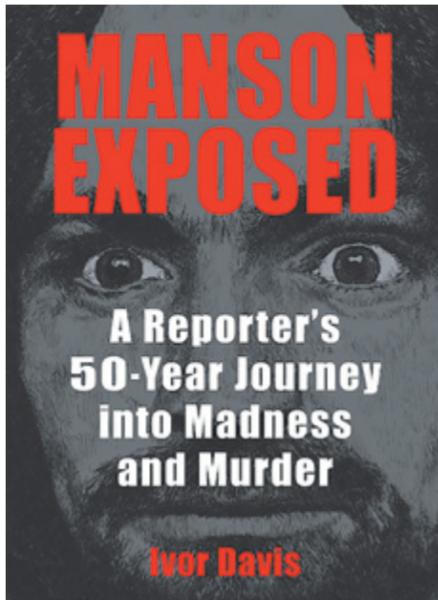
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This 'n' That



Book brings new life and unknown details to this story.

Manson Exposed: A Reporter's 50-Year Journey into Madness and Murder

A leading expert on the Manson Family, Ivor Davis's latest book, "Manson Exposed: A Reporter's 50-Year Journey into Madness and Murder," has been released in an audio version. A bestseller, the book is a gripping eyewitness account from

a reporter who was there, and in the trenches through the mayhem that followed the murders and on through the trial. Tantor Media is the publisher of the audiobook.

In the early 60s, London-born investigative journalist Davis came to America. He quickly became the lead American based reporter for the "London Daily Express." Davis arrived at the Tate-La Bianca murder scene on Cielo Drive before noon on the day of the murders- finding himself surrounded by all of the Los Angeles and foreign press.

Davis tracked every lead, intuitively knowing this story was massive. On the day Manson was arrested, he flew into Inyo County to try for an interview from Manson himself.

Davis spent several days at Spahn Ranch interviewing Manson Family members and ex-members, gathering an intricate picture of the cult and its charismatic leader, Charles Manson.

He co-authored "Five to Die" the first book ever published about the Manson murders and was published in 1970. Davis found out later that his book was the roadmap that the prosecution used for Manson's 1970 trial.

Written with the efficiency of a reporter and a master storyteller's eye, Manson Exposed brings new life and unknown details to this story very few have ever known. Davis was on the front lines of the story and offers vivid, personal accounts, interviews, and hitherto unknown details from the very beginning right up to the death of the blue-collar psycho named Charles Manson.

Dear Venturans

by Marlyss Auster
President/CEO of Visit Ventura

Once again, we are up against hard times and facing many unknowns. But here's what we already know. We've been here before -- and not only survived, but thrived. Because here by the sea we carry something very unique in our hearts and minds. The will to see things made better.

I've always believed in being totally up front and honest in both my personal life and as President & CEO of Visit Ventura. Honesty is just right. So, with honesty in mind, during these difficult times Visit Ventura will not be where you should go for the facts. We served that purpose, to a degree, during the Thomas Fire. But this time around, we are looking to our Ventura County partners and government officials to be the source for hard facts.

What is Visit Ventura doing? Right now, we're working to be the encouraging, and rallying, voice for our remarkable community. I've never seen a community will stronger than ours, but even the strongest will can use a boost -- and even the strongest will sometimes falters. We're going to share good things (and we all know from experience that there will be many good things). We're going to help get good things going (keep an eye on our social media). It's not complicated. We need each other. And we already know we can depend on each other.

Right now, we are also working so that we will be ready to go full speed ahead (and then some) when this is over. Because it will be over. And when it is, tourism will be the vehicle of recovery -- the driving

force that sees us back to our feet.

Though Ventura will never truly be knocked down. Not by this. Not by anything. Why? Because I have never seen a community like this one -- and, even the hardest times, there's no better place to be.

Which is why I would like to end this message with my deepest, most heartfelt thank you. There is no place like Ventura because there is no community like Ventura. You are the living, breathing reminders of the things that matter. Invincible spirit. 805 strength. Caring without boundaries. You remind me of how good things always outlast the dark.

List of resources now available for Ventura County employees and employers

The Economic Development Collaborative (EDC) has published a list of resources now available for Ventura County employees and employers who have been impacted by COVID-19

Following the County of Ventura's Health Officer Order issued the evening of Tuesday March 17th, 2020, the Economic Development Collaborative (EDC) has released a comprehensive Business Resource Guide now available for employees and employers who have been impacted by COVID-19. Published and housed online via the EDC's website (edcollaborative.com/covid19), the guide encompasses a list of local, state, and federal resources available to affected members of Ventura County's

business community at large.

As the spread and impact of COVID-19 still remains unknown, within the guide the EDC – a non-profit public/private partnership focused on supporting economic vitality in Ventura, Santa Barbara, and Los Angeles County – recommends five immediate steps employers can take to help mitigate financial loss. Additionally, the guide outlines no-cost business consulting services, Work Share Programs, extension filing guidelines for payroll, personal, and business taxes, and a variety of Business Disruption Loans available for employers. Employees are encouraged to access the document to learn more about unemployment insurance, disability insurance, and paid family-leave options.

"The EDC serves as one of the primary business service providers within the greater Ventura County Region," states Clare Briglio, Communications and Business Disruption Resource Director of the Economic Development Collaborative. "During moments of economic disruption, it is critical for business owners to keep informed of the local, state, and federal resources available. We anticipate a greater roll-out of benefits from the state and federal government as the economic impact of COVID-19 continues to grow. For this reason, we encourage all business owners to visit the resource page on our website edcollaborative.com/covid19 for up-to-date and accurate information."

The EDC's Business Resource Guide also includes a comprehensive list of relevant websites and resources the Public can access to stay up-to-date with the latest news and information related to COVID-19.

Deadline for Ventura County Fair Poster Contest is extended

In response to the health crisis, the deadline to submit entries for the 11th annual Fair poster contest is extended to Friday, May 1. There will be no fee to enter this year. The contest is open to young artists in grades 5 - 12 who reside in Ventura County.

The theme of the 2020 Fair is "A Country Fair with Ocean Air" and will serve as the guideline to the imagery.

Artwork may be created in any medium but may not include the use of glitter, metallic paint, or 3 dimensional objects attached to the artwork.

Poster designs will be judged on Theme, Originality, Composition and Skill. Entries will be accepted until the entry deadline, Friday, May 1. Entries can be brought to the Fairgrounds administration office at 10 W. Harbor Blvd. in Ventura. Office hours are Monday through Friday from 8AM until 5PM.

Rules, deadlines and other information can be found on the Fair website, www.venturacountyfair.org. For more information about the contest call 648-3376 or send an email to info@venturacountyfair.org. (Please put "Poster Contest" in the subject line)

Prizes will be awarded to the top three entries, First prize: \$500, Second Prize: \$250, Third Prize: \$100

The winning design will be used to advertise the Fair on Fair posters, souvenirs, advertisements and other applications. Second and third place winners will also be used in various applications. All contestants' entries will be displayed in the Youth Expo

at the Ventura County Fair.

The Ventura County Fair will begin its annual 12-day run Wednesday, August 5 and continue until Sunday, August 16.

For more information about the Fair, or the poster contest, please call the Ventura County Fairgrounds at 648-3376 or visit www.venturacountyfair.org. Keep up to date when you follow us on Instagram, Twitter and Facebook

Ventura County Fairgrounds and Event Center CEO Barbara Quaid issues statement

Following the directive from Gov. Gavin Newsome and the California Department of Public Health, the VC Fairgrounds and Event Center is temporarily suspending all events involving attendance of 250 people or more.

The health and safety of our community is of the utmost importance to us. In addition to the Governors directive, we will continue to follow all other recommended protocols for cleaning and sanitizing the facility after daily usage.

The following events at the VC Fairgrounds and Event Center have been affected:

3/29 Arts Collaborative Car Show:

Postponed, date TBD

4/4 Crab Feast Fundraiser:

Postponed to 5/30

4/26 Skull and Roses Festival:

Postponed, date TBD

There are currently no plans to change the dates of the 2020 VCF, August 5-16, 2020. We will continue to follow directives from the state.

We recommend that you follow the Centers for Disease Control and Prevention (CDC) everyday guidelines to prevent the spread of any respiratory illness – including COVID-19.



Little free libraries (LFL)

by Jill Forman

Your intrepid walker/reporter/photographer has found 13 LFL's in the Lemon Grove neighborhood: Arcade to Mills, Thompson to Channel. One of them is currently serving as a food pantry, and one of them is actually two – one for adults, one for kids. Neighbor giving to neighbor and the community. We are all in this together.

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.

Prowling Arrest

On March 15, at 8:16am, the Ventura Police Department Command Center received a 911 of a prowler in the backyard of a residence in the 800 block of Murdoch Ln. The subject, later identified as Edgar Suarez (Ventura resident born 5-12-1997), was being physically detained by the homeowner. When officers arrived and attempted to take custody of Suarez, he resisted officers. After a brief struggle, he was taken into custody and later arrested for prowling and for being under the influence of a controlled substance.

At approximately 2000 hrs, officers responded to a call of a prowler seen in the backyard of a residence in the 1000 block of Partridge Dr., which is within a block of the call on Murdoch Ln.

Officers conducted further investigation and determined Suarez was the same suspect and arrested for an additional charge of aggravated trespassing for attempting to enter the residence on Partridge Dr.

No one was injured as a result of this incident.

Commercial Burglary and Conspiracy Arrest

On Monday, March 2, employees of Ventura High School discovered that the school had been burglarized and over \$9,000 of computer equipment had been stolen including 37 laptop computers. Ventura Police Department Patrol, CSI, and Street Crimes Unit Detectives responded to the scene and began their investigation.

Detectives, with help from Ventura High staff, identified one of the suspects, Yovanna Vaca Yovanna (DOB 8/30/2000), from surveillance video that was captured during the commission of the crime. Detectives began investigating the suspect and were able to identify the additional suspect as the boyfriend of Vaca. On 3/11/20 Street Crimes Detectives served a search warrant in the 300 block of Cedar St at the home of the male suspect, Brayon De La Paz. (2-7-2000 Ventura Resident)

During the execution of the search warrant detectives were able to recover all 37 laptop computers at the residence. Both suspects were arrested and booked into Ventura County Jail for commercial burglary and conspiracy to commit burglary. The computers were returned to Ventura High School for their intended educational purposes.

Vehicle Pursuit and Arrest

On March 21, at 6:04pm, the Ventura County Sheriff's Department requested assistance in stopping a vehicle that was being driven by a wanted subject, later identified as Anthony Mosqueda (DOB: 03/19/89, Ventura Resident). Mosqueda had a felony warrant for evading arrest in a vehicle. A Ventura police officer saw the vehicle near Seaward Ave. and Harbor Blvd., and attempted to initiate a traffic stop. Mosqueda failed to pull over and a brief vehicle pursuit was initiated.

The pursuit continued traveling on Harbor Blvd., but was discontinued by the officer when he lost sight of the vehicle. Additional officers responded and located the vehicle abandoned in 1000 block of Cove St. After a search of the area, Mosqueda was found walking

with a child and two females on Harbor Blvd. He was taken into custody without incident.

Mosqueda was arrested for felony evading arrest, felony child endangerment for having his child in the vehicle, false information to a police officer and the felony warrant. The two female passengers were released from the scene. A second male passenger had fled from the vehicle and was not located after a search of the area. No one was injured as a result of this incident.

A review of the Ventura County Superior Court website shows that Mosqueda has prior convictions for felony evading arrest, resisting arrest, and possession of a stolen vehicle.

Harbor Patrol Blotter

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

3-2 7:23am, received dispatch to a vegetation fire near Riverhaven off E Harbor Blvd. Officers responded and assisted VFD with traffic control on Harbor. The fire was eventually extinguished and mopped up by Ventura fire personnel.

5:08pm, received several reports of a water rescue, kite surfer in distress near the Ventura Pier. Officers responded, pulled the kiter and equipment from the water, then safely escorting the victim to the shore without incident.

3-3 11:45am, received a request for a safety escort from the captain of a disabled sailboat using the emergency tiller to navigate to the boatyard for haul out. The vessel was safely escorted to their destination, the Ventura Boatyard.

3-4 11:17am, dispatched to a medical, broken leg in the Riverhaven homeless camp. Officers responded and assisted VFD and AMR with the call.

3-5 11:20am, dispatched to water rescue at Marina Park, 3 swimmers in distress. Officers responded with multiple units and were able to determine all 3 victims were accounted for safely on the beach after escaping a rip current nearby.

3-6 11:45pm, received a report of several transients loitering on the back patio of a local restaurant. Officers advised they would investigate and for the R/P to contact Ventura PD as well. Upon arrival in the area, an illuminated light bar / spotlight convinced the group to leave the area. No violations were observed.

3-7 9:00am, monitoring State Parks equal / tryout swim in Rescue Boat 19 near San Pedro street. While observing the swim, a Scarab style speed boat operated dangerously close to the candidates and lifeguards, then headed to the pier and dangerously buzzed surfers in the surfline. Due to the speed the vessel can and will attain, officers unable to make contact at this time.

12:15pm, contacting the skipper of the Scarab in the main channel of the Harbor. Issued the final warning for dangerous and negligent operation. All the while, the deckhand, passengers were screaming obscenities and showing utter disrespect for officers attempting to teach them prudent operation of their vessel and the hope that they don't injure themselves or worse, others.

8:30pm, received a dispatch to ill person

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in the Ventura Marina Community. Officers responded and assisted VFD and AMR with a terminal patient.

3-8 8:00am, Oxnard College Lifeguard Academy at the Ventura Port

District. 9:00am, Beach Hazard Assessment: beautiful conditions, 2-4ft Northwest/South swells combination. Calm conditions, beautiful beach day.

Green with Envy



Weekly SUDOKU

Answer

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

King Crossword

Answers

Solution time: 21 mins.

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



The Pet Page



Dedicated to Scamp

■ SPAN Thrift Store is providing \$10 spays and neuters for low income households with cats and dogs.

Two upcoming clinics in April are: Wednesday, April 15th at SPAN Thrift Store parking lot 110 N. Olive St. (behind Vons on Main St.), and a second one on Wednesday, April 22nd at Shiells Park, in the parking lot, located at 649 C St., Fillmore, 93015.

Please call to schedule an appointment and to confirm (805) 584-3823.

■ From the Humane Society of Ventura County- Animals@hsvc.org

In light of COVID-19, we're increasing the frequency and extent of daily cleanings, and taking steps to ensure the safety of our staff, volunteers, the public, and our animals.

For our dedicated volunteers, we are pausing all volunteer opportunities as of March 17th until further notice. Our staff will be keeping a schedule for walking and exercising all the animals on the property to ensure they get the attention they need. While we appreciate our volunteers' desire to help during this tough time, we also need to consider the safety of our staff and the public.

Per the city of Ojai, we are encouraging the community to practice "social distancing". Social distancing is a practice involving restricting when and where people gather to stop or slow the spread of infectious diseases. These measures include limiting large groups of people coming together, closing buildings, and canceling events. Following safety protocols, including social distancing, is to keep our staff, volunteers, and the public healthy. With cooperation and teamwork, we will overcome these tough times.

Additionally, we have canceled all HSVC-attended outdoor meet and greet events until further notice. We have also canceled our HSVC Volunteer orientation and classes. We will reschedule when circumstances allow.

We are still open to the public Monday-Saturday with new Summer hours of 10 am - 6 pm. We will keep the community informed of any changes to our business hours.

■ Veterinarian Dr. Danielle Bernal told Fox News there are certain foods you can safely feed your dog when you're eating at the table (though she recommends training dogs away from begging), but warns that you have to be careful about other types of foods, as

some may contain hidden ingredients that are toxic to dogs.

"There are certain foods that are acceptable to feed your dog if he is begging at the kitchen table, but many can contain artificial sweeteners or hidden ingredients like onions, garlic, or residue from specific nuts that can be toxic to dogs – which is why it is always best to feed Fido dog food over anything else!" the vet said.

Foods to avoid

Bernal puts chocolate at the top of the list of foods to avoid. Chocolate contains theobromine, which, like caffeine, is toxic to dogs.

Fatty foods, like bacon, are also no-nos, as they can cause gastrointestinal upsets and pancreatitis.

"Plus, dogs have unique nutritional needs – one small piece of bacon for them is the equivalent caloric value of 13 pieces of bacon for humans," said Bernal, who is also a Whimzees multi-functional dental dog treats partner.

Among the others unsafe for your pooch are uncooked eggs or fish; garlic and onions, which can cause fainting and an elevated heart rate; and cooked bones, which are more likely to splinter and cause oral injury or potential internal perforation or obstruction.

You have to be careful with what you feed your dog as many scraps may contain hidden ingredients that are toxic.

You have to be careful with what you feed your dog as many scraps may contain hidden ingredients that are toxic. (iStock)

Foods to focus on for your pup, if you're feeding them table scraps, are fruits, vegetables and cooked meat.

Carrots and apples are great options, Carrots can protect against cataracts and heart disease, while sweet apples support a healthy digestive system.

Lean, cooked meats like chicken, turkey and beef also top the list as far as safe-for-Fido foods, as they add protein to your pup's diet, much like cooked eggs, which are also a good table-scrap snack.

Another fine option – in moderation – is cooked fish like salmon and fresh tuna, as fish boasts amino acids, Omega-3 fatty acids and protein. Just make sure the fish is deboned, and limit it to once or twice a week, maximum.

Bernal also recommends mixing food scraps in with regular dog food, directly in the kibble bowl, to train dogs away from begging at the table.

In addition to avoiding certain types of table scraps, Bernal says pet owners

Scamp Club

(Scampclub pets are not for adoption.)



Hi: I'm Niki and I was 16 on March 18. I like to sleep all day (I'm old), beg for treats and take an occasional stroll in the backyard.

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.

should limit the amount of "human food" given to their furry friends.

"My recommendation is to make sure pet parents limit themselves when feeding their dog table scraps, as feeding too many scraps can disrupt their nutritional needs and calorie limits. Stick to feeding table scraps as 10-15 percent of your pup's overall diet, and view it as giving them a special treat – not supplementing a full meal."

■ Suddenly working from home? Are the kids out of school and in need of some joy and distraction? If you've been considering adding a pet family member now is the time! Dog walking and cat cuddling all fall within the guidelines for social distancing. Santa Paula Animal Rescue Center (SPARC) says there's hope in these uncertain times with businesses closing their doors and children being out of school.

There are plenty of animals at the small Santa Paula shelter that would love to spend some time in adoptive or foster homes.

"Animals can benefit from being outside of our environment, even if it's temporary." Said Jonah Fisher, Kennel Manager. "A break from the noise and stress at the shelter would be extremely beneficial and we're hopeful that some of the temporary situations would become permanent."

In order to practice social distancing,

the shelter has had to postpone many of its public events like its vaccine clinic, offsite adoption events and volunteer orientations.

"We're asking that the public call, email or use social media to contact us before they come down." Said Clairra Trujillo, Front Office Manager. "Help us and make appointments so that we can make sure that we keep ourselves and members of the public safe because our animals will need care by humans every single day."

Shelter operations are still available from 10am until 7pm daily for those whose animals have been impounded and need to be picked up, please call ahead of time. Those who need to report a stray animal within the Santa Paula City limits should call animal control at (805) 933-4230 or if outside the Santa Paula City limits call Ventura County Animal Services at (805) 388-4341.

The shelter is asking that members of the public, fosters and volunteers call (805) 525-8609, email info@santapaulaarc.org or use any of their social media outlets (Facebook: <https://www.facebook.com/santapaulaarc/>; Instagram: <https://www.instagram.com/sparc-saves-lives/>; Twitter: <https://twitter.com/sparc805>) to contact them before going to the shelter. Those interested in making donations may do so at www.santapaulaarc.org/donate.html.

\$10 Low/No Income Spay & Neuter
Wed., April 15th
in SPAN parking lot.
Must call for appointment
(805) 584-3823

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Mother Goose and Grimm





The Pet Page

Forever homes wanted

Hi: I'm Lucy a 10-year-old Labrador / Chow X who is an active outdoorsy type of gal who loves to hike, chase balls, ride in the car and just lounge around. I was rescued from the Agoura Shelter by a volunteer there (Mary O. who is also my sponsor) because I didn't get along so well with the other dogs in playgroups so I'll need to be your one and only in the home. I'd make a great companion you'll be happy with just me! Canine Adoption and Rescue League C.A.R.L.



Bob is a current resident of kitty cottage where he's been great with other kitties. He is a social butterfly with kitties and humans. Bob is active and derpy. He's not really a lap cat but more dog like in seeking affection. He has formed a bond with one of our other kitties (Zoltain A751750 who is mellow and sweet) if you're looking for two. Ventura County Animal Services - Camarillo location - 600 Aviation Drive. Bob A622155



This 'n' That

FIGHTING CHANCE

BASED ON A TRUE STORY



a nonfiction novel by Two-Time Golden Gloves Champion
ALICIA DOYLE

For an autographed copy, email alicia@aliciadoyle.com.

Fighting Chance is based on a true story

Boxing is more than just an escape from the chaos of the streets or the baggage of what's behind to those who find their way into the gym, and ultimately, the ring. Boxing can be the road – and has been for many over the generations in hard scrabble America – to the way in life.

That's the story shared by Ventura resident Alicia Doyle in her nonfiction memoir *Fighting Chance*, chronicling the young journalist's unlikely emancipation from her life's hardships through immersion into the "sweet science" of boxing.

"The book takes us back to the childhood and life that gave rise to her inner demons, through her amateur and brief pro boxing career, and the two decades since she hung up the gloves," said Brent Weber, author of *The Sports Guy: Scorecard Scribbles From An Ordinary Journalist*.

Based on a true story, *Fighting Chance* is written by an award-winning journalist who discovered boxing at age twenty-eight in the late 1990s when she went on assignment at a boxing gym for at-risk youth called Kid Gloves. For two years, Doyle simultaneously worked as a newspaper reporter while training and competing as a boxer, making her one of only a few hundred women in America who infiltrated this male-dominated sport. During her boxing career, she won two Golden Gloves championship titles and earned three wins by knockout – and her pro debut at age thirty in the year 2000 was named The California Female Fight of the Year. *Fighting Chance* offers an inside look at what's considered the toughest sport known to man.

Fighting Chance features "excellent dialogue and heartfelt memories, with a journalist's passion for the hard, honest truth about life, and how boxing helped her through tough times," Weber said.

"*Fighting Chance* is highly recommended to any adult or young adult," said Weber, noting that there is profanity, just like you would hear in a boxing ring, so it's not for tender ears. "Boxing fans will love it, but so will anyone, particularly any woman, who wonders which way to look when knocked down to the canvas."

Doyle is a shining example of an individual who continues to fight to save herself from the dark side of life by mentoring troubled young children at Kid Gloves, said producer

and director Rod Holcomb, adding that "she is their guiding light, a light that doesn't often shine for them. *Fighting Chance* is exactly that, a chance to survive in the ring and in life. A must read."

Layla McCarter, an eight-time, five-division Boxing World Champion and California Boxing Hall of Fame inductee, said that *Fighting Chance* is "absorbing and brilliant."

"Over 22 years ago I shared the ring with Alicia Doyle...twice," said McCarter, whose bouts against Doyle are featured in the novel. "*Fighting Chance* transported me back to relive those experiences from her perspective. It was amazing. I highly recommend this book."

Fighting Chance is available on Amazon and Barnes and Noble. For more information, visit <https://aliciadoyle.com/>. For an autographed copy, email alicia@aliciadoyle.com.

Trash, recycling, composting services continue

With the health and safety of employees, customers and communities of utmost importance, E.J. Harrison & Sons and its partners at Gold Coast Recycling and Agromin are closely following the guidelines set forth by the Center for Disease Control and Prevention (CDC) and all relevant federal, state and local agencies to prevent the spread of the coronavirus (COVID-19).

Operations at all facilities are generally continuing unabated. The only significant change affecting customers is at Gold

Coast, where the Buy-Back Center at its Colt Street facility in Ventura has been closed until further notice, to protect the safety of customers and employees. Residential and commercial recycling continues as usual.

At Harrison, "we do not anticipate having to change our normal trash-collection operations," said Contracts Manager Dan Harrison. "We are monitoring the situation closely and if the need arises, we will adapt our operations. We will update the public immediately if we believe any significant changes are required."

At Gold Coast, "our operation is in full working order," said General Manager George Harrison. "We're aided greatly by the recent systems upgrade, particularly to the picking line, where employees can easily stand six feet apart and all employees wear protective gloves and masks."

At Agromin, "we do not anticipate having any changes to our normal operations," said CEO Bill Camarillo. "Our facility is open for business based on the guidelines from local government and health officials. We will continue to monitor the situation and email updates as necessary."

"We are grateful for your continued support," Camarillo said. "Please take care of one another. Stay safe and healthy."

Thanking all of the companies' customers, Harrison spokeswoman Nan Drake said: "We appreciate your understanding at this unique and challenging time. We will continue to provide the essential solid waste and recycle services we have committed to perform. As always, we will operate under our company motto that Service is Everything."

For additional information, visit the companies' websites, at ejharrison.com, goldcoastrecycling.com and agromin.com.

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STATE PERMIT # C10-0000474-LIC



by Pam Baumgardner
VenturaRocks.com

We find ourselves in uncharted territory as the Covid-19 pandemic hits home. Many venues initially didn't take Governor Newsom's Stay-Home Order too seriously, but once the Ventura County Public Health Officer, Dr. Robert Levin, issued our own local emergency order, each venue, one by one, closed their doors and posted on social media they would not be open for business until allowed to do so; and as much as we all would like to think live music is an essential service, alas, by definition, it brings people together in too close proximity to remain safe.

This extraordinary event is disrupting our normal routine and we're scrambling to figure out how best to endure and stay safe.

Forever the optimist, I still feel for our community; I feel for the musicians who lost all their gigs; I feel for Sheldon Brown, publisher of the Ventura Breeze, as his advertisers have fallen short of covering the cost of production, yet he's doing everything he can to keep the Breeze alive; I feel for all the small business owners forced to close their doors (hopefully just temporarily); I feel for the grocery workers who have to

constantly restock (and deal with cranky customers) as certain people feel compelled to overbuy; I feel for first responders forever on standby, ready to serve; I feel for parents with children unexpectedly at home due to school closures; and I feel for those scared and worried about this pandemic because that is in their nature to do so. The only comfort and advice I can offer is to ask those who are in anguish to take a step back, and really try to realize worrying doesn't help anyone (especially you and your family), it only adds to the problem. If you can get to that point, then figure out what you can do to better the situation; seriously, do something, anything!

During this time of social distancing, I've seen so many resourceful and creative solutions for remaining connected especially using social media, but I'll be honest, Facebook can be potentially soul damaging when people constantly vent angry political-blaming posts, but I want you to remember that you have the power to "hide" those posts, even "unfollow" and "delete" friends and in extreme situations, "block" individuals who chronically share mind-numbing

sarky remarks, false information and diatribe. What's left are pictures of pets, children running amok, creative suggestions to try at home, groups forming to support each other (one is a bartering group here in Ventura) and of course all our beautiful musicians providing live online concerts using social media (YouTube, Facebook, Instagram, even Cadenza.tv).

I was concerned for a day, maybe two, on how to move forward with supporting Ventura's music scene on my website VenturaRocks.com, but once I saw musicians and singer/songwriters inviting fans to view their home concerts, I knew I could help promote and list those events instead of venue calendars. And because I'm also a website designer, I created a page where you can view that video after the performance is over on the VenturaRocks Artist page. And just so you know, many of the performers also provide a way to make a donation, a tip jar if you will, so you can help these artists who lost all their gigs for the time being.

I'll be honest (with a Cheshire smile), it's a little mini vacation for me not having to research where all the live music is and compiling a calendar (both for the Breeze and VenturaRocks.com). Here's a little insight on where I get my information: Facebook, Twitter, Instagram, email, messenger, text messages, phone calls and venue websites, not to mention the occasional flyer I'll spot walking around town. What makes it even more challenging is the fact that people will not always list an event in a timely manner, so I have to research several times a week instead of only once, and even then, I can miss a gig by someone who posted the morning of the show. So yeah, I'm decompressing and enjoying cleaning

out the junk drawer(s), and spending time with my senior pups.

Gratefully, the Stay Home Order allows us to go to the grocery store and pharmacy, even to a restaurant for take-out or drive-thru, which brings up another point. While we are at home, we can still support local restaurants who are providing delivery services, many of them without delivery fees. For a list of FAQs on what is allowed, go to vcemergency.com/staywellvc.

As I follow the guidelines of social distancing, I'm loving my community uplifting each other and voicing words of support as I walk my senior dogs down at Pierpont Beach, albeit, at least from a distance of six feet or more. I'm seeing people out enjoying the fresh air, walking their own dogs, biking, jogging and letting their kids out for some much-needed space, which after all, Ventura's space is one of the most beautiful on the planet.

Please keep in mind, we will get through this quicker if we all adhere to the guidelines here and now.

#TogetherAtHome #StayVenturaStrong #StirCrazy #SupportYourLocalMusician #TheVenturaBreezeRocks #WeCanDoThis #VenturaWillRock-Again

Finally, my sincere condolences go out to the family and friends of Jim Salzer as the community grieves at his passing. He was an icon here in town and his impact on the music scene as a concert promoter and record and video store owner will be felt for a very long time.

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



Volunteers Toby Smith and Zuleima Jimenez proudly hold their new sign that will be displayed on their block.

Aera Energy partners with WCDCC to transform streets along Ventura Avenue corridor

Groups of volunteers from local schools, churches, organizations and businesses in downtown Ventura's

westside district are rolling up their sleeves to help transform local streets into thriving and welcoming environments—through a new program launched by the Westside Community Development Corporation (WCDCC) with the help of Aera Energy.

The development corporation was able to utilize a \$10,000 donation from Aera Energy to purchase start-up kits for the launch of its new Adopt-A-Block Program, designed to engage local businesses, churches, schools and other organizations by adopting one of more than 20 blocks in the Ventura Avenue Corridor that are in need of care and attention.

"We knew we wanted to get this program off the ground but couldn't have done this without the help of Aera Energy," said Jackie Micaela Pearce, executive director of the Westside Community Development Corporation (WCDCC). "We did not have the funding to purchase the starter kits to get the program going, and Aera was willing to step in and help where we needed it the most. This shows Aera's commitment as a valued community partner and their dedication to helping make our community an even better place to work and live."

By adopting a street, each group is pledging to maintain the street by hosting regular clean-up and maintenance events. In turn, groups are given a kit stocked with applicable supplies such as brooms, dust pans, buckets, gloves, trash bags, community information boards, and

graffiti wipes. If they find a need for additional supplies on their streets such as cigarette-butt dispensers or anti-graffiti paint, those can be requested as well.

"We strongly support partnerships and collaborations within our communities and when we heard about WCDCC's Adopt-A-Block program – it was something we knew we had to get behind," said Michele Newell, Aera Energy public affairs coordinator for Ventura County. "The Westside is our neighborhood and our goal is to make this a great place to live and work for everyone. We believe that if we come together as part of a collective effort to keep our streets clean, beautiful and free from weeds, graffiti and litter, it will make our community better for all."

So far, more than a dozen local businesses, schools and churches have stepped up to adopt streets along the corridor. Each block will have a personalized sign with the name of the group that adopted it – a display of how a community can pitch in to make a profound impact.

"It's truly a group effort. We are excited to get our local businesses and organizations involved in helping to transform our community into a walkable, friendly and welcoming environment. We as a community live, reside, worship and do business on the westside – and we need to take pride in our neighborhood streets and take a proactive approach to taking care of our streets," Pearce said.

VUSD making news

The Ventura Unified School District is pleased to announce that it has received significant amounts of Career Technical Education (CTE) funding. The funds will be used to improve and augment current Career Technical Education (CTE) programs, facilities, and equipment and will also fund a new CTE support position. The District is proud to announce that Mr. Joe Bova, the current Principal of Foothill Technology High School, will serve in this new grant-funded position.

"Joe Bova has always been at the forefront of innovation for the District. We cannot think of a better person to work with our Chief Innovations Officer, Rebecca Chandler, to bring our Career Technical Education offerings up to speed and then race beyond anyone's expectations," stated Dr. Roger Rice, VUSD Superintendent.

"I am excited to create authentic experiences for students and allow more flexibility and opportunities for them to pursue future career avenues, all of which are essential for student success," stated Joe Bova, incoming CTE Coordinator.

The District has hired Mr. James Edwards, a respected educator, and administrator who has served both in the Oxnard and Ventura Unified School Districts, as the Interim Principal of Foothill Technology High School (FTHS). Mr. Edwards recently served as an Interim Assistant Principal last spring at FTHS and knows the campus, staff, and students well.



This 'n' That

Rapid Response Fund for Ventura County in Response to COVID-19

The Ventura County Community Foundation, in coordination with the County of Ventura, Amgen Foundation, Southeast Ventura County YMCA, Give An Hour, and the Economic Development Collaborative, has launched a Rapid Response Fund for Ventura County to support nonprofit organizations addressing the needs of individuals and families with food and housing support, childcare, wage replacement, mental health care, and more.

While public health officials are working diligently to prepare for and respond to COVID-19, VCCF's Rapid Response Fund makes financial support available to those organizations experiencing financial hardship as a result of COVID-19, and to enable these organizations to maintain and increase services.

"We appreciate the swift response of the Ventura County Community Foundation in responding to the needs of our community members, especially the most vulnerable, during this time of emergency. We will continue to mobilize county resources, coordinate with agencies and partners and raise awareness about how we can all work together to take action, support one another and be prepared. During difficult times, it is wonderful to have so many community partners throughout our County who continue to give in profound and generous ways. Recent emergencies in our region have demonstrated our resiliency and strength of community. As this situation continues to evolve, the Rapid Response Fund will be powerful in meeting the needs of so many," said County CEO, Mike Powers.

VCCF is honored to partner with the Southeast Ventura County YMCA who will be providing immediate financial assistance to those in need. For more information, please contact Megan Glynn at (805) 497-3081, ext. 1008.

"The Southeast Ventura County YMCA understands the impact across our region will be vast," said Ronnie Stone, President/CEO of the Southeast Ventura County YMCA. "We are honored to work closely

with the Ventura County Community Foundation to provide financial assistance and support during these difficult times," said Stone.

"As the challenges associated with COVID-19 continue to evolve, we are committed to supporting our neighbors, colleagues, friends and communities," said Eduardo Cetlin, president, Amgen Foundation. "Thank you to the Ventura County Community Foundation for initiating this Rapid Response Fund, which will be critical as Ventura County's nonprofit organizations work to address the needs of those impacted by the virus."

"Give an Hour is proud to partner once again with Ventura County Community Foundation to support the mental health and emotional wellness needs of our community as it responds to the COVID-19 pandemic," said Kirsti Thompson, Director of Operations for Give an Hour California. "We encourage all to pay attention to your emotional wellness through this stressful time."

To support the Rapid Response Fund, VCCF welcomes financial contributions from individuals, organizations, companies, and institutions. Donations can be made at VCCF.org.

VCCF will not take any administrative fees from this fund, 100% of donations will be awarded based on the criteria of the fund.

For more information, visit vccf.org or contact Vanessa Bechtel at 805-330-6676 or vbechtel@vccf.org.

Established in 1987, the Ventura County Community Foundation builds philanthropy in the region by stewarding legacies through careful management of charitable capital. The foundation honors donor intent by protecting endowments. The nonprofit specializes in connecting philanthropic resources with community needs for the benefit of all. The organization also serves the community through scholarships, grantmaking, and collaborative partnerships. For more information, please visit www.vccf.org.

Don'ts and dos on Coronavirus

by Jane M. Orient, M.D.

Some of the views expressed here are controversial. So, do ask your doctor.

Don't panic. That is always good advice. If you, like the world's economy, operate on just-in-time inventories, and did not take advice to stock up 3 weeks ago, do not join a mob at a big-box store. Somebody there is no doubt infected. Plus, there's the risk of getting trampled or injured in a fist fight over the last roll of toilet paper. Most of the world survives without that luxury good. If you have no rice or beans or pasta in the pantry, that is more serious, but you should still avoid mobs if at all possible. Take-out and drive-through places are booming.

Don't treat fever without a doctor's advice. Fever is not a disease. It is an important defense mechanism. Very high fevers (say 105 degrees) can cause brain damage, and children can have seizures. But don't pop Tylenol or ibuprofen at the first sign of fever. Many of the casu-

alties in the 1918 pandemic might have been caused by heavy use of aspirin. Like aspirin, popular nonsteroidal anti-inflammatories (NSAIDs) such as ibuprofen also have detrimental effects on blood clotting. Try lukewarm sponge baths for comfort.

Don't rush out and get a flu shot. I know, a lot of doctors and public health authorities urge everybody to do this. Influenza can kill you, and the flu shot decreases that risk by 30% to 60%—but there is evidence that it can make COVID-19 worse, both from the earlier SARS epidemic and lab research. Like with so many things in medicine, we have to play the odds.

Don't go to the emergency room or urgent care unless you are severely ill. There will be sick people there, and you might catch something. You also might end up with a big bill, say for a CT scan you didn't really need. And if you have the flu or a cold or COVID-19, and don't need IV fluids or oxygen, they can't do anything for you. Telephone advice lines could help greatly.

Don't go to events that are crowded, especially indoors in poorly ventilated rooms. Staying home is good.

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Don't touch your face or your eyes.
Don't fall for internet scams, or malware. Hucksters will always be around to try to profit from panics. A new type of malicious virus is embedded malware in sites that come up on a search for information.

Do prepare to take care of yourself and your family. Be sure you have a fever thermometer, disposable gloves, plastic garbage bags, and cleaning supplies. A pulse oximeter, available in many places for around \$40, is good to have to check oxygen levels.

Do clean and disinfect surfaces such as doorknobs, telephones, computer keyboards, toilets, and countertops often. Virus can persist there for days.

Do wash your hands often and use hand sanitizer. With SARS-CoV-2, most disinfectants work, including 70-percent-alcohol-based sanitizers.

Do get your essential prescriptions refilled for 90 days.

Do protect your immune system, with adequate sleep, exercise, fresh air, and diet.

Do help your neighbors, and be responsible about protecting others as well as yourself from contagion.

Pueblo water rights

by Joseph Richardson

The city of Ventura acquired the water rights to the Ventura River by virtue of an unbroken chain purchases and agreements extending from the original 12 ranchos water rights established by the catholic church at the Mission san Buenaventura.

In the long ago past a project was started by the city mayor to see if Ventura water rights qualified as "pueblo rights" as defined by law. The city of San Gabriel had successfully established these rights for their city. Such rights predate and over come ALL other claims to the water Period. San Fernando and Los Angeles would also make such an establishment as adjudication processes.

The result of the attempt was that the records searched in Mexico City did not fully identify the names of all the individuals involved with the Presideo and the landowners with property adjacent to the river. A request was made to go to Spain and search the records there to fully document the claim but the \$5000 cost was found to be too much and the project not necessary. The City was recognized to have rights predating the current laws on water rights in the river.

According to records now available online there is a good case to be made that both the past study if it had been completed would have established the Cities rights but even so the question of whether a "presidio" existed with authority over the San Buenaventura mission is and now been documented as fact.

El Presidio Real de Santa Barbara (Second Military District) was tasked with protection of the following missions:

San Fernando, San Buenaventura, Santa Barbara, Santa Ines, and La Purisma along with El Pueblo de Nuestra Senora LaReana de Los Angeles de Reda Porciuncular.

Why do I continue to bring this up? ...In 1988 while being the Production supervisor for the City of Ventura Water Dept. I located, read, shared, and transferred to the City clerk all the original records of the Rancho designations by the Mission San Buenaventura, along with the documentation that existed about the attempt by the mayor to establish the pueblo rights for the city. Those original hand written documents defining the property lines, allowed crops, livestock, and water rights were in a file cabinet in the attic of the old water dept control and office building which was to be taken down during the rebuilding of the City Corp Yard.

All the records associated with the deed transfers and water rights were included. All these records were delivered to the City clerk for proper storage and keeping, though I understand that some of those records (the file cabinet itself with all its contents) went to the city engineering office.

The other most important papers in that file were all the records of the construction of the diversion dam at Foster Park and the original agreements between the city and county about the water production facilities in the riverbed at Foster Park.

California Women for Agriculture, Ventura County Chapter

The Ventura County chapter of California Women for Agriculture strives to promote agriculture awareness and education within our community. In support of this initiative, CWA offers scholarships to teachers and educators for the Ag In The Classroom Conference. This is an annual 3-day conference where teachers and education professionals can learn about agriculture, and be provided with tools, tricks, and curriculum which will enable them to bring agriculture into their classrooms. When we help our teachers introduce the next generation to the importance of agriculture, we all will benefit for generations to come.

The 2020 Ag In The Classroom conference will be held September 24-26, in Ventura. To learn more about the conference and to get the application visit cwaventura.com or contact vccwascholarships@gmail.com. Applications must be submitted by July 15, 2020.



Lighter Breeze

Tiger



Baby Blues



Mutts



Crock



Hagar the Horrible



Moose and Molly



Solutions on page 13

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

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

Weekly SUDOKU

by Linda Thistle

Place a number in the empty boxes in such a way that each row, column, and each small 3x3 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 Do arithmetic
- 4 Long tales
- 9 Stitch
- 12 Take to court
- 13 Treasure cache
- 14 Work with
- 15 Newlyweds' trip
- 17 Siesta
- 18 Chicken-king link
- 19 Waldorf salad ingredient
- 21 Floated on air
- 24 Remain
- 25 Ostrich's cousin
- 26 Blue
- 28 Ruhr Valley city
- 31 Tear
- 33 Cry loudly
- 35 Apiary structure
- 36 Boredom
- 38 Solidify
- 40 Morning moisture
- 41 Village People hit
- 43 Express sorrow for
- 45 Like a duck's feet
- 47 - Jima
- 48 Past
- 49 Wealthy one
- 54 Beer container
- 55 Over
- 56 Life story, for short
- 57 Praise in verse
- 58 "When pigs fly!"
- 59 Conclusion

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		

DOWN

- 1 Fire residue
- 2 Pair
- 3 Lair
- 4 Fashions
- 5 Fleets
- 6 Sticky stuff
- 7 Acknowledges
- 8 Washington group
- 9 Optimist's part of the street?
- 10 Jacob's brother
- 11 Cried
- 16 Dine
- 20 Whip
- 21 'The Way We -'
- 22 'So be it'
- 23 Sense of humor
- 27 Pooch
- 29 Tied
- 30 Mr. Gingrich
- 32 Foolish
- 34 Accept as true
- 37 "The - Cometh"
- 39 Attorney
- 42 Pueblo brick
- 44 Unruly bunch
- 45 Texas city
- 46 "Zounds!"
- 50 Autumn mo.
- 51 Honest politician
- 52 Martini ingredient
- 53 Turf

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LIBRA (September 23 to October 22) You should be back on schedule and heading in the right direction after clearing up a misunderstanding. But there could still be some setbacks. If so, correct them immediately.

SCORPIO (October 23 to November 21) A business matter keeps you pretty busy, but try to squeeze in time to be with family as well as close friends. You need the good vibrations you get from people who care for you.

SAGITTARIUS (November 22 to December 21) Investing in an attractive prospect (business or personal) with little or no information can be risky. Avoid future problems by getting all the facts before you act.

CAPRICORN (December 22 to January 19) Someone close to you might have an unexpected reaction to a decision you feel you're prepared to make. Listen to his or her point of view. It could prove to be surprisingly helpful.

AQUARIUS (January 20 to February 18) Don't give up yet. That once warm, personal relationship that seems to be cooling off fast could recover with some tender, loving care, and who better than you to provide it?

PISCES (February 19 to March 20) Career matters are strong this week. You might want to enter a training program to enhance your skills. Also, consider getting professional help in preparing a brilliant resume.

BORN THIS WEEK: You have a way of respecting the feelings of others, which is one reason people feel comfortable having you in their lives.

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ARIES (March 21 to April 19) A pesky health problem should clear up soon. Meanwhile, travel -- both for personal as well as for business reasons -- is strong in the Aries aspect this week, and well into the next.

TAURUS (April 20 to May 20) Look for Bovines to be on the move this week, whether it's traveling for fun or for business. Other "moves" include workplace adjustments and, for some, relationship changes.

GEMINI (May 21 to June 20) Geminis who have just gone through a hectic period involving job and/or family matters might want to take some well-earned time out to relax and restore those drained energy levels.

CANCER (June 21 to July 22) A romantic situation seems to have stalled, just when the Moon Child was expecting it to go forward. Could that be a bad case of miscommunication going on. Talk it over openly and honestly.

LEO (July 23 to August 22) Showing a genuine interest in something that's important to a friend, family member or colleague could open a communication line that had been pretty much shut down for a while.

VIRGO (August 23 to September 22) Making a potentially life-changing decision takes as much knowledge as you can gather, plus determination and patience. Take your time working it out. Don't let anyone rush you.



Showtime

A View from the Aisle

County theaters suffer another loss – You!

by Shirley Lorraine

Entertainment has reached crisis point as a result of the current health situation unprecedented in our lifetime (mine anyway). Broadway theaters are closed. Las Vegas is shutting down. Ventura County theaters are shuttering up. Now there are just empty seats in dark theaters. A great loss to patrons of Ventura County theatres is the recent closure of all the stage performances whether they were in progress or about to open.

I understand some auditions may still be held for future productions so there is hope for the future. But for now, theaters who were already struggling, appear to be in for a very hard time indeed. Just as with our homes and businesses, rent and utilities still must be paid. Most of our county theaters rely on paying audiences to do just that on a monthly basis.

One thing I have always loved about live theater (there are many) is that I never have to wonder if I will be able to “connect” -no Wi-Fi needed. I can be involved without truly being involved (that is, first having succeeded at being cast, learning the script, rehearsing for weeks, taking direction, tech week, personality clashes, giving up all weekends for several months and more). With

so many staying home, out of school, working from home, or ill, internet lines are overloading, TV streaming is spotty and me randomly blurting out lines or songs from shows in my living room just isn't the same as watching a fine live performance. Just ask anybody in my house.

Theater people are extraordinarily resilient. They live to entertain, and they will be ready and eager to come back when the air clears. The bigger question is, will the theaters be financially able to re-open?

In the meantime, there seems to be plenty of time to hone one's skills, or perhaps take up new ones. Always wanted to write a play? Make a costume? Experiment with stage makeup? Build a stage prop? Now is a great time to get started. When theaters do reopen, you will be ready.

Kids could act out a part of their day for the rest of the family. It could be a group project. It can be re-living a funny situation or a testy one. There are plays about both. Who knows – it might even open an actual conversation!

I think I'll go start writing something now myself. Who knows? Could be a whole new career track. Perhaps it will be about my adventures in the theater. There are no shortage of stories!

Streaming Spotlight by Cindy Summers

Hunters (Season 1) – Amazon Prime Video



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

Inspired by true events, Hunters follows a rag-tag group of Nazi hunters living in NYC in 1977 tracking down Nazis living in the U.S. working together to create a Fourth Reich and take over the world. Released by Amazon Originals, Created and Written by David Weil and Starring Al Pacino.

Jonah Heidelbaum (Logan Lerman) was living in NYC and being raised by his grandmother Ruth, who he called Savta meaning grandmother in Hebrew. While Jonah was home but upstairs, Ruth was murdered by an intruder that Jonah was only able to catch a glimpse as he shot is grandmother and fled. At his grandmother's funeral Jonah met Meyer Offerman (Al Pacino), a well-known millionaire who shared that he and Ruth were in the camps together during the Holocaust and that due to their experience he told Jonah to contact him if he needed anything, saying it was not charity but a debt he owed his savta.

Angry over his savta's murder and seeking revenge, Jonah connects with Meyer and learns that along with his savta, Meyer had organized a group of Nazi hunters to

seek out the Nazi war criminals brought to the U.S. under Operation Paperclip at the end of the war. The team is introduced to viewers in an avant-garde style Bat Mitzvah: former MI6 agent Sister Harriet (Kate Mulvany) mission and logistics planner; movie star Lonny Flash (Josh Radner) master of mimicry and surprise; black power activist Roxy Jones (Tiffany Boone) counterfeiter, forger and crime scene cleaner; forever soldier Joe Mizushima (Louis Ozoawa) human weapon home from 'Nam after three long tours; Holocaust survivors Murray and Mindy Markowitz (Saul Rubinek and Carol Kane), genius gadget-making weapons experts; and millionaire bankroller Meyer Offerman (Al Pacino) titan of design, master plotter and chief vigilante. Jonah had a natural gift at code breaking, which made him valuable to the team, so though his savta tried to keep him away, Meyer recognized Jonah's natural place with the hunters.

Throughout the series, viewers learn about the hunters through flashbacks of their pasts related to the reasons they joined the team as they hunt down the most visible Nazi's like rocket engineer Wernher von Braun, while building alliances with local police detective Millie Malone (Jerrika Hinton) to stay out of trouble and further their cause. The Hunters eventually discover that the Nazi's in the U.S. are trying to secretly build a Fourth Reich led by The Colonel (Leno Olin) and work to stop the Nazis' efforts in a coordinated attack on the U.S.

The biggest blowback about the series currently is that people in the Jewish community are upset due to some of the fictional events portrayed in the series, such as the human chess game (which there is no actual proof ever happened). Chess is a common theme throughout the series, and coincidentally the only person I met that had family in the camps shared a story about chess and how they used to save bits

of their bread and use spit to mold chess pieces to have something to occupy their minds in the camp. Instead of saying these are falsities, they can share that the truth held even more horrific atrocities.

I personally feel this is bringing new light to the devastation of the Holocaust and causing people to question the government's decisions and outcomes surrounding Operation Paperclip. Basically, at the end of the war with Germany, the U.S. was confronted with a challenging situation - either bring the best and brightest of the Nazi regime to the U.S. in an unprecedented witness protection program to have them work in the highest levels of security, research and science in the U.S. or let the Russians get them, which seemed a non-option during the time due to the U.S. Cold War with Russia.

I saw a recent interview on NBC Today with a Holocaust survivor that is spending his life going to schools to share his experience due to the understanding and fear that this horrible event in history is being forgotten and swept under the rug. Just as random DNA tests on ancestral sites are identifying criminals from the past, this series sheds light on heinous criminals provided a cushy life in the U.S. by our own government and hope it helps to reveal who they are and for them to experience the consequences of their actions.

Hunters is filled with great acting, strong character development, intriguing plot twists, and a completely unexpected turn in the final episode that will shock viewers and leave them longing for what's next in Season 2.

Intended for Mature Audiences 18+ - Contains Adult Content, Graphic Language, Graphic Violence, Strong Sexual Content and Nudity
10 Episodes: E1- 90 minutes E2-E10 – 60 minutes

SUNDAYS AT THE DUDLEY HOUSE



In addition to our regular first Sunday guided tours from 1 to 4 p.m., we hope you will join us for these special events . . .

April 5: Historic Photo Exhibit commemorating the 54th birthday of Sarah Plummer along with a camp exhibit “One for the Century” featuring artifacts from 1900-1977. In the Community Room.

May 3: “Mrs. Dudley” will lead tours today!

June 7: Civil War Exhibit presented by local group of Civil War enactors.

July 5: Author/historian/ghost hunter Richard Senate will sign books and tell ghost stories—and listen to yours.

The Dudley House Museum

Corner of Ashwood & Loma Vista, 197 N. Ashwood, Ventura
Docent led tours of the 1892 historic house 1-4 p.m.

FREE

www.dudleyhouse.org

Lyrics written to the first verse of Alan Sherman's song “Hello Mother, Hello Father”

by Carol Teitelbaum

Hello, Trump; hello, Pence.
What's the matter; you're making us tense? Life's not very entertaining. Folks are dying left and right at your expense.

Get more masks and more gel.
Do it quick before life's hell.
We need tests and some shots,
before we're overrun by smart robots.

Life's not very entertaining. We can't go out even if it's raining.
It's upsetting; this whole plague.
And all your answers seem obtuse and oh so vague.

Wash your hands, 20 seconds.
Keep them off your whole face.
'Happy Birthday' is in order. Make sure to always have two meters' space.

Yesterday we had news, just plain soap is ineffective. Rather smash the germs between your hands.
I'm so confused I'm shouting more invective.

Hello, Trump; hello, Pence, please wake up, get off the fence. This is real, no more lies, no more deflection and no more disguise.

Life's not very entertaining.

You'll be ex officio very soon cause it's clear you're unprepared and your approval ratings are just not gaining.



PARKLANDS APARTMENTS

RESORT LIVING IN VENTURA'S BRAND NEW LUXURY COMMUNITY

Rooftop Retreat

Fitness & Yoga Studio

Three-Story Clubhouse

Resort Style Pool

Central Heat & Air

In Unit Washer Dryer

Direct Access Garages

Pet Friendly



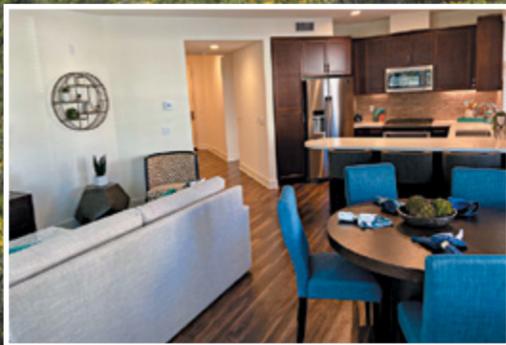
7 unique floor plans

1 bedroom from \$1,999

2 bedroom from \$2,295

3 bedroom from \$2,895

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Her success has been thrilling and fairly sudden.

The runaway hit music of Ventura's Olivia Willhite

by Amy Brown

16-year-old Olivia Willhite has been surfing most of her life and has been making music since age six. This petite blonde powerhouse is a sophomore at Ventura High, and is now getting international attention for her song Runaway Man, which has over 2.5 million streams on Spotify. She recently performed her self-described beach pop music at an acoustic showcase at Bombay Bar & Grill to a packed house, along with another singer/songwriter from Ventura High, Shannon David, and the group Somatic. The event was

to engage young people and up and coming local youth musicians, and to celebrate Willhite hitting (at that point) 2 million views on Spotify. Willhite started singing jazz and opera early on and had performed in two professional children's operas by age nine. She has written more than a dozen original songs, and started the work on Runaway Man when she was in 8th grade, as a part of a year-long project called Project of Your Heart's Desire (PHD) through Ventura Charter School.

Her success has been thrilling and fairly sudden, according to Willhite. "I had no expectations and no idea that it would become this successful at my age," she shared. "It wasn't really what I intended when I first put out my music, I put it out just to create—I love creating music. It's definitely still evolving."

Willhite was born in Honolulu, and her family moved to Ventura in 2005. She started surfing competitively in the last few years, and also competes on the Ventura High surf team, the Makos. "I love Ventura and its surfer, skater culture and I love beach music so much," says Willhite. "Everyone here is pretty friendly and laid back and accepting. It's kind of like the ocean, it doesn't care what you look like or where you come from, you're just in the water with the birds and fish and dolphins, doing your thing like they are. My mom always tells me my music makes her feel like she is on vacation—I think that is a cool compliment."

Willhite's mother, Rebecca Willhite, said "Watching her music climb the Spotify charts has been unreal. One day a famous Tik Tok kid posted her song and Olivia and her

friends went crazy! Her songs are in 75 countries and played daily all over the world. It's amazing!"

Willhite intends to continue making and producing her heavily Hawaiian-influenced music in a local Oak View music studio, and plans to keep exploring other genres and musical hybrids, including a possible future disco song featuring the ukulele. Asked what her future career plans might include, she replied, "Right now, my biggest goal is to make more music. I would love to make a career out of music if I could, but right now my goal is just to keep writing and creating. But, if Jack Johnson asked me to go on tour right now, I wouldn't say no!"

Food Share looking for volunteers and donations

Ventura County's food bank is stepping up its operations to ensure that those in need have access to food.

As an essential service, Food Share, Ventura County's food bank, is not only staying open, it's stepping up its operations to feed even more people in need. In addition to grocery stores, farmers markets, convenience stores, take-out and delivery restaurants, food banks across the state are being asked to stay open by Governor Gavin Newsom, even during the statewide stay at home directive.

Monica White, President & CEO of Food Share, has a straightforward and positive message, "Keep calm and we'll

feed on! We are open for business and will continue to feed those in need in Ventura County. Our mission is more important than ever. We have asked our older volunteers to put their own health first and stay home, but we need help to meet the increasing need. If you are over the age of 12, are not in a vulnerable health group and have no symptoms of illness, please go to [foodshare.com/volunteer](https://www.foodshare.com/volunteer) and sign up for a shift. Our community needs your help."

Food Share has stepped up its already rigorous food safety and facility sanitation practices to minimize any risk to food recipients, volunteers or employees. Everyone who volunteers will be asked to wash their hands thoroughly on entry to the building, will wear protective gloves throughout their shift and will work 6 feet away from other volunteers.

"We are working diligently with our food pantries and other community partners to implement new methods of food distribution, such as drive-through and drop-and-go models to ensure appropriate social distancing" added White. "We have also waived all delivery fees in addition to the shared maintenance fees to help our pantry partners keep the food flowing to those in need."

Up-to-date information on temporary pantry closures, pop-up distribution sites and emergency volunteer opportunities will be posted at [foodshare.com/covid19/](https://www.foodshare.com/covid19/) and on Food Share's social media channels.

For information on free Senior Food Kit distributions please go to [foodshare.com/seniorkits](https://www.foodshare.com/seniorkits)

VCAAA also has information and resources for seniors at [vcaaa.org/covid-19/](https://www.vcaaa.org/covid-19/)

You can make a donation in support of Food Share at [foodshare.com/give](https://www.foodshare.com/give)