

Help support the Ventura Breeze, page 2!



VENTURA BREEZE

Your Hometown Paper

Vol. 13, No. 14 Published Every Other Wednesday Established 2007 April 8 - April 21, 2020



"We are excited to welcome Heather Sumagaysay to the City of Ventura."

City of Ventura names new Communications Manager

Following a nationwide recruitment that garnered over 132 applicants, the City of Ventura is pleased to announce the hiring of Heather Sumagaysay as its new Communications Manager. The position reports directly to the City Manager and Deputy City Manager.

"We are excited to welcome Heather Sumagaysay to the City of Ventura," commented Alex McIntyre, City Manager. "She brings a diverse range of professional experience to the job and will be instrumental in developing engaging communication programs. This next year, we want to better share information about City programs and services while connecting with our residents, local businesses, community organizations, and media partners."

With more than 13 years of public sector experience, Sumagaysay previously worked for the Ventura County Fire Department (VCFD) as its lead Public Information and Marketing Officer since 2015. Here, she was responsible for creating and managing day-to-day public information programs, social media outreach, community engagement, media relations, and internal communication programs.

Continued on page 16



Maia Wulff and Alex Wulff working on face shields.

Student run non-profit, STEMbassadors, unites with community to make face shields

by Thea Wulff
Foothill Technology High School

Through STEMbassadors, middle and high school students from the Ventura Unified School District have been working closely with the community to manufacture and donate hundreds of 3D printed face shields to local hospitals. Under the guidance of

Continued on page 3

City of Ventura closes parks and beaches in response to COVID-19

In support of the "Stay Well at Home" order, issued by the Ventura County Public Health Officer, all parks and beaches in the City of Ventura will be closed until further notice in order to support the urgent need for physical distancing during the COVID-19 emergency period. This includes the Promenade, Pier, and Wastewater Treatment Plant wildlife ponds.

The County's modified Stay Well at Home order asks community members to stay inside their homes, limiting all outside movement beyond what is necessary to take care of essential needs and ordering all non-essential businesses to close. Those orders also include restrictions against non-essential travel and gatherings.

"Closures like this are difficult to

hear and hard to share as we navigate through significant changes brought on by COVID-19. Our beaches and parks are an integral part of our community and provide many resources for healthy activities," said City Manager Alex McIntyre. "As a City, we need to take extra precautionary steps to help protect the health and safety of our community members, first responders, and public health workers. The efforts and sacrifices we make now will help save the lives of people we know and love in the future."

In response to recent public health orders, the City of Ventura has taken a series of emergency actions in the fight against the spread of COVID-19, including proclaiming a "State of Emergency" on March 15, 2020. This

Continued on page 3



"The outpouring of generosity in our community has been inspiring."

From Steve Bennett

Dear fellow Ventura County residents

Today, we stand on the verge of a monumental challenge. Will we as a community effectively implement the Stay Well at Home order? Will we keep our local hospitals from becoming overloaded? Will our collective efforts be relentless enough to save the lives of many of our family members and/or neighbors?

Our medical care providers and essential service workers courageously stand on the front lines and deserve our utmost support. We need to honor their efforts by decreasing the risks they are taking every day. We do that by doing all we can to slow the spread of this virus.

Each of us needs to put the health of our community ahead of our own comfort and desires.

Some of us must do better at following the Stay Well at Home order, and all of us must avoid letting our guard down early. That could reverse the benefits of our sacrifices to date right when we are at a critical stage in this battle.

This is our time to shine and readily make our personal sacrifices, show extra kindness to each other, help where we safely can, and overall make our maximum individual contribution to this great community struggle.

County government has worked hard with federal, state, and other local governments as well as many non-profit organizations to respond to the crisis.

Continued from page 15

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The Ventura Breeze is celebrating 13 years of publishing local news thanks to the support of the Ventura community and our advertisers. The time has come, however, for us to ask our dedicated readers to consider helping us continue publishing during this difficult time. Due to the lack of advertisers (which we understand), we really need your generous support to continue to bring local news to the community. In order to do this, we are starting the Ventura Breeze Honor Roll. The names of Honor Roll donors will be published in the paper unless donors don't want to be shown. As the publisher of this community's favorite newspaper, we appreciate the relationship we have with our readers and we pledge to keep bringing you all the local news and events.

There are a couple of ways to contribute and be a 2020 Honor Roll Donor. You can go to our website www.venturabreeze.com, where you will find a **Donate** link at the top of the page and use the PayPal button to make a donation, which allows you to pay by credit card or with your PayPal account. If you would rather pay by check or have the Breeze staff process your donation, you can use the form below and mail in your check or credit card information.

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City News

Student run non-profit STEMbassadors

Continued from page 1

Alex Wulff, a middle school teacher at DeAnza Academy of Technology and the Arts, this project has taken off, with capacity increasing steadily to over 100 units per day. ER doctors and nurses are thrilled by the shields and have already put them to use.

This is a grassroots effort supported by students, teachers, community members and several local businesses. The naval base and CSUCI have played key roles in supporting the massive 3D printing effort. Every day, supporters numbering in the hundreds make donations, 3D printed parts, and help to assemble shields for our hospital staff.

Local businesses have worked selflessly, contributing supplies, materials and expertise. Hundreds of donations from the community have been pouring in to www.stembassadors.net which has been set up to fund the COVID-19 fight. American Plastics, owned by Robert Washington has donated materials to make thousands of face shields. Fastsigns of Ventura has helped to procure additional materials, and Dave's Signs has dedicated their CNC router to cutting polycarbonate lenses. The level of selflessness and support among community members has been an inspiration to everyone involved.

The STEMbassadors network of makers now extends from Santa Barbara in the North, and down to Los Angeles and inland to Ojai and Simi Valley.

"A week ago, I never would have dreamed we'd have kids making protective gear for hospital workers," Wulff said. "Now here we are, an entire community has stepped up to help protect the heroes

on the frontline of the COVID-19 fight."

"We are proud of the work that Mr. Wulff and our students are doing to help our community. This project highlights our need for Career and Technical Education to solve immediate problems in our community. I am happy that our District is dedicated to the growth of this area as we move forward together," stated Dr. Roger Rice, VUSD Superintendent.

STEMbassadors will continue to work with community members to maximize face shield donations to hospitals. They are open for donations on their website, stembassadors.net and are looking for more makers with 3D printers to join the project.

If people would like to contribute to STEMbassadors, they can visit our website at stembassadors.net. Here they can contact us, read more about our vision, and donate.

City closes parks and beaches

Continued from page 1

proclamation included social distancing practices, cancellations of public events, closures of City facilities, and restrictions placed on bars, nightclubs, restaurants, movie theaters, gyms, and fitness centers.

Community members are reminded to follow the advice of County Public Health officials and stay home, wash your hands frequently, and practice social and physical distancing of 6-feet or more when conducting essential tasks.

For the latest updates on impacts to the City of Ventura, visit www.CityofVentura.ca.gov/COVID19.

For public health information and updates happening in Ventura County, visit www.VCEmergency.com.



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Hello local businesses, WEV is here for you.

Women's Economic Ventures (WEV) is dedicated to serving small businesses across Santa Barbara and Ventura counties, and we are committed to assisting you during the COVID-19 crisis.

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- Loss of revenue
- Difficulty meeting expenses (including payroll)
- Cancellation of events/contracts
- Cashflow shortage

CONTACT US

WEV's Response Line
 English - 805.456.2342 Spanish - 805.908.0096
 or visit www.wevonline.org
 for COVID-19 business resources and information
 about WEV's Quick Response Loans





VENTURA BREEZE

Your Hometown Paper

Member, Ventura Chamber of Commerce

The Ventura Breeze is your free local community newspaper published every other Wednesday and circulated throughout Ventura and to many locations in Ojai and the Channel Islands Harbor located in Oxnard.

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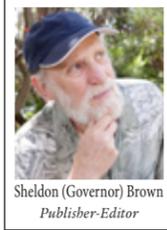


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front, a horse
from the rear
or a fool from
any direction.

– Ken Alstad

Opinion/Editorial



Sheldon (Governor) Brown
Publisher-Editor

■ A potential positive outcome from people being forced to stay home is that some companies will realize that it might be beneficial to let employees **work at home**. Efficiency might improve, and they would see that they don't need 40,000 square feet of office space. Plus, it would help the environment by keeping cars off the road.

Perhaps on the negative side some buyers will have gotten comfortable ordering products online and having goods being delivered to their homes, so they might stop shopping at local businesses.

■ Following the county's announcement, the city of Ventura decided to close its parks, including Arroyo Verde, Mission and Plaza, as well as its beaches, the Ventura Pier and the promenade. They mainly just closed parking lots, so some folks are still using these facilities.

I have been asked why **Mayor Matt LaVere** decided to do this, so will briefly explain how our local government works. The mayor is a city council member who is selected to the post by the other city council members. He/she has just one vote like all members.

The daily workings of Ventura are made by our **City Manager Alex McIntyre** who is the "boss". He explained, "As City Manager, I hold two titles – City Manager and Director of Disaster Services. Under the second authority, I have the general ability to make such declarations with the Council affirming them. This action generally does not come from the Council rather from the facts that dictate the need for immediate action. Given the gravity of the health crisis facing us all, creating opportunities for greater social distancing is going to keep people healthy and save lives. That is critical at this time."

The city council hires (and fires) the city manager and city attorney.

■ You will note that our recent issues contain more non-Ventura articles as we report information on the coronavirus for the community. I hope that all of you are managing okay under these extremely difficult times.

■ Governments are telling renters to just **not pay rents** currently. All landlords are not

wealthy developers, and many depend on the money that they get from rents to survive, so we must also consider them as small business owners during these times.

■ **Malaysian's** have a great sense of humor. Malaysia's Ministry for Women, Family and Community Development issued a series of online posters on Facebook and Instagram with the hashtag #WomenPreventCOVID19. It advised the nation's women to help with the country's partial lockdown by not nagging their husbands.

The ministry also advised women to refrain from being "sarcastic" if they are asked for help with household chores. And it urged women working from home to dress up and wear makeup.

■ As you might know, the Breeze (and all newspapers) is really suffering financially during these troubled times with a lack of advertising, so we are **asking our readers** to consider helping. More about this on page 2.

Even though we appreciate any help we can get, I found a few emails from Trump fans very disturbing. They basically said that if I stop commenting about Trump and stop including readers negative emails about him, that they would contribute financially to the paper.

This is a new way of shutting down the freedom of the press..... bribery. Not even Trump has tried that. One of the stalwarts of a democracy is complete **freedom of the media**, newspapers, internet and television. Without these freedoms we are no different than China.

Once again, I ask Trump fans to send in opinions about why they support Trump. All we ever get are emails telling me to shut up and criticizing our readers. I am happy to publish letters supporting Trump, but we just don't get any. They can be as simple as, "I think Trump is a **great president**." Let's hear from Trump supporters.

■ At a recent White House briefing, Jonathan Karl asked the president what he regarded to be a fundamental question about the coronavirus pandemic. The question...., "And everybody who needs one will be able to get a ventilator?"

Donald Trump's reply was probably the strangest ABC News' chief White House correspondent has ever had from a US president. "Look," he said. "**Don't be a cutie pie**."

Mailbox

Breeze:

In 1933, The German Reichstag adopted the Enabling Act, which effectively granted Adolph Hitler dictatorial powers.

Fast forward to these past years when our own GOP has mostly by default, or non-action, effectively granted our President and Senate dictatorial powers!

They've used their dictatorial power to give tax dollars to the superrich, deny Medi-Cal to uninsured people in the GOP controlled states, and, now to give one or more trillions to corporations, where many CEO's earn millions each year in salaries and perks.

Do you agree that US tax dollars should go to Cruise companies that are mostly owned (on paper) by foreign companies? The Cruise companies can then avoid paying all of the US taxes.

The only way to change our US History is to vote, vote, vote out of office this dictatorial President and Senate. It's beyond my comprehension how millions of ordinary people blindly follow leaders who repeatedly pass legislation that enriches corporations and the 2-3% wealthy.

Judith A. Beay, Ventura

PS: Hi, Sheldon

I really liked your editorial in the Breeze re: Scientology. I liked your analogy about

a "wait and see" when a new neighbor moves in. Perfect response!

Breeze:

Each government program appears to be mandated that it be identified by an acronym. In 2008 the country initiated TARP, the troubled asset relief program. Subsequently, between 2008 and 2012 the federal government instituted the quantitative easing QE1, QE2 and QE3 programs. I suggest that the recently enacted financial legislation be called SOAP. First, because we are reminded, as a personal exercise, to frequently wash our hands. Second, because it might be a more suitably appropriate acronym as a Save Our Ass Program. Roy E. Colbert architect

Breeze:

By calling the coronavirus the China virus Trump is being a racist. If it started in Germany he would not have called it the German (or the French) virus. Trump blames the Chinese for his slow reaction because they didn't tell him. This is the same country that he always says lies so he can't believe anything they say so if they told him he would have just said it was a

Continued on page 5

OK?" Trump went on. Karl, he said, was "a wise guy" too.

Trump said of the coronavirus: "You can call it a germ, you can call it a flu, you can call it a virus, you know you can call it many different names. I'm not sure anybody even knows what it is."

Trump said he instructed Vice President Mike Pence not to reach out to governors who aren't "appreciative" of his administration's efforts to slow the spread of the coronavirus in their states. In other words, if they aren't really nice to him he is willing to let American's die. Reminds me of Eric Cartman on South Park when his friends aren't nice to him, he says, "Screw you guys, I'm going home."

■ The Florida megachurch **pastor** who made national headlines for holding crowded services has been arrested for defying government orders amid the coronavirus pandemic.

Rodney Howard-Browne, the pastor of The River at Tampa Bay Church, argued his congregation was essential, on par with Walmart. However, law enforcement officials who said they tried to reason with him, disagreed, charging him with "unlawful assembly" and "violation of public health emergency order."

At least bishops in New Jersey and Massachusetts have granted permission for Catholics to eat meat during the remaining Fridays of Lent.

■ According to a poll conducted March 25-28 by the U.S. Chamber of Commerce and MetLife released on Friday, 24% of small businesses say they will **close permanently** within two months or less due to the economic fallout of the coronavirus pandemic.

Eleven percent of small businesses say they will close within one month and 24% percent of small businesses are already shut down on a temporary basis.

The poll found that it is likely that 54 percent of all small businesses will close temporarily in the next 14 days - 40% of businesses surveyed that have not yet temporarily closed are expecting to do so in that time frame.

Hopefully Ventura businesses can get financial help and will re-open when all this is over. The reality is many mom and pop businesses always struggle to stay open during good times. This is catastrophic – is the government actually doing enough?

NOTE:

DUE TO COST SAVINGS THIS ISSUE HAS LESS PAGES. MANY OF YOUR FAVORITES (SUDOKU, CROSSWORD, POLICE) CAN BE FOUND AT WWW. VENTURABREEZE.COM. THANK YOU FOR YOUR UNDERSTANDING, WE HOPE TO HAVE THE USUAL CONTENT IN FUTURE ISSUES.

The Ventura Breeze is looking for account executives to sell advertising space to businesses and professionals in Ventura. Part or full time. Contact editor@venturabreeze.com for more details.

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



News & Notes



CAPS Media launches #Ventura stories

Do you have a great Story to share? Something clever, funny or inspirational of your family, friends, kids, pets, neighbors or something else? CAPS Media has a place for Venturans to share - #VenturaStories. Every week CAPS Media will air and stream locally produced videos sent in by the public. CAPS Media is looking for positive, feel-good stories that are entertaining, inspiring, enlightening and informative. Yes, everyone can post videos on YouTube, Facebook and other platforms, but CAPS Media gives you the special treat of seeing your masterpiece on television on Channel 6 and streaming online at capsmedia.org.

Everyone has a Story to share. Be Creative - #VenturaStories can be entertaining, engaging or just great fun. Make it a family project with videos of kids, pets, cooking, hobbies, sports, art, music, games, movie/book/tv reviews, exercise and more. If you have a neighbor, health care worker, service person, store clerk or someone else you want to thank, #VenturaStories is a great way to do it. Introduce us to them and tell us the story.

Ventura Artists - demonstrate your talent for music, acting, painting, singing, storytelling, dancing and other art expressions. If you are a singer, songwriter or other performer - that's great! - record your performance and submit it. (Sorry, no karaoke, unless you have cleared the song rights from the artist). When appropriate, please include a list of all featured performers.

#VenturaStories is also a place for non-profits and others to post videos announcing upcoming events and projects and, a forum for everyone to share safety, health and shelter-in-place tips

and messages during the current crisis. Stories are best when they are short (3-5 minutes or less) and positive. Everyone wants to see feel-good, inspiring stories and not listen to rants). (Commercials and advertising are not acceptable and will be declined by CAPS Media).

#VenturaStories can be recorded on a video camera, phone, webcam, laptop, tablet or other device. If using a mobile phone, keep the phone in the horizontal/landscape mode (the same way your TV screen is), for stability use a tripod or prop-up the phone on a table or other fixed surface. When shooting handheld try to keep the camera as steady as possible. Audio - it is best to use a microphone for better sound quality and try to limit background and other distracting noise from your recordings.

When you're ready for your television premiere, submit your work of art to #VenturaStories online at capsmedia.org/venturastories where you will find simple instructions on how to upload your video as well as additional production tips and information. CAPS Media will determine which videos air and when they will air and stream, and CAPS Media reserves the right to not air or distribute any videos for any reason.

Coronavirus (COVID-19) 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. All of us at CAPS Media hope everyone is Staying Safe and Healthy during this challenging time.

outbreak continues to grow.

"We are working on providing alternative locations for low-income people experiencing food insecurity to be able to access nutritious food," says Monica White, President & CEO of Food Share. "We are immensely grateful to everyone who is working with us to provide temporary distribution sites, including the Conejo Recreation & Park District, Freedom Park in Camarillo and the Ventura County Fairgrounds."

Details of the new distribution sites along with pantry closures are available at www.foodshare.com/COVID19. The lists will be updated as new information unfolds. Food boxes will be available for low-income families and individuals, but will be limited to one box per household.

Food Share continues to actively recruit volunteers, donors and food. For

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more information on how you can help Food Share to feed those in need, please visit www.foodshare.com

Up-to-date information on temporary pantry closures, pop-up distribution sites and emergency volunteer opportunities will be posted at foodshare.com/covid19 and on Food Share's social



The military is helping Food Share.

media channels.

For information on free Senior Food Kit distributions go to foodshare.com/seniorkits.

You can make a donation in support of Food Share at foodshare.com/give

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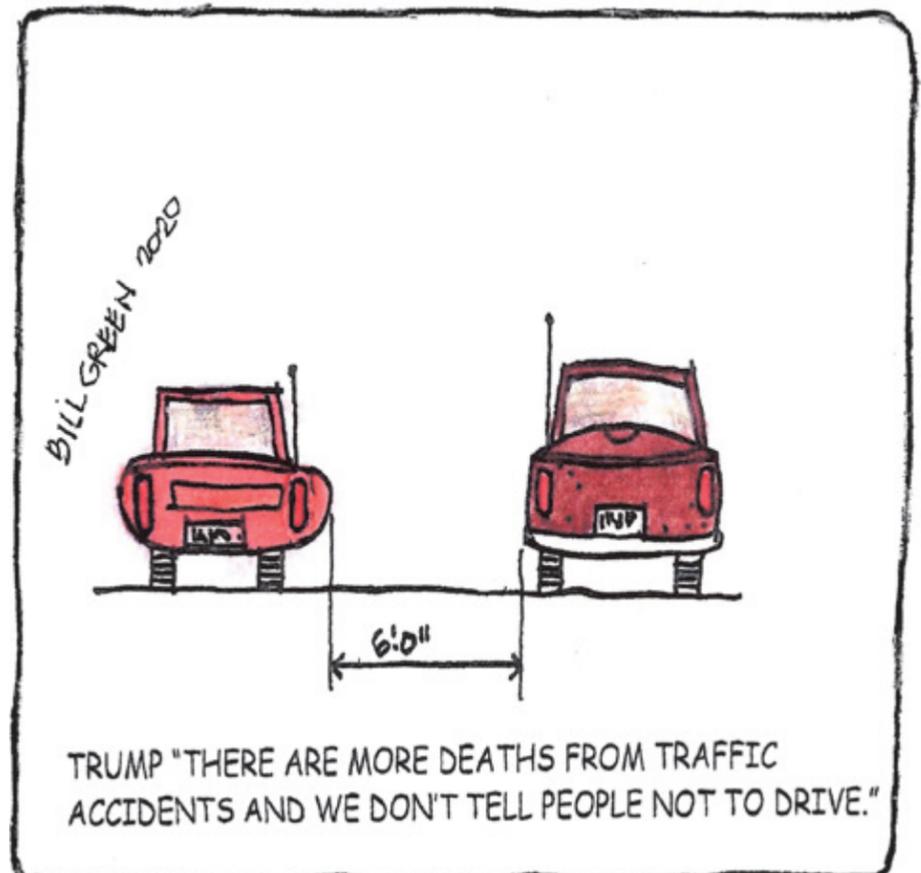
Continued from page 4

lie and that they are just trying to sell us a bunch of stuff we don't need like ventilators.

A 30-year-old videographer in Syracuse, N.Y., said he was still shaken from a trip to the grocery store last week, when the man ahead of him in the checkout line shouted at him, "It's you people who brought the disease," and other customers just stared at him, without offering to help. That same day, he said, two couples verbally abused him at Costco.

Lai Ching, Ojai

Green with Envy



Food Share offering pop-up pantries to meet growing demand

Food Share, Ventura County's food bank, is coordinating a county-wide effort to provide pop-up pantries in the wake of multiple food pantry closures. More than 20 existing pantries in the county have been forced to close their doors as the impact of the COVID-19



News & Notes



The Calhoun girls modeling the homemade masks they've received through the group.

Bartering is alive and well in Ventura (first of two parts)

by Mira Reverente

When a friend recently added me to a new group on Facebook, I thought, “Oh no. Another group.” I couldn’t bear the thought of contributing to another toxic taxidermists’ tribe, peachy pandemic-related pack or lonely-during-lockdown singles group.

But my initial trepidation slowly turned into amusement and then delight. The Ventura Free Barter and Trade group turned out to be an inspiring and community-oriented group, more than any other group I’ve ever belonged to.

Just like most newbies, I looked, I lurked and looked some more, before writing my first post. The free avocados caught my attention but I wasn’t sure what to offer. Then I remembered I had boxes of protein bars. Thankfully, this gentleman named Scotty Gray was interested and the deal was sealed via porch pick-up. I never even saw Gray. Welcome to social distancing!

Gray, a facility operations specialist at Point Mugu, is one of the group’s four moderators and I am one of many recipients of his homegrown avocados. I was hooked. Reached by phone, one of Gray’s first questions was, “Do you need more?” I said, “Yes, but let me get through my stash first.”

That’s just how the group is - generous and genuine, without much expectation of anything in return. Since the avocado exchange, I have also been the grateful recipient of banana muffins, a tomato sapling, seedlings and a coffee grinder. In

return, I have offered cases of water, wine, baking ingredients and even that partial propane tank that’s been hiding in my garage since the last camping season.

Flashback to a little over two weeks ago (a lifetime during these times) - right around when the lockdown order was implemented, Tammy Calhoun found herself in a store, increasingly bothered by the massive amount of hoarding and hysteria around her. A born leader and community organizer, Calhoun sprang into action right when she got home and founded the group on Facebook.

“I wanted to do something to help. I wanted to connect people without pride or shame getting in the way,” says Calhoun, a real estate broker. “I also wanted a simple system of give and take where it’s not necessarily dollar-to-dollar.”

The online community has grown to over 2,400 members in less than two weeks. Gray and Calhoun have added friends from work, church, social circles, their neighborhoods, their children’s schools, youth sports where they volunteer and it has dramatically snowballed.

The feel-good and genuine connection stories just keep increasing by leaps and bounds.

Next issue: Bartering Ventura-Style (second of two parts)

For more information or to join: www.facebook.com/groups, search for Ventura Free Barter & Trade

Local businesses look to remain open with support from Women’s Economic Ventures (WEV)

Just as the Thomas Fire, Montecito Debris Flow and Hill/Woolsey Fires pushed Santa Barbara and Ventura county small businesses to the brink of collapse, the COVID-19 pandemic is sig-

nificantly affecting the economic vitality these businesses bring to the community. Local non-profit Women’s Economic Ventures (WEV, www.wevonline.org) primarily serves micro-businesses, defined as those with fewer than five employees and less than \$1 million in annual revenues, by providing business training, coaching, and loans to more than 300 local business owners each year.

Most small businesses do not have the cash flow, reserves or insurance coverage to withstand a short-term interruption in sales, much less the indefinite impact of a national health crisis. As with the previous natural disasters, WEV’s business resources, guidance, financial training, support and Quick Response Loans are available to help

local businesses adapt and survive during these challenging times. Since the virus first began to impact the region, WEV has experienced a significant influx of calls from business owners seeking both advice and emergency funding.

Many small businesses will need support now and in the coming months. WEV is assisting business owners through a Response Line (English 805-456-2342, Spanish 805.908.0096) and a Quick Response Loan program. Quick Response Loans offer financial support and assistance to businesses experiencing economic hardship as a result of the COVID-19 pandemic. WEV loans up to \$10,000 with no payments for the first three payment cycles will help business owners, like Moe’s, adapt in unpredictable times. For information on Quick Response Loans visit loans.wevonline.org/qr1.

WEV CEO Kathy Odell says, “Our local small business community will not survive this catastrophe without immediate, locally driven relief efforts. During the recent natural disasters, only a third of SBA Disaster Loan applications were successful, and even those who were approved had to wait weeks to receive their funds. We want small business owners to know they can reach out for help immediately and that WEV, as well as agencies like SCORE and EDC are available to help with the rigorous SBA loan application.”

Women’s Economic Ventures is a non-profit dedicated to creating an equitable and just society through the economic empowerment of women. WEV provides training, consulting and loans to help entrepreneurs start, grow and thrive in business. WEV serves Santa Barbara and Ventura counties. While WEV targets its services toward women, it helps men as well. Services are provided in both English and Spanish.

When and what is Passover?

Passover 2020 begins at sundown on Wednesday, April 8, and ends Thursday evening, April 16. The first

Passover seder is on the evening of April 8, and the second Passover seder takes place on the evening of April 9.

Passover is a festival of freedom.

It commemorates the Israelites’ Exodus from Egypt, and their transition from slavery to freedom. Passover or Pesach is an important, biblically derived Jewish holiday. The Jewish people celebrate Passover as a commemoration of their liberation by God from slavery in Egypt and their freedom as a nation under the leadership of Moses. It commemorates the story of the Exodus in which the Israelites were freed from slavery in Egypt.

Passover commences on the 15th of the Hebrew month of Nisan and lasts for either seven days (in Israel and for Reform Jews and other progressive Jews around the world who adhere to the Biblical commandment) or eight days for Orthodox, Hasidic, and most Conservative Jews.

A day commences at dusk and lasts until the following dusk, thus the first day of Passover begins after dusk. It is one of the most widely observed Jewish holidays.

The rituals unique to the Passover celebrations commence with the Passover Seder.

In the narrative of the Exodus, the Bible tells that God helped the Children of Israel escape from their slavery in Egypt by inflicting ten plagues upon the ancient Egyptians before the Pharaoh would release his Israelite slaves; the tenth and worst of the plagues was the death of the Egyptian first-born.

The Israelites were instructed to mark the doorposts of their homes with the blood of a slaughtered spring lamb and, upon seeing this, the spirit of the Lord knew to “pass over” the first-born in these homes, hence the English name of the holiday.

When the Pharaoh freed the Israelites, it is said that they left in such a hurry that they could not wait for bread dough to rise (leaven). In commemoration, for the duration of Passover no leavened bread is eaten.





Senior Living

Pull Out Section



You can report Medicare fraud on any kind of phone.

Tips to prevent Medicare fraud

Help prevent scammers from using the coronavirus national emergency to commit fraud by following these do's and don'ts.

Do's:

Protect your Medicare Number and your Social Security Number.

Use a calendar to record all of your doctor's appointments and any tests you get.

Learn more about Medicare and recent scams.

Know what a Medicare plan can and can't do before you join.

Don'ts:

Give your Medicare card, Medicare Number, Social Security card, or Social Security Number to anyone except your doctor or people you know should have it.

Accept offers of money or gifts for free medical care.

Allow anyone, except your doctor or other Medicare providers, to review your medical records or recommend services. Contact your doctor to request a service that you don't need.

How to report Medicare fraud:

You can report suspected Medicare fraud by:

Calling us at 1-800-MEDICARE (1-800-633-4227). TTY users can call 1-877-486-2048.

If you're in a Medicare Advantage Plan, call the Medicare Drug Integrity Contractor (MEDIC) at 1-877-7SAFERX (1-877-772-3379).

Have this information before you report fraud:

Your name and Medicare Number.

The provider's name and any identifying information you may have.

The service or item you're questioning and when it was supposedly given or delivered.

The payment amount approved and paid by Medicare.

The date on your Medicare Summary Notice or claim.

You may already be taking steps to protect your health during the COVID-19 emergency. Be sure to also protect your identity from scammers by guarding your Medicare Number.

It's easy to get distracted and let your guard down during these uncertain times. Scammers may try to steal your Medicare Number. They might lie about sending you Coronavirus vaccines, tests, masks, or other items in exchange for your Medicare Number or personal information.

Protect yourself from scams:

Only share your Medicare Number with your primary and specialty care doctors, participating Medicare pharmacist, hospital, health insurer, or other trusted healthcare provider.

Check your Medicare claims summary forms for errors.

Visit Medicare.gov/fraud for more information on protecting yourself from fraud and reporting suspected fraud.

Sincerely,
The Medicare Team

Note: You can learn more about COVID-19 and your Medicare coverage on Medicare.gov.

Evidence review on dementia care and caregiving intervention now available for public comment

by **Dr. Melinda Kelley**
Office of the Director (OD)

A few years ago, NIA collaborated with the Agency for Healthcare Research and Quality (AHRQ) and the National



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Academies of Sciences, Engineering, and Medicine (NASEM) to assess the evidence for interventions to prevent cognitive decline and dementia. In 2018, in response to the emerging science presented at the 2017 National Research Summit on Care, Services, and Supports for Persons with Dementia and Their Caregivers, NIA embarked on a similar collaboration with AHRQ and NASEM – this time to assess care and caregiving interventions for people with dementia (PWD) and their caregivers. I wanted to take this opportunity to share an update about this project with you, as well as an important new opportunity for public input.

As we did for the previous review, NIA asked AHRQ to conduct – through its Evidence-based Practice Centers (EPC) program – a rigorous systematic review to understand the evidence base for effective care and caregiving interventions. For this study, we asked AHRQ to consider the complexities and multifaceted nature of dementia care and caregiving, including the diversity across populations of PWD and their caregivers, settings and intervention design and outcomes. A final review protocol, developed by the Minnesota EPC, describes the full scope of this review and the criteria for studies to be included.

From now through 04/21/2020, the draft review is posted online and is available for public comment. We invite all individuals with an interest in this topic to provide input directly to AHRQ via its evidence review page.

A second phase of this project will involve an assessment of the AHRQ-EPC evidence findings by an expert committee, established by NASEM on this topic, at the request of NIA. This committee is charged with assessing the quality of the existing evidence, based predominantly on the evidence presented by the AHRQ and the EPC in this newly released systematic review. They will also develop a detailed report to convey the current state of knowledge, identify which, if any, interventions might be ready for dissemination and implementation on a broad scale, and describe any relevant research gaps in the field.

On April 15, 2020, this NASEM committee will convene, along with other stakeholders and experts, a public workshop – to be held via videocast – to discuss the data contained in the draft AHRQ systematic review and to consider input from a range of stakeholders. We are excited to welcome the broader public, including “Inside NIA” blog readers, to join this virtual event. Following the

Continued on page 9



Senior Living



Find local volunteer groups to help with chores.

AARP helping during the coronavirus outbreak

As the largest interest group dedicated to assist Americans 50 and older, AARP is quickly rolling out a number of initiatives to help during the coronavirus outbreak.

One initiative we would like to share from AARP Innovations Labs is helping facilitate the national “mutual aid” group movement through an online platform called AARP Community Connections (<https://aarpcommunityconnections.org>). It allows users to organize and find local volunteer groups to help pick up groceries, provide financial assistance or lend emotional support to neighbors, friends and loved ones.

Across the country, these mutual aid groups are helping communities stay connected at a time when people must practice social distancing to stay safe.

AARP Community Connections includes multiple resources to help those who are feeling isolated, depressed, overwhelmed or anxious. Users are able to:

Request a call from an AARP volunteer, or a trained counselor

Easily create an account with Savo, joinsavo.com, to make connecting with their families easier

Join “The Mighty,” a safe, supportive online community for people facing health challenges and their caregivers

Social isolation was a common problem even before the coronavirus pandemic: A study, published by the National Academies of Sciences, Engineering and Medicine and supported by AARP Foundation, reported 43 percent of adults age 60 or older said they had

felt lonely. And, while social isolation and loneliness are serious health issues by themselves, they can also exacerbate existing health problems, such as lung disease, heart disease and diabetes. AARP Community Connections helps people reach out to volunteers in their community who are willing to help their neighbors with their unique needs.

AARP Community Connections is live and completely free to use, and AARP membership is not required.

A protein plays a major role in Parkinson’s disease as well as other brain disorders

by Sharon Reynolds
NIH Research Matters

A protein called alpha-synuclein plays a major role in Parkinson’s disease as well as other brain disorders. In these conditions, the protein misfolds and aggregates (collects and sticks together) to create clumps called Lewy bodies within cells. Lewy bodies are thought to be toxic to certain neurons in the brain.

Parkinson’s disease and another

disease involving alpha-synuclein, called multiple system atrophy (MSA), are particularly difficult to tell apart based on early symptoms. While there is no cure for either, the two diseases require different treatments to keep people with the conditions healthy as long as possible.

Researchers led by Dr. Claudio Soto from UTHealth in Houston used a test called protein misfolding cyclic amplification (PMCA) to detect small amounts of alpha-synuclein aggregates in cerebrospinal fluid (CSF). PMCA works by exposing regular alpha-synuclein protein to samples from patients that might contain misfolded alpha-synuclein. If present, the misfolded protein amplifies itself by misfolding regular alpha-synuclein. This copying process allows detection and analysis of the misfolded proteins, which aggregate and assemble into thin, twisted fibrils. Such fibrils form a large component of Lewy bodies.

Previous studies suggested that the fibrils produced in people with Parkinson’s disease and MSA may adopt slightly different shapes. To see if PMCA could be used to distinguish the different fibrils, the scientists tested CSF samples from people known to have Parkinson’s disease, MSA, and other neurological diseases not related to alpha-synuclein.

The research was funded in part by NIH’s National Institute on Aging (NIA) and National Institute of Neurological Disorders and Stroke (NINDS). Results were published on Feb. 13, 2020, in *Nature*.

The scientists confirmed that the PMCA products from people with Parkinson’s disease and MSA reacted differently with a fluorescent dye. They showed other differences as well, such as their ability to resist degradation by molecules that cut proteins. In studies looking at the structure of the alpha-synuclein fibrils, the team found that the fibrils twisted differently between Parkinson’s disease and MSA.

When tested in samples from 94 people with Parkinson’s disease and 75 with MSA, PMCA was able to tell the difference between the two diseases with about 95% accuracy. No signal was seen when samples were tested from 56 people with other neurological diseases not related to alpha-synuclein.

“By amplifying the abnormal [alpha synuclein] aggregates, we can detect with high efficiency which disease the patient has,” Soto says. “This has huge implications both for accurate diagnosis and clinical care of the patient, and the development of new specific treatments for both diseases.”

If you have been diagnosed with or care for someone with Parkinson’s Disease, please know that you are not alone at the Ventura Parkinson’s Disease Support Group.

For more information and meeting dates please call Patty Jenkins at 805-766-6070 or email her at auntpattyj@yahoo.com.

A safe space to share updates and receive support

Due to the rapid spread of COVID-19 and the risk to the aging population and people with existing health conditions, Americans are being asked to practice sheltering at home and social distancing. Unfortunately, some individuals are taking advantage of this situation by targeting the elderly and vulnerable with scams using fear and concerns about the coronavirus.

Many of the scams targeting the elderly are being perpetuated via social media and users are advised by social media experts to be wary of promotions for health care products and treatments for the coronavirus.

Using a safe and secure social media network is a safe way to stay in touch with family and friends and to avoid social isolation without being subject to fraudulent schemes. CaringBridge helps its users to maintain social connections, feel connected within their community, coordinate care and receive encouragement around a health journey while at home. Because the nonprofit CaringBridge will never accept advertising or share its user lists with any outside parties, unlike many other social media platforms, users can be assured that using the site is safe and they will not be targeted by scams.

Here are a few things you can do to support someone who may need additional support right now:

Stay Connected. Social distancing does not equal social isolation.

Start a CaringBridge site for a family member or friend who needs support. You can choose from a variety of privacy options to keep information as secure as you prefer.

Video Chat through services like FaceTime, Google Hangout or Skype.

Pick up the phone.

Start group chats with family, friends,

Continued on page 9



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Senior Living



Social distancing and staying in place have become important.

How seniors can protect their health and finances during the pandemic

by **Chris Orestis**,
President of LifeCare Xchange

Throughout the coronavirus pandemic, health officials have been clear and consistent in their message to seniors: While anyone can fall victim to COVID-19, those who are 65 and older are in an especially high-risk group.

That's why older Americans need to be especially careful and – in the case of the very elderly – family members may need to step in to make sure they are taking the right precautions, says Chris Orestis.

He offers a few tips on things seniors and their families can do:

Prioritize healthy practices. Follow health guidelines. Wash your hands, avoid touching your face, and sanitize surfaces. “Social distancing and staying in place have become important new additions to our lifestyle because avoiding contact with infected people is the surest way to prevent contracting the virus,” Orestis says. “Grocery stores and retailers have set up senior-only shopping hours, and seniors should take advantage of those. In addition, food delivery services can bring take-out meals or groceries to your home.”

Trust nursing homes. “Despite the tragic deaths that occurred at Life Care Center’s nursing home in Kirkland, Wash., the nursing home industry has been working around the clock in every community to protect their residents,” Orestis says.

Know what financial resources are available. “We’ve experienced a stock market drop, but it is important at times like this to not ‘panic sell’ and lock in your losses,” Orestis says. He points out there are still safety nets and even financial opportunities that can help seniors. For example, the passage of the CARES Act will pump \$2 trillion into the economy. Social Security income, Medicare, and Medicaid payments remain unchanged. Income from annuities remains guaranteed.

For owners of permanent life insurance policies, Orestis says, there are a couple of options to get liquidity from this asset. If the owner wants to keep the policy in force, they can take out a policy loan for upwards of 90% of the cash surrender value. If the policy owner wants to stop paying premiums, they could use a life settlement to sell the policy under tax-favorable conditions to

receive a percentage of their death benefit as a lump-sum today.

Vet your news sources. The coronavirus is getting round-the-clock news coverage. But mixed into the information coming from reliable sources is a flood of misinformation. “Fact-check information by reading statistics from the websites of reliable medical resources and verified news organizations,” Orestis says.

Chris Orestis, known as the “Retirement Genius,” is President of LifeCare Xchange and a nationally recognized healthcare expert and senior advocate.

Alzheimer’s Disease Biomarkers Neuroscience

Stress-induced changes in protein connections in the brain contribute to the cognitive decline seen in Alzheimer’s disease. In mice, this malfunctioning protein network and its associated cognitive decline were reversed by an experimental drug, according to a recent study supported in part by NIA. The findings suggest a new way to look at how Alzheimer’s develops in the brain by focusing on protein networks.

Brain illustration scientists at New York’s Memorial Sloan Kettering Cancer Center and Weill Cornell Medical College used laboratory, mouse and brain-tissue studies to examine the epichaperome – a dysregulated network of proteins that affects how cells communicate and accelerates the course of disease. A previous study revealed the workings of the epichaperome in cancer; this new study looked at Alzheimer’s disease.

Various stressors – such as genetic risk factors, vascular injury and diabetes – can damage brain circuitry in Alzheimer’s. According to the study, these stressors seem to interact with proteins and contribute to toxic changes that begin in the hippocampus, a brain region involved in learning and memory. The researchers explored how these protein networks stop working properly and can be restored.

Like faulty wires in a circuit board that lead to network failure, epichaperomes

seem to remodel cellular processes that, in turn, “rewire” protein connections supporting normal brain function. The resulting imbalance in brain circuitry – which the authors call “protein connectivity-based dysfunction” – underlies synaptic failure and other neurodegenerative processes. The researchers studied a cellular model of Alzheimer’s and a mouse model of the protein tau, as well as human brain tissue, which showed significantly more epichaperomes in individuals who had Alzheimer’s than in cognitively healthy people.

A safe place to share updates

Continued from page 8

coworkers, or church groups through text or chat groups like Facebook Messenger.

Offer assistance with emergency errands. Helping others with meals and errands should not stop due to social distancing.

Use the CaringBridge Planner to coordinate doorstep delivery of:

Grocery and household essentials.

Over the counter or prescription medications.

To-go meal orders from local restaurant.

If you’re a long-distance caregiver, find out if your loved one has access to grocery delivery services. If so, set it up for them and find out their essential needs.

“As a nonprofit organization with a mission of building bridges of care and communication around a health journey, we want to remind the public that no one should go through a health journey alone, and that strength comes from community and connection,” said Liwanag Ojala, CEO of CaringBridge.

CaringBridge offers free personal websites allowing communities to rally around people on health journeys. The platform gives patients and caregivers a free, private, and secure place with no advertising or selling of information; serving as a safe channel of communication beyond social media to update friends and family, ask for help and get support and encouragement.

About CaringBridge

CaringBridge is a nonprofit social network that helps people connect with friends and family during a health journey. CaringBridge has made it simple and safe to offer or ask for support when it’s needed most. With more than 300,000 active daily users—CaringBridge offers simple tools for patients and their caregivers to share health updates and rally their community’s support. A health journey of any kind—diagnosis, injury, medical or behavioral illness, pregnancy complications or other experiences—is difficult to endure alone. Learn more at www.CaringBridge.org.

Evidence review on dementia

Continued from page 7

workshop, the committee will draft a full report, expected to be released in early 2021.

We encourage you to take part in this important project by sharing your comments on the AHRQ evidence review and/or participating in the NASEM workshop. Your input is an invaluable contribution toward developing a comprehensive understanding of the best ways to help provide essential care and services for the millions of people living with dementia and their caregivers.

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The Pet Page



Dedicated to Scamp

Effective Monday, March 30, 2020 and until further notice, all nonessential services at Ventura County Animal Services (VCAS) will be discontinued and some ancillary services

will be reduced. The goal is to keep people in their homes and carefully limit the number of animals housed on-site. Please know that VCAS will never turn away a sick or injured animal.

The following services will be discontinued:

Pet adoptions and all virtual adoption counseling sessions.

Owner-requested euthanasia appointments.

The following services will be adjusted:

Owner-surrendered animals accepted only due to urgent/emergency situations.

Stray Animals – VCAS is strongly encouraging residents to only bring in stray cats who appear to be sick or injured. Cats who appear healthy should remain in-place as they likely have a source of food, water and shelter and may be cared for by someone in the neighborhood.

Kittens – Mating season will soon begin as the weather warms. Litters of kittens should only be brought to VCAS whose mother has not returned for them after 6-8 hours – please watch and wait from a distance. Mothers often leave kittens in order to hunt for food and they expect to return to their kittens. Please do not remove kittens if not absolutely necessary. (Ref. Dr. Kate Hurley, Program Director – Koret Shelter Medicine Program - University of Davis)

Lost pet pick-up: VCAS is encouraging those who are reclaiming their lost pet to please call ahead and bring proof of ownership when reclaiming lost pets. (805) 388-4341

Animal Control Officers will continue to respond to public safety and animal welfare calls, but less urgent calls will be deferred until further notice. All Field Officers will attempt to return found animals to their owners. Field Officers will be donning Personal Protection Equipment (PPE) during all interactions with the public.

As stated in a previous press release: The Simi Valley Animal Shelter remains closed and the Camarillo Shelter is restricting all nonessential on-site and casual visits.

TNR/Community Cat public spay/neuter services are suspended.

All public and community outreach events are cancelled including rabies vaccination clinics.

Pet licenses can only be processed online at www.vcas.us/licensing or via U.S. mail. Payment should be sent to Ventura County Animal Services 600 Aviation Drive, Camarillo, CA 93010

VCAS is committed to ensuring that the highest quality of care is provided to our animals. Our team of highly dedicated staff are on-site to feed, clean,

and care for all animals at the shelter. Staff also provide enrichment activities as well as medical care as needed.

We have received information that there are various rumors circulating regarding the potential for euthanasia of animals during the COVID-19 situation. VCAS remains 100% committed to life-saving activities during these times and we will continue to provide care to all healthy and treatable animals. Despite the challenges facing our shelter due to COVID-19, animals will not be euthanized due to time or space. Please help us to curtail the spread of such rumors.

We continue our commitment to saving animals' lives and reuniting lost pets with their families. If you have any questions, comments or concerns, please call (805) 388-4341, we are here for you.

To assist pet owners and shelters affected by the devastating COVID-19 pandemic, the ASPCA® (The American Society for the Prevention of Cruelty to Animals®) is launching the ASPCA Relief & Recovery Initiative, a \$5 million multipronged strategic relief response to the crisis. The response includes \$2 million in grants to animal shelters in critical need of funds and pet food to pet owners who face challenges providing food for their animals.

“In addition to the unprecedented challenges the COVID-19 pandemic has created for people, it is also putting animals at-risk by straining essential owner and shelter resources. Considering the vital role pets play in our lives – especially in times of crisis and stress – it’s extremely important to safeguard their health and welfare as much as we possibly can,” said ASPCA President and CEO Matt Bershadker.

Added Bershadker, “We are grateful to work with generous donors and the larger animal welfare community who are stepping up, thinking creatively and courageously, and forging new paths to meet this need. Across the world, people are turning to their pets for comfort, and with the ASPCA Relief & Recovery Initiative, we are committed to helping animals return that love and comfort back to their families by working to ensure their health and safety as we weather this crisis together.”

Emergency Relief for Shelters

The ASPCA is launching a minimum \$2 million emergency relief fund for shelters that have been hit hard by this crisis. Grants will help shelters fund essential lifesaving services such as basic operations, safety net, adoptions and foster programs, and veterinary services, which are proving to be crucial animal welfare services during this crisis.

Pet Food Distribution

The ASPCA’s response also includes the creation of regional pet food distribution centers, starting first in New York City, one of the U.S. cities most severely affected by the pandemic. The centers, provided in partnership with the Petco Foundation, will give dog and cat owners free access to critical food supplies as the outbreak continues to spread.

Scamp Club

(Scampclub pets are not for adoption.)



Hi: I’m Lexi, a 12-year-old Great Dane, and this is my best friend Cru. My favorite thing to do is to hang out with my best friend on my bed while she pets my velvet, soft ears. Since Cru is so tiny I have found a new purpose in protecting the house and I sniff everyone out before they come close to my girl (of course they need to stay 6 feet away).

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.

ASPCA will also operate regional food distribution centers in Miami, Los Angeles, and North Carolina, where the ASPCA has operations. More information about specific locations and dates will be available in the coming weeks.

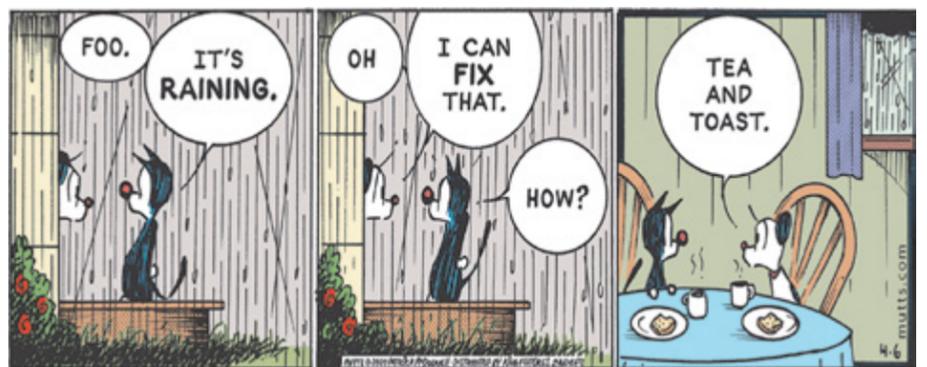
Petco Foundation President Susanne Kogut said, “At the Petco Foundation, we have been working diligently to mobilize the community to foster or adopt to prevent COVID-19 from becoming a crisis for our pets. We must all come together to support our animal shelters and our community, which is why we’re proud to also support this initiative,” said Kogut. “The health and safety of pets needs to remain a top concern because they provide vital comfort and companionship to people during this very stressful time.”

The COVID-19 relief response speaks to the ASPCA’s longstanding commitment to the animal welfare community

and people and their pets. In an effort to create better access to crucial services for underserved pet owners and improve the health and welfare of dogs and cats nationwide, the ASPCA has launched programs and partnerships in New York City, Los Angeles and Miami that make veterinary care more accessible and affordable, and continues to develop initiatives to serve the more than 21 million pets living in poverty with their owners nationwide. In North Carolina, the ASPCA operates the ASPCA Behavioral Rehabilitation Center (BRC), a facility dedicated to rehabilitating fearful, under socialized dogs, and ASPCA Spay/Neuter Alliance, the nationally recognized leader in high-quality, high-volume, low-cost spay/neuter training and services.

For more information on the ASPCA’s efforts to help at-risk animals, please visit www.aspc.org.

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The Pet Page

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Show Time

Streaming Spotlight
by Cindy Summers

Outmatched (Season 1) – Hulu & FOX.com



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

What do you get when two average high school students get married and have four children, three extreme geniuses and the fourth you can't be quite sure about? You get two adults constantly Outmatched by their children. This hilarious sitcom features the everyday life of blue collar couple Mike (Jason Biggs) and Kay (Maggie Lawson) and the unique challenges they face raising three kids with genius I.Q.s that constantly challenge and confuse the simpler minds of their parents in ways you wouldn't normally find in the usual family dynamic.

The kids all have extremely different interests and specialties: Brian (Connor Kalopsis) is 16 and gifted in science and tech but very socially awkward; Nicole (Ashley Boettcher) is 12 and has political aspirations though struggles with unfounded intellectual inferiority; Marc (Jack Stanton) is 10, gifted in music though has a strange dark side constantly sharing intellectual facts on mortality; and Leila (Oakley Bull) is 8 and doesn't appear to have a genius I.Q. like her siblings do and her simple way of life is the only relief Mike and Kay have

from constant intellectual overload.

What do these parents hope for? Usually the things most parents would avoid, like being happy to finally have to go down to the principal's office for something Marc had done, which ended up being bullying, but not any student, he was constantly correcting and belittle the intelligence of his teacher. They escape to their "parent fort" in the basement where they drink beer and ease the stress of their mentally challenging lives with things like strip poker.

The pilot opens with them being told that their youngest son Marc is a genius, to which they respond to by breaking a cupboard door, cursing and gestures of loss and disappointment. When the woman shared it was the highest she personally tested, it starts a competition in the house over who's I.Q. is highest with the older kids trying various ways to intellectually trick their parents into finding out their number, which was intentionally kept from them. At one point Mike senses that he's being tricked, but can't figure out how and calls Cay for backup.

Through the 10 episodes we meet Mike and Cay friends, Irwin (Finesse Mitchell) and Rita (Tisha Campbell-Martin) who discover much to their surprise that they are the children's guardians during Nicole's "Guardians of Geniuses" PowerPoint presentation. There's also a surprise visit from grandparents Jay (Tony Danza) and Sylvia (Caroline Aaron), who also cannot relate to the genius children, Jay saying openly for that reason Leila was his favorite.

With so many challenging things happening to everyone, I just wanted to share something that was completely void of seriousness and filled with lighthearted

comedy, and sure the laugh track is a bit cheesy, but the writing is witty and portrays some funny and completely unusual family situations. Watch Outmatched on HULU or www.fox.com/outmatched
 Rated: TV-14
 10 Episodes: 22 minutes each

Are coronavirus worries keeping you awake?

Anxiety about the spread of the coronavirus is leading to sleepless nights for some people – and that can result in even more health problems.

Studies have shown that a lack of sleep weakens the immune system, the last thing anyone needs when a potentially deadly virus is making the rounds.

The question many bleary-eyed people face is how they can remedy their insomnia without resorting to medication, anything else that they have to take orally, or a significant lifestyle change. One answer: stretches done on the bed that relax the body and mind, allowing them to drift into slumber and be better prepared for the next day – and keep that immune system humming as well, says Larry Piller (www.larrypiller.com), a Certified Massage Practitioner and author of *Stretching Your Way: A Unique & Leisurely Muscle Stretching System*.

So, for those struggling to rid themselves of their coronavirus worries, Piller offers a few examples of what he calls "superstar stretches for sleeping":

Stretch 1. While lying on your back, extend your shoulder out as is comfortable

and lift your hand up as though you are trying to stop traffic. Then turn your arm and your hand backward, letting your little finger be your guide. Let your little finger land where roughly the No. 7 would be on a clock. Just extend your shoulder out as is comfortable and bring your fingers back as is comfortable.

Stretch 2. While lying on your back on the bed, put your arm in a position as if showing your muscle to someone. Just extend your elbow out to the side as is comfortable for a tricep stretch. From that position, open your hand up all the way, extend your elbow to the side as is comfortable while bringing your thumb down toward you as is comfortable.

Stretch 3. While you lie on your back, just extend your shoulder and arm out as is comfortable, Piller says.

Stretch 4. While you lie on your back, bring your toes and the inner side of your foot inward to get a stretch on the side of the foot. These stretches for the side of your feet can be done lying on your side as well, as long as you have room to bring your foot or feet down or inward. You also can use a pillow between your legs to raise your foot so you can bring your foot or feet down, or hang your feet over the edge. "This by itself, or in combination with other stretches, has a high chance to put you to sleep like a little baby," Piller says.

"Life can be a job in itself, especially right now with all the concerns about the coronavirus," Piller says. "Most people do not want all the difficulties that every insomnia treatment is riddled with. They don't want to do all kinds of lifestyle changes that don't offer solutions or guarantees, and that have minimal results at best. These superstar stretches for sleeping are the world's easiest and safest. For me, muscle stretching is magic. You get total relief just knowing this effortless system is waiting for you at bedtime."



This 'n' That



Oceana.



Hovsepian.



Devera.

CommUNITY of everyday people

by Karen Leslie, writer with heart

Necessity is the mother of invention! The close sign may be hanging on the doorknob of our everyday lives, yet another door is open for business, the door of discovery and windows of transformative creativity and invention. These thresholds of thought have sprung open worldwide, inviting us to plunge into pause, a state of stillness and listen to the message on the recorder of our hearts. The wake-up button is blinking its way into our consciousness, beckoning us to experience the simple everyday things we took for granted in the past, giving way to new ways of thinking and doing for the sustainability of all mankind and our beloved planet. Remarkably and resourcefully we are re-writing our narrative, a storyline that which aligns with Mother Nature.

As a people, have collectively entered an age of unprecedented prosperity, the mother lode of inventions that will leave its historical mark on humanity, breaking new ground for innovative ways to be geographically compatible and in its wake, a breed of connectiveness has birthed, humanities common denominator... Hope.

Yes, we are in a mandatory 'time out' and fast from the fast track and long to-do lists. How are your neighbors coping with staying home you might ask? Here is what graphic designer Karine Hovsepian wanted to share, "I went through fear, hopelessness, anxiety and sadness before I reached the stage of acceptance. I had no other choice but to surrender and adapt to the new reality. I am lucky. I do my graphic design work from home. I have more time for writing and long beach walks that ground me and help me stay in the moment. The key to a peaceful mindset is to keep focusing on the beauty that is all

around us. Having the ocean nearby has been my savior in the crises we are facing.

Our homes have become incubators for change with portals of possibility which no amount of distancing can halt! Creativity has become contagious as beacons of virtual ideas zoom into our living rooms, filling the gap of our isolation. Ayn Devera, owner of Soulstice Wellness shares, "In the light of the pandemic and 'stay well at home' order, I am listening amidst the fear of the unknown, there is a calm within that says, take some time off won't you? The Prescription; I let my mind and body rest then was called to action, sounding the alarm that people needed to take this seriously, stay above the noise of media chaos, take care of their health and bodies, sprinkled with reminders of loving-kindness. Where I am in all this, when this is over and it will be, the changes must be lasting. When we love and respect our bodies, the whole world and our ecosystem will thrive as well".

Yes, we may be in 'intermission' from the movie of our lives but the outtakes are riveting! Navigating ourselves in uncharted waters in the current of this extraordinary time has opened up the channel of Universal Love in the river of everyday people and is going viral! It is the bridge over troubled waters, which spans the gap between cultures and finds compatibility within society. a language that can loop through every mind, every person, every group, every nation and by raising our unified voices in love has the potential to shape shift our perspective, heal the planet and humanity, uplift and carry the ballad of our collective hearts into peace on earth.

Oceanna, visionary artist shares, "I feel that the only thing to offer is more love...everywhere to everyone".



Topics include how to plant an outdoor vegetable garden.

SEEAG in the news

Students for Eco-Education and Agriculture (SEEAG) was selected to receive a \$55,000 grant from St. John's Pleasant Valley Hospital (SJPVH) and St. John's Regional Medical Center (SJRMC), members of Dignity Health.

The grant funds will go towards expanding SEEAG's "Ventura County Child Wellness Initiative." The program educates and inspires children to eat healthy by adding locally grown Ventura County specialty crops to their diet. SEEAG brings its mobile classroom van to schools where SEEAG instructors provide hands-on nutrition education to third graders. Over 2,800 students will take part in the program during the 2020 calendar year.

Each participating student receives a Wellness Swag Bag containing educational materials, produce samples, recipes and a dental hygiene kit. The grant will enable SEEAG to add a bilingual educator to the program, create five farmers market pop-ups within the targeted school districts that will provide free produce and nutritional information for families and include a jump rope in each of the Wellness Swag Bags.

"Many farmworkers' children are enrolled in the targeted school districts. They are an important population to reach with our message," says Mary Maranville, CEO/founder

of SEEAG. "SEEAG is grateful for Dignity Health's support of the Child Wellness Initiative, The grant is recognition that our efforts to educate children about eating healthy if very much needed in Ventura County."

Other organizations teaming up with SEEAG to make the Ventura County Child Wellness Initiative successful are Reiter Affiliated Companies' Sambrando Salud Program, Clinicas del Camino Real and Ventura County Public Health.

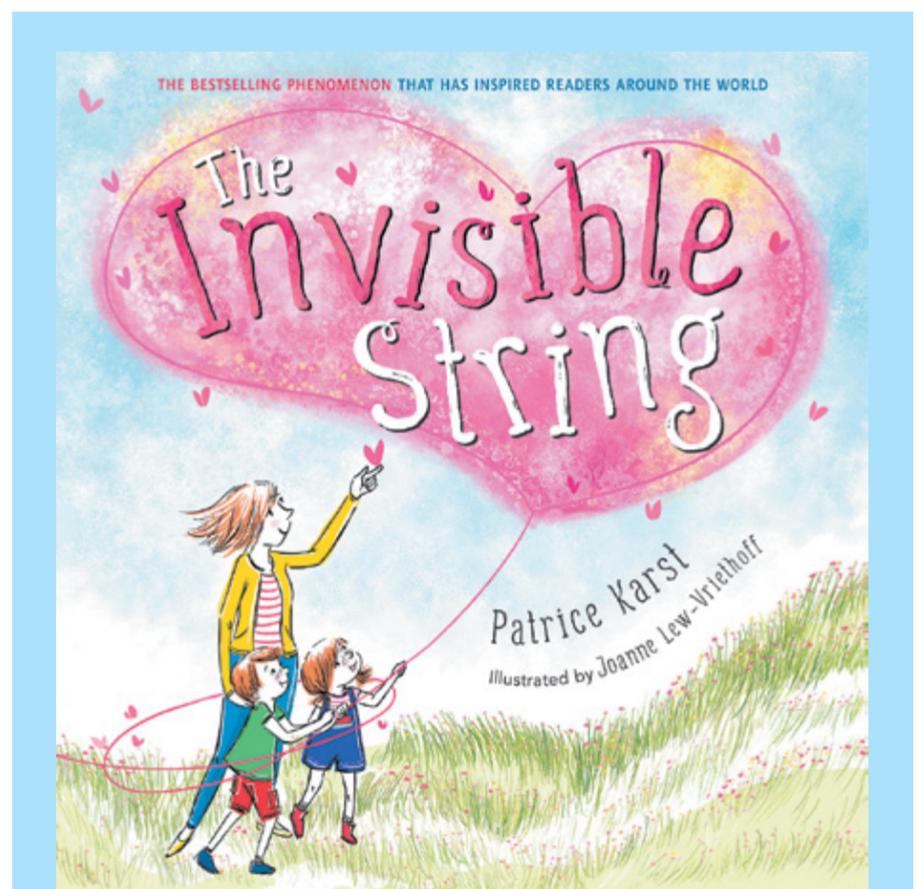
Fun, kid-friendly gardening activities from Students for Eco-Education and Agriculture (SEEAG) are now available for children who are at home due to COVID-19 school closures. SEEAG, a local leader in agriculture education, conducts learning programs in Ventura and Santa Barbara counties at schools and farms where it teaches students how food is grown, healthy eating habits and proper nutrition. The program is called "Let's Grow A Garden!"

Program lessons are now online and new lessons will be posted every Monday through summer. Topics include how to plant an outdoor vegetable garden or indoor container garden, how to select the right plants and soil, information about local agriculture and links to where families can order seeds and gardening materials online.

Co-sponsoring Let's Grow A Garden! is Agromin. Agromin is giving away 500, 20-quart bags of potting soil (one per child), Monday through Friday from 8:00 a.m. to 4:00 p.m. Follow all social distancing rules posted on site.

The program will also feature a weekly garden photo contest where students submit photos (#letsrowagarden2020) showing the progress of their gardens with the chance to win garden-themed prizes.

No registration is required. New gardening tips and information will be posted each Monday at 8:30 a.m. on <https://www.seeag.org/letsrowagarden2020>. To learn more about SEEAG, go to www.SEEAG.org.



"My name is Patrice Karst and I live here in the hills of Ventura. I would like to volunteer in any ways that I can be service. If you need any help at all with errands, picking up supplies, grocery shopping and delivering etc. Please let me know....PatriceKarst1111@gmail.com"



This 'n' That



Coronavirus (COVID-19) screenings to all hospital visitors and staff.

Vista del Mar Hospital is serving the community

Vista del Mar Hospital is using technology to support its Outpatient Services (OPS) programming during the stay-at-home restrictions to combat the Coronavirus (COVID-19). Since Governor Newsom mandated California residents to stay home, followed by a similar order from the County of Ventura, Vista del Mar's OPS has made the move to provide Telehealth Services.

Psychiatrists and nurses are able to meet with patients individually, with weekly in-person check-ins scheduled to adhere to social distancing protocols. Technology and creativity allow patients and therapists to stay connected. Care packages with individualized messages and art supplies for expressive therapy has been sent to each patient.

Vista del Mar Hospital uses Zoom, a technology that unifies secure video conferencing, web meetings and group collaboration. Vista's program curriculum has been uploaded so that patients can see their therapist and the curriculum side by side. In addition,

Vista del Mar Hospital has partnered with the CSU Channel Islands (CSUCI) Nursing Department to provide Coronavirus (COVID-19) screenings to all hospital visitors and staff.

"We are thrilled to have student nurses helping the hospital to ensure that all indi-

viduals coming to our campus are screened following the CDC-recommended screening process," said Jenifer Nyhuis, Vista del Mar's CEO. Student nurses are conducting COVID-19 screenings from 7 am to 7 pm of all incoming persons to the hospital. After each student nurse is screened themselves, they then screen incoming persons. This includes reading temperatures, completing a Coronavirus questionnaire, logging anyone with a temperature of 100.4 and over, and providing instructions.

According to Dr. Lynette Landry, PhD/RN and Chair of the Nursing Department, the partnership has been a great opportunity for the university's nursing students to take an active role in decreasing the spread of the virus. "We are very grateful for the opportunity to help VDM and our community as we navigate this crisis. Students are learning the importance of civic engagement and the ethical/moral responsibilities of a nurse to provide comfort and care to the community particularly in a time of crisis."

Vista del Mar Hospital and CSUCI worked together to create procedures and implement them. "The speed, professionalism, and competency of the CSUCI nursing leadership has been beyond expectations. I am looking forward to future collaboration in coming months and years," added Nyhuis.

CSUCI's Nursing Department will be providing COVID-19 screenings at Vista del Mar through May 2020.

Seeking donations of COVID-19 medical supplies

As Community Memorial Health System prepares for the challenges treating a growing number of patients with Coronavirus (COVID-19), increasing demands on the health system may eventually lead to shortages of supplies and important personal protective equipment needed to protect patients, physicians, and staff. Based on current supply, projected usage, and

VENTURA TOWNEHOUSE

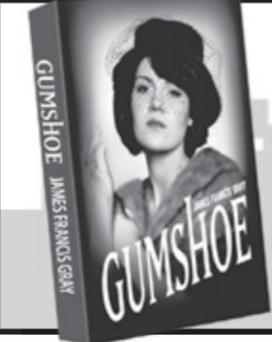
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market demand and supply availability, Community Memorial Hospital anticipates it may face supply shortages of protective masks, protective gowns, face shields, and medical goggles.

For those who would like to donate to Community Memorial Health System, CMHS is accepting donations of the following items only: face and/or eye shields (single use or non-disposable), N95 masks, N99 masks, P95 masks, Standard Procedure masks, isolation gowns, Standard Procedure gowns, coveralls, respirator hoods or hazmat hoods, and reusable P100/N95 respirators and cartridges/filters.

CMHS is not accepting cloth masks. Supplies in original, unopened packaging are particularly useful and appreciated.

The CMHS Donation Drop-Off Center opened on Wednesday, March 25, at the park in front of the new Community

Memorial Hospital. Please look for the white tent adjacent to the grass area to bring your donations. Community Memorial Hospital is located at 147 N. Brent Street.

The Donation Drop-Off Center will be open Monday through Friday, from 10 a.m. – 2 p.m.

CMHS appreciates the support of the individuals and organizations who have reached out wanting to support CMHS with donations of medical supplies.

For more information and updates on Coronavirus at Community Memorial Health System, visit cmhshealth.org.

Community Memorial Health System is a not-for-profit health system, which is comprised of Community Memorial Hospital, Ojai Valley Community Hospital, the Centers for Family Health, and various outpatient centers serving communities located within Ventura County, California.



Venturan's united to help each other as we always do.



The winners of the Ventura Breeze photo contest have been selected. You can see them at www.venturabreeze.com and they will be included in a future issue of the Breeze.



by Pam Baumgardner
VenturaRocks.com

As incredible as it may be, Ventura's music scene is keeping its preverbal blood flowing. I've been watching so many live streaming events, where you can purchase to view and some where you can make a donation to the "tip" jar. Our artists and musicians are doing what they can to keep our scene alive. For this column, I reached out to a number of musicians and asked how they've been dealing with the Stay Home order.

Shawn Jones Singer/Songwriter

How is the Covid-19 Stay Home order affecting you as a working musician?

Shawn: Well, for the next half of the year all my work is gone. Everybody is in lockdown mode and all of the clubs all over the world are closed as well as outdoor events so there you have it. I had four international trips booked in Italy, Switzerland, Liechtenstein, Austria, Costa Rica, Ireland, Hawaii, Seattle, and local gigs that are all gone. It's impacting me pretty severely.

Is there an upside to this?

Shawn: There is an upside to it in regard to things slowing down, having a chance to reflect, a little bit of writing here and there, inventing new ways to create and to share your music, getting things done around the house, etc.

But the downtime is also filled with chasing down new ways to make money in the music industry and looking into COVID-19 bills that have passed and grants that are possibly available for musicians and freelance gig economy people. Before we were never counted in and now, we are because of this horrible pandemic we are finally being recognized as a working class of people that have rights as well.

You have a new record ready to release, right?

Shawn: Well I was supposed to be doing a release in Liechtenstein for the new vinyl that we did that included Sam Bolle on bass and Gerry Morgan from Ireland on drums. It's a live album from our studio live session at Little Big Beach Studios in Liechtenstein. That will have to come out in the fall at this point if everything goes well.

Additional thoughts you'd like to add?

Shawn: My heart goes out to all of those that are suffering right now so that's kind of more the important thing on my mind and being responsible in my actions and staying self-quarantined.

I am also doing a lot of writing and trying to cut it close to the heart as possible and get to some very thought-provoking topics and issues for the next project which will come out when I am ready and since I am independent it's when I'm ready instead of when the record company tells me I need to release it, so all I can say is it will be sooner than later!

(Shawn Jones is the king of social media, you find him on most all platforms including his official website, ShawnJonesMusic.com)

Kelly Zirbes, singer/songwriter of Kelly's Lot

Are you and Perry (Kelly's Husband and Guitarist for Kelly's Lot) still working a day job?

Kelly: Perry is still working. He is finishing up a post-production sound on the new Ghostbusters movie. He can do that from home and meets with the team on Zoom for updates.

How's the Covid-19 Stay Home order affecting you as a working musician?

Kelly: We have switched gears and started planning, arranging and writing a new record featuring songs from the Facebook Word Challenge that I have been doing for a couple years. Fans give me a word and I write a song in 2 hours. I miss playing with my band but a new CD is nothing to complain about. I am blessed.

Do you find an upside to this?

Kelly: No, not with all the fear, sadness and suffering. I don't mean to be negative, but live music helps so many and creates a community that is missing right now.

What are you doing to fill the time?

Kelly: Just writing more songs and checking in with people. We feel blessed that Perry is still working so we have reached out to those who are not working now and have helped in different ways. We all need to look to the left or look to the right and see who beside us who is hurting and do something to help.

Add anything else you'd like to share.

Kelly: If you'd like to help a local musician, just think about who you loved going out to see in your local pubs and reach out to them. Maybe they are doing an online concert or selling CDs on their websites. Maybe they need to hear from their fans, maybe they need financial help. If you are working and okay, maybe help someone who is not. I'm sure they would really appreciate it!

(Kelly's Lot can be found on most social media platforms as well as their official website at KellysLot.com)

Dan Grimm, Singer/Songwriter & owner Carbonite Sound

Are you still working your day job?

Dan: Hell yeah I am, and I'm surprised! When I took the job at Lynda.com to start the tech support team for online learning, I didn't think I would be there long -- I thought I would sign a new artist contract and be writing for an artist or touring within the year. Amazingly, 14 years later, my love for the technological evolution of human learning has never been stronger. I'm having some Deja vu these days because when the economic bubble burst in 08', Lynda.com skyrocketed with people needing to learn new skills to survive. LinkedIn

acquiring Lynda.com was unexpectedly awesome, and I am proud of how many people's lives we have helped improve with the massive platform for learning.

But sadly, the music industry as a trade has been demolished over that same time frame. Streaming services have become disastrous, live venues pay 1/10th the money they used to, and while people still value music so greatly -- there isn't the same class of fair pay for work you see in trades like plumbing, electricians, and carpentry. I'm actively working to try to change that using every platform at my disposal, and I think every musician and industry person should be too.

How's the Covid-19 Stay Home order affecting you as a working musician?

Dan: I miss my band and playing in front of a live audience so much. At the same time, it's good for me because I have to focus on writing and getting solo demos for license instead of taking gigs. On the bright side, there is still a growing need for music behind all that streaming content most folks are binge watching. Plus, if you can't find material to write about in these interesting times, you shouldn't ever complain that Bob Dylan, Crosby Stills and Nash, Neil Young, or anyone in the 60's had more things to address in their music. I'm hopeful songwriters are taking advantage of a powerful moment in history to channel powerful concepts into song.

Tell me how this all is affecting the studio.

Dan: It's a mixed bag, the part of our revenue at Carbonite Sound (formerly Brotheryn) that comes from recording live bands is paused, fortunately, we have been so busy over the last 6 months with TV, movies, bands, and various sound projects that there is a lot of mixing, mastering, and cleanup work that can be done in isolation. This could go on for longer than we can guess, and we think it's time we look at ways we can pivot with the post pandemic shifts that may occur. On that note, we think we have a few good ideas in the works and I'm really excited to see what we can do to improve the things we offer artists, industry, and audience.

(Find out more about Dan Grimm on his Facebook page and Carbonite Sound (clientele includes Kenny Loggins, Joe Bonamassa, Izzy Stradlin, Farrelly Brothers and more at CarboniteSound.com)

Karen Parkhouse, Singer/Songwriter of The Barrelhouse Wailers

Do you work a day job?

Karen: I don't work a day job, but I volunteer teach choir at Balboa middle school, so that's obviously not happening at the moment. My husband is still employed and works from home.

How's the Covid-19 Stay Home order affecting you as a working musician?

Karen: Covid has affected us by performances being cancelled through June resulting in income loss for the band. Also, band cannot rehearse with remote communication only. We are working on some new stuff though, and setting up recording stations at each of our houses.

Is there an upside?

Karen: The upside is learning to slow down; unfortunately, so many musicians rely on gig income, so it's

rough for some. Upside is also taking time to work on writing. I've set myself a daily music challenge to be creative and practice/produce something every day and to document this time in life.

Anything else you'd like to add?

Karen: It's tough for performers to not perform. It's like our outlet has been taken away. Thankfully we live in a period that we can still express ourselves and reach an audience through social media where even tips can be sent remotely. The energy level has gone down, but support for each other has skyrocketed.

(The Barrelhouse Wailers have two CDs to date; look them up on Facebook and YouTube and on their official website TheBarrelhouseWailers.com)

Jeff Donovan, Guitarist from The Guitar and Whiskey Club

Do you work a day job? If so, are you still working?

Jeff: I used to spend my days working Monday through Friday from home, so now I spend 24 hours a day at home (except for the occasional store run). My heart goes out to the many people not in a good situation right now.

How's the Covid-19 Stay Home order affecting you as a working musician?

Jeff: I am trapped at home with the singer of my band as a roommate - how fortunate is that? On the other hand, the rest of the band members are not able to be with us right now, so we have had to develop new material - and do live streaming as the Guitar & Whiskey Club "Lite" in place of shows with the full band.

Is there any upside to it?

Jeff: Yes, there is extra time to create music, but on the downside, I have to spend some of that time sanitizing my groceries and mail, and just about everything else in sight!

(Get the low down on the hard rockers at GuitarAndWhiskeyClub.com and most social media platforms)

Robert Ramirez from Medicine Hat

I know you injured yourself and have been rehabilitating but how has this Stay Home Order been affecting you?

Robert: COVID19 and its impact on myself and Medicine Hat has been quite a journey. This has all happened while simultaneously recovering from broken clavicle surgery. With a brand-new album, corresponding release parties and a trip to play SXSW all being cancelled, we pretty much watched all the hard work and planning slip away, like a carpet being pulled out from under us.

As is for many artists, the Stay Home order has caused us to rethink how we share our music. We'd like to do some live streaming as soon as I'm able. In the meantime, we're coming up with different ways to get the new songs out there. Medicine Hat plans to post a song a day from the new album, on our Facebook page. We'll include lyrics, photos and interesting notes pertaining to each track, kind of a virtual Story Tellers. We're trying to take advantage of this time to work on promoting, submitting the record for reviews and maybe start writing the next one!

(Medicine Hat's new release Fences is available at www.MedicineHat.net and all streaming platforms.)

Next issue I'll be checking in with more musicians including Guy Martin, Tommy Marsh and Jon Gindick.



This 'n' That

What are you doing while being sequestered?

When my daughter was born 16 years ago in March, I remember thinking, "Great! March is a good month to have a birthday because nothing ever happens in March." Well, except for St. Patrick's Day. Then the pandemic hit and an entire birthday weekend went out the window. Or down the sink along with all the hand soap.

We are only humans so after the initial disappointment of cancelling her sweet 16 bash, we adapted and started slowly keeping our distance. We also upped our handwashing rate from three times a day to 33 times now probably.

Then we dusted off the old Kitchenaid mixer and Dutch oven. And we started cooking and baking. A lot. The kitchen had been my refuge a lifetime ago before life and parenthood took over. With all this downtime, I've experimented with so many good recipes and renamed them. The lockdown lemon cake was picture-worthy but not lemony enough, according to my daughter. Then there's the social distancing sourdough starter which is akin to waiting for the cable guy to arrive. And this is why people buy and not make sourdough bread. Don't even get me started on the pandemic pork belly which my daughter refuses to eat. #toughcrowd

All baking and cooking aside, we are blessed to be together. The hurried meal times, quick car trips and the hustle and bustle of everyday life now seem to be a thing of the past, replaced by leisurely walks in the neighborhood and simpler choices (printed or plaid pjs; shower in the morning, evening or not at all).

But I'm still going to get myself some isolation ice cream when this is all over.
Mira Reverente

As one of the Staff Photographers for the Ventura Breeze my main activity was to photograph public events, and with sequestering in place there are fewer public events to photograph. For some of us sequestering is saving some money, driving around town less means purchasing much less gasoline, Shopping for a whole week instead of when needed saves gas and shopping money, the entertainment closures is saving me money, and non-essential stores closed is saving money. Overall, this sequestering order is saving money for some.
Michael Gordon

Mornings aren't that different. We get up early, play with the dogs, make coffee, tidy the house etc. Okay, one little thing – we didn't used to spray the newspaper.

Then comes the Big Question of the day: do we need to go anywhere? Usually it's no. We are both in the Shelter in Place category due to age or health.

No bird rescue, Garden activities, trail hostings, classroom helper, event booths, all the things we enjoy and fill out days with – darn. No board meetings – okay, that's not so bad.

So what do we do all day? He tore his car apart, fixed it, then planted a veggie patch. I have been reorganizing, finding projects, baking, picking up books and taking them to Little Free Libraries. And I read. And sit outside watching the birds, clouds, insects.

And social media has gone from entertainment to necessity. We keep up with

family, friends, causes and so on. We have a ZOOM meeting tonight!

But as a rule no evening events either: talks, concerts, plays. We don't have a TV, so aren't tempted to sit around and watch it. We read, listen to music, and of course the Big Question: do we need to go anywhere tomorrow?
Jill Forman

You know that "time" we always wish we had to do...whatever. Well, now we have it. And are we doing those things we've put off? Me – not really. I've been doing stuff, but not really the stuff on my every-growing list. I am finding that my attention span is shorter now, which means my motivation is too.

The first three weeks of stay-at-home I was already there, recuperating from pneumonia. So that slowed everything to a crawl temporarily. I am just now starting to get back in gear.

I've done a good bit of reading, of course. That's what I do most of. Netflix is my friend. I've even finally tackled a few bits of organization – pulling out old papers to shred, compiling some records that have been drifting about in myriad places instead of where they should be. But that's slow going.

I enjoy cross-stitch needlework and finally started a big project that's been on my to-do list for several years. Who knows, I may even get it finished!

In some ways, this isolation has been a good thing. A chance to regroup, rethink and establish priorities. I needed that. Just wish it hadn't happened in this way.
Shirley Lorraine

I've spent the last fourteen years in virtual solitary confinement, plying my trade as a graphic artist. A downturn in business required me to seek part-time employment, which came to me in the form of being a cashier at a grocery store a couple of towns over. I've gone from seeing maybe one or two people per month to maybe one hundred and fifty or so a day.
Alfred J. Lewis

From Steve Bennett

Continued from page 1

County resources are being used to meet the challenge as we procure supplies and materials, assist the most vulnerable, and improve our medical capabilities. You can visit vcemergency.com for overall information and guidance.

Our public and private health care providers are heroically dealing directly with contagious COVID-19 patients. They are ramping up their care capabilities with speed and ingenuity. Nevertheless, their ability to absorb seriously ill patients is not unlimited. We must each do our part to slow the spread and avoid overwhelming our health care system. If that happens, we will face needless deaths in Ventura County.

The outpouring of generosity in our community has been inspiring and heartwarming. People are donating from their own supplies of protective equipment and making generous financial contributions. College students are organizing online tutoring and volunteers are delivering food to homebound seniors. There is help and kindness pouring forth in Ventura County.

Anne Frank and 7 others hid in a 450 square foot attic for 761 days. We can do this folks!

Thank you,
Steve Bennett
Ventura County Supervisor

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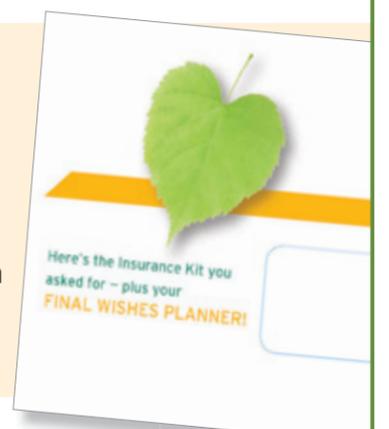
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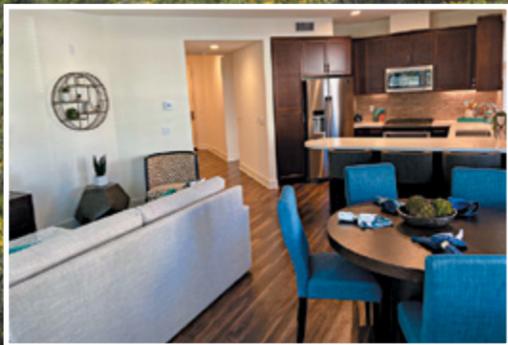
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This 'n' That



Hernandez led the company's philanthropic giving and supply chain.

Cesar Hernandez appointed to Board of Directors

Housing Trust Fund Ventura County (Housing Trust Fund VC) has elected Cesar Hernandez to its 19-member Board of Directors. In this capacity, Hernandez will help guide Housing Trust Fund VC as the local trusted leader helping to increase affordable housing options throughout Ventura County by leveraging public-private partnerships to provide low-cost, flexible loans early in the housing development cycle.

"I believe that housing is not only essential for the economic sustain-

ability of our community, but also an opportunity to allow families to thrive and be successful," stated Cesar Hernandez, board member of Housing Trust Fund VC. "

Hernandez joins the Board with a stellar social justice background. He is currently the Senior Field Organizer for Economic Justice at the Washington DC based Community Change, dedicated to building the power and capacity of low-income people, especially low-income people of color, to change the policies and institutions that impact their lives. Hernandez is also actively involved within the local community serving on the McCune Foundation's Social Change Institute's Advisory Committee and is a co-founder of City Corps of Oxnard, a youth leadership and service-learning program that provides job training and life skills for low income and young people of color. He has also led youth development and health education efforts at El Concilio del Condado de Ventura, was the Director of the Central Coast Environmental Health Project (CCEHP) for California Rural Legal Assistance (CRLA) and a founding member of the Central Coast Alliance United for a Sustainable Economy (CAUSE).

Hernandez led the company's philanthropic giving and supply chain responsibility efforts in both the U.S. and Mexico. His work earned him the position of Fellow with the California Agricultural Leadership Foundation.

Originally from Guadalajara, Mexico, Cesar Hernandez immigrated with his family to the United States

in the late 1970's and was raised in Oxnard. "As a kid growing up in Colonia Village, a public housing project built and managed by the City of Oxnard, my community was always a source of inspiration," commented Hernandez. "My success is directly linked to the stability that affordable housing provided to my parents. I remember feeling lucky to have my own bedroom, where I could study and dream about what I could become and where I wanted to go in the world. It is my hope that we can all work together to help more families thrive and it starts with a safe place to call home."

Launched as a 501c3 nonprofit corporation in 2012, Ventura County Housing Trust Fund became Housing Trust Fund Ventura County (Housing Trust Fund VC) in July 2019. Housing Trust Fund VC is the local trusted leader in helping to increase affordable housing options throughout Ventura County by leveraging public-private partnerships to provide low-cost, flexible loans early in the housing development cycle. As of January 2020, Housing Trust Fund VC has invested \$9 million through its revolving loan fund, creating 365 affordable apartments and homes for very-low, low- and middle-income employees, transitional age foster youth, veterans, farm workers, and the homeless.

New Communications Manager

Continued from page 1

She also managed crisis communication and community outreach efforts in coordination with Ventura

County's Office of Emergency Services (OES) during the 2017 Thomas Fire, 2018 Woolsey Fire, and 2019 Conception Boat Fire in Santa Cruz. Prior to coming to VCFD, Sumagaysay worked at the cities of Santa Clarita and Beverly Hills.

Sumagaysay earned a master's degree in strategic communications from The George Washington University in Washington D.C. and has several affiliations with regional and national communications organizations. In 2018, she was recognized by the Greater Conejo Valley Chamber of Commerce as a "40 under Forty" award honoree.

"Heather is an energetic, well-qualified communications professional," said Barry Fisher, Deputy City Manager. "She demonstrates a strong desire to bring people together and take the city's communications, marketing, social media, and public outreach to the next level."

As the City's Communications Manager, Sumagaysay will be responsible for developing a communications strategy to build public awareness of City initiatives and enhancing public engagement efforts in City affairs. She will serve as the City's day-to-day media spokesperson and work with other departments, like the City's Emergency Operations Center, to assist with public information activities during emergencies.

Sumagaysay began her new role on March 30, and will work out of the City Manager's Office in Ventura. She can be reached by email at hsumagaysay@cityofventura.ca.gov .